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Our skilled scientists focus on whole food phytonutrients and the effects of whole food and other ingredients on health. Learn more about research and development at Standard Process in the About Us section at standardprocess.com.

More Than 85 Years of Experience

At Standard Process, we've been producing supplements since 1929, supporting the whole food philosophy of our founder and nutritional pioneer, Dr. Royal Lee.

Distributed Through Health Care Professionals

Informed guidance and individualized recommendations from a health care professional are vital to the optimal use of nutritional and herbal supplements.

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Adrenal Health

Managing Patients' Stress and Energy Levels



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errands emails
 holidays
 finances schedules
 work
 family worries

Stress

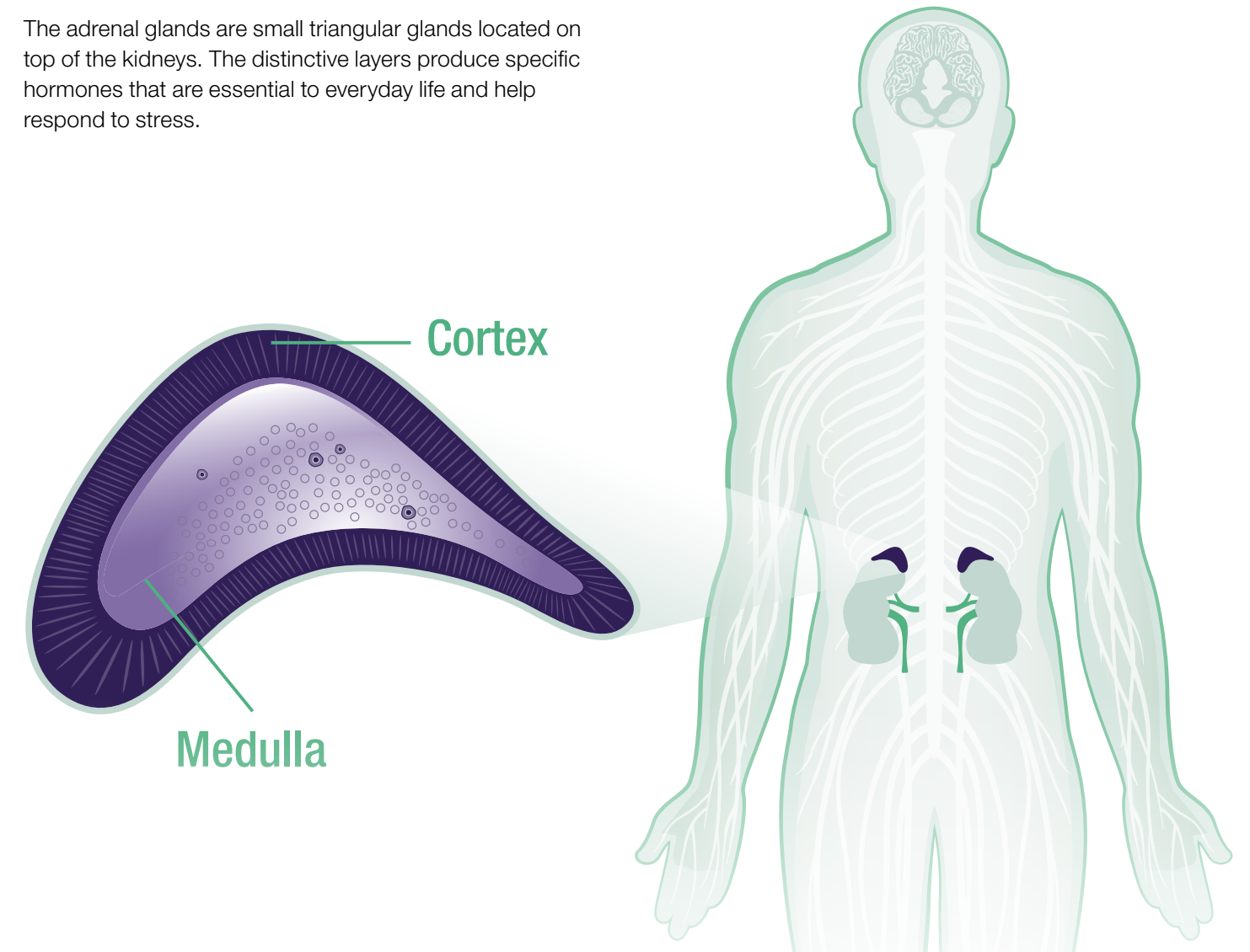


The body was designed to handle stress with a specific set of physiologic reactions. When we are faced with a stressful situation, we go into “fight-or-flight” mode. When the perceived threat is gone, systems are designed to return to normal. However, the chronic prolonged stress often experienced in modern times tricks the stress-response system into constant action. This prolonged stress is taxing on the adrenal glands and doesn’t allow them time to recover, which may be very harmful to one’s health.

