



Nutritional Frontiers

HERBAL TINCTURES

Adrenal

This formula was designed to reduce anxiety and restlessness and to combat insomnia. The herbs in this tincture may also be useful in helping conditions that are worsened by stress such as irritable bowel syndrome (IBS), tension headaches, muscle tension, and high blood pressure



• **Ashwagandha (Withania somnifera)** root is native to Sri Lanka, India, Africa, and Pakistan. A relaxing adaptogen and tonic, this plant is useful for 'building up' people who are debilitated from long term stress. Ashwagandha helps in both acute and chronic stress conditions as well as those struggling with insomnia, inflammatory diseases, and anxiety.

• **Astragalus Root (Astragalus membranaceus)** is considered to be a Qi (chi) tonic and used extensively in Traditional Chinese Medicine and Ayurvedic medicine. Astragalus is a true adaptogen, neither too stimulating nor too relaxing, but rather helping the body to find its optimal balance. Astragalus seems to be effective for many body systems including the immune system, adrenal glands, the liver, and the cardiovascular system. It increases mitochondrial function and enhances tolerance to stress.

• **Eleuthero Root (Syberian Gensing)** is another adrenal adaptogen that has a wide variety of applications in the body. This herb is native to the Taiga region of the Far East and its use dates back 2000 years. Eleuthero Root may improve attention, mood, and stress tolerance. It is useful for people who are debilitated from cancer, chemotherapy, cardiovascular disease, or other chronic health conditions. Eleuthero Root is stimulating and warming.

• **Panax ginseng** is also called Chinese ginseng or Asian ginseng, and has been in use since at least the 1st century C.E. Its many constituents, such as ginsenosides and panaxans, contribute to its many effects such as supporting immune function, lowering blood sugar, improving libido and erectile dysfunction, increasing sperm count, and enhancing physical and intellectual performance.

• **Licorice Root (Glycyrrhiza glabra)** is commonly known as licorice. Glycyrrhiza helps the body recover from long term stress by increasing the half life of cortisol. Licorice also possesses anti-inflammatory action by blocking certain leukotrienes. Glycyrrhiza is often used as a demulcent to heal the digestive tract and as an anti-viral and antioxidant.

• **Kelp (Nereocystis leutkeana)** offers a concentrated source of minerals such as iodine, magnesium, potassium, calcium, and iron. Kelp is traditionally used to support endocrine function, particularly the thyroid gland.

• **Juniper Berries (Juniper communis)** is an evergreen tree that has historically been used to treat gout, cancer, warts, urinary tract conditions, and more. It has carminative and anti-inflammatory actions and is therefore useful for the GI tract and rheumatic conditions.

• **Saw Palmetto Berry (Serenoa repens)** is native to the Caribbean Islands and the Southeastern USA. Serenoa contains flavonoids, fatty acids, and sterols which inhibit DHT (a type of testosterone) from binding to receptors. Therefore serenoa has been used effectively to treat people with prostate disease and PCOS or other conditions with elevated testosterone levels. Traditional use also suggests saw palmetto can help increase appetite and energy levels.

• **Prickly ash bark (Zanthoxylum clava-herculis)** was used medicinally in some Native American tribes to treat sore throats, upset stomach, infections of the skin, and aching muscles. Later herbalists used prickly ash bark to stimulate digestion and nervous system function, to treat rheumatic conditions, and as an alterative to help the body fight infections and recover from disease.

Suggested Use: 1-2 droppers, 1-2 times daily, add to water or juice.

Warning: If you are pregnant or nursing, or have active ulcerative colitis, peptic ulcer disease, or gastroesophageal reflux, consult your health care practitioner before taking this or any herbal product.

• **Sold Exclusively Through Health Care Practitioners**



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