



### BioAdaptogen™

Serving Size 2 capsules

Servings Per Container 30

Amount Per Serving

Calcium	250 mg
Eleuthero Root Extract (0.8% Eleutherosides)	300 mg
Panax Ginseng Extract (20% Ginsenosides)	300 mg
Ashwagandha Extract (1.5% Withanolides)	300 mg
Licorice root ( <i>Glycyrrhiza glabra</i> )	40 mg

**SUGGESTED DOSE:** As a dietary supplement, take 1 capsule, twice daily, between meals or as directed by your healthcare professional.

## BIO ADAPTOGEN™

AYURVEDIC BLEND TO HELP RELIEVE STRESS, MAINTAIN MENTAL ACUITY, & SUPPORT OVERALL WELL-BEING

- Supports healthy adrenal function
- Supports a reduction of fatigue and weakness
- Supports adaptation to stress (mental, emotional, or physical)

**BIOADAPTOGEN™** brings to the clinician a valuable tool for supporting the stressed-out patient. Combining time-tested ingredients such as Siberian ginseng (*Eleutherococcus*), Korean ginseng (*Panax ginseng*), Indian ginseng (*Ashwagandha*), and Licorice (*Glycyrrhiza glabra*), this formula truly helps the body withstand stress and recover from it more quickly.

**ELEUTHEROCOCCUS** has been used traditionally to help the body during times of mental, physical, and metabolic stress. It has been shown to increase physical work capacity by 179% in clinical studies. *Eleutherococcus* supports a strong immune system by protecting the adrenal glands during periods of stress.

#### HISTORICAL USES FOR ELEUTHEROCOCCUS

- Adaptogen
- Stress, Fatigue
- Allergies, hay fever
- Resistance to infections
- Normalize hypo- and hyperglycemia
- Increase mental and physical work capacity
- Neurasthenia, debility, depression, nervous breakdown
- Increase concentration, improve performance
- Reduce convalescence time
- Protect against environmental toxins and pollution
- Immunoregulator/immunostimulant
- Promote healthy appetite
- Increase fertility

**PANAX GINSENG** like its Siberian brother *Eleutherococcus*, has been used by the Koreans to help the body adapt to stress. *Panax* has also been shown to enhance physical endurance. Carbohydrate metabolism is spared and fats are oxidized (burned as fuel) more efficiently when using *Panax ginseng*. In addition to its adrenal gland support and balancing of cortisol levels, it also supports normal testicular function. *Panax* has been shown to enhance testosterone and spermatozoa production. Other noted benefits include improved memory, learning, immune function, and cardiovascular health.



# BIO ADAPTOGEN™

## REFERENCES:

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2. Petkov VD, Cao Y, Todorov I, Lazarova M, Getova D, Stancheva S, Alova L. Behavioral effects of stem-leaves extract from panax ginseng C.A. Meyer. *Acta Physiol Pharmacol Bulg* 1992; 18(2): 41-48.
3. Bialik RJ, Smythe JW, Sardelis M, Roberts DC. Adrenal demedullation blocks and brain norepinephrine depletion potentiates the hyperglycemic response to a variety of stressors. *Brain Res* 1989 Nov 13; 502(1): 88-98.
4. Kuppurajan K, et al. Effects of Ashwagandha (*Withania somnifera* Dunal) on the Process of Aging in Human Volunteers, Central Research Institute. *New Delhi*.
5. Ikegami N et al. Prophylactic effect of long term oral administration of glycyrrhizin on AIDS development of asymptomatic patients. *Int Conf AIDS* 9(1):234[abstract no.PO-A25-0596], 1993.
6. MacKenzie MA et al. The influence of glycyrrhetic acid on plasma cortisol and cortisone in healthy young volunteers. *J Clin Endocrinol Metab*. 70:1637-43, 1990.
7. Webach, MR, Murray MT. Botanical Influences on Illness: A sourcebook of clinical research. *Third Line Press, Tarzana, CA, 1994*.
8. Flynn R, Roest M. Your Guide to Standardized Herbal Products. *One World Press, Prescott, AZ, 1995 January, 1st Edition*.
9. Salvati G et al. Effects of Panax Ginseng C.A. Meyer sponins on male fertility. *Panminerva Med. Dec; 38(4):249-54, 1996*.

## HISTORICAL USES FOR PANAX

- Adaptogen, general tonic
- Anti-stress, Anti-fatigue
- Restorative
- Antioxidant
- Slight CNS stimulant
- Increase resistance to infections
- Increase concentration and mental and physical work capacity
- Enhance mental acuity and intellectual performance
- Improve physical performance
- Promote appetite
- Support healthy cholesterol
- Help regulate adrenal gland function and support reduced exhaustion

**ASHWAGANDHA (WITHANIA SOMNIFERA)** is also known as Indian ginseng. In India it is considered an anti-aging therapy. Ashwagandha is used as an adaptogen to nourish and strengthen the body. It has immune enhancing benefits like Panax and Eleuthrococcus.

## HISTORICAL USES FOR ASHWAGANDHA

- Anti-aging
- Nourishing, strengthening
- Anti-inflammatory
- Diuretic
- Sedative
- Anti-microbial activity
- Amoebicidal
- Support healthy cell activity
- Hematinic

**LICORICE (GLYCYRRHIZA GLABRA)** has long been used for medicinal purposes. Licorice has reported benefits in individuals with disruption of gastric mucosa and adrenal insufficiencies. Glycyrrhizin, a glycoside with similar structure to adrenal steroids, has anti-inflammatory and adrenal sparing properties. Excessive intake of Glycyrrhizin can lead to sodium retention, potassium loss, fluid retention, and high blood pressure.

## HISTORICAL USES FOR LICORICE

- Stomach irritation and disruption of gastric mucosa
- Inflammatory problems, including joint inflammation and pain
- Adrenal imbalances
- Blood sugar regulation
- Cirrhosis and liver damage
- Skin problems, including rashes, inflammation, and discoloration
- Coughs and bronchial complaints
- Bacterial infections
- Constipation
- Female tonic

\*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.

**CONTRAINDICATIONS:** Licorice in amounts over 1.5 g/day should not be taken by persons with diabetes, glaucoma, heart disorders, a history of stroke, or high blood pressure.