

NEW PRODUCT

Bio-Practica
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Adreenergy Forte

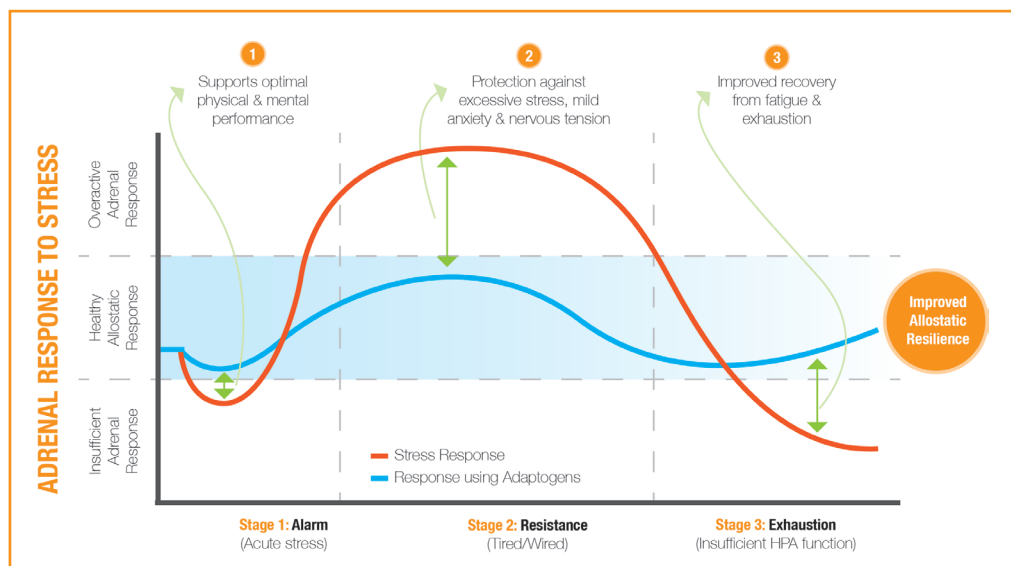
● Energy ● Adrenal Support ● Stress Relief

Adreenergy Forte contains a potent combination of active ingredients known as adaptogens, traditionally used as adrenal tonics and may be useful in times of fatigue and mental exhaustion. Adreenergy Forte exhibits adaptogenic properties which may reduce the harmful effects of stress.

*Contains adaptogenic herbs traditionally used for:

- ✓ Energy support, endurance, physical and mental performance.
- ✓ Assisting with memory, cognitive function and mental focus.
- ✓ Protecting the body against various emotional, physical, and environmental stresses.
- ✓ Reducing the harmful effects of stress, mild anxiety and nervous tension.
- ✓ Supporting healthy immune system function.

Adaptogens benefit ALL THREE stages of stress



AUSSL 233123

Pack size: 60 Tablets

Each Adreenergy Forte tablet contains extracts equiv to dry:

Withania somnifera root (Ashwaganda)	3.2g
Rhodiola rosea root	1.1g
Eleutherococcus senticosus root & rhizome (Siberian ginseng)	3.0g
Panax quinquefolius root (American ginseng)	500mg
Astragalus membranaceus root	1.5g
Bacopa monnieri whole plant	1.2g

Dosage: Adults - Take 1 to 3 tablets daily with food, or as directed by your healthcare professional.

If symptoms persist, consult your healthcare practitioner.

Vegetarian & vegan friendly formula. Free from wheat, yeast, gluten, soy, dairy and animal products, corn, sugar, lactose, sodium, salt, egg, nuts and artificial colours, flavours and preservatives. Free from SLS and magnesium stearate.

References available on request

The HPA axis

Our body's are constantly navigating an ever-changing physical, mental and emotional landscape and our ability to manage these changes depends on our stress response. The stress response is controlled by a complex neuroendocrine system known as the HPA axis (hypothalamic pituitary adrenal axis). The HPA axis also plays an important role in managing our energy levels, digestion, immune system function, mood and emotions, memory and metabolism, which is why when HPA dysfunction occurs, the implications are far reaching. While stress is inevitable and normal, when levels of stress overwhelm the body's ability to respond appropriately, there may be health consequences.^{1,2}

What is 'allostasis' and why is adaptive resilience so important?

