

# Adrenal Complex

*Balanced nutritional support for the adrenal glands*

Adrenal Complex is a glandular-based formula designed to support overall adrenal function in order to help with optimum stress tolerance and healthy energy levels.

The primary function of the adrenal glands is the release of hormones in response to stress through the production of cortisol – also known as the “stress hormone” – and other compounds such as dopamine, epinephrine and norepinephrine. While small increases in cortisol support homeostasis and aid in regulating the body’s “fight or flight” response, higher than normal levels of cortisol have been shown to deplete the body’s nutrients and negatively impact adrenal performance.

## Why include glandulars?

A glandular-based product provides the particular nutrients needed to help support and tonify specific organ tissues. The glandulars selected for Designs for Health’s Adrenal Complex formulation are derived from some of the purest and cleanest sources on the market today. These glandular materials are obtained only from certified BSE-free countries. They are freeze-dried to maintain the integrity and activity of the glandular material.

In keeping with the long-held theory that “like heals like,” Adrenal Complex includes tissue-specific glandulars from both the adrenal cortex and the whole adrenal gland. Rich in an array of nutrients such as vitamins and minerals, they contain protein-like substances which may have specific messenger activity that help target the body’s adrenal tissues to help strengthen and repair these glands.

## Highlights

*N-acetyl-tyrosine* is the most bioavailable form of the amino acid tyrosine and is a critical building block of the hormones and neurotransmitters which are often depleted under chronic stress conditions. Research shows that supplementing with tyrosine may provide specific therapeutic benefits to people experiencing chronic stress.

*Vitamin C* – its inclusion in Adrenal Complex is critical, as it plays an important role in adrenal hormone production and the maintenance of healthy cortisol levels.

*B Vitamins* – the comprehensive spectrum of B vitamins in this product serve as enzyme cofactors in the balanced production of stress hormones. To ensure superior bioavailability (meaning that your body can readily use them), most of the B vitamins are included in their pre-activated form.

## Recommended Use:

As a dietary supplement, take two capsules per day with meals, or as directed by your health care practitioner.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).

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