

ADRENEVIVE



RECOMMENDED USE

- Used in herbal medicine as a tonic to help relieve general debility to aid during convalescence
- Used in herbal medicine to help improve mental and/or physical performance after periods of mental and physical exertion
- Provides antioxidants

COGNITIVE SUPPORT

AdreneVive contains a blend of botanicals and ingredients specifically formulated to relieve weakness, and after exertion, improve mental and/or physical performance. AdreneVive provides a unique blend of botanicals that supports the body's resistance to fatigue as well as being a source of antioxidants.

Overview

Fatigue is a psychobiological state caused by prolonged periods of demanding activity and exertion¹. Fatigue can be either mental or physical in nature and can start affecting performance.¹ Convalescence is defined medically as the time between the diminishment of a disease and complete restoration to health and is characterized by the gradual recovery of health and strength after an extended period of weakness due to disease.² Reactive oxygen species and other free radicals can lead to oxidative stress, damaging cells and being associated with a variety of human diseases.³ AdreneVive provides a unique blend of botanicals and ingredients that can help improve mental and/or physical performance after periods of mental and physical exertion, help relieve fatigue and weakness during convalescence, and provide antioxidants to protect against oxidative damage.

L-Theanine

L-theanine is an amino acid found abundantly in green tea⁴ and is associated with antioxidant effects including lowering the activity of hydrogen peroxide and hypochlorous acid in-vitro.⁵ L-theanine has also demonstrated a protective role against oxidative stress in brains of rodents with a decrease in nitric oxide and an increase in the status of antioxidants.⁶

Phosphatidylserine

Antioxidant activity have been demonstrated by phosphatidylserine on lipid peroxidation induced by iron.⁷ It is suspected that its antioxidant activity is due to its ability to bind iron and suppress the iron-dependent decomposition of peroxides.⁷

Ashwagandha Root Extract

Ashwagandha (*Withania somnifera*) has been shown to decrease levels of oxidants, inhibiting lipid peroxidation and reducing oxidative stress, as well as increasing the levels of antioxidant enzymes in the seminal plasma.

Rhodiola rosea Root Extract

Rhodiola rosea has demonstrated the increase in the activity of antioxidant enzymes such as catalase, superoxide dismutase and glutathione peroxidase.⁹ As well, total plasma antioxidant levels and superoxide dismutase were increased in rowers supplemented with *Rhodiola rosea*.¹⁰

Eleuthero Root Extract

Eleutherococcus senticosus is used in Western herbal medicine for indications such as temporary fatigue and general debility.^{11,12,13,14} In addition, it has been recognized to help with performance after exertion according to Western Medicine.^{11,12,13,15}

Skullcap Root Extract

Scutellaria baicalensis has flavanoids which provide numerous protective effects including antioxidant activity.^{16,17} The antioxidative activities of the flavones in Skullcap root (including Baicalin) has been shown to scavenge free radicals and depress the effects of lipid oxidation.^{16,17}

Recommended Dose

Adults: Take 1 capsule per day or as recommended by your health care professional. Not to be taken immediately before bedtime. Consult a health care practitioner for use beyond 1 month.

Medicinal Ingredients (per capsule)

Ashwagandha (<i>Withania somnifera</i> , Root) extract.....	125 mg (15:1, QCE 1.875 g)
Chinese skullcap (<i>Scutellaria baicalensis</i> , Root) extract..	125 mg (30% Baicalin, 10:1, QCE 1.25 g)
Eleuthero (<i>Eleutherococcus senticosus</i> , Root) extract	100 mg (47.5:1, QCE: 4.75 g)
Rhodiola (<i>Rhodiola rosea</i> , Root) extract.....	100 mg (3% Rosavins, 5:1, QCE 0.5 g)
L-Theanine	50 mg
Phosphatidylserine (Phosphatidylserine-enriched soy lecithin).....	50 mg

Non-Medicinal Ingredients

Magnesium stearate, Calcium silicate, Stearic acid, Hypromellose, Silicon dioxide.

Risk Information

Consult a health care practitioner if symptoms persist or worsen; and/or prior to use if you are pregnant or breastfeeding, if you have any type of acute infection, are taking antidepressant medication and/or are taking hormone replacement therapy (HRT) or birth control pills. Discontinue use if you experience irritability or insomnia. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Do not use this product if you have high blood pressure and/or bipolar disorder or bipolar spectrum disorder. To be sure this product is right for you always read and follow the label.

References

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