

AdreCor

Contains non-glandular ingredients important for adrenal health and reducing stress-induced fatigue*

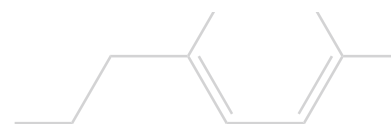


Item Number	Available Sizes	Serving Size
2096	90 Capsules	3 Capsules
2044	180 Capsules	

Key Ingredients

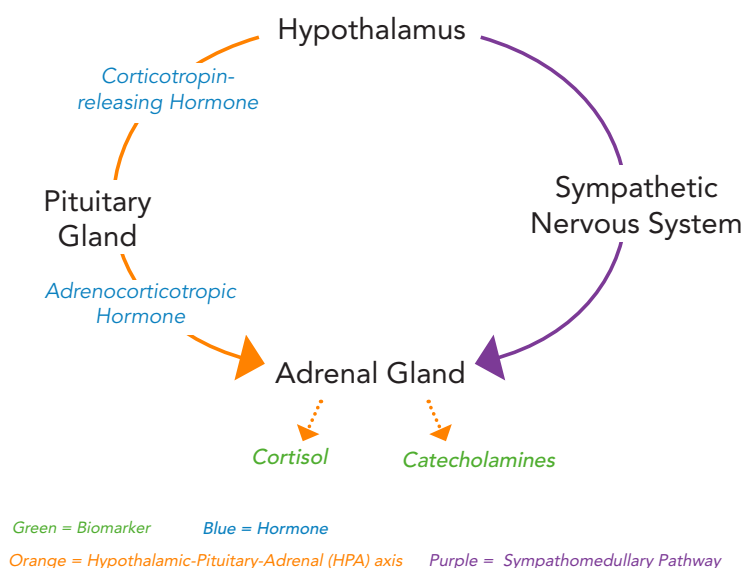
L-methionine	<ul style="list-style-type: none"> Precursor to S-adenosylmethionine (S-AdoMet)¹ S-AdoMet is directly involved in methylation processes including catecholamine synthesis²
L-tyrosine	<ul style="list-style-type: none"> Precursor to catecholamines including dopamine, norepinephrine, and epinephrine
L-histidine	<ul style="list-style-type: none"> Precursor to histamine In the central nervous system, histamine plays an important role in the release of pituitary hormones and wakefulness³
<i>Rhodiola rosea</i> root extract (5% rosavins)	<ul style="list-style-type: none"> Adaptogen that has been shown to reduce stress-induced effects^{4,5*}
Green tea leaf extract (<i>Camellia sinensis</i>) (65% EGCG)	<ul style="list-style-type: none"> Epigallocatechin gallate (EGCG) is a polyphenol in green tea that provides antioxidant protection by its ability to scavenge free radicals and metal ions^{6*} EGCG has been shown to increase resistance to fatigue in vivo^{7*}
Vitamins B and C	<ul style="list-style-type: none"> Active forms of pantothenic acid, niacin, B6, folate, B12, and C are important for the synthesis of adrenal hormones and neurotransmitters^{8-12*}

The Science



- In response to **stress**, the sympathetic nervous system (SNS) and hypothalamic-pituitary-adrenal (HPA) axis signal to the adrenals to release catecholamines (norepinephrine and epinephrine) and cortisol¹³
- Prolonged stress** is associated with dysregulation of the HPA axis, which can affect catecholamine and cortisol levels¹⁴

