



ADFORM

100 ml tincture



ADRENAL FORMULA

The adrenal glands are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol. They are found above the kidneys. Both high and low levels of cortisol may affect your health.

ADFORM is a food supplement that provides herbal support to help moderate the hormone production of the adrenal glands and helping you manage stress.



PRODUCT INFORMATION

Ingredients:

Borage (*Borago officinalis*), Ginseng (*Panax Quinquefolius*), Liquorice (*Glycyrrhiza glabra*), Cayenne (*Zingiber officinale*), Gotu kola (*Centella asiatica*)

Directions:

Take 35 drops x 3 times daily in a little water, away from food.

Do not exceed the recommended daily intake.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Do not take if pregnant or breast feeding.

** This statement has not been evaluated by the EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.*

ABOUT THE INGREDIENTS

- ✓ **Borage (*Borago officinalis*):** Borage acts as a restorative agent on the adrenal cortex, which means it will revive and renew the adrenal glands after a medicinal treatment with cortisone and steroids.
- ✓ **Ginseng (*Panax Quinquefolius*):** Ginseng will raise lowered blood pressure to a normal level. It affects depression, especially where this is due to debility and exhaustion. It can be used for exhaustion states and weakness. Successfully used in Europe to ease stress in everyday situations and help with endurance to athletes under great strain during training.
- ✓ **Liquorice (*Glycyrrhiza glabra*):** Liquorice is a group of plants that have a marked effect upon the endocrine system. Liquorice root may be particularly beneficial for those suffering from adrenal fatigue, as it's been shown to prevent the body from "using up" its stores of cortisol. It does this by reducing conversion of cortisol to inactive cortisone in the kidneys, which has the effect of increasing the availability of cortisol in the body. Glycyrrhizic acid is therefore said to boost adrenal gland function, which in turn enhances stress resistance.
- ✓ **Cayenne (*Zingiber officinale*):** Cayenne herb is the most useful of the systemic stimulants. It regulates the blood flow, equalising and strengthening the heart, arteries, capillaries and nerves. Capsaicin is a major pungent and bioactive phytochemical in cayenne. According to a recent study published in Journal of Nutrients (MDPI), capsaicin may have a wide spectrum of bioactivities for promoting health, performance

