

Adrenal Tonic Phytosynergist®

The Tonic for Everyday Stress & A Healthy Immune System

MediHerb® Adrenal Tonic Phytosynergist® contains high quality root extracts of Ashwagandha, Licorice, Rehmannia, *Echinacea angustifolia* and *Echinacea purpurea*. It combines important herbal tonics from Western and Ayurvedic traditions, such as adrenal and general tonics, combined with immune system supporting herbs to assist in the adaptation to everyday stress.

Licorice and Rehmannia are used traditionally by Western herbalists to:

- ✓ Support **healthy adrenal gland function** for a healthy **stress** response
- ✓ **Help the body adapt** to everyday challenges*

Ashwagandha is traditionally used in Ayurveda to/as:

- ✓ Support healthy **stress** response and general health and well-being
- ✓ Maintain feelings of **well-being** when experiencing temporary, mild stress
- ✓ **A tonic to help increase energy** and support overall health
- ✓ **Calm the nerves** and **support nervous system** health
- ✓ Support **healthy sleep**
- ✓ Support **cognition function** and **learning ability**
- ✓ Support and **maintain the body as it ages***

Echinacea is used traditionally by Western herbalists to:

- ✓ Support **healthy immune system** response*



SUPPORTS HEALTHY ADRENAL GLAND FUNCTION*

SUPPORTS HEALTHY IMMUNE SYSTEM RESPONSE*

HELPS TO INCREASE ENERGY*

M4405 200 mL

Suggested Use:

Dilute 5 mL (approx. 1 teaspoon) in water or juice 3-4 times daily, or as directed.

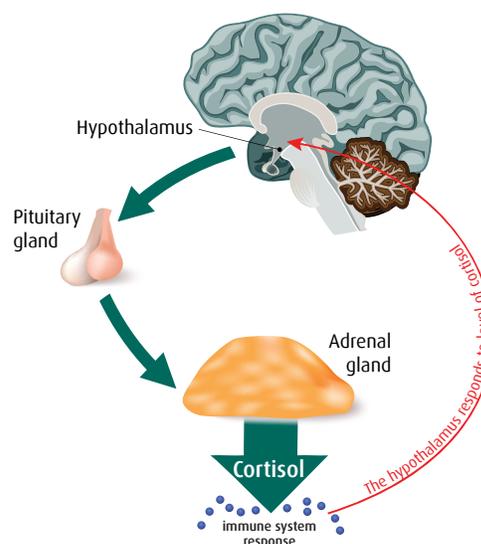
Supplement Facts

Serving size:	5 mL (1 tsp)	
Servings per container:	40	
	Amount per Serving	%DV
Rehmannia root 1:2 extract from <i>Rehmannia glutinosa</i> root 1.13 g	2.25 mL	†
Ashwagandha root 1:1 extract from <i>Withania somnifera</i> root 1.63 g	1.63 mL	†
Echinacea root 1:2 extract from <i>Echinacea purpurea</i> root 263 mg	525 mcl	†
Echinacea root 1:2 extract from <i>Echinacea angustifolia</i> root 175 mg	350 mcl	†
Licorice root 1:1 extract from <i>Glycyrrhiza glabra</i> root 250 mg	250 mcl	†
† Daily Value (DV) not established.		

Other Ingredients: Purified water, 36.5% alcohol and maltodextrin.

Caution: Contraindicated in known allergy to plants of the daisy family. Contraindicated in high blood pressure, edema (water retention), congestive heart failure, low blood potassium, pregnancy and lactation. If you have a thyroid condition, use strictly under physician direction.

Figure 1. Everyday Stress, the HPA-Axis and Immune System Response



Everyday Stress, General Health and the Immune System

Isn't everyday stress something we all experience? Absolutely. In fact, small amounts can be beneficial: it can inspire and motivate us, focus our energy and improve performance. Then there is the other type of everyday stress, the concerns or deadlines that tire us out with the so-called 'fight-or-flight' response. A remnant of evolution, this response originally developed in humans and animals as a physical defense mechanism to immediate and life-threatening danger.

In modern-day life this type of response to stress is no longer appropriate. Nevertheless, when activated, the body reacts in the same way: we feel a rush of energy, become fully alert and ready to act. This is prompted by the activation of the HPA-axis: the hypothalamus, the pituitary gland, and the adrenal glands. Its activation triggers a cascade of events that results in the release of normal 'stress hormones' in the bloodstream (e.g. cortisol), which may then impact normal healthy immune response (see Figure 1).¹

'Toning' our adrenal glands, supporting the body's normal stress response, and helping the body maintain its normal immune function can help us to adapt to the daily challenges of life and maintain our general health and well-being.

References

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How Adrenal Tonic Phytosynergist® Supports Your Health:



Promotes healthy adrenal gland function

Western herbalists use both **Licorice** and **Rehmannia** to help support the normal function of the adrenal glands, which allow us to respond in a healthy way to everyday life challenges.^{2-6*}



Helps increase energy and maintain feelings of well-being when experiencing temporary, mild stress

Ashwagandha is a highly revered Ayurvedic herb that is also referred to as 'Indian ginseng'.^{7,8} Unlike *Panax ginseng* Ashwagandha has both a calming^{5,7,9} and energizing tonic effect.^{7,9,10,11*} It calms the nerves, aids normal sleep, supports a healthy stress response,^{5,7,10} and helps maintain general health and well-being,¹¹ especially in the aging population.^{5,9,10*}



Supports healthy immune system response

Echinacea has a very long history of use in North America and Europe. It was a firm favorite amongst eclectic and traditional physicians in the United States. Today, it is one of the most popular traditional herbs to support general immune function.^{1,5,8,12-14*}

Please consult the product packaging label for the most accurate product information.

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