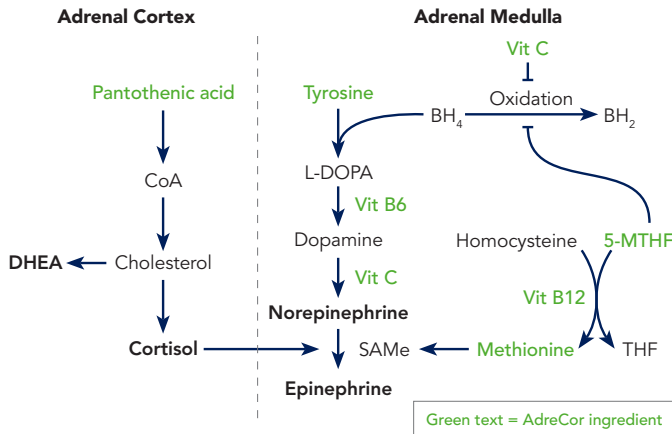
NeuroAdrenal Response



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

MORE SCIENCE BEHIND ADRECOR

Figure 1. Adrenal Hormones and Neurotransmitters



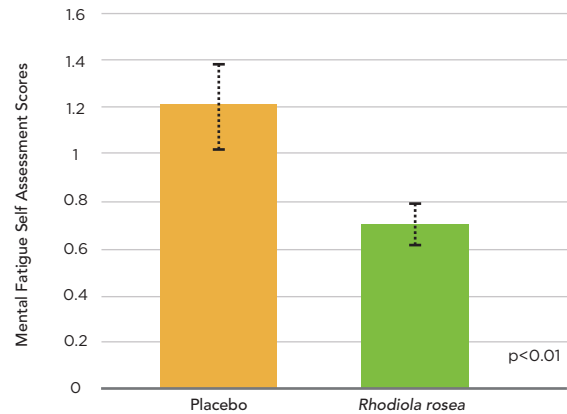
AdreCor and adrenal health

Contains amino acids and vitamins important for the synthesis of adrenal hormones and neurotransmitters*

- 5-MTHF (from Quatrefolic®) and vitamin B12 are important for methylation processes including the synthesis of catecholamines^{11,15*}
- Niacin, vitamin C, and 5-MTHF help protect and regenerate tetrahydrobiopterin (BH₄) from oxidation^{9-11*}
- Pantothenic acid is the precursor to coenzyme A (CoA), a coenzyme important for the energy production and hormone synthesis^{8*}
- Cortisol induces the conversion of norepinephrine to epinephrine¹⁶

Catecholamines play an important role in mood, energy, memory, attention and cognition¹⁶⁻¹⁹

Figure 2. *Rhodiola rosea* Improves Mental Fatigue^{5*}



Catecholamines, stress, and fatigue

Catecholamines are involved in the central and peripheral stress responses¹⁵

- The locus coeruleus is the primary source of norepinephrine in the brain and is involved in the initiation of the central stress response¹⁶
- Depletion in catecholamines has been associated with fatigue and decreased vigor¹⁸

AdreCor contains ingredients important for reducing stress-related fatigue and increasing norepinephrine*

- In a randomized, double-blind, placebo-controlled study, *Rhodiola rosea* was shown to significantly improve mental fatigue and general well-being under stress (Figure 2.)^{5*}
- A meta-analysis demonstrated a significant increase in norepinephrine following the use of AdreCor (p < 0.0001)^{21*}



Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 30

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	300 mg 333%
Niacin (as niacinamide)	6 mg 12%
Vitamin B6 (as pyridoxal 5'-phosphate)	12 mg 706%
Folate (as L-5-methyltetrahydrofolate, calcium salt)	230 mcg DFE 58%
Vitamin B12 (as methylcobalamin)	60 mcg 2500%
Pantothenic acid (as D-calcium pantothenate)	300 mg 6000%
Magnesium (as magnesium bisglycinate chelate)	14 mg 3%
Zinc (as zinc bisglycinate chelate)	3 mg 27%

Proprietary Blend 1.3 g †
L-methionine, L-tyrosine, L-histidine, *Rhodiola rosea* extract (root) (5% rosinavin), and Green tea extract (*Camellia sinensis*) (leaf) (65% epigallocatechin gallate).

† Daily Value not established.
Other ingredients: Vegetable capsule (hypromellose, water), organic rice concentrate, and citric acid.

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Concerned about mood?

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‡ Magnafolate is a registered trademark of Lianyungang Jinkang Pharmaceutical Technology Co., Ltd.

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