Adrenal Glands

Adrenal glands play an important role in the body’s stress response.

The adrenal glands are small triangular glands located on top of the kidneys. The distinctive layers produce specific hormones that are essential to everyday life and help respond to stress.



| Adrenal Cortex: Outer Layer | |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Hormones Produced | Mineral and glucocorticoid hormones like cortisol, aldosterone, and others |
| Actions/Functions | Fuel multiple actions in the body’s response to stressors such as blood pressure regulation, an immune system challenge, and consumption of a high-fat meal |
| Adrenal Medulla: Inner Layer | |
| Hormones Produced | Adrenaline (fight-or-flight chemical) and noradrenaline |
| Actions/Functions | Provide energy and push blood to the brain and muscles |

3 Phases

Dr. Hans Selye, sometimes called the father of the stress field, identified three phases of stress response in his general adaptation syndrome stress model.

Phase 1: Alarm

Patients may not even feel stressed but on the inside, the adrenal glands are working to respond to the strain placed on the system. This stress could be caused by many things including a traffic jam, an unexpected event, an argument, or even a worrisome thought. After the stress is alleviated, the body recovers and the hormones that were stimulated return to normal levels. Most patients generally respond and recover well to these sporadic instances of stress.

| | |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Body Response | A surge of adrenaline, norepinephrine, cortisol, and dehydroepiandrosterone (DHEA), triggered by the sympathetic nervous system, induces the initial fight-or-flight response. |
| Symptoms | Patients may not feel stressed or notice any symptoms. |

“patients may be on-the-go types with an unbeatable mentality. They believe they can conquer it all and often will say that they are unaffected by stress. Even though they may think they are immune to the effects of stress, as their health care professional, I know it is still very important to support their adrenal glands. —David Hogsed, DOM, AP, Fort Myers, Florida”



Phase 2: Resistance

Due to prolonged stress, the adrenals in phase two are in overdrive and don't have the needed recovery time. The body craves energy due to a constant stress response and is working hard to achieve homeostasis.

Patients may feel tired and wired at the same time, experience feelings of anxiousness, and have difficulty sleeping or concentrating.

| | |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Body Response | Cortisol levels remain elevated, while DHEA levels decline and the patient becomes sympathetic dominant. |
| Symptoms | Irritability, fatigue, cravings for sweet or salty foods, weight gain, low libido, frequent yawning, minor low back pain in the adrenal area, muscle tension, poor digestion, and low basal temperature |

“When my patients present to my office in phase two, they seem a bit frazzled. They recognize that their bodies are not functioning properly. They are typically “tired and wired.” They wake up exhausted, have difficulty getting through the day, and then cannot sleep at night. The body creates cravings to foods like sugar, caffeine, salt, or alcohol in order to provide them with energy to just make it through the day. In addition to lifestyle and dietary recommendations, I often recommend a supplement protocol that addresses their endocrine system. —Stephanie Zraggen, DC, MS, CNS, CCN, Charleston, South Carolina”

Phase 3: Exhaustion

Phase three is the exhaustion phase. A substantial stress-response cycle has led to adrenal fatigue. The body has lost the ability to adapt and cope, and the patient's adrenal glands can't keep up with the brain or nervous system signals for hormone release.

Patients may feel extremely tired and express that everyday activities are very difficult.

| | |
|----------------------|-----------------------------------------------------------------------------------------------------------------------|
| Body Response | Both cortisol and DHEA levels are low, and the person enters parasympathetic dominance. |
| Symptoms | Fatigue, malaise, low mood, difficulty sleeping (due to erratic cortisol surges), and memory and cognitive challenges |

“In phase three, lifestyle changes that support the body's natural organ repair and healing functions are essential. We focus on necessary lifestyle changes, including supplementation, sleep and relaxation, movement, nutrition, stress reduction, and healthy relationships. We also focus on the one degree of change principle—making one positive change every day to put our patients back on the path of health and vitality. —Georgia Nab, DC, MS, ACN, CWWS, Palmyra, Wisconsin”

Adrenal Health Products

This guide will assist you in determining which products may work best for your patients.

