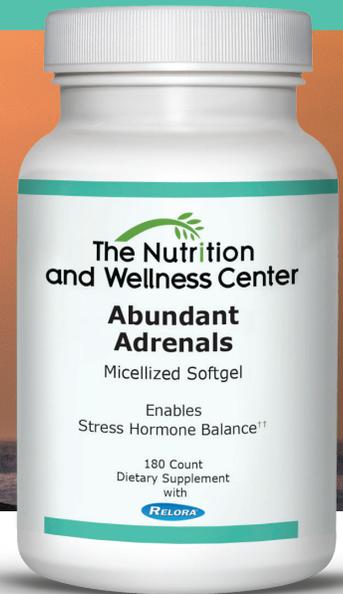


RECHARGE NEUROHORMONES
RESTORE HORMONE BALANCE
EVIDENCE-BASED NUTRITION



THE NEED FOR MORE ENERGY: ABUNDANT ADRENALS

Over eighty percent of people cite 'lack of energy' as the most common reason for coming to a physician. Low energy is a symptom of adrenal fatigue also known as Addison's hypoadrenalism. Other common signs of low adrenal function include:

- An uncontrollable need to eat
- Unusual mood swings
- Lack of restorative sleep...being tired or less than refreshed when one wakes up. As a result, people often push themselves to continue functioning; however, usually with the help of stimulants like coffee, cola, or sugar.

Abundant Adrenals is a natural, non-stimulating product that effectively rehabilitates the body's energy system at the cellular level so the glands can again function in youthful, resilient, and effective ways while not over-taxing an exhausted gland.*

Abundant Adrenals uniquely combines special forms of Rhodiola, Magnolia, and Phellodendron micellized in perilla oil and Medium Chain Triglycerides derived from raw palm fruit. Only **Abundant Adrenals** restores adrenal energy, improves thyroid hormone function, and enhances immune hormonal functions with evidence-based science to support the safer, trophorestorative rehabilitation of energy molecules (adrenalines) and control hormones like cortisol and DHEA.*

1. **Rhodiola rosea calus / roseroot rhizome:**

Rhodiola rosea is a popular plant in traditional medical systems in Eastern Europe and Asia and works on harmonizing the central nervous system, decreasing depression, enhancing work performance, eliminating fatigue, stabilizing moods, as well as working as a healthy mood regulator. Cardio-protective functions have also been attributed to rhodiola in traditional medical literature. Research also demonstrates utility in restoring healthy sleep rhythms, poor appetite, irritability, idiopathic hypertension, and unexplained headaches. The mechanism by which Rhodiola rosea calus works is based on action of activity of monoamines (adrenalines, dopamine, etc.) and opioid peptides such as beta-endorphins in the body.¹ The biologically active substances salidroside, rosin, and rosavin present in the rhizome of the plant increase the ability to concentrate and enhance mental and physical power.² Only we assure the use of the active, safer, effective rhodiola form.*

2. **Magnolia and Phellodendron extracts: Abundant Adrenals**

uses Relora®, an all-natural, proprietary, patented extract of Magnolia officinalis and a proprietary extract of Phellodendron amurense. Magnolia officinalis is a tree native to the rainforests of China. Its bark has long been used in a variety of ways, including for the use of stress and anxiety control. Phellodendron amurense, from the Amur corktree, grows in northeastern China and Japan.

Together, these extracts support or restore levels of the cortisol and DHEA hormones in the body. This promotes the management of stress-related issues.³ Magnolia and phellodendron work together by binding to stress hormone receptors in the nervous system to promote relaxation and feelings of well-being, yet do not attach to the benzodiazepine receptors associated with sedation and dependency.

A special benefit noted by many is reduced stress-related over-eating. James Lavalley, ND, RPh, CCN from The Living Longer Clinic in Cincinnati, OH studied the effects of these extracts on cortisol and DHEA levels as well as stress-related eating habits in over 500 people. Elevated first morning cortisol levels were lowered by 37% (over one-third!), and DHEA increased by 227% (more than doubling this helpful anabolic hormone). In addition, stress-related snacking on sweets, such as ice cream, cake, pie, and cookies was reduced by 76% in those individuals who reported they ate these foods under stress.

TWO (2) ABUNDANT ADRENALS SOFTGELS PROVIDE		
TYPICAL DOSAGE	ENERGIZED NUTRIENTS	
As a dietary supplement, take two (2) softgels daily or as directed by your health professional. Store below 70° F.	Rhodiola (> 3% rosavins + > 1% salidroside)	300 mg
	Relora® (Magnolia officinalis + Phellodendron amurense)**	500 mg
Available in bottles of 180 softgels.	Perilla oil	800 mg
	Medium Chain Triglycerides (MCTs from raw, palm fruit)	250 mg
WARNING Pregnant and nursing mothers need to check with their health professional before taking supplements.	Phosphatidylcholine	90 mg
	Beeswax	70 mg
	Gelatin	500 mg
	Glycerin	12 mg
	Water	20 mg
	Turmeric powder	12 mg
	Other Ingredients: None	
**Relora® brand Magnolia officinalis and Phellodendron amurense (U.S. Patents 6582735 and 6814987)		
^Relora® is a registered trademark of InterHealth, N.I.		

3. Perilla oil plus MCTs: Abundant Adrenals is micellized for maximum absorption and efficacy.* Perilla oil and MCTs provide a unique combination of energetically active essential oils that are also natural stress-reducing agents. Perilla oil comes from Perilla frutescens seeds. Perilla oil is rich in omega 3 fatty acid [alpha-linolenic acid (ALA)]. ALA stimulates repair and can be called anti-inflammatory on this basis. It also has cardioprotective effects by preventing arterial blood (platelet) clots and reducing overly active platelet aggregation^{4,5}. MCTs derived from raw palm fruit soak up cell acids and produce energy in the mitochondria. MCTs are easy to assimilate and metabolize in the body, especially important to those with delicate stomachs or who are rebuilding their digestion.

Abundant Adrenals' unique combination of the special forms of rhodiola and magnolia energized by Perilla and MCT oils delivers the first adrenal support product that works at the cellular level in the brain, gut, and the adrenal glands to more safely and effectively recharge the overly stressed or exhausted person.*

REFERENCES

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*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.