

Adrenal Tonic Phytosynergist®

M4405

Quality is our Passion

Passion Flower (*Passiflora incarnata*)

Adrenal Tonic Phytosynergist®: Stress & Immune Tonic

Adrenal Tonic Phytosynergist® is a unique combination of Ashwagandha root, Licorice root, Rehmannia root, *Echinacea angustifolia* root and *Echinacea purpurea* root.*

Stress: rise to the challenge and adapt

The body has developed defense mechanisms to deal with life-threatening dangers. The stress response ("fight-or-flight" reaction) helps your body adapt. The body moves into "high gear" by providing energy, speed and concentration to fight or to run. The body does this through nerve and hormonal signals, prompting the adrenal glands to release a surge of hormones.¹ The adrenal glands sit on top of the kidneys, and are made of two parts: the cortex and the medulla. An important group of hormones produced by the adrenal cortex are the glucocorticoids, which help the body's resistance to stress.²

Modern life presents many challenges, which the body's natural defenses may struggle to deal with. If constantly activated, your body's response to stress may make you more vulnerable to poor sleeping, digestive upset or poor concentration.^{1,3}

Tonics

A tonic is popularly thought of as something that makes you feel better, stronger or healthier. Natural clinicians use tonics to strengthen body systems, to replenish the body's vital reserves and to assist the body in adapting to stress. There are many different kinds of tonics, as shown below.

General body tonic	Example: Ashwagandha
A herbal substance that improves the tone, vigor and function of the whole body. ⁴	
Adrenal tonic	Example: Licorice
To Western natural clinicians an adrenal tonic supports the healthy functioning and tone of the adrenal glands, particularly the cortex. Improving the tone of the adrenal cortex supports the normal secretion of hormones from the gland and helps the body adapt when challenged by temporary stress. ⁵	
Harmonizing tonic – also known as "Harmony" remedy	Example: Licorice
From the Chinese tradition, these restorative tonics are used to help the body adapt and restore equilibrium when experiencing temporary stress. They also support the adrenal cortex. Licorice is considered to be gently nourishing. ⁵	
Rasayana – also known as rejuvenator	Example: Ashwagandha
In the Indian tradition, these tonics are used to nourish the body tissues, build strength and support immune function. ⁶	
Adaptogen	Example: Ashwagandha
Herbs used by natural clinicians to improve the body's resistance to stress and promote normal physiologic function. ^{4*}	

Although not considered as their most prominent traditional action, both *Echinacea* and *Rehmannia* are traditionally regarded as general body tonics. In the late 19th century, natural clinicians in the United States described *Echinacea angustifolia* root as having this action,^{7,8} and the Chinese tradition recommends *Rehmannia* to support a long and healthy life!^{9*}

Supplement Facts

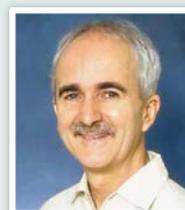
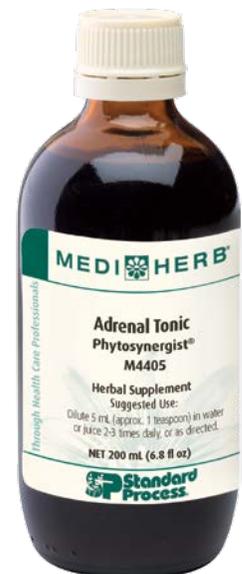
Serving size:	5 mL (1 tsp)
Servings per container:	40
Amount per Serving	%DV
Calories	4
Rehmannia root 1:2 extract from <i>Rehmannia glutinosa</i> root 1.13 g	2.25 mL †
Ashwagandha root 1:1 extract from <i>Withania somnifera</i> root 1.63 g	1.63 mL †
Echinacea root 1:2 extract from <i>Echinacea purpurea</i> root 263 mg	525 mL †
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 175 mg	350 mL †
Licorice root extract from <i>Glycyrrhiza glabra</i> root 423 mg	250 mL †

† Daily Value (DV) not established.

Other ingredients: Purified water, 36.5% alcohol and maltodextrin.

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention, congestive heart failure, low blood potassium, pregnancy and lactation. If you have a thyroid condition, use strictly under physician direction.

Product No	Content
M4405	200 mL (6.8 fl oz)



Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

How Adrenal Tonic Phytosynergist® Helps Keeps You Healthy

Maintain feelings of well-being when experiencing temporary stress, promote healthy adrenal gland function and improve overall health

The tonic actions of Ashwagandha and Licorice help the body adapt when experiencing temporary stress.*

Licorice, in very high doses, was found in clinical observations recorded in the 1950s to support the adrenal cortex.¹⁰ It is important to only take Licorice at the dosage recommended by your health care professional.*

In uncontrolled clinical trials Ashwagandha:^{11,12,13}

- demonstrated tonic activity in children
- improved vitality in healthy men over 50 years old
- eased occasional sleep difficulty, improved mental performance and supported physical endurance in trainee mountaineers.*

Ashwagandha and Rehmannia are known traditionally to support the body when feeling tired.^{6,14*}

Supports a healthy immune system

Top quality Echinacea root assists the body's nonspecific immune response, particularly white blood cells helping with phagocytosis.¹⁵ This process involves certain white blood cells that engulf and digest foreign particles or cells that might challenge the body.*

Dried Rehmannia and Ashwagandha have been used traditionally to support a healthy immune system.^{5,6*}

What Makes Adrenal Tonic Phytosynergist® Unique

Adrenal Tonic Phytosynergist® is unique in the professional herbal products industry because:

- It is manufactured from the roots of the two most important Echinacea species (*Echinacea angustifolia* and *Echinacea purpurea*)*

Unique Manufacture & Analytical Testing

Quality and safety ensured by quality systems, unique manufacture and analytical testing

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Unique extraction method using cold percolation for the Rehmannia and Echinacea components of this extract (this protects the delicate plant constituents, ensuring a full range of constituents)*
- Raw materials are subjected to tough quality standards
- The quantity of glycyrrhizin in Licorice, alkylamides in the roots of *Echinacea angustifolia* and *Echinacea purpurea* and withanolides in Ashwagandha are initially measured using high performance liquid chromatography and regularly monitored*

References

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Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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*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.

Please consult the product packaging label for the most accurate product information.

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