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. Traditional Western herbal preparations have used Licorice to support healthy adrenal function.*

In traditional Chinese herbal preparations, the adrenal glands are associated with the kidneys and the kidneys provide the foundation for yin and yang energies. 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.*

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. 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.*

Adrenal Complex contains herbs that have traditionally been used to support healthy adrenal function.*

Suggested Use:

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

Supplement Facts

<table>
<thead>
<tr>
<th>Serving size: 1 tablet</th>
<th>Servings per container: 40, 120</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount per Serving</td>
<td>%DV</td>
</tr>
<tr>
<td>Calcium 64 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Licorice root 7:1 extract from Glycyrrhiza glabra root 1.75 g containing glycyrrhizin 25 mg</td>
<td>250 mg †</td>
</tr>
<tr>
<td>Rehmannia rhizome 5:1 extract from Rehmannia glutinosa rhizome 750 mg</td>
<td>150 mg †</td>
</tr>
</tbody>
</table>

† 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.
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.

References

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

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Ingredients
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

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.

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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.