



AdaptaMax

Stock #872-9 (100 capsules)

AdaptaMax is a remarkable formula designed to support the body's natural defense mechanisms against all types of stress. AdaptaMax contains powerful herbal adaptogens that help reduce the negative effects of stress on the body, along with antioxidant- and nutrient-rich herbs and whole foods to enhance the immune system, increase energy levels, and promote mental and physical well-being.

The term *adaptogen* is used to describe a substance that increases the body's non-specific resistance to prolonged stress and enhances the body's endurance for physical and mental work. Prolonged stress, due to mental and/or emotional upset or physical influences such as chemical exposure, excessive exercise, malnutrition, sleep deprivation, surgery or a variety of other environmental factors, is known to result in negative systemic effects on the body. Such changes include increased levels of stress hormones like cortisol, disruptions in the healthy balance of gastrointestinal microflora, and declines in certain aspects of immune system function such as the activity of natural killer cells or levels of immune proteins that fight infection. Fortunately, a number of herbs and natural foods have been confirmed as *adaptogens* through animal and human research. These substances have been shown to help improve the body's defense mechanisms against disease and adverse environmental stressors and promote mental and physical health and longevity. Plants such as *Eleutherococcus senticosus*, *Panax ginseng*, *Rhodiola rosea* and *Withania somnifera* have been extensively evaluated for their adaptogenic potential.¹⁻⁵

Ginseng (*Panax ginseng*) is well-known for its adaptogenic properties. Laboratory and clinical analyses have documented ginseng's anti-hyperglycemic (the ability to counteract high levels of glucose in the blood), anti-stress and immunomodulatory activities, as well as potential anti-tumor properties. Ginseng's adaptogenic actions are believed to be due to its effects on the hypothalamic-pituitary-adrenal axis—one of the body's primary stress response systems. In addition, ginsan, a polysaccharide isolated from *Panax ginseng*, has been shown to be a potent immunomodulator. Ginseng enhances the immune response, in part, by stimulating phagocytosis (the process by which white blood cells fight infection), as well as the production of white blood cells and interferon—a substance that fights viral infection by inhibiting viral growth. In a randomized, placebo-controlled, double-blind study, a statistically highly significant decrease in the frequency of influenza or common cold was found among 114 volunteers receiving 100mg of standardized ginseng extract compared to 113 volunteers taking a placebo. Plus, natural killer (NK) cell activity levels were nearly twice as high in the ginseng group as compared to the placebo group.^{1,6-12}

Rhodiola (*Rhodiola rosea*) has long been used in Eastern Europe and Asia to increase health and longevity, improve endurance, and relieve fatigue and depression. Double-blind, placebo-controlled clinical trials conducted in Russia have proven that rhodiola is a powerful adaptogen, capable of increasing the body's resistance to disease, physical stress and depression, while improving physical and mental well-being. Additional research indicates that rhodiola may have a profoundly beneficial effect in the treatment of cancer, heart disease and immune dysfunction.¹³⁻¹⁷

Eleuthero (*Eleutherococcus senticosus*) - A number of experimental and clinical studies have confirmed eleuthero's adaptogenic properties, including anti-depressive, anti-fatigue, anti-stress and immuno-enhancing effects. Clinical data also supports the use of eleuthero as a prophylactic (preventative) and restorative tonic for enhancing mental and physical performance in cases of exhaustion and tiredness, weakness, and during convalescence—the stage of recovery following an attack of disease, a surgical operation or an injury. A review of clinical trials involving over 2,100 healthy individuals found that eleuthero root extract improved resistance to adverse physical conditions (i.e. heat, noise, work load increase, exercise, etc.); increased mental alertness and work output; and, improved both the quality of work performed under stressful conditions, as well as athletic performance. Eleuthero has also been shown to normalize adrenal and thyroid function and balance blood pressure and blood sugar levels in both animal and experimental studies.¹⁸⁻²³

Gynostemma (*Gynostemma pentaphyllum*) is a powerful adaptogen and antioxidant that has been used to treat hepatitis (inflammation of the liver), hypertension (high blood pressure) and cancer in Taiwan. Gynostemma is commonly referred to as "Southern Ginseng," due to the presence of "gypenosides," active saponins that are structurally similar to those found in ginseng plants. Gynostemma extracts have been reported to exert numerous effects, including antioxidant, antitumor, cholesterol-lowering, gastroprotective (stomach-protecting), hepatoprotective (liver-protecting), hypoglycemic (blood sugar-lowering) and immunopotentiating activities. Research also indicates that gypenosides may be effective in the prevention and treatment of cardiovascular and liver diseases.²⁴⁻³⁰

