

## Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	%DV
Cordyceps extract (mycelia)	500 mg	*
Ashwagandha extract (root) (KSM-66®)	300 mg	*
Holy basil extract (leaf)	300 mg	*
Eleuthero extract (root)	100 mg	*
Rhodiola extract (root)	100 mg	*
Schizandra extract (fruit and seed)	100 mg	*

\*Daily Value (DV) not established.

**Other Ingredients:** L-leucine, cellulose, silicon dioxide, HPMC (vegetable capsule).

**Distributed By:** Pure Essence Laboratories, Inc., P.O. Box 95397, Las Vegas, NV 89193  
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1-38002-005

### Cordyceps – Adrenal Tonic

While not a true adaptogen, cordyceps is among the world's finest adrenal tonics. As such, it strengthens the adrenal glands and rebuilds deep reserves of the energies that holistic systems of health care regard as indispensable. Studies have shown that cordyceps reduced fatigue in elderly patients by 92%, increased endurance and stamina, increased cellular energy production, and improved libido and sexual function. Over 90% of athletes training with cordyceps set new personal performance records within 30 days.\*

### Ashwagandha – Adrenal Tonic, Adaptogen

The literal translation of ashwagandha is "strength like a horse." It has been used for centuries in Ayurvedic medicine to promote resistance to stress, build health, slow the aging process, and revitalize the body in debilitating conditions. It has also been reported to enhance mental function and memory (functions clearly associated with adrenal health).\*

### Holy Basil – Adrenal Tonic, Adaptogen

Holy basil is another Ayurvedic herb. Its Indian name, "Tulsi," translates as "Incomparable One." It helps the body cope with the effects of stress by reducing cortisol levels. This also helps to balance other hormones, because it is made from the same raw material as your body's other steroidal hormones. Holy basil and ashwagandha are the two of the major Ayurvedic herbs for adrenal support.\*

### Eleuthero (Siberian ginseng) – Adrenal Tonic, Adaptogen

Also known as, Siberian ginseng, eleuthero is another superb kidney/adrenal tonic. Like cordyceps, it increases the body's ability to use oxygen efficiently, which increases energy and reduces stress. It so powerfully improves both physical and mental performance that it is a staple for Russian Olympians and cosmonauts. Eleuthero is one of the world's most powerful health building supplements.\*

### Schizandra – Adaptogen

This amazing plant is perhaps the world's only herb that enters all 12 of the body's major energy meridians. It helps harmonize the entire body, and is an important tool in helping overcome the effects of stress. Schizandra sharpens mental focus, and helps protect against cell damaging agents like free radicals and other toxins.\*

### Rhodiola – Adaptogen

Rhodiola has been the focus of extensive research in Russia. It was first mentioned in AD 760 in a Tibetan herbal book as a powerful tonic for health and longevity. It is another adaptogen that helps us cope with constant stress. It provides powerful support for the adrenals. Russian research indicates it is as beneficial for the adrenals as eleuthero, but that it works in different ways. Using them together thus provides better benefits than either alone.\*

### The Pure Essence Guarantee

If you suffer in any way from adrenal fatigue, AdrenalStability™ will improve your life in too many ways to mention. It is a truly wondrous product. If you are anything less than delighted with your personal results, please return your unused portion (or empty container) along with your sales receipt to your authorized reseller for a complete refund.\*



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AdrenalStability™  
POWERFUL ADRENAL  
SUPPORT

\*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.

B207-002

# AdrenalStability™: Support for Cardiovascular, Immune & Adrenal Health\*

## The Human Stress Response

When you feel threatened, your adrenal glands secrete hormones called adrenaline and cortisol. These hormones increase heart rate, blood pressure and blood sugar levels. This makes us temporarily stronger, so that you can better fight against or flee from whatever danger you sense.

As these hormones increase your heart rate, blood pressure and blood sugar levels, they drain your energy for digestion, reproduction, growth, and immune function. While none of these things are problems if they occur only occasionally, if they happen frequently, serious health challenges emerge.

## Constant Stress

Unfortunately, the modern world triggers the stress response on a nearly endless basis. Physical danger, money problems, relationship issues, family concerns, health challenges, time constraints, office politics, and even unwanted noise trigger this response. This constant stress response weakens the adrenal glands, which, in turn, undermines mental function, causes fatigue, and triggers weight gain, mostly around the midsection in men, and in the midsection, hips, thighs, and upper arms in women. It also triggers hormone imbalances that lead to prostate issues in men, symptoms of PMS and menopause in women, and reduced libido and sexual function in both.

Following is a list of the most common complaints that can result from frequent stress. If you commonly experience three or more of these things, it's likely that the level of stress in your life has weakened your adrenal glands.

*(Note: It is not uncommon for adrenal fatigue to be misdiagnosed as thyroid deficiency.)*

- Memory loss
- Cognitive dysfunction
- Weight gain (especially around midsection, thighs, upper arms and/or buttocks)
- Symptoms of PMS or menopause
- Hormone imbalances
- Prostate issues
- Decreased libido and/or sexual function
- Blood sugar imbalances
- Difficulty falling asleep
- Waking in the middle of the night
- Fatigue, especially during midday
- Frequent anxiety
- Depression
- Extreme or increased irritability
- Decreased tolerance for stress
- Bone loss
- Loss of muscle tissue
- Increased blood pressure
- Slower wound healing
- Increased susceptibility to infections
- Craving for sweets and/or salty foods
- Newly developed allergies
- Chemical sensitivities
- A tendency to feel cold (may be misdiagnosed as hypothyroidism)

**“Stressful situations stimulate the release of hormones such as adrenaline and cortisol from the adrenal glands. When you’re under duress most of the time, the adrenal glands can become exhausted, and you start to feel fatigued, nervous, and irritable. Adrenal gland tonics gradually restore the health of these glands.”\***

— Linda B. White, M.D.

## Adrenal Abuse

As adrenal exhaustion sets in, we feel frequent fatigue, especially around the middle of the day. The temptation at these times is to reach for caffeine, sugar, tobacco, drugs, and other stimulants.

These stimulants do not provide real energy. They force the adrenals into the same response that stress does. The stress response will energize you for a short time, but then you’ll crash, feeling even worse than before, and your adrenals will be weaker still.

## Adaptogens for Adrenal Fatigue (Exhaustion)

Adrenal fatigue can be addressed only with sound nutrition. Rest and relaxation also help, but are not always possible given the duties we all have to discharge.

For many years, the only real adrenal supplements were either adrenal substance from pork or beef, and a few vitamins and minerals. However, adrenal substance can present a whole different set of health challenges, and vitamins and minerals don’t really do the trick. More recently, we have learned that botanicals, and particularly adaptogens, are the best solution.\*

Adaptogens are herbs that help your body adapt to stress. They protect your adrenals by helping them calm down more quickly after stress responses, and

by building deep reserves of vital energies that are drained by constant stress responses. They also help your blood pressure, heart rate, and blood sugar levels return to normal more quickly, and direct your body’s energy back to digestion, reproduction, immunity, and other activities required for abundant health.\*

Adaptogens also help you tolerate strenuous athletic training. They increase energy and maintain a steady energy supply throughout the day. They help keep you calm in the face of stress. They increase endurance. They enhance mental focus and memory. They promote deeper, more restful sleep. And, they help you rebuild muscle tissues that are damaged during extreme physical activity.\*

## AdrenalStability™

AdrenalStability™ is an exquisite, and extremely potent blend of perfectly balanced adrenal tonics and adaptogens. Each day’s use contains over 35,000 mg of raw herbal value. You won’t find any other adrenal support formula with similar strength.\*

