



# AdaptaMax

## Powerful Adaptogenic Formula for the Adrenal Glands

In our modern world most people rarely get the opportunity to relax and “unwind.” As a result, they are often plagued by stress-related health problems. Chronic stress can contribute to problems like fatigue, anxiety, nervous tension, muscle pain and stiffness and depression. Over time, it can contribute to digestive weakness, immune weakness, chronic inflammation, restless and disturbed sleep patterns, high blood pressure and cardiovascular disease and weight gain.

Fortunately, there are ways of helping to reduce stress levels and improve overall health in the process. One of these stress-reduction aids is adaptogenic herbs. Adaptagen was a word coined by Russian scientists to describe the effects of eleuthero root (sometimes known as Siberian ginseng). Scientists in Russia discovered that eleuthero root improved athletic performance, enhanced energy and immune function, and even reduced the number of mistakes made by clerical and office workers. They found the plant accomplished these feats by reducing the output of stress hormones and improving the body’s ability to cope with both physical and emotional stress. They even learned that eleuthero root helped prevent Soviet cosmonauts from getting space sickness from weightlessness, a fact that was later passed on to U.S. astronauts.

Since the benefits of eleuthero root were discovered, other herbs around the world have been found to possess adaptogenic effects. AdaptaMax combines many of these herbs into one formula. AdaptaMax can be taken by anyone who desires to improve physical endurance, immune function and the ability to cope with and adapt to the stresses they face in life. AdaptaMax contains eleuthero root and 12 other adaptogenic and tonifying herbs, as follows:

**Rhodiola rosea** is another herb from Russia which has been discovered to possess powerful adaptogenic properties. Russian studies show it enhances both mental and physical performance. It is antidepressant and has a cancer-preventing effect.

**Korean ginseng** has long been prized in the Orient for its ability to enhance overall health, especially in the elderly. It improves digestive function, glandular activity and increases energy and stamina. It is warming and stimulating.

**Ashawaganda**, used in Ayurvedic medicine as a tonic, has been called Indian ginseng, because of its tonic and restorative properties. It helps restore vitality to people who are suffer-

ing from overwork and nervous exhaustion. It also helps with recovery from long term stress.

**Rosemary** has a tradition in western herbalism as a tonic for the brain, improving cognitive function and memory. It contains powerful antioxidants that help protect the body from free radical damage.

**Gynostemma pentaphyllum** is an adaptogenic herb from China. It balances the energy system of the body.

**Schizandra** is another powerful adaptogenic herb. Used in Chinese medicine to balance and harmonize the organs of the body. Schizandra helps with many of the health problems brought on by chronic stress, including disturbed sleep patterns, fatigue, shortness of breath, loss of concentration, forgetfulness and irritability.

**Astragalus** is considered a general tonic in Chinese medicine and is often used in place of Korean ginseng in formulas. Modern research shows it enhances immune function, increases endurance, lowers blood pressure and balances body fluids.

**Reishi** mushrooms enhance the immune system, aid liver and cardiac function and reduce allergic responses.

**Suma** has been called Brazilian ginseng. It is an adaptogenic herb that regulates blood sugar, enhances energy and aids the immune system. It also has anticancer properties.

**Ginkgo** has been researched extensively in Europe as a circulatory aid and antiaging herb. It enhances cognitive function and circulation to the brain. It also aids general, peripheral circulation.

**Alfalfa** is a nutritive herb and a rich source of trace minerals. It is used as a general tonic. It aids pituitary gland function.

**Kelp** is a seaweed that is rich in iodine and trace minerals. It is known for its ability to feed the thyroid gland.

One final ingredient in AdaptaMax is the mineral **chromium**, which is very important for balancing blood sugar levels and for preventing cardiovascular disease.

**Use and Dosage:** Take 2 capsules with a meal, two to three times daily.

### Selected References

- The Encyclopedia of Medicinal Plants by Andrew Chevallier
- PDR for Herbal Medicines by Medical Economics Company
- Suma, Today’s Herbs, Aug 1989
- Reishi Mushroom by Terry Willard
- Chinese Herbal Medicine by Daniel P. Reid

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