Ashwagandha (*Withania somnifera*), also known as Indian ginseng, is valued as an adaptogen and Ayurvedic tonic for promoting health and vitality, especially in conditions stemming from long-term stress, chronic illness, overwork or

nervous exhaustion. Ashwagandha helps reduce overactivity, promotes relaxation, calms and strengthens the nerves, clarifies the mind, and enhances restful sleep. Ashwagandha is used therapeutically as an adaptogen for patients suffering from nervous exhaustion, insomnia and debility due to stress. Animal research confirms that ashwagandha provides significant anti-stress adaptogenic activity. Plus, recent research indicates ashwagandha is particularly beneficial for aiding in cases of anxiety and other psychological complaints. Furthermore, ashwagandha is used as an immune stimulant in patients with low white blood cell counts.^{4,31-34}

Schizandra (*Schisandra chinensis*) demonstrates adaptogenic, expectorant, rejuvenative, tonic and immune-potentiating properties. Schizandra has been used to combat the effects of stress and fatigue and has been shown to increase work capacity and accelerate recovery time following exercise in athletes. Some scientific studies have shown that schizandra provides a normalizing effect in cases of insomnia and physical duress. Schizandra also counters the effects of caffeine and improves mental function. In addition, schizandra enhances the hepatic (liver) glutathione antioxidant system. Furthermore, experimental evidence suggests that schizandra exhibits antibacterial activity and functions as a potent antioxidant.^{9,11,35-40}

Suma (*Pfafia paniculata*), which is often referred to as "Brazilian ginseng," has been used as an herbal tonic for improving overall health and vitality. Suma appears to enhance the body's resistance to stress and fatigue and provides mild anti-inflammatory and analgesic (pain-relieving) activity. Suma may also help rejuvenate and restore healthy glandular and nervous system functions, acting as both a nervine and sedative. Suma has been used to treat a variety of health problems, including anxiety, chronic fatigue, impotence, menstrual and menopausal symptoms, and immune-related health problems. Although suma's effectiveness is primarily based on its history as a folk remedy, preliminary in vitro studies indicate that suma may have potential benefit in the treatment of cancer.^{32-34,41-43}

Alfalfa (*Medicago sativa*) was utilized by Eclectic physicians (turn-of-the-century doctors in North America who used herbs as their primary medicine) as a tonic for digestive disorders, anemia, loss of appetite and poor assimilation of nutrients; as a diuretic for edema (water retention) and arthritis; and, to stimulate lactation (breast-milk production) in nursing mothers. Alfalfa is a rich source of protein and vitamins A, B1, B6, B12, E and K. Alfalfa also contains appreciable amounts of minerals such as calcium, magnesium and potassium, as well as plant enzymes that enhance the digestion and absorption of nutrients. In addition, animal studies indicate that saponins found in alfalfa leaves block the absorption of cholesterol and may help prevent the formation of atherosclerotic plaques. Individuals with a history of systemic lupus erythematosus (SLE) should avoid using alfalfa, as it contains the amino acid L-canavanine, which may aggravate symptoms. Excessive doses of alfalfa may also interfere with anticoagulant medications and hormonal therapy, including birth control and hormone replacement therapy, due to the herb's oestrogenic activity.^{19,44-48}

Astragalus (*Astragalus membranaceus*) is an important adaptogenic Chinese herb that has been prescribed for centuries for general debility and chronic illnesses, as well as to increase the body's overall vitality and to build stamina. Scientific studies have found astragalus acts as an adaptogen, antioxidant, cardiogenic (heart tonic), diuretic, immunostimulant and tonic. Astragalus also controls excessive perspiration, lowers blood pressure and blood sugar levels, improves circulation and strengthens digestive function. Research has confirmed that astragalus provides numerous potential therapeutic applications in immunodeficiency syndromes and as an adjunct cancer treatment. There is also evidence that astragalus offers therapeutic benefit for the treatment of cardiovascular disease, due to its adaptogenic effect on the heart and kidneys. Astragalus appears to be most effective when used on a long-term basis daily.^{38,47,49-54}

