Adrenergyn

Herbal Adrenal Support Formula | VA-090

Key Features:
Adrenergyn is a synergistic formulation of natural ingredients that regulate the circadian rhythm of the adrenals to:
- Alleviate mental and physical fatigue by increasing oxygen utilization in the body, scavenging oxidative stress, enhancing ATP generation, restoring catecholamine production and regulating catecholamine release.
- Enhance cognition, immunity and sleep quality.
- Promote stamina, lung function, and physical work capacity.

Indications: For people suffering from stress, insomnia/ restless sleep, general tiredness, or declined cognitive ability and lowered immune function due to adrenal fatigue.

Description:
During the daytime, when concentration and focus are most needed, the brain will signal the adrenal medulla to secrete the catecholamines epinephrine and norepinephrine, which initiates cortisol production in the adrenal cortex.

Cortisol helps in meeting stressful challenges by increasing blood pressure, converting proteins into energy, releasing glycogen and countering inflammation.

Epinephrine also has a stimulatory effect on serotonin secretion and indirectly regulates our mood and sleep because serotonin is converted to melatonin later in the day.

Therefore, both normal serotonin and cortisol secretory rhythms are very important to the quality of rest at night.

Long-term stress can disrupt the circadian rhythms resulting in restless sleep, as well as declined cognitive ability and immune function. Excessive stress stimulates constant epinephrine/ norepinephrine and cortisol secretion and causes the body to stay alert even at times of resting. At sustained high levels, cortisol can gradually wear down the body as it slows down the healing, normal cell regeneration and production of biochemicals needed to make other vital hormones; impairs digestion, metabolism and mental function; and disrupts endocrine and immune function.

Overtime, chronic stress will cause the depletion of adrenal hormone storage, which subsequently leads to decreased level of serotonin and melatonin and other hormone imbalances, resulting in poor rest quality. The result is a vicious cycle.

Adrenergyn balances alert-rest cycles via modulation of cortisol, alleviates mental and physical fatigue, and provides invigorating effects against general debility during convalescence or old age by increasing oxygen utilization in the body, scavenging free radicals that cause oxidative stress, enhancing ATP generation, and most importantly, regulating adrenal hormone balance.

Quantity: 84 Vegetarian Capsules

Ingredients (per capsule):
(Each capsule contains 4070 mg Dried Herb Equivalent)

- Rhodiola Extract (Rhodiola rosea) (10:1) (root) ....................75 mg (3% rosavins, 1% salidroside) (equivalent to 750 mg dried herb)
- Cordyceps Extract (8:1) (Cordyceps sinensis Cs-4) ..............200 mg (mycelium) (7% cordycepic acid) (equivalent to 1600 mg dried herb)
- Eleuthero Extract (10:1) (Eleutherococcus senticosus) ..........70 mg (root) (0.8% eleutherosides) (equivalent to 700 mg dried herb)
- Ashwagandha Extract (6:1) (Withania somnifera) ..............170 mg (root) (7% withanolides) (equivalent to 1020 mg dried herb)
- Vitamin B5 (from d-calcium pantothenate) .................10 mg

Non-medicinal Ingredients: Silicon dioxide, L-leucine, pullulan/hypromellose (capsule)

Suggested Use: Take 3 capsules daily, preferably before meals, or as directed by a health care practitioner.

Rhodiola
Rhodiola is an adaptogen which increases the body’s resistance to a wide range of stressors, whether chemical, physical, or biological. It affects multiple systems in the body to promote emotional well-being, mental clarity/sharpness, and physical endurance. Moreover, it is suggested that rhodiola works to support adrenal function by preventing the depletion of adrenal catecholamines and regulating catecholamine release induced by acute stress, as well as facilitating the transport of neurotransmitters within the brain.

