

Adrenal Complex

Stress Response Support*

Adrenal Complex contains Licorice and Rehmannia. The Licorice component of our formula is standardized to contain 25 mg of glycyrrhizin per tablet to ensure optimal strength and quality. Licorice and Rehmannia have been traditionally used in herbal preparations to:

- ✓ Support healthy adrenal gland function*
- ✓ Support a healthy stress response*
- ✓ Nourish 'yin' energy*

Traditional Use

Since the beginning of recorded history, Licorice has been used as a remedy.* The first documented traditional use can be traced back to ancient Assyrian, Egyptian, Chinese and Indian cultures.³ Traditional Western herbal preparations have used Licorice to support healthy adrenal function.*¹

In traditional Chinese herbal preparations, the adrenal glands are associated with the kidneys and the kidneys provide the foundation for yin and yang energies.² Deficient yin is associated with stress-like symptoms, and Rehmannia has been traditionally used to nourish kidney yin, clear heat (cool the blood) and generate fluid.*²



TRADITIONAL ADRENAL SUPPORT*

COMBINATION OF LICORICE & REHMANNIA

HPA AXIS SUPPORT*

M1050	40 Tablets
M1055	120 Tablets

Suggested Use:

1 tablet 2-3 times daily, or as directed.

Supplement Facts

Serving size:	1 tablet	
Servings per container:	40, 120	
	Amount per Serving	%DV
Calcium	64 mg	4%
Licorice root 7:1 extract from <i>Glycyrrhiza glabra</i> root 1.75 g Containing glycyrrhizin 25 mg	250 mg	†
Rehmannia rhizome 5:1 extract from <i>Rehmannia glutinosa</i> rhizome 750 mg	150 mg	†
† Daily Value (DV) not established.		

Other Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, maltodextrin, sodium starch glycolate, magnesium stearate and hypromellose.

Caution: Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation.

How Adrenals Support Health

When you're under stress, your body goes into overdrive. Your adrenal glands come to the rescue, to help you through the stressful situation.⁴ Then when the crisis is over and you can relax, you might feel like you just want to "crash," but you have to keep going. Healthy adrenal gland function is vital for a healthy response to stress.*⁴

Adrenal Complex contains herbs that have traditionally been used to support healthy adrenal function.*^{1,2}

How Adrenal Complex Supports Your Health:



Stress Support:

- Licorice and Rehmannia have been used traditionally to support a healthy stress response.*^{1,2}
- Assists the body to adapt to everyday challenges through healthy adrenal support*¹



Adrenal Function Support:

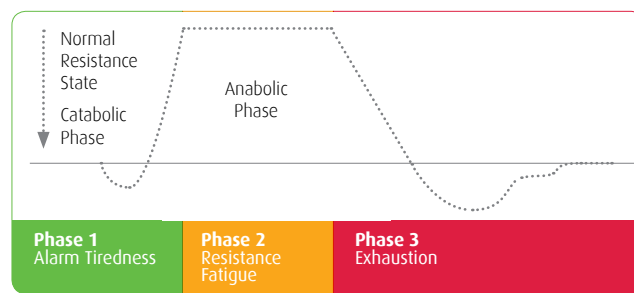
- Licorice and Rehmannia have been traditionally used to restore and support healthy adrenal gland function.*^{1,2}
- Includes herbs traditionally used as adrenal tonics*^{1,2}

References

- ¹ Bone K. A Clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- ² Pitchford P. *Healing with Whole Foods Asian Traditions and Modern Nutrition*. 3rd ed. Berkeley: North Atlantic Books; 2002.
- ³ Fiore C, Eisenhut M, Ragazzi E, Zanchin G, Armanini D. *A history of the therapeutic use of liquorice in Europe*. *Journal of ethnopharmacology*. 2005 Jul 14;99(3):317-24.
- ⁴ Hechtman L. Breakspear B, editors. *Clinical Naturopathic Medicine*. 2nd ed. Chatswood: Elsevier; 2019.

Selye's Stress Model

Hans Selye, MD, PhD, an influential pioneer in the field of stress, first identified the general adaptation syndrome in the 1950s. He identified three phases (alarm, resistance and exhaustion) as a guide to assist health care professionals. Dr. Selye cautioned that GAS is a spectrum requiring a thorough analysis of each patient. The impact of stress is individualized and varied in its outcome. For this reason, it is important to have a range of solutions available to suit the variation in patient presentation.



Phase 1: Alarm Tiredness

- Korean Ginseng
- Rhodiola
- Schisandra

Phase 2: Resistance Fatigue

- Ashwagandha
- Eleuthero
- Korean Ginseng
- Licorice
- Rehmannia
- Rhodiola
- Schisandra
- Skullcap

Phase 3: Exhaustion

- Ashwagandha
- Kava
- Korean Ginseng
- Licorice
- Rehmannia
- Rhodiola
- Schisandra
- Skullcap
- St John's Wort



MediHerb Quality Choice

Results-driven formulations

MediHerb develops formulas focused on perfecting the balance of the highest quality ingredients to produce the highest quality herbal supplements. Our commitment to quality governs all aspects from sourcing to bottle to ensure the high standard of our herbal extracts.

Strict product testing

MediHerb has developed a strict quality assurance program that goes beyond industry standards. This is upheld with precision and dedication so you can be confident MediHerb products are free from adulterants and contamination, while containing the right levels of active phytochemicals that result in a quality end product.



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

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