

# Adrenum (Homeopathic)



## Recommended Use:

- Stress
- Exhaustion
- Fatigue
- Adrenal support

Adrenum is a homeopathic preparation formulated to support the adrenal glands. It can be used for symptoms of stress including exhaustion, fatigue, lack of motivation and weakness. As this formula works to revitalize and recharge the body's energy levels naturally, and is effective for adrenal stress, adrenal fatigue, nerve weakness (neurasthenia), nervous exhaustion, weakness and collapse, debility, and mental depression.

Adrenum also contains micro-nutritional components that help to increase functions of the cerebro-spinal system, sympathetic nervous system, and vascular activity. These assist in a marked improvement in cases of drowsiness, mental depression, forgetfulness, over-sensitivity and over-excitability.

## Recommended Dosage:

Adults take 25 - 30 drops in water three times daily or to be used on the advice of a health care practitioner.

## Clinical Pearls:

Adrenum has caffeine-containing ingredients and in D3 potency, it won't over-stimulate the adrenal glands. In addition, many practitioners have commented that Adrenum works as well as an adrenal glandular supplement, without the use of any glandular ingredients.

Consider additional B vitamin supplementation in cases of stress, adrenal fatigue or adrenal exhaustion.

Refer to female conditions and endocrine protocols for more details.

### Ingredients:

Anacardium orientale  
 Aralia quinquefolia  
 Avena sativa  
 Caffeinum  
 Camphora  
 Selenium metallicum  
 Sterculia acuminata  
 Zincum metallicum

### Uses:

Nervous exhaustion, weakness.  
 Increases stamina.  
 Nutritive function of the brain and nervous system; tonic for debility after exhausting disease.  
 Increases the nervous and vascular activity; over-excitability and over-sensitivity.  
 Collapse, weakness, coldness, anxiety.  
 Great debility, marked effects on nerves of genito-urinary organs.  
 Severe mental exertion, overcoming mental depression.  
 Defective vitality; enhance memory.



### Medicinal Ingredients: Each 100 ml contains:

|                         |       |
|-------------------------|-------|
| Anacardium orientale D3 | 10 ml |
| Aralia quinquefolia D3  | 20 ml |
| Avena sativa D3         | 5 ml  |
| Caffeinum D3            | 8 ml  |
| Camphora D2             | 2 ml  |
| Selenium metallicum D8  | 20 ml |
| Sterculia acuminata D2  | 10 ml |
| Zincum metallicum D8    | 10 ml |

Non-medicinal Ingredients: Ethanol

**Cautions/warnings:** Consult a health care practitioner if symptoms persist or worsen, or before using if pregnant or breast feeding, or for prolonged use.

DIN-HM 80013139 • 50 ml