designs for health® Adrenotone™

Botanical Adrenal Support*

ADP090 | 90 capsules ADP180 | 180 capsules

In today's busy world, our bodies constantly face stress from work, family, or everyday challenges. The adrenal glands, small organs located above your kidneys, help your body manage this stress by producing hormones that regulate your energy, mood, and how you respond to tough situations – known as the "fight or flight" response. When stress becomes too frequent or intense, your adrenal glands can become overworked, leading to feelings of occasional fatigue, mood swings, and other health issues. Adrenotone[™] is specifically formulated to support the health of your adrenal glands with key nutrients and botanical extracts.* These carefully selected ingredients may help your body adapt to stress and address common nutrient depletions that can occur with chronic stress.*



ENDOCRINE/METABOLISM*



Supports adrenal gland health and function*

Supplement Facts

Amount Per Serving	% Da	% Daily Value	
/itamin C (as Ascorbic Acid)	100 mg	111% <	
Riboflavin (Vitamin B-2) (as Riboflavin-5-Phosphate)	5 mg	385%	
/itamin B-6 (as Pyridoxal-5-Phosphate)	5 mg	294%	
Pantothenic Acid (as d-Calcium Pantothenate)	250 mg	5000%	
leuthero (<i>Eleutherococcus senticosus</i>) (root)[standardized to contain 0.8% eleutherosides]	250 mg		
American Ginseng (<i>Panax quinquefolius</i>) (root)[standardized to contain 5% ginsenosides]	100 mg		
Ashwagandha (<i>Withania somnifera</i>) (root and leaf)[standardized to contain 1.5% withand	100 mg blides]		
Rhodiola (<i>Rhodiola rosea</i>)(root) [standardized to contain 3% rosavins and 1% salidros	100 mg ide]		
N-Acetyl L-Tyrosine	75 mg	* (
icorice (Glycyrrhiza glabra)(root)	20 mg	* (

Recommended Use: Take three capsules per day with meals, or as directed by your health-care practitioner (divided dosing recommended).

Warning: Consult your health-care practitioner before use if you are pregnant or lactating, or if you have hypertension, diabetes, or have had kidney or liver disorders. Discontinue use and consult your health-care practitioner if you experience sleeplessness, headache, or heart palpitations.

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Supports healthy stress responses*



Promotes healthy cortisol (stress hormone) metabolism*

JUST THE FACTS:

Compare supplement facts to the leading brands

- **Vitamins C, B2, B5, and B6** Key vitamins that support healthy stress responses, promote energy production, and help maintain adrenal gland health*
- **Eleuthero, American ginseng, ashwagandha, and rhodiola** Adaptogenic herbs used for centuries in traditional medicine.* Adaptogens are plant compounds that help your body "adapt" to both mental and physical stress, potentially helping to reduce occasional fatigue and promote emotional well-being*
- **N-Acetyl L-Tyrosine** Provides the amino acid tyrosine, which promotes hormonal balance and supports a healthy mood and stress response^{*}
- **Licorice** Supports the adrenal glands by potentially reducing the demand for cortisol, our stress hormone, during stressful times*

To gain an in-depth view of your individual biochemistry and metabolism, including relevant markers around the adrenal glands, talk with your health-care practitioner about <u>Designs for Health</u> <u>Metabolomics Spotlight™</u> functional wellness testing.

*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.