

# Adrenotone™

*Nutrient and adaptogenic herbal support for the adrenal glands*

Adrenotone™ is a comprehensive blend of nutrients and botanical compounds designed to support healthy adrenal function. The adrenal glands are responsible for regulating a wide variety of processes in the body, most notably the “fight or flight” response to stressful situations. These glands produce several hormones and neurotransmitters, some of which are designed to help regulate energy levels and mood on an ongoing basis, and others which are intended to be released only in short bursts, to help power someone through brief moments of intense stress or vigilance.

Due to the fast pace and unrelenting demands of modern life, however, the adrenal glands are taxed with producing higher amounts of these compounds more frequently. This may first result in *overactive* adrenal function, with very high levels of stress hormones (cortisol, in particular), but the glands can only keep up with this increased demand for so long before they begin to lag behind, eventually leading to adrenal exhaustion, in which output of these critical hormones and chemical messengers decreases, resulting in fatigue, reduced initiative, low moods, and difficulty handling even mild amounts of occasional stress. It is common for some people to “ping-pong” back and forth between these two states, leading to feeling simultaneously “tired and wired.”

## Highlights

B-vitamins and vitamin C are crucial contributors to energy generation at the cellular level, which may bolster adrenal function and combat the fatigue that is a hallmark of tired adrenals. The amino acid tyrosine is a building block for thyroid hormones as well as the neurotransmitters dopamine, epinephrine, and norepinephrine, which are involved in balanced moods and the ability to cope with stress. B-vitamins—specifically B6—serve a second function as required cofactors in the biochemical processes that produce these critical neurotransmitters. All of these nutrients are available in food, but over time, stress may increase the need for higher amounts than are typically obtained from the diet alone.

## Adaptogens

A key feature of Adrenotone™ is the inclusion of several herbal adaptogens—compounds that help the body regulate the production of various hormones and neurotransmitters. Whether the need is for an increase or a decrease, they facilitate the *normalizing* of these levels. Rhodiola, ashwagandha, American ginseng, and eleuthero are adaptogens that have been used for centuries in Chinese and Ayurvedic medicine to support healthy responses to stress. An additional ingredient, licorice, helps cortisol stay in the bloodstream longer, thereby lessening the demand on the adrenals to produce more of it.

## Recommended Dose

Take 1 capsule twice per day with meals, or as directed by a health care practitioner (divided dosing recommended). Not to be taken immediately before bedtime.



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