



ADR Formula®

What Is It?

This formula combines whole adrenal and adrenal cortex with a combination of herbs and nutrients that nutritionally support the adrenal glands. Naturally occurring adrenal hormones in these extracts (epinephrine, norepinephrine, corticosteroids) can help promote healthy adrenal function. Both *Eleutherococcus senticosus* and *Panax ginseng* have adaptogenic properties to help balance physiological functions in the body, including adrenal gland function. Licorice extract helps to maintain healthy cortisol metabolism while calcium pantothenate promotes healthy adrenal gland activity.*

Uses For ADR Formula®

Adrenal Gland Support: This formulation of adrenal extracts and botanical and nutritional cofactors nutritionally supports the proper functioning of the adrenal glands. This combination contains ingredients that provide complementary support for reducing fatigue, moderating stress, and enhancing resistance.*

What Is The Source?

This product contains: whole adrenal and adrenal cortex derived from pasture-fed, pesticide-free bovine herds. These glandular extracts are freeze dried and vacuum dried; *Panax ginseng* extract (root) (standardized to contain 27-30% total ginsenosides); *Eleutherococcus senticosus* extract (root) (standardized to contain 0.8% eleutheroside E & B); licorice extract (root) (standardized to contain 12% glycyrrhizic acid); calcium pantothenate (vitamin B₅) (synthetic). Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations recommends 2–4 capsules per day, in divided doses, between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Stomach upset and nausea have been reported by sensitive individuals using adrenal extracts. Other reports suggest a general stimulatory effect attributed to adrenal extracts, eleuthero, and *Panax ginseng* that could result in anxiety, irritability or trouble sleeping. Glycyrrhizin-containing licorice extracts have been associated with increasing blood pressure at several grams per day but not in the amounts provided by this formula. However, eleuthero and *Panax ginseng* are not recommended for individuals with uncontrolled high blood pressure.

Are There Any Potential Drug Interactions?

Some ingredients contained in this formula may adversely interact with Digoxin, Warfarin, Ticlopidine and diuretics.

References

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4. Soma R, Ikeda M, Morise T, et al. Effect of glycyrrhizin on cortisol metabolism in humans. *Endocrin Regulations* 1994;28:31–4.
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7. Asano K, Takahashi T, Miyashita M, et al. Effect of Eleutherococcus senticosus extract on human working capacity. *Planta Medica* 1986;37:175–7.
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ADR Formula®

each vegetable capsule contains



Panax ginseng extract (standardized to contain 27-30% total ginsenosides)	200 mg.
Eleutherococcus senticosus extract (standardized to contain 0.8% eleutheroside E & B)	100 mg.
licorice (standardized to contain 12% glycyrrhizic acid).....	100 mg.
whole adrenal (bovine).....	150 mg.
adrenal cortex (bovine)	75 mg.
calcium pantothenate (B ₅).....	100 mg.
vitamin C (as ascorbyl palmitate).....	15 mg.

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