SUPPORT ADRENALS™
Protection from Stress.

SUPPORT ADRENAL HEALTH AND HPA FUNCTION
- Therapeutic levels of nutrients to support health and function of the adrenal glands
- Defends against the damaging effects of stress
- Helps with glycemic control
- Aids in neurological function
- Helps in tissue repair and reducing inflammation
- Supports steady energy production
- A vital component of every anti-aging regimen

HIGHLIGHTS INCLUDE:
- Capsules made from natural vegetable sources.
- Folate now provided in the form of a proprietary and superior 5-methyltetrahydrofolate (5-MTHF) known as Quatrefolic. This is the most bioavailable source of folate available. With many patients incapable of converting folic acid, this upgrade of folate form is a great improvement.
- Improved sources of bioflavonoids, including addition of citrus peel complex powder.

THE ADRENAL GLANDS AND STRESS
Adrenal health is required for production of cortisol and DHEA, hormones involved in HPA function for managing and responding to stress. Support Adrenals is clinically proven to help nourish and support the adrenals by enhancing the body’s ability to deal with stressors of all kinds. This synergistic formula of balanced B-vitamins, minerals, bioflavonoids, and supportive co-factors can help in a myriad of ways to improve health and recover from stress-related conditions.

FORMULA UPGRADED, MAY 2017
With millions of bottles dispensed worldwide for clinical protocols, as well as daily supplement routines, Support Adrenals has held a place at the top of the list for specialty formulas for nearly 20 years. And effective May 2017, we improved the formula to comply with the latest scientific research. Refer to the following pages for the new Supplement Facts and formula details.

120 CAPSULES - RETAIL: $50.00

307 - 212 - 6600
800 - 570 - 2000
307 - 426 - 5058
www.biomatrixone.com

These statements have not been evaluated by the Food and Drug Administration.
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C (Ascorbic Acid and Ascorbyl Palmitate)</td>
<td>100 mg</td>
<td>111%</td>
</tr>
<tr>
<td>Thiamine (as Thiamine Mononitrate)</td>
<td>50 mg</td>
<td>4,167%</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>50 mg</td>
<td>3,846%</td>
</tr>
<tr>
<td>Niacin (as Niacinamide and Niacin)</td>
<td>50 mg</td>
<td>313%</td>
</tr>
<tr>
<td>Vitamin B6 (as Pyridoxine HCl and Pyridoxal-5Phosphate)</td>
<td>50 mg</td>
<td>111%</td>
</tr>
<tr>
<td>Folate (as [6S]-5-Methyltetrahydrofolic Acid Glucosamine Salt Quatrefolic®)</td>
<td>400 Mcg DFE</td>
<td>100%</td>
</tr>
<tr>
<td>Vitamin B12 (as Cyanocobalamin)</td>
<td>100 mcg</td>
<td>4,167%</td>
</tr>
<tr>
<td>Biotin</td>
<td>2,000 mcg</td>
<td>6,667%</td>
</tr>
<tr>
<td>Pantothenic Acid (as Calcium-D-Pantothenate)</td>
<td>200 mg</td>
<td>4,000%</td>
</tr>
<tr>
<td>Choline (as Choline Bitartrate)</td>
<td>20 mg</td>
<td>4%</td>
</tr>
<tr>
<td>Zinc (as Zinc Citrate)</td>
<td>1.5 mg</td>
<td>14%</td>
</tr>
<tr>
<td>Copper (as Copper Citrate)</td>
<td>0.55 mg</td>
<td>61%</td>
</tr>
<tr>
<td>PABA (Para-Aminobenzoic Acid)</td>
<td>75 mg</td>
<td>*</td>
</tr>
<tr>
<td>Citrus Bioflavonoid Peel Complex Powder</td>
<td>50 mg</td>
<td>*</td>
</tr>
<tr>
<td>Inositol</td>
<td>50 mg</td>
<td>*</td>
</tr>
<tr>
<td>Eleuthero Root Extract</td>
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<td>*</td>
</tr>
<tr>
<td>Rosemary Leaf Extract</td>
<td>36 mg</td>
<td>*</td>
</tr>
<tr>
<td>Naringin</td>
<td>36 mg</td>
<td>*</td>
</tr>
<tr>
<td>Hesperidin Methyl Chalcone</td>
<td>36 mg</td>
<td>*</td>
</tr>
<tr>
<td>Rutin</td>
<td>10 mg</td>
<td>*</td>
</tr>
<tr>
<td>DHEA (Dehydroepiandrosterone)</td>
<td>8 mg</td>
<td>*</td>
</tr>
</tbody>
</table>

* % Daily Value not established.

Other Ingredients: Natural Vegetable Capsules, Microcrystalline Cellulose, and Vegetable Stearate.
Vitamin C is utilized by the adrenal glands in the production of all of the adrenal hormones, most notably cortisol. Ascorbic acid is a cofactor required both in catecholamine biosynthesis and in adrenal steroidogenesis. Bioflavonoids enhance the absorption and stability of vitamin C and improve its utilization in the cells. Under stress, vitamin C is rapidly used up in the production of cortisol and related stress response hormones.

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Helping the body adapt to stress requires positive changes to lifestyle behaviors, resolving underlying causes and supplementing with powerfully effective combinations of nutrients.

