

Adrenal Support™



Clinical Applications

- **Stress Reduction During the “Alarm” & “Exhaustive” Phases**
- **Adaptation to Stress** (caused by temperature changes, sleep deprivation, negative emotions, physical exertion, trauma or illness.)
- **Immune Support**
- **Antioxidant/Cytoprotection**

Adrenal Support™ is a comprehensive blend of standardized extracts of highest quality adaptogenic herbs and three relevant B vitamins. These ingredients support the body's stress response by aiding in adrenal hormone production and assisting in stress adaptation. The formula is designed to reduce stress-induced fatigue and exhaustion, protect tissues from free radicals and may aid in stimulating the body's immune system.

All Chantilly Natural Health® Formulas Meet or Exceed cGMP quality Standards

Discussion

Cordyceps sinensis is a safe, highly valued, adaptogenic herb with pharmacological activities proven to benefit nearly every physiological system that is affected by stress, including the immune system and cardiovascular system (e.g. prevention of arrhythmias, platelet aggregation and clot formation)^{1,2,3,4,5} It has a positive effect upon blood sugar, cholesterol and triglyceride levels.⁶ Cordyceps has been employed for dizziness, weakness and general wasting and is used to reduce fatigue, increase energy and enhance stamina.⁷ The herb has documented antioxidant activity.⁸

Rhodiola rosea Root has been traditionally used to increase stamina and reduce fatigue, depression, nervous disorders, infections and impotence. Russian researchers demonstrated the root counteracted mental and physical fatigue and a host of stressors. The root extract may be able to prevent stress-induced cardiac damage and may be anti-arrhythmic.⁹ Research has shown that Rhodiola rosea has an effect on brain neurotransmitters such as dopamine and serotonin and might increase endogenous opioids.¹⁰

Panax ginseng may potentiate adrenal activity.¹¹ Its principle constituents, ginsenosides are very strong inhibitors of acetylcholine-evoked secretions.¹² In acute stress Panax ginseng reduced the ulcer index and reversed elevated plasma glucose and creatine kinase levels. Under chronic stress it reduced adrenal gland weight and triglyceride and serum corticosterone levels.¹³ Ginsenosides have analgesic and anti-inflammatory activities.^{14,15}

Vitamin B6, Pantothenic Acid & Para Amino Benzoic Acid (PABA) assist in protecting the body from the ravages of stress including related fatigue. Pantothenic acid is essential to the adrenal glands for production of the glucocorticoids. It forms pantothenine in the body which then converts to Coenzyme A. D-Calcium pantothenate contains 91.96% pantothenic acid and is the usual supplemental form. Vitamin B6, acting as a co-enzyme has a role in the conversion of muscle glycogen to glucose needed for the stress response, is involved with synthesis of serotonin and enhances the immune system. PABA has a role in amino acid metabolism and is needed to manufacture folic acid.

CHANTILLY HEALTH
P.O. Box 20307, Tampa, FL 33622
727-397-7175

Adrenal Support™



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%Daily Value
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1250%
Pantothenic Acid (as D-calcium pantothenate)	50 mg	500%
Cordyceps Sinensis Extract (8% Cordycepic Acids and 0.25% Adenosine)	400 mg	**
Rhodiola Rosea Root Extract (1-3% Salidrosides)	100 mg	**
Para Amino Benzoic Acid	25 mg	**
Ginsenosides (as panax ginseng root extract)	16 mg	**

** Daily Value not established.

Other Ingredients: Vegetable capsule, cellulose, stearic acid, silicon dioxide.

Dosing:

The best absorption of rhoiola occurs when taken on an empty stomach 30 minutes before breakfast or lunch. It may interfere with sleep or cause vivid dreams if taken too late in the day. Avoid taking Adrenal Support™ with caffeine. According to the German Commission, Panax ginseng is usually taken from three weeks to three months and a two week “Panax-free” period is recommended between consecutive courses.