Phase 1: Alarm



| Product | Dosage | Benefit |
|----------------------------------------------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Standard Process | | |
| Cellular Vitality | 3 capsules per day | Contains B vitamins, the enzyme bromelain, coenzyme Q ₁₀ , <i>Cordyceps sinensis</i> , and RNA to support the body as a whole with specific emphasis on cellular processes* |
| Adrenal Health Daily Fundamentals | 2 packs per day | A convenient pack containing Drenamin®, Paraplex®, and Cataplex® A-C-P to support healthy adrenal function and emotional balance* |
| or Drenamin® | 3 tablets per meal | Contains a unique blend of ingredients to promote healthy adrenal gland function and maintain emotional balance while also being a good source of vitamin C* |
| MediHerb | | |
| Rhodiola & Schisandra | 2 tablets per day | A synergistic herbal blend of <i>Rhodiola rosea</i> root and <i>Schisandra chinensis</i> fruit that supports healthy cognitive function and emotional balance* |
| or Rhodiola & Ginseng Complex | 2 tablets per day | A synergistic herbal blend of <i>Rhodiola rosea</i> root and <i>Panax ginseng</i> root that works as a tonic to maintain feelings of general well-being when experiencing temporary stress* |

Phase 2: Resistance



| Product | Dosage | Benefit |
|----------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Standard Process | | |
| Drenamin® | 3 tablets per meal | Contains a unique blend of ingredients to maintain energy production, support a balanced mood, and support immune system function while also being a good source of vitamin C* |
| or Drenatrophin PMG® | 1 tablet per meal | Contains bovine adrenal PMG™ extract which provides a unique profile of minerals, nucleotides, and peptides to support adrenal gland function* |
| MediHerb | | |
| Rhodiola & Schisandra | 2 tablets per day | A synergistic herbal blend of <i>Rhodiola rosea</i> root and <i>Schisandra chinensis</i> fruit to help the body during times of stress with specific support for the liver and nervous system* |
| or Rhodiola & Ginseng Complex | 2 tablets per day | A synergistic herbal blend of <i>Rhodiola rosea</i> root and <i>Panax ginseng</i> root that works as a tonic to enhance mental clarity, boost vitality, and increase energy levels* |
| Withania Complex | 3 tablets per day | A tonic formula that contains Ashwagandha, Licorice, Skullcap, and Korean Ginseng to promote relaxation and help the body adapt to the changes of everyday life* |
| Adrenal Complex | 2-3 tablets per day | Combines Licorice root and Rehmannia rhizome, two powerful adrenal tonics that help the body restore adrenal function to reduce the effects of stress on the body and help combat fatigue* |



Phase 3: Exhaustion

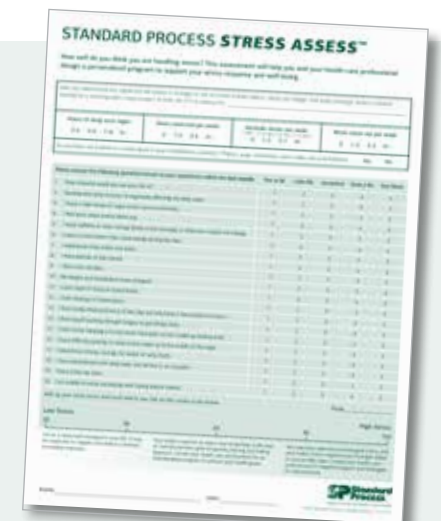


| Product | Dosage | Benefit |
|----------------------------------------------------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Standard Process | | |
| Adrenal Desiccated | 2 tablets per day | Contains bovine adrenal gland to provide powerful short-term adrenal support for immediate energy needs and support immune system function during times of increased demand* |
| MediHerb | | |
| Rhodiola & Schisandra | 4 tablets per day | A synergistic herbal blend of <i>Rhodiola rosea</i> root and <i>Schisandra chinensis</i> fruit that supports healthy liver function and physical performance and maintains general well-being* |
| or Rhodiola & Ginseng Complex | 4 tablets per day | A synergistic herbal blend of <i>Rhodiola rosea</i> root and <i>Panax ginseng</i> main root that works as a tonic to promote vitality and stamina while also supporting the body's natural defenses against emotional and environmental stressors* |
| Withania Complex | 3 tablets per day | Contains Ashwagandha, Licorice, Skullcap, and Korean Ginseng to promote vitality and stamina and support the body's natural defenses against emotional and environmental stressors* |
| Nevaton® | 3-4 tablets per day | A blend of St John's Wort, Schisandra, Damiana, and Skullcap that offers nervous system and digestive support while encouraging balance between the body and mind* |
| Kava Forte | 2-3 tablets per day | A well-balanced herbal formulation containing 50 mg of kavalactones that may help relieve anxious feelings, improve mood and mental well-being, and induce sound sleep* |

Patient Assessment

The Standard Process Stress Assess™ questionnaire was designed to enhance your patient evaluation. Patients complete this questionnaire to help you evaluate their stress level and well-being. After adding up the response score, you'll see where a patient falls on the stress scale, enabling you to provide targeted recommendations for better health through diet, exercise, lifestyle modification, and supplement support.

Literature item number: **L7127**



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