To this end, these Support Adrenals components are combined to support stress adaptation. Through their singular potencies and dynamic synergistic influences, these are factorsd which help to regulate healthy HPA axis function.

Well-known to play essential roles in physiology, B vitamins are especially important in promoting HPA axis function and nourishing the adrenal glands.

The mechanisms of action are primarily based in the vitamins’ roles in the conversion of coenzymes involved in such functions as metabolizing glucose into energy and modulating the stress response.

The primary stress response hormones produced by the adrenal glands are DHEA and pregnenolone. Under chronic stress, the production of these hormones becomes compromised.

In this formula, we use a small amount of each hormone to cause a homeopathic influence intended to promote healthy function without overstimulation. This low-dose fanning of the conversion pathways is discreet enough to be used with hormone therapy as well as daily maintenance support.

- DHEA
- Pregnenolone

See Reverse for Ingredient Details
**Dehydroepiandrosterone (DHEA):** The most common adrenal steroid hormone in the body. It is naturally produced from cholesterol in a variety of tissues, most notably the adrenal glands. DHEA is the parent hormone of both the androgens and the estrogens.

**Pregnenolone:** Pregnenolone is the “mother” hormone which produces other hormones like estrogens, progesterone, testosterone, cortisol, and DHEA. This neuroprotective hormone has powerful effects on aging, memory, mood, sexuality, sleep, and so much more. It helps raise brain levels of acetylcholine, the neurotransmitter needed for healthy cognition.

**Vitamin C:** With enhanced absorption from the complementary bioflavonoids in the formula, this blend of water-soluble Ascorbic Acid and fat-soluble Ascorbyl Palmitate acts to support biosynthesis of corticosteroids and nourishment of the adrenal glands.

**Bioflavonoid Blend**
- **Citrus Peel Complex:** This broad spectrum bioflavonoid mix is composed of stabilized powder from multiple citrus peel sources, representing a powerful broad-spectrum antioxidant role in the formula. This complex, along with the other bioflavonoids listed below, also contributes to improved glycermic control, a critical part of any stress management plan.
- **Hesperidin Methyl Chalcone and Naringin:** Besides their well-documented benefits for supporting ascorbic acid synthesis and strengthening capillary permeability, hesperidin and naringin both play important roles in preventing the progression of hyperglycemia, partly by increasing hepatic glycolysis and glycogen concentration and/or by lowering hepatic glucoseogenesis.
- **Rutin:** This extensively studied bioflavonoid has its greatest effect within the bloodstream and capillary beds, as a powerful antioxidant with inflammatory traits. By inhibiting the mechanism of action of several mediators of inflammation, it helps in preventing inflammation. Reduction of inflammation is a crucial component of HPA axis recovery protocols.

**B VITAMIN CORE**

**Niacin (Vitamin B3):** Besides its most renowned benefits, such as lowering cholesterol, B3 is a strong methyl acceptor that has the potential to moderate stress-induced overproduction of neurotransmitters.

**Pyridoxine (Vitamin B6):** Vitamin B6 is a cofactor for numerous enzymatic processes throughout the body. Recent evidence supports the role of vitamin B6 in the cellular stress response for protection from free radicals and other environmental stressors. In addition, vitamin B6 is a necessary cofactor for the metabolism of several important neurotransmitters associated with stress, most notably GABA, 5-HTP, serotonin, and dopamine.

**Cobalamin (B12):** Vitamin B12 is critical for the functioning of the brain and nervous system and for the formation of blood. It affects metabolism in every cell in the body and is directly involved in energy production.

**Pantothenic Acid (B5):** In animal studies, pantothenic acid has been shown to raise cortisol levels. Pantothenic acid also appears to improve stress resiliency, acting as a modulating agent for adrenal function. Pantothenic acid is a precursor for acetyl coenzyme A, a compound essential for the production of corticosteroid hormones.

**Folate (B9, as 5-MTHF):** Folate helps support adrenal function, maintain a healthy nervous system, and is a required component of numerous metabolic processes. It is the primary B vitamin involved in the formation of dopamine, norepinephrine, and serotonin. Support Adrenals contains a proprietary form of folate called Quatrefolic ([6S]-5-Methyltetrahydrofolic Acid Glucosamine Salt). Tetrahydrofolic acid acts as a coenzyme in several vital metabolic reactions and in the metabolism of several important amino acids.

**Biotin (B7):** Biotin plays a major role in energy production by acting as a coenzyme for several carboxylase enzymes involved in the metabolism of fatty acids and amino acids. It also plays numerous roles in maintaining healthy blood sugar balance such as: stimulating glucose induced insulin secretion, enhancing insulin sensitivity and accelerating glucose metabolism in the liver and pancreas. Biotin also activates glucokinase, a critical enzyme involved in glucose utilization.

**Thiamine (B1):** Thiamine is involved in many body functions, including nervous system and muscle function, the flow of electrolytes in and out of nerve and muscle cells, digestion, and carbohydrate metabolism.

**Riboflavin (B2):** The main role of riboflavin is to help with the conversion of carbohydrates to energy in the body. It also helps to convert vitamin B6 and folate to their active forms.

**TRACE HORMONES**

**DHEA:** Dehydroepiandrosterone (DHEA) is the most common adrenal steroid hormone in the body. It is naturally produced from cholesterol in a variety of tissues, most notably the adrenal glands. DHEA is the parent hormone of both the androgens and the estrogens.

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