



Adapt[™]

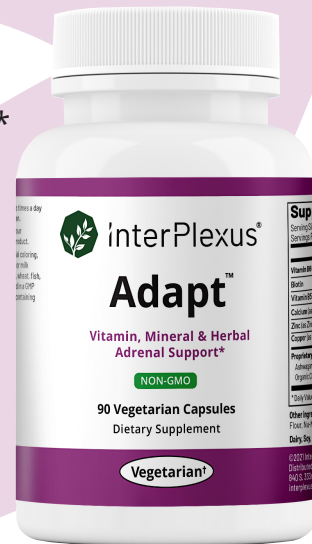
Vitamin, Mineral & Herbal Adrenal Support*

Supports healthy adrenal output and function*

Adapt provides targeted B-vitamins, including high-dose pantothenic acid and biotin, bioavailable minerals, and organic herbal extracts to support healthy adrenal function and a balanced response to stress.*

High-dose pantothenic acid has been shown to increase cortisol production and improve the acute stress response in animal studies. Zinc and the organic herbal extracts in Adapt have been shown to help modulate cortisol release in response to stress. Biotin may also improve blood sugar control, which can be an important factor in balancing cortisol levels.*

Adapt supports a healthy and balanced response to stress.*



Supplementation with Adapt:

- Supports healthy cortisol production*
- Improves adaptability to stress*
- Helps maintain healthy blood sugar regulation*
- Calms occasional anxiety*
- Protects neurons from stress-induced damage*



Dairy Free



Soy Free



Egg Free



Gluten Free



Vegetarian

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health concerns.

Adapt™

Adapt contains pantothenic acid, vitamin B6, biotin, zinc, copper, ashwagandha, rosemary, and citrus bioflavonoids.

What the research shows:

Pantothenic Acid (Vitamin B5)

In animal studies, pantothenic acid has been shown to raise cortisol levels.^{1,2} Pantothenic acid also appears to improve stress resiliency, acting as a modulating agent for adrenal function.³ Pantothenic acid is a precursor for acetyl coenzyme A, a compound essential for the production of corticosteroid hormones.

Vitamin B6

Vitamin B6 is a cofactor for numerous enzymatic processes throughout the body. Recent evidence supports the role of vitamin B6 in the cellular stress response for protection from free radicals and other environmental stressors.⁴ In addition, vitamin B6 is a necessary cofactor for the metabolism of several important neurotransmitters associated with stress, most notably GABA, 5-HTP, serotonin, and dopamine.^{5,6}

Zinc

Zinc deficiency can impair a healthy stress response, and zinc appears to moderate cortisol release with stress.^{7,8} In humans, adequate zinc levels can help stabilize serum cortisol levels post operatively, preventing a sharp increase in cortisol.⁹ Overall, proper maintenance of zinc status appears to be important for healthy adrenal function. Copper is included in the formula to balance the zinc.

Biotin

A study in fruit flies demonstrated increased life span and improved stress resiliency with biotin supplementation.¹⁰ Some human studies have also shown significant improvement in blood sugar control, since biotin is involved in the regulation of genes involved in glucose metabolism.¹¹

Ashwagandha (*Withania somnifera*)

An herb with a long history of use in Ayurvedic medicine, ashwagandha is one of the more relaxing adrenal restoratives¹². The withanolides in ashwagandha are sterol compounds considered to be responsible for its adaptogenic and glucocorticoid-like effects.⁶ In individuals under chronic stress, the stress response improved and serum cortisol was reduced when subjects were given an Ashwagandha extract.¹³ Animal studies using ashwagandha have noted improvements in cortisol output, blood sugar control, and depression- and anxiety-associated behavior triggered by social isolation.⁶ In addition, Ashwagandha has been shown in animal studies to raise active thyroid hormone levels.¹⁴

Rosemary (*Rosmarinus officinalis*)

A common culinary herb, rosemary is also employed in traditional medicine for its strong antiseptic, anti-inflammatory, and antioxidant properties.^{15,16} Rosemary is a rich source of bioactive constituents, including flavonoids and phenolic acids, with rosmarinic acid and carnosic acid being two of the more well researched constituents.^{16,17} Extracts of rosemary show promising neuroprotective effects in models of neuroinflammation and neurodegeneration, as well as in chemical induced neurotoxicity and oxidative stress.^{16,18}

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Citrus Bioflavonoids

Rutin, a common citrus bioflavonoid can help balance steroid hormones and lower elevated cortisol.¹⁹ Naringenin, another citrus bioflavonoid, demonstrates potential insulin sensitizing effects that may help balance blood sugar.²⁰

Supplement Facts

Serving Size: 1 Vegetarian Capsule
Servings Per Container: 90

	Amount Per Serving	% DV
Vitamin B6 (Pyridoxine HCl)	12.5 mg	735%
Biotin	1,000 mcg	3333%
Vitamin B5 (as Calcium D-Pantothenate)	250 mg	5000%
Calcium (as Calcium D-Pantothenate)	22.5 mg	2%
Zinc (as Zinc Ascorbate)	5 mg	45%
Copper (as Copper Citrate)	0.5 mg	56%
Proprietary Blend	319.5 mg	*
Ashwagandha Root Extract, Rosemary (leaf), Organic Citrus Bioflavonoid Complex		

* Daily Value (DV) not established.

Other ingredients: Cellulose (from capsule), Organic Rice Flour, Nu-Mag, Nu-Flow.

Dairy, Soy, Egg & Gluten Free. Vegetarian †

Suggested Use: Take 1 capsule one to two times a day with a meal or as directed by your physician.

Caution: If pregnant or nursing, consult your physician before using this or any other product.

Allergen Information: Contains no artificial coloring, artificial flavors, yeast, corn starch, milk, or milk derivatives, lactose, salt, soy, gluten, egg, wheat, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Keep out of reach of children.

Store in a cool, dry place.

†Suitable for Vegetarians.

Manufactured in the USA in a GMP compliant facility.

References:

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