Rather than homeostasis (which implies non-variability), the concept of 'allostasis' describes the dynamic and variable mechanisms which maintain the stability and integrity of our stress response. It can be described as adaptive plasticity or allostatic resilience which improves our ability to cope with stressors, so the 'allostatic load' doesn't overwhelm our ability to respond to stress in a healthy way.³

Adaptogenic herbs may assist with adaptive resilience and have a long history of use in traditional medicinal systems to protect and support a healthy allostatic response to stress. In today's busy and stressful world, adaptogens can help people cope with the various onslaughts of environmental, mental and emotional stressors.^{4,5}

Traditionally used adaptogens in Adrenergy Forte

Benefits	Rhodiola rosea	Ashwaganda (Withania somnifera)	American ginseng (Panax quinquefolius)	Siberian ginseng (Eleutherococcus senticosus)	Bacopa monnieri	Astragalus membranaceus
Helps maintain general wellbeing.	✓	✓	✓	✓	✓	✓
Assists with symptoms of tiredness and fatigue.	✓	✓	✓	✓		✓
Protects the body against emotional, physical, and environmental stresses.	✓	✓	✓	✓		✓
Adrenal/adaptogenic tonic.	✓	✓	✓	✓		✓
Supports cognitive function, mental focus or memory.	✓		✓		✓	
Supports healthy immune system function.			✓			✓
Supports physical and mental performance.	✓			✓		
Helps reduce effects of stress, mild anxiety and nervous tension.				✓		
Supports digestion, particularly during times of stress.			✓			
*Traditional use. E = European; Ay = Ayurvedic; A = American	E	Ay	A	E	Ay	E

Adrenergy Forte reduces fatigue, supports energy and protects against the harmful effects of stress

Rhodiola rosea is an adaptogen originally studied for its ability to improve adrenal function and both physical and mental performance under stressful conditions, increasing stress resistance and reducing fatigue.^{6,7} It has been suggested that rhodiola improves the release of certain neurotransmitters in the brainstem, thereby activating the cerebral cortex and limbic system. As a result, cognitive function, attention, memory and learning may be enhanced.⁷

Siberian ginseng has been used traditionally to improve mental and physical stamina, endurance and help protect the body systems against stress-induced illness. Researchers have proposed that the mechanism may involve the hypothalamic pituitary adrenal (HPA) axis, causing normalising of cortisol and nitric oxide.⁸

Withania somnifera has been traditionally used in Ayurvedic medicine for 3000 years to improve stress tolerance, reduce fatigue and rejuvenate the body. Used to enhance mental and physical performance and improve learning ability, Withania is a general tonic which can be used in stressful situations, overwork and nervousness.⁹ Withania also supports antioxidant enzymes, such as glutathione and superoxide dismutase (SOD) which reduce oxidative stress on the body.¹⁰

American ginseng has a tradition of use in American herbal medicine to assist with stamina and symptoms of tiredness and fatigue. Unlike Korean ginseng it is non-stimulating and may be beneficial during times of stress, potentially due to its ability to modulate neurotransmitters such as GABA, glutamate, dopamine, noradrenalin and serotonin in the brain.¹¹ American ginseng has been traditionally used by the native Americans to support the health and function of the immune system.¹² In vitro studies have investigated the potential mechanisms of action on immune system function, reporting that a modulating effect on macrophages may be involved.¹³ American ginseng has also been used traditionally to support digestion during times of stress.¹⁴

Astragalus membranaceus has a long history of use as an adaptogen, to help support the body during times of stress.¹⁵ Astragalus is thought to possess both immune-stimulating and immune modulating effects.¹⁶ Traditionally used in immune-depressed states, it also shows immune modulating benefits in balancing Th1 and Th2 and regulating the expression of various cytokines.^{17,18}

Bacopa monnieri has been traditionally used in Ayurvedic medicine to support healthy brain function, cognitive function and memory.¹⁹ It has been traditionally used as a brain tonic for improving concentration and learning and for nervous exhaustion.²⁰



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