

Adpt-CNS is a targeted adaptogen botanical formulation designed to decrease the negative effects of stress while supporting the reduction of allostatic load and improving an individual's resiliency and durability. The formulation acts on the H-P-A axis to reestablish normal communication from the Hypothalamus and pituitary to the adrenals. The goal is to restore energy, stamina, and vitality.

Each of the standardized herbal extracts were carefully selected to provide support to the various systems that get compromised when a person's metabolism is under sustained stress. The design includes modulating cortisol levels, improving cellular energy production and expenditure, supporting immune system response, as well as protecting testosterone and cortisol.

Adpt-CNS contains the botanicals cordyceps (*Cordyceps sinensis*) mycelia (1:1 extract), rhodiola (*Rhodiola rosea*) root (std. 5% rosavins), Thai ginseng (*Kaempferia parviflora*) root (std. 4% 5,7 dimethoxyflavone) and schisandra (*Schisandra chinensis*) berry (std. 9% schisandrins). Adpt-CNS is used for TRIAD 1 Adrenal issues.

#### RECOMMENDED FOR

- Reducing the negative effects of stress
- Supporting adrenals
- Alleviating fatigue
- Improving energy and physical performance
- Managing weight
- Boosting memory
- Immune system support

#### ABOUT THE FORMULA

- **Rhodiola (*Rhodiola rosea*) root** is an herbal medicine traditionally used in China, Serbia, and the Carpathian Mountain region of Ukraine. Studies have shown that rhodiola has the potential to boost physical and mental performance by strengthening the nervous system, combating depression, enhancing immunity, increasing exercise capacity, improving memory, and elevating energy levels.
- **Cordyceps (*Cordyceps sinensis*) mycelia** is a fungus found primarily in China, Nepal, and Tibet. In traditional Chinese medicine, this potent fungus has been used as an extract in tonics to improve mental and physical performance. Now produced in laboratories, studies show that cordyceps mycelia may help steady energy levels, optimize the immune system and hormone health, and boost physical endurance and mental vitality.

- **Thai ginseng (*Kaempferia parviflora*) root extract** is also known as Black ginger or Karachidum. This adaptogenic herb is most commonly found in Southeast Asia and is used most widely in formulas designed to enhance male reproduction. Along with enhancing sexual function, Thai ginseng may improve exercise performance, support metabolism and energy, assist with weight management, boost cognitive and cardiovascular function, and contribute to healthy aging.
- **Schisandra berry (*Schisandra chinensis*)** is a medicinal herb used in traditional Chinese medicine for centuries for its myriad potential benefits. Schisandra berry has shown promising anti-inflammatory, antioxidant, and neuroprotective capacities, bolstering the immune system, enhancing physical endurance and acuity, and promoting neurological function.

#### SUPPLEMENT FACTS

**Serving Size:** 3 Capsules

##### Amount Per Serving

Cordyceps (*Cordyceps sinensis*) mycelia 1:1 extract (1,000 mg), Rhodiola (*Rhodiola rosea*) root Std. to 3% rosavins (525 mg), Thai ginseng (*Kaempferia parviflora*) root extract Std. to 4% 5,7 dimethoxyflavones (100 mg), Schisandra (*Schisandra chinensis*) berry Std. to 9% schisandrins (225 mg).

**WARNING:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

#### SUGGESTED USE

As a dietary supplement, take 2 capsules in the morning and 1 capsule in the early afternoon daily or as directed by your healthcare practitioner.