



Adrenal Support

Essential nutrients for building adrenal function

The adrenal glands help the body respond to stressful situations, maintaining an internal sense of balance when faced with external pressures. They control the flight/fight response, reduce inflammation, help maintain fluid balance, and maintain stable energy. Constant stress can deplete these glands, resulting in adrenal fatigue. Severely depleted adrenals cause a person to feel tired, tense and exhausted, a “burned out” sensation.

In our modern society many people feel under constant stress and pressure. Financial pressures, traffic jams, busy schedules and relationship problems all take their toll on the adrenals. Caffeine and sugar consumption further deplete these important glands.

Symptoms of adrenal exhaustion include severe fatigue, difficulty relaxing or feeling peaceful, disturbing dreams and restless sleep patterns, nervousness, anxiety, heart palpitations and a sensation of pressure in the chest that is often interpreted as a cardiac problem. Persons suffering from adrenal fatigue will tend to have dark circles under their eyes, a quivering tongue and pulsing pupils in their eyes. Other symptoms include dryness, blood sugar imbalances, inflammation, difficulty breathing, tension headaches, and excessive allergies. NSP's **Adrenal Support** is designed to help these conditions.

Licorice root has long been known to help weakened adrenal function. It helps to prolong the life of cortisol and aldosterone, two important adrenal hormones, so they are not broken down too rapidly. This helps the adrenals rest. It also stabilizes blood sugar levels, reducing the desire for caffeine and sugar, two substances which deplete the adrenal glands.

Schizandra berries are adaptogenic. This means that they inhibit the hormone from the pituitary which stimulates adrenal function. This allows the adrenals to rest by lowering the baseline stress level. Schizandra berries act as a general tonic to improve stamina and overall energy levels.

Vitamin C is critical to adrenal function. In fact, the largest stores of vitamin C are in the adrenal glands. Both vitamin C and **vitamin B₆**, are necessary for the production of epinephrine and norepinephrine, two of the key hormones produced by the adrenal glands. Two other B vitamins, **B₁** and **B₂** are also included in this formula because they also play a critical role in the production of other adrenal hormones.

Pantothenic Acid is another nutrient critical to adrenal function. It is a key nutrient that is depleted from the adrenals under long term stress.

Zinc and **magnesium** are needed to produce the body's own supply of vital enzymes and hormones. Zinc also is needed at adrenal hormone receptor sites. A zinc deficiency reduces the body's ability to adapt to stress. Zinc is necessary for the absorption of B vitamins. (Repeated consumption of caffeine can deplete both zinc and magnesium.)

Adrenal Substance is freeze-dried raw adrenal gland tissue. It comes from cattle which are free of disease and live in a pollution free part of the world. Glandulars like this can be very powerful for helping rebuild weakened glands and organs, making Adrenal Support especially powerful for people who need a strong boost in recovery.

Other ingredients in this formula include potassium, which is depleted from the body under stress, and borage oil powder, which supplies essential fatty acids. Borage is another herb known to help rebuild the adrenal glands.

Recommended dose is one capsule two times daily. This product is best taken with meals.

Adrenal Support may be used for two to six months to rebuild severely weakened glands. After that, switch to a milder formula such as Nervous Fatigue Formula, Nutri-Calm or Suma Combination for maintenance. Eleuthero root, another adaptogen, is one of the best single adrenal tonics for long term use and can be taken with Adrenal Support for an enhanced effect.

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