References

1. Kou YC, Tsai WJ, et al. Cordyceps sinensis as an immunomodulatory agent. *Am J Chin Med* 1996;24(2):111-25 [PMID:8874688]
2. Zhu JS, Halpern GM, Jones K. The scientific rediscovery of a precious ancient Chinese herbal medicine: Cordyceps sinensis: part I *J Altern Complement Med* 1998;4(3):289-303 [PMID: 9764768]
3. Mei QB, Tao JY, Gao SB, et al. Antiarrhythmic effects of cordyceps sinensis (Berk.) Sacc. [Article in Chinese] *Chung Kuo Chung Yao Tsa Chih* 1989;14(10):616-8 [PMID: 2597326]
4. Zhao Y. [Inhibitory effects of alcoholic extract of Cordyceps sinensis on abdominal aortic thrombus formation in rabbits]. [Article in Chinese] *Chung Hua I Hsueh Tsa Chih (Tapei)* 1991;71(11):612-5 [PMID: 1666972]
5. Chiou WF, Chang PC, Chou CJ, Chen CF Protein constituent contributes to the hypotensive and vasorelaxant activities of Cordyceps sinensis. *Life Sci* 2000 Feb 25;66(14):1369-76 [PMID: 10755473]
6. Li SP, Zhang GH, Zeng Q, Huang ZG, Wang YT, Dong TT, Tsim KW. Hypoglycemic activity of polysaccharide, with antioxidant, isolated from cultured Cordyceps mycelia. *Phytomedicine*. 2006 Jun;13(6): 428-33. Epub 2005 Sep 19. [PMID: 16716913]
7. Agricultural Research Service. Dr Duke's Phytochemical and Ethnobotanical Databases. URL: www.ars-grin.gov/duke (Accessed 04 March 04)
8. Li SP, Zhang GH, Zeng Q, Huang ZG, Wang YT, Dong TT, Tsim KW. Hypoglycemic activity of polysaccharide, with antioxidant, isolated from cultured Cordyceps mycelia. *Phytomedicine*. 2006 Jun;13(6): 428-33. Epub 2005 Sep 19. [PMID: 16716913]
9. Maslova LV, Kondrat'ev Biu, Malov LN, Lishmanov IuB [The cardioprotective and antiadrenergic activity of an extract of Rhodiola rosea in stress]. *Eksp Klin Farmakol* 1994; 57(6):61-63 [PMID: 7756969]
10. Maimeskulova LA, Maslov LN. [Anti-arrhythmic effect of phytoadaptogens] *Eksp klin Farmakol*. 2000 Jul-Aug;63(4):29-31 [PMID: 11022302]
11. Some Ginseng History, URL: www.morningviewpastoral.com/page/history.htm (Accessed 03/08/04)
12. Tachikawa E, Kudo K, Hasegawa H, Kashimoto T, Sasaki K, Miyazaki M, Taira H, Lindstrom JM. In vitro inhibition of adrenal catecholamine secretion by steroidal metabolites of ginseng saponins. *Biochem Pharmacol*. 2003 Dec 1;66(11):2213-21 [PMID: 14609746]
13. Rai D, Bhatia G, Sen T, Palit G. Anti-stress effects of ginkgo biloba and panax ginseng: a comparative study. *J Pharmacol Sci* 2003 Dec;93(4): 458-64 [PMID: 14737017]
14. Newall CA, Anderson LA, Philipson JD, Herbal Medicine: A Guide for Healthcare Professionals. London, UK: The Pharmaceutical Press, 1996
15. The Review of Natural Products by Facts and Comparisons. St. Louis, MO: Wolters Kluwer Co., 1999

Additional references available upon request .

Contradictions

There is no sufficient information to declare Adrenal Support™ is safe during pregnancy or lactation or in children. Individuals on oral hypoglycemic , anticoagulant, antipsychotic or stimulant drugs, insulin, MAO inhibitors or Digoxin or individuals with conditions for which these drugs are often prescribed should at least be aware of the slight possibility of any adverse reaction. Avoid if allergic to any ingredient(s).

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.