

# Wise Adrenal Support

## Cortisol Hormone Balancer

### INFO SHEET

- Balances cortisol levels affected by stress and fatigue.
- The herbs in this product are adaptogens that help increase energy and resistance to stress. They help in cases of both mental and physical fatigue related to stress or from prolonged periods of mental and/or physical exertion.
- It can also help in general debility especially during old age.

### Frequently Asked Questions?

#### What are adrenal glands?

The adrenals are your stress glands. When stress becomes chronic or intense, it causes our adrenal glands to first produce a high amount of a stress hormone called cortisol without a chance to rest and recover. Most people are able to deal with stress for a short while without a problem. This length of time depends on genetics and on your nutritional availability. Eventually, if stress persists then the level of cortisol declines and we become burned out.

#### What are the symptoms of adrenal gland dysfunction?

Adrenal dysfunction means that your stress glands are not producing the level of cortisol needed for optimal health. This occurs when we are dealing with chronic or intense stress. Cortisol can first go high and eventually levels can become really low. Some of the symptoms of adrenal dysfunction include: fatigue (especially in the morning on waking), anxiety, insomnia, racing thoughts, dizziness on standing, taking a long time to recover after exercising and when everyone around you seems a lot more irritating than ever before.

#### What if I don't know what my cortisol levels are?

The beauty of Wise Adrenal Support is that it is a cortisol hormone stabilizer. It does not matter if your cortisol is high or low this product will help bring it to the right levels. In fact, many people with adrenal dysfunction may experience cortisol levels that fluctuate many times during the day depending on the stress that they are faced with. With Wise Adrenal Support, there is no need to test yourself because it balances the function of the adrenals no matter what stage of adrenal dysfunction you are in.



FAQ



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### When should I consider taking Wise Adrenal Support?

You should take Wise Adrenal Support if you are being affected or have been affected by chronic stress or if you feel you have never been well since a stressful situation. You may be left feeling fatigued, anxious, agitated, irritable, having restless sleep, racing thoughts, weakened immune system and just in general not able to deal with your daily stresses the way you used to in the past.

### What other product can I take for my symptoms?

If the above seems to describe your present condition, then also consider taking our Wise Advanced Multi which is a comprehensive and well-absorbed multivitamin and mineral. This is because stress triggers a hormonal cascade that places excess demands on your body's nutritional stores and those need to be replenished too.

FAQ

### Ingredients:

Three capsules contain:

- Ashwagandha (6:1) with 1.5% Withanolides (Withania somnifera) ..... 510 mg
- Siberian Ginseng root (10:1) with 0.8% Eleutherosides (Eleutherococcus senticosus) ..... 300 mg
- Schisandra fruit (5:1) (Schisandra chinensis) ..... 225 mg
- Vitamin B5 (calcium D-pantothenate) ..... 225 mg
- Magnesium glycinate ..... 144 mg

**Suggested Use:** Take 1 cap 3 x day – Consult with a health care practitioner for use beyond 1 month.

**Caution:** Consult with a health care practitioner prior to use if you are pregnant, breastfeeding, have high blood pressure or have any type of acute infection. Consult with a health care practitioner if your symptoms persist or worsen. Not recommended to take with alcohol, or with other sedative drugs.

**Known Adverse Reactions:** Discontinue use if you experience any of the following symptoms within a few hours after taking this product: restlessness, confusion, increase heart rate, enlarged pupils, loss of muscle coordination, sweating, shivering and/or gastrointestinal symptoms such as nausea, vomiting, diarrhea.

