

Herbal Adapt

HPA Axis Restore*

Herbal Adapt is a combination of botanical adaptogens, herbs with a history of traditional use and scientific evidence showing they help the body respond to stress.* This balanced blend includes the adaptogens ashwagandha, holy basil, rhodiola, and licorice, with ginger as a synergist, and supports a healthy response to stress, physical function, and a balanced mood.*



#77430
60 vegetarian capsules

Key Features

- Ashwagandha supports sexual health, normal thyroid function, and healthy metabolism of blood sugar and cholesterol*
- Rhodiola promotes superior physical and mental performance*
- Holy basil additionally enhances memory and immune system function*
- Licorice supports healthy cortisol levels throughout the day*



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Ashwagandha (*Withania somnifera*) is a classic Ayurvedic nervous system tonifying herb, used to promote a balanced mood, memory, and restorative sleep.* Scientific studies have shown ashwagandha interacts with the hypothalamic-pituitary-adrenal (HPA) axis, reducing the rise in cortisol seen with chronic stress.* It also interacts with the body's GABA receptors, which additionally contributes to its relaxing effects.* Clinical studies have shown that these and other biological actions of ashwagandha extend beyond just supporting relaxation: this herb also has been shown to support normal, healthy thyroid and blood vessel function, normal blood glucose levels, and cholesterol levels already in the normal range.*

In individuals under chronic stress, regular use of ashwagandha has been shown to improve happiness, reduce perceived stress and food cravings, and support a healthy body weight.* Additional clinical studies have shown ashwagandha supports a balanced mood, improves memory, and enhances sexual function in women and men.* Improved markers of fertility have also been seen in men with ongoing use of ashwagandha.*

Holy basil (*Ocimum sanctum*), also commonly known as tulsi, is another Ayurvedic herb with a long history of use for supporting mood and function under stress.* Clinically, holy basil has been shown to support a positive mood, reducing perceived levels of stress and improving adaptability.* It also acts as a nootropic, improving attention, cognitive function, memory, and reaction time.* In humans, holy basil has been shown to improve the immune response, increasing the percentage of T helper cells and natural killer (NK) cells.* Scientific studies have shown it also helps protect against toxicant and noise-related stresses, and balances the response of the hypothalamic-pituitary-adrenal (HPA) axis.*

Rhodiola (*Rhodiola rosea*) is an adaptogen known for its ability to enhance the nonspecific resistance to stress, particularly on physical and mental planes.* Clinically, rhodiola has been shown to improve endurance exercise performance, reduce lactate levels and markers of muscle damage after exhaustive exercise, and increase antioxidant capacity in trained athletes.* It also has been shown to decrease psychic fatigue and perception of everyday tiredness.*

Rhodiola also supports emotional balance, acting as a monoamine oxidase inhibitor (MAOI) and increasing levels of serotonin.* Clinically, it has been shown to reduce emotional instability, stress, anger, and confusion.* Although rhodiola has a long history of safe use, it should be used with caution with medications which may impact serotonin levels due to its action as a MAOI.* Because of

potential stimulating effects, it is best taken early in the day.*

Licorice root (*Glycyrrhiza glabra*) is used in many formulas as a synergizing botanical. However, it also has data showing it acts as an adaptogen.* It has been shown in humans to support adrenal function by inhibiting conversion of cortisol to inactive cortisone in the kidneys.* Licorice also supports normal neurotransmitter and prostaglandin secretion, promoting a healthy mood and memory.*

Supplement Facts

Serving Size	1 Capsule	
Servings Per Container	60	
Amount Per Serving	% Daily Value	
Ashwagandha Root Extract (standardized to 5% Withanolides)	200 mg	†
Holy Basil Leaf Extract (standardized to 2.5% Ursolic Acid)	150 mg	†
Rhodiola Root Extract (standardized to 3% Rosavins and 1% Salidroside)	100 mg	†
Licorice Root Extract (standardized to 20% Glycyrrhizic Acid)	50 mg	†
Ginger Rhizome Extract (standardized to 5% Gingerols)	25 mg	†
† Daily value not established.		

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-Leucine.

Suggested Use: As a dietary supplement, 1 capsule two times daily with or without food, or as directed by a healthcare practitioner. Best taken morning and noon.

Caution: Do not use if pregnant. Use only under the care of a qualified healthcare practitioner if taking antidepressant medications.

References:

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