



Nutritional support for occasional stress-induced mental fatigue, mood problems or diminished energy

APPLICATIONS / BENEFITS

- Rejuvenates healthy adrenal performance
- Eases occasional stress-induced mental fatigue
- Helps restore and sustain energy levels
- Promotes a bright, positive mood
- Optimizes body's stress hormone response
- Supports cardiovascular function

OVERVIEW

Patient One Adrenal D-Stress is a vegetarian formula that supports a healthy stress response by optimizing hormonal balance, modulating cortisol, and restoring glandular performance diminished by overuse of stimulants and adrenal insufficiency. A potent adaptogenic herbal blend based on Ayurvedic traditions is united with restorative DHEA and pregnenolone hormones, as well as a range of nutrients that are depleted by stress. Patient One Adrenal D-Stress is designed to assist with the signs and symptoms of occasional stress, including mental fatigue, tension, low sex drive, low energy, mood problems and weight management issues related to stress-induced overeating.

KEY INGREDIENTS

Dehydroepiandrosterone (DHEA)

Adrenal production of the hormone DHEA starts to decline around age 30. Restoring DHEA levels may help promote healthy hormone balance and reverse adrenal insufficiency, supporting health and function of adrenal glands while optimizing energy production.

Sensoril®

This patented extract of Ashwaganda (*Withania somnifera*) is a time-honored adaptogenic herb with a long history of use in Ayurvedic wellness traditions. Human studies suggest Sensoril may dispel everyday fatigue, tension and exhaustion while promoting sustained physical energy and peak mental clarity and alertness. Sensoril is a metabolic regulator that supports the body's natural stress-adaptation and stress-resistance mechanisms. It may reduce serum cortisol levels.

Relora®

A blend of standardized extracts of Traditional Chinese wellness herbs *Magnolia officinalis* and *Phellodendron amurense* (magnolia/phellodendron), Relora optimizes stress hormones and rejuvenates adrenal performance. This herbal combination modulates the hypothalamic-pituitary-adrenal axis's response to stress and is believed to act as a GABA-A receptor agonist. Relora has been investigated for assisting with stress-induced overeating and weight management issues. Studies show daily supplementation with Relora reduces cortisol exposure and perceived daily stress, while improving a variety of mood state parameters, including lower fatigue and higher stamina.

Pregnenolone

As with DHEA, pregnenolone levels naturally peak during youth and decline with age. By the age of 75 our bodies produce 60% less pregnenolone than the levels produced in our mid-thirties. For this reason, pregnenolone is one of the biomