

## Stress Essentials Adrenal Renew

Support for Balanced  
Cortisol Levels\*

### Stress Essentials Adrenal Renew Supplementation

Stress Essentials Adrenal Renew combines a full spectrum of B vitamins, amino acids, and minerals with bovine adrenal and spleen tissue to help balance cortisol levels and support healthy adrenal gland function.\*

Supplementation with Stress Essentials Adrenal Renew may include these benefits:

- Promotes healthy stress response\*
- Supports healthy adrenal gland function\*
- Promotes healthy endocrine function\*
- Helps balance cortisol levels\*
- Supports healthy immune function\*
- Promotes energy metabolism\*

### How Stress Essentials Adrenal Renew Works

The health of the adrenal glands can be impacted by chronic stress, which causes the body to get out of balance. By balancing cortisol levels and supporting a healthy stress response, the adrenal glands can properly support hormones involved in metabolism and immune function.\*

Supplementing with a full spectrum of B vitamins supports healthy adrenal function via the hypothalamus, pituitary, and adrenal (HPA) axis.\*<sup>1</sup> Vitamin B6, in particular, is a coenzyme in biochemical pathways supporting healthy adrenal function through the HPA axis.\*<sup>1</sup>

Thiamine (vitamin B1) plays a key role in supporting a healthy response to adrenal exhaustion, primarily by assisting the metabolism of L-tryptophan into 5-hydroxytryptophan (5-HTP)—which eventually is metabolized into serotonin, a calming neurotransmitter.\*<sup>2,3</sup>

Riboflavin (vitamin B2) is an essential B vitamin known to help support adrenal function by supporting a healthy nervous system and facilitating key metabolic processes needed for energy production and healthy cell function and growth.\*<sup>4</sup> Riboflavin also acts as an antioxidant, further supporting a healthy stress response.\*



## How Stress Essentials Adrenal Renew Works Continued

The adrenal hormones utilize large quantities of pantothenic acid (vitamin B5) to help produce the stress-related hormones needed for energy metabolism by converting glucose into energy. Clinical research has demonstrated how supplementation with pantothenic acid promotes healthy adrenal function by supporting optimal levels of hormones.\*<sup>5</sup>

Stress Essentials Adrenal Renew also contains vitamin C and zinc to support healthy stress response and immune function as co-factors in adrenaline and neurotransmitter support.\*<sup>1,6,7</sup> Research suggests vitamin C is effective for supporting healthy cortisol rhythms crucial for healthy and balanced stress-related fatigue.\*<sup>8,9</sup> Zinc also supports a balanced response to oxidative stress.\*<sup>7</sup>

The Stress Essentials Adrenal Renew formula also contains several unique ingredients above and beyond other adrenal health supplements. Bovine adrenal and spleen tissue help to further support healthy adrenal and endocrine function.\* Herbal holy basil powder provides additional support for a balanced stress response via the HPA axis and helps soothe the adrenal glands.\*<sup>10</sup> Lastly, the amino acid L-tyrosine is an essential precursor to support healthy adrenal hormones and helps promote a balanced stress response in the endocrine system.\*<sup>11</sup>

## Why Use Stress Essentials Adrenal Renew?

Research cited herein suggests the nutrients in Stress Essentials Adrenal Renew play pivotal roles in modulating the HPA axis to promote a healthy stress response across multiple bodily processes, including the adrenals, endocrine system, and immune system.\*

# Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

	Amount Per Serving	%DV*
Vitamin C (as ascorbic acid)	300 mg	333%
Thiamine (as thiamine HCl)	50 mg	4,167%
Riboflavin	15 mg	1,154%
Vitamin B6 (as pyridoxine HCl)	60 mg	3,529%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%
Zinc (as zinc citrate)	15 mg	136%
Suprarenal Adrenal Substance (bovine)	300 mg	**
Holy Basil Powder (leaf; <i>Ocimum sanctum</i> )	200 mg	**
L-Tyrosine	100 mg	**
Spleen Substance (bovine)	50 mg	**

**Other Ingredients:** Gelatin, vegetable magnesium stearate, silica.

**Directions:** Take two capsules daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

### References:

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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.

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