A study evaluated the stimulant and adaptogenic effects of Rhodiola rosea extract on the capacity for mental work against a background of fatigue and stress. A group of students were given 100 mg of rhodiola extract daily for a total of 20 days during exam period. The most significant improvements in the active group was seen in physical fitness, mental fatigue, and neuro-motoric tests. Self-assessed general well-being was also significantly better in the treatment group than the placebo group.

Cordyceps Cs-4
Cordyceps sinensis has been studied extensively regarding its adaptogenic and anti-senescence effect. It has been...
used in Traditional Chinese Medicine (TCM) to alleviate fatigue, cold, dizziness, low libido, and frequent nocturia. The cordyceps Cs-4 strain is the first “Class I” TCM approved by the Chinese Ministry of Health. Class I TCMs are rigorously evaluated for safety and efficacy in pharmacology, toxicology, and clinical trials. There are numerous strains of Cordyceps sinensis but the Cs-4 strain has been proven to contain pharmacologically active and effective components.

Cs-4 has been shown in both human and animal studies to support the body’s antioxidant enzyme superoxide dismutase (SOD). Being an excellent antioxidant itself, cordycepic acid - the active constituent - is also capable of lowering lactic acid accumulation, increasing oxygen utilization, and promoting ATP generation in the metabolic process of the mitochondria, resulting in improved physical work capacity. Moreover, cordyceps has been found to enhance immune functions, such as phagocytosis of macrophages, natural killer (NK) cell activity, and anti-tumor mechanisms.

In a clinical trial assessing the anti-fatigue effect of Cordyceps sinensis extract on 36 subjects, two weeks of cordyceps supplementation yielded a significant increase in the post-exercise levels of adrenaline, noradrenaline, and dopamine in the subjects of the experimental group. The results also showed that the subjects ingesting cordyceps extract recovered faster from intense exercises, based on the reduction of lactic acid accumulation.

**Eleuthero**

Eleutherococcus senticosus, also known as the Siberian ginseng, is traditionally used to relieve general debility and restlessness, as well as to improve memory and stamina. It has been widely used by athletes to increase stamina, performance, and concentration.

Numerous studies have been done on Eleuthero over the years. One particular study reported that eleuthero supplementation improved the ability to perform physical labour, the quality of proofreading, the speed and quality of work by telegraphers in noisy conditions, and the number of days lost to sickness among factory workers.

Eleuthero extract can also reduce cardiovascular response to stress, reducing heart rate and systolic blood pressure during stress by 40-60% after 30 days of treatment, and enhance cellular defense and physical fitness, as well as lipid metabolism.

**Ashwagandha**

Ashwagandha (*Withania somnifera*) is traditionally used in Ayurvedic medicine to relieve general debility, especially during convalescence or old age, to balance aggravated “Vata” (nervine tonic), and to enhance memory. It is suggested that ashwagandha may influence adrenal hormone activity by supporting normal hypothalamic-pituitary-adrenal (HPA) axis function and T4-T3 conversion. Ashwagandha also interacts with areas of the brain, spinal cord, and central nervous system as recent research suggests that ashwagandha enhances cholinergic activity in the brain, which helps to explain the reported memory and cognition enhancing effects of ashwagandha extracts.

**Vitamin B5**

Vitamin B5 is an essential vitamin known for its role in acetylation reactions. It is involved in generating neurotransmitters such as acetylcholine, melatonin, and adrenal catecholamines, helping to replenish the depleted neurotransmitters.

Vitamin B5 is also a component of coenzyme A, which is essential for metabolism of fat, carbohydrate, and protein. Common symptoms of vitamin B5 deficiency include headache, fatigue, insomnia, and intestinal disturbance.

**Reference:**


**Caution**

Do not use if pregnant or breastfeeding, or if you have a high blood pressure. Consult a health care practitioner prior to use if you have any type of acute infection; if you are taking antibiotics, antihypertensives, anti-psychotics, and/or blood thinning medication; and if you are undergoing therapy for diabetes. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended.

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