

RENAMED/EXISTING ADAPTOGENS

Daily Adapt

(previously Ginseng Schisandra)

*Promotes Energy/Balances Stress**

Fit Adapt

*Adaptogenic Support for Fitness**

Immune Adapt

*Supports Healthy Immune Function**

Men's Adapt

(previously Men's Formula)

*Adaptogenic Tonic for Healthy Sexual Function & Libido**

NEW ADAPTOGENS

Calm Adapt

*Relaxing Adaptogenic Tonic to Balance Stress**

Energy Adapt

*Adaptogenic Tonic to Enhance Vitality**

Women's Adapt

*Adaptogenic Tonic for Healthy Sexual Function & Libido**

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formulas *adaptogen*

ADAPTOGENS HAVE COME OF AGE. DAVID WINSTON RH(AHG), H&A PRESIDENT & FORMULATOR HAS BEEN WORKING WITH THESE BODY SYSTEM-BALANCING HERBS FOR DECADES AND WAS AT THE FOREFRONT OF PUBLIC EDUCATION ABOUT THEM WHEN HE WROTE HIS BOOK ON ADAPTOGENS 10 YEARS AGO.

“Adaptogens are herbs that help to re-regulate endocrine, nervous system and immune function and improve our response to physical, emotional and environmental stress. From the historic traditional use, we know them as rejuvenating herbs, qi tonics, rasayanas or restoratives. They work especially well with Nervines and Nootropics.”

BY DEFINITION FROM THE SCIENTISTS WHO STUDIED THEM

- Non-toxic to the recipient,
- Produce a nonspecific response in the body such as increasing the power of resistance against multiple stressors including physical chemical or biological agents,
- Produce a normalizing influence on physiology irrespective of the direction of change from physiological norms caused by the stressor.
- Re-regulate the Hypothalamic/Pituitary/Adrenal (HPA) Axis and Sympathetic Adrenal System (SAS) function, and
- Help reduce elevated cortisol levels and inhibit cortisol-induced mitochondrial dysfunction.



Daily Adapt

(previously Ginseng Schisandra)

Promotes Energy/Balances Stress*

Careful formulation has created a balanced adaptogenic formula that is energizing without being overstimulating for most people. Adaptogens Eleuthero, Schisandra, Rhodiola, American Ginseng are combined with the nervine fresh Oat and nootropic Gota Kola. Appropriate for the stress-filled lives most of us seem to be living.

Fit Adapt

Adaptogenic Support for Fitness*

Adaptogenic blend designed to assist hard working people and athletes in their active and fast-paced lifestyles. The formula incorporates Adaptogens known for promoting physical endurance and performance: Reishi, Eleuthero, Schisandra, Ashwagandha and the “secret of Chinese athletes,” Cordyceps. To these, David Winston adds the cardiac trophorestorative (food for the heart and circulatory system) herb, Hawthorn, the alterative Sarsaparilla to enhance elimination of metabolic waste and Turmeric for musculoskeletal support. For athletes of all levels to help in recovery and rebalance. It helps to increase energy and enhance focus and concentration. Supportive to all who are physically active - be it with yoga, yardwork, hiking, biking, running, swimming, digging, lifting...

Immune Adapt

Supports Healthy Immune Function*

Based on traditional Chinese Fu Zheng Pei Ben therapy, this formula restores vital energy and balance to the body so that it is better equipped to deal with stress and immune system challenges. It is a blend of immune amphoteric (nourishing) Adaptogens including Schisandra, Eleuthero, Codonopsis and Licorice and the restoratives Red and Black Reishi mushrooms, Reishi mycelium and Astragalus. The tonic herb Bai-Zhu Atractylodes is added to support the Chinese stomach and spleen as well as healthy immune activity.

Men's Adapt

(previously Men's Formula)

Adaptogenic Tonic for Healthy Sexual Function & Libido*

A strengthening tonic for the male reproductive system. Adaptogens Ashwagandha and Red Ginseng strengthen male reproductive function especially in tired, overworked and stressed-out men. These restorative herbs support the endocrine and nervous systems and immune functions. Nourishing Maca grown high in the Andes, along with the traditional Chinese herbs Cynomorium and Epimedium (Horny Goat Weed) support libido and sexual function.

Calm Adapt

Relaxing Adaptogenic Tonic to Balance Stress*

This Adaptogenic formula is for high-strung people who cannot seem to relax. Calming Adaptogens Ashwagandha, Reishi and Schisandra calm the shen, relax the body and clear the mind. The Nervines fresh Oat and Linden flowers add support for the nervous system and re-establish a healthy emotional foundation.

Energy Adapt

Adaptogenic Tonic to Enhance Vitality*

This Adaptogenic formula provides support for people who feel a lack of energy or mental clarity. Stimulating Adaptogens Red Ginseng, Rhodiola and Holy Basil support the endocrine and nervous systems and immune functions. Nootropics Gotu Kola, Rosemary and Mimosa improve one's mood and support cerebral circulation. The nutritive tonic Maca enhances the Adaptogenic herbs and, when combined with the Adaptogens Red Ginseng and Rhodiola, provides support for male and female sexual vitality.

Women's Adapt

Adaptogenic Tonic for Healthy Sexual Function & Libido*

This Adaptogenic formula is for women who are tired, deficient, cold or lacking energy. Energizing Adaptogens Shatavari and Red Ginseng rejuvenate and support female libido as well as endocrine, immune and nervous system function. Processed Rehmannia is a nutritive and blood tonic and fragrant Rose petal is used to “calm the shen” and restore the “emotional heart.” Uplifting Damiana provides further support for restoring a healthy libido and mental function.

