



Ultra-Adrenal Complex

Provide support for the Central Nervous System

All of the vitamins in this formula are essential for normal adrenal and central nervous system function. The four herbs have both similar and different actions, and are synergistic when used together. This combination of herbs and vitamins have been shown to be helpful in a variety of conditions. It is especially helpful combating stress, fatigue and aging.

Now | with active B Vitamins

- ✓ ***Did you know?*** Many people have a genetic impairment - an inability to convert folic acid into its active form. L-Methylfolate solves this problem. This form has been shown to enhance antidepressant response. One study indicates that L-Methylfolate is a candidate to treat bipolar episodes.
- ✓ Methylcobalamin, the active form of B12, has been studied for its potential analgesic effect - but it also has been studied and shown to be effective for diabetic neuropathy, low back pain and neuralgia. In another study it was paired with folic acid to successfully reduce homocysteine levels.
Did you know? It has been postulated that the failure of B vitamin therapy for various metabolic deficiencies was likely due to the fact that a B12 deficiency existed.
- ✓ We now supply 5-Phosphate Riboflavin (B2) and 5-Phosphate Pyridoxine (B6)
Did you know? Riboflavin must be converted to its active form - riboflavin 5'-phosphate - in order for it to be used by the body in its key role - *the conversion of the other B vitamins*. Since this conversion happens in the upper GI tract, if you have a compromised digestive system or are taking certain medications, you may not have adequate stores of this critical nutrient.
- ✓ The bio-active form of Pyridoxal 5'-phosphate is involved in a high percentage of **all** enzymatic processes in your body.

Important reasons to use Ultra-Adrenal Complex:

- Counteract chronic fatigue
- Improve cognitive ability and memory
- Enhance athletic endurance
- Improve recovery from heavy physical effort
- Ultra-Adrenal Complex has anti-inflammatory properties
- It supports the body's natural defenses
- It can reduce anxiety
- It can normalize blood sugar

Ashwagandha: Alkaloids, steroidal lactones, saponins, and anolides are biologically active components. Cyclooxygenase (COX) inhibition is the mechanism for the herb's antiarthritic properties. It also represses proinflammatory gene expression. It exhibits antioxidant effects in the brain and has tranquilizing effects on the central nervous system. Ashwagandha inhibits tumor growth.

Eleuthero: Eleuthero contains chemicals that bind to estrogen, progesterin, mineralocorticoid, and glucocorticoid receptors. Studies have shown it reduced LDL cholesterol levels as well as improved LDL/HDL ratios. Stimulation of helper/inductor T lymphocytes and natural killer cells also occurs. Supplementation causes a reduction of reactive oxygen species.

Ginseng: Ginseng significantly lowers serum glucose. Ginsenosides both stimulate and inhibit the Central Nervous System. Ginsenosides are associated with improvements in humoral and cell-mediated immune response. Anticancer activity has been demonstrated. It has an antagonistic effect on warfarin.

Rhodiola: Rhodiola exerts cardioprotective and central nervous system stimulant effects by altering the levels of nor-epinephrine, and serotonin. It aids the transport of neurotransmitters in the brain. It helps the body adapt to stressors by preventing release of catecholamine and increase in cyclic AMP levels in the myocardium, and by depleting adrenal catecholamine.

The four herbs in this formula are adaptogens. Adaptogens can be defined as a pharmacological group of herbal preparations that increase tolerance to mental exhaustion and enhance attention and mental endurance in situations of decreased performance. These herbs enhance physical and mental performance, stimulate the nervous system, fight depression, and improve sleep. Adrenal function is normalized Stress-induced fatigue is reduced.

All of the vitamins in this formula are essential for normal adrenal function.

Warning:

This product should not be used by pregnant women unless otherwise directed by your physician. If anticoagulants are being used, the International Normalized Ratios (INR) should be followed closely when taking this product.

By John W Jones, MD, MPH
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*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*

Supplement Facts: Serving Size: 2 Capsule, Servings per Container: 30

Each 2 capsules contain 200 mg Rhodiola rosea root extract 4:1*, 200 mg Eleutherococcus senticosus root extract 4:1*, Panax quinquefolium (Ginseng) root extract 4:1*, Withania somnifera (Ashwagandha) extract 4:1*. Note: *200 mg of a 4:1 extract concentrate is equal to 800 mg of whole herb.

Thiamin (Vitamin B1)	10 mg	Folate (L-Methylfolate)	400 ug
Riboflavin (Vit B2 as Riboflavin 5-Phos)	10 mg	Vitamin B12 (Methylcobalamin)	50 ug
Niacin (as niacinamide)	50mg	Pantothenic Acid	
Vitamin B6 (as Pyridoxal 5-Phosphate)	10 mg	(as D calcium pantothenate)	400 mg

Other Ingredients: Choline bitartrate, magnesium stearate, gelatin capsule.
Suggested Use: Take 2 capsules in the morning or as directed.

All of the vitamins and herbs in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.

How Ultra Adrenal Complex is Supplied:
VMUAC Bottles of 60 and Bottles of 180



Phone: 888.953.5553
www.nutritionpureandsimple.com

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