

## Stress Essentials Balance

Herbal Support for Healthy Adrenal Function\*

### Stress Essentials Balance Supplementation

Stress Essentials Balance is a comprehensive formula featuring key herbal extracts that help support healthy adrenal gland function and now also contains calming ashwagandha.\* Estimates suggest that over 65% of adults deal with some form of chronic stress, which may lead to feelings of fatigue and general weakness. The nutrients in Stress Essentials Balance can help by supporting healthy adrenal gland function and mood.\*

The most pertinent research-backed benefits of supplementation with Stress Essentials Balance may include:

- Helps promote healthy adrenal function\*
- Supports healthy stress response\*
- Supports stress-related fatigue\*
- Supports cognitive function and healthy mood\*

### How Stress Essentials Balance Works

The foundation ingredients of the Stress Essentials Balance formula are high-potency extracts of rhodiola root, cordyceps, and Asian ginseng root. The formula also contains ashwagandha, known for its calming properties and support for a healthy stress response.\* The herbal formula broadly acts as an adaptogen in the body by modulating the hypothalamic-pituitary-adrenal (HPA) axis—a unique component of the neuroendocrine system.\* The HPA axis is how the body controls stress response, primarily by secreting catecholamines and glucocorticoids (especially cortisol).

#### Ashwagandha

Ashwagandha supports healthy stress response due to its adaptogenic activity and calming effect.\*<sup>1,2</sup> Ashwagandha contains constituents such as withanolides, sitoindosides, and alkaloids that have a calming effect and support a healthy response to oxidative stress.\*<sup>1,2</sup>



## How Stress Essentials Balance Works Continued

### *Rhodiola Rosea*

*Rhodiola rosea* is a perennial flowering plant containing an adaptogenic compound known as salidroside (found primarily in the rhizome of the plant). Research demonstrates that salidroside supports healthy stress-induced cortisol secretion, which may be beneficial for supporting stress-related fatigue.<sup>♦3</sup>

### Cordyceps

The cordyceps mushroom has been used for over six centuries in Asian cultures to support immune function, stamina, libido, and a variety of other vital biological processes.<sup>♦</sup> The primary bioactive constituents of cordyceps include cordycepin and its derivatives, polysaccharides, and ergosterol. Research suggests that these compounds support healthy adrenal function and thus promote healthy stress and anti-fatigue functions in the human body.<sup>♦4</sup>

### Asian Ginseng

Asian ginseng is one of the most prestigious herbs in traditional Chinese medicine due to its profile of saponins known as ginsenosides. The past several decades of research have shown that ginsenosides from *Panax ginseng* have a vast range of biological activities, including anti-aging activity, supporting blood glucose already within the healthy range, promoting healthy immune and neuron functions, and more.<sup>♦5</sup>

Asian ginseng is regarded as a potent adaptogenic herb as evidence suggests it supports a healthy HPA axis response to stress.<sup>♦6</sup>

### Why Use Stress Essentials Balance?

Research cited herein suggests that the herbal extracts in Stress Essentials Balance play pivotal roles in modulating the HPA axis and promoting a healthy stress response.<sup>♦</sup> In turn, these nutrients can help promote healthy adrenal function and support balanced stress-related fatigue.<sup>♦</sup>

## Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30/60

	Amount Per Serving	%DV
Cordyceps Extract (fruiting body; <i>Cordyceps militaris</i> )	800 mg	*
Ashwagandha Extract (leaf and root; <i>Withania somnifera</i> ) (Sensoril <sup>®</sup> )	400 mg	*
Asian Ginseng Extract (leaf and root; <i>Panax ginseng</i> ; standardized to 14% ginsenosides)	107 mg	*
<i>Rhodiola rosea</i> Extract (root; standardized to 1 mg salidroside and 3 mg rosavins)	100 mg	*
Asian Ginseng Powder (root; <i>Panax ginseng</i> )	58 mg	*

**Other Ingredients:** Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, and silica.

Sensoril<sup>®</sup> is a registered trademark of Natreon, Inc.

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

**Warning:** Do not use if pregnant or nursing.

**Caution:** Consult your healthcare practitioner before use. If taking heart medications or have a chronic health condition, inform your healthcare practitioner. Keep out of reach of children.

### References:

1. Head KA et al. *Alt Med Rev.* 2009;14(2):114-143.
2. Verma SK et al. *Asian J Pharm Clin Res.* 2011;4(1).
3. Olsson EM, et al. *Planta med.* 2009;75(02):105-112.
4. Koh JH et al. *Biol Pharm Bull.* 2003;26(5):691-694.
5. Ru W et al. *Drug Discov Ther.* 2015;9(1):23-32.
6. Nocerino E et al. *Fitoterapia*, 2000;71:S1-S5.

♦ 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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