Kelp (*Ascophyllum nodosum*) has been shown to promote thyroid function and improve a sluggish metabolism, primarily due to its rich iodine content. The synthesis and secretion of thyroid hormones depend on sufficient levels of iodine, along with the amino acid tyrosine. Since iodine is not stored in the body, it must be obtained daily from the diet in order to maintain healthy thyroid function. Iodine deficiency is associated with hypothyroidism (low thyroid function), obesity and slow metabolism, but may also lead to dry hair, heart palpitations, nervousness, rapid pulse and irritability. In addition to iodine, kelp provides a high concentration of minerals (calcium, magnesium, iron and potassium), vitamins, essential amino acids, protein and dietary fiber. Research indicates that algal dietary fiber may provide antioxidant, anticoagulant, antimutagenic and antitumor effects, as well as the ability to alter lipid (fat) metabolism.⁵⁵⁻⁶³

Reishi mushroom (*Ganoderma lucidum*) has been used in China and Japan for over 4,000 years to promote health and longevity and to enhance immune system function and lower the risk of cancer and heart disease. Reishi mushroom is believed to help a person adapt both physically and mentally to the world, by strengthening and calming the nerves, improving memory, and preventing or delaying the onset of senility. As an adaptogen, reishi mushroom exhibits impressive immunomodulatory and anti-tumor activities, as well as antibacterial, antiviral, anti-inflammatory, antioxidant, and cholesterol-reducing effects. In addition, reishi mushroom contains substances known as triterpenes, which have been shown to lower blood pressure and enhance circulation, and natural anti-histamines, which

decrease allergic reactions and inflammation in the body.⁶⁴⁻⁷¹

Rosemary (*Rosmarinus officinalis*) has long been used in folk medicine as an antispasmodic for colic and dysmenorrhea, for relieving respiratory disorders, and to stimulate the growth of hair. Rosemary contains important constituents that demonstrate potent antioxidant, hepatoprotective and cancer-inhibiting properties. Rosemary also acts as a circulatory stimulant and has been shown to increase coronary blood flow. Plus, rosemary flavonoids help strengthen fragile capillaries. In addition, the volatile oil of rosemary provides an energizing effect that helps improve memory and focus, counters depression, and relieves migraine headache. Rosemary oil is also regarded as a heart tonic and aid to the gallbladder and liver, regulating bile production and digestive and eliminative functions.⁷²⁻⁷⁷

Ginkgo (*Ginkgo biloba*) is a neuroprotective agent (a substance that prevents damage to the brain or spinal cord) that has demonstrated significant antioxidant protection against free radical damage to brain and nerve cells. Ginkgo also provides anti-stress effects. By interacting with various mechanisms involved in the stress response, ginkgo has been shown to reduce the negative influence of stress. For example, ginkgo has been shown to have an inhibitory action on cardiovascular and neuroendocrine responses to stress, as evidenced by a reduction in stress-induced rises in blood pressure and absence of salivary cortisol responses to stress stimuli in healthy volunteers. Ginkgo has also been shown to have beneficial effects on mood, including antidepressive and anxiolytic (ability to reduce anxiety, agitation or tension) effects. Furthermore, animal studies have confirmed that ginkgo increases stress resistance and longevity by successfully countering oxidative stress, a major determinant of life span, as well as other types of stress.⁷⁸⁻⁸⁴

Other ingredients (*Broccoli, carrot, red beet, rosemary, tomato, turmeric, cabbage, Chinese cabbage, grapefruit bioflavonoid, hesperidin, orange bioflavonoid*) - Cruciferous vegetables contain sulforaphane—an anticancer compound that stimulates the production of cancer-fighting enzymes—and indoles—cancer-fighting substances that help deactivate potential carcinogens and prevent free radical damage. Herbs, fruits and vegetables also provide a variety of phytochemicals such as polyphenol catechins—powerful antioxidants—and citrus fruit bioflavonoids, which enhance the effectiveness of vitamin C and help protect against heart disease. Bioflavonoids also possess potent anti-allergy, anti-carcinogenic, anti-inflammatory and antiviral properties.⁸⁵⁻⁸⁷

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