NEW!

**Adrenaplex**

Adrenal support
Stress relief
Mental focus
Energy
Mood and sleep

Fatigued?

Each capsule contains:
- Rhodiola (Rodiola rosea, 3% salidrosides, 1% rosavins, root) . . . . . . . . 150 mg
- Schisandra (Schisandra chinensis, fruit) . . . . . . . . . . . . . . . . . . . . . . . . 100 mg
- Ashwagandha (Withania somnifera, root) . . . . . . . . . . . . . . . . . . . . . . . 100 mg
- Cordyceps (Ophiocordyceps sinensis, mycelium)  . . . . . . . . . . . . . . . . . 100 mg
- Adrenal gland (Bos Taurus, cow) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 100 mg

Non-medicinal ingredients:
- hydroxypropyl methylcellulose
- magnesium stearate.

Dosage:
1-2 capsules twice daily or as directed by a health care professional.
Avoid taking in the evening.

Cautions and warnings:
- Avoid taking at night to prevent trouble sleeping.
- Do not use if you suffer from a bipolar disorder or a bipolar spectrum disorder.
- May increase the effects of plants, supplements or drugs with stimulant properties.
- May add to the effects of angiotensin-converting-enzyme inhibitors.

Recommended duration of use:
- Do not use for more than four weeks.

Consumption of ashwagandha with alcohol, other drugs and/or natural health products with sedative properties is not recommended.

Consult a health professional prior to use if you are undergoing hormone replacement therapy (HRT), taking birth control, antidepressants or immunosuppressive drugs, or suffering from lung disorders. Consult a health care professional if symptoms persist or worsen.

Contraindications:
- Do not use if you are pregnant or breastfeeding.
- Do not use if you are suffering from high blood pressure or arteriosclerosis.

Known adverse reactions:
- Certain people may suffer from insomnia, anxiety or excitement; in which case, discontinue use.
- Certain people may experience certain reactions; stomach aches, dry mouth, skin reactions, drowsiness, nausea or diarrhea; in which case, discontinue use.

NPN: 80037728 • 90 Vegetable capsules

102 - 3738 North Fraser Way, Burnaby, B.C. V5J 5G7   |   1-800-665-8308   |   biomedicine.com

Knowing the stages and symptoms of adrenal fatigue will begin the journey for a successful recovery!

Adrenal fatigue is a group of symptoms related to the stress response system (HPA - hypothalamic-pituitary-adrenal axis), and seen as chronic high and very low levels of cortisol and low levels of DHEA. Prolonged or excessive stress and anxiety overworks the adrenal glands, leading to endocrine gland burnout and a poor overall response to cortisol.

Stages of Adrenal Fatigue

1. Overactivated adrenal glands in response to stress, high energy, burn candles at both ends.
2. Cortisol levels drop, Feeling tired, low mood.
3. Cortisol levels low, complete exhaustion, constant tiredness and irritability.

Duration of each stage varies
Adrenaplex

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### Duration of each stage varies

<table>
<thead>
<tr>
<th>Normal Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
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</thead>
<tbody>
<tr>
<td>Low</td>
<td>High</td>
<td>High</td>
</tr>
<tr>
<td>Normal</td>
<td>DHEA</td>
<td>Pregnenolone</td>
</tr>
<tr>
<td>High</td>
<td>Cortisol</td>
<td></td>
</tr>
</tbody>
</table>

### Stages of Progression of Adrenal Fatigue

1. Fatigue & exhaustion
2. Low energy in the afternoon
3. Wired & tired
4. Reliance on caffeine
5. Irritability especially when hungry
6. Irregular sweating
7. Weight Gain
8. Light-headedness
9. Easily startled
10. Tendency to get sick easily
11. Constant Stress
12. Salt & sugar cravings
13. Depression & anxiety

### Benefits of Adrenaplex

<table>
<thead>
<tr>
<th>Improves</th>
<th>Optimizes</th>
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<tr>
<td>Mental fatigue</td>
<td>Stress resilience</td>
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<tr>
<td>Daily energy</td>
<td>Immune health</td>
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<td>Mood</td>
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<td>Sleep</td>
<td>Blood sugar metabolism</td>
</tr>
<tr>
<td>Concentration</td>
<td>Adrenal gland repair &amp; maintenance</td>
</tr>
</tbody>
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Symptoms of Adrenal Fatigue

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