

Adrenal·Matrix

Improve your patient's stress response. Complete support for the HPA-axis to ensure the balance of cortisol, catecholamines and neurotransmitters.

Each vegetable capsule contains:

L-tyrosine	200 mg
Pantothenic acid (calcium d-pantothenate)	125 mg
Ashwagandha extract (root) 1.5% withanolides	100 mg
Schisandra extract (berry) 1.6% schisandrins	75 mg
Siberian ginseng extract (root) 10:1	75 mg
Rhodiola extract (root) 3.6% rosavins, 1% salidroside	50 mg
Astragalus extract (root) 10:1	38 mg
Vitamin B6 (Pyridoxal-5-phosphate)	15 mg

90 Vegetable capsules

Non-GMO, Gluten, soy and dairy free.



Adrenal·Matrix provides a complete blend of nutrients and herbs for adrenal support and improved resiliency to stress. A healthy stress response is imperative as we now know that chronic stress can have detrimental effects on mental health, heart health, immune function and generally all aspects of our overall wellbeing.

In circumstances of ongoing stress, it is imperative to consider and address the adrenal glands. These glands must be addressed because they are responsible for producing and secreting cortisol, our bodies' anti-stress hormone. Too much or too little of this hormone can lead to imbalances in other body systems and a variety

of undesirable health effects such as fatigue, lethargy, anxiety or depression, poor immunity and weight gain or loss. Fortunately, natural support can help to balance cortisol and return the body back to equilibrium.

L-tyrosine is an amino acid that not only acts as the building block for cortisol, but also other important hormones such as dopamine, norepinephrine, epinephrine and thyroid hormone.

Studies have shown that L-tyrosine is capable of improving cognition during times of stress, such as sleep deprivation, cold exposure, combat training and unpleasant background noise.

Key points

- Complete blend for adrenal support and improved resiliency to stress
- L-tyrosine acts as the building block for thyroxine and catecholamines, and has been shown to improve cognition during times of stress
- Adaptogenic herbs are included for their ability to balance cortisol levels, mood, cognition and resistance to stress
- Vitamin B5 and B6 aid in neurotransmitter production, adrenal cortex function and cortisol modulation

Various herbs are also included in Adrenal·Matrix for their ability to balance cortisol, mood, cognition, resistance to stress and immunity. These herbs are considered 'adaptogenic', meaning that they are capable of helping the body adapt to stress. For example, ashwagandha (*withania somnifera*) has demonstrated the ability to lower blood cortisol levels and increase quality of life scores in adults with chronic stress. Research has found that Siberian ginseng extract (*eleutherococcus senticosus*) can enhance quality of work under stressful circumstances and increase the body's ability to adapt in adverse physical conditions. *Rhodiola rosea*, *astragalus membranaceus* and *schisandrachinensis* round out the adaptogenic herbs in Adrenal Matrix to collectively support the body's stress response.

Finally, Vitamin B5 and B6 are added to the formula to aid neurotransmitter production, improve adrenal function and modulate cortisol. Specifically, Vitamin B5 down-regulates the excess production of cortisol while vitamin B6 is a necessary co-factor for the production of important mood-balancing chemicals such as GABA and serotonin.

Adrenal·Matrix offers all of these nutrients in well-absorbed forms and herbs with standardized active ingredients for the safe and effective management of stress and its ill-effects. Available in vegetable capsules.

Related products

Rhodiola Rosea Extract

Mito·Matrix

Bio·B6

Non-Medicinal Ingredients: Vegetable-grade stearate, hypromellose.

Indications: Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress).

Directions: Adults-Take 1 capsule 3 times per day with food or as directed by a healthcare professional.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use of this product if you are taking any prescription medications including antidepressants, hormone replacement therapy, birth control pills or if you have any medical condition including an autoimmune disorder, an acute infection, or if you are following a low protein diet. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. If symptoms persist or worsen, or if new symptoms develop, discontinue use and consult a health care professional.

Contraindications: Do not use if you are pregnant or breastfeeding, or if you have high blood pressure, bipolar disorder or bipolar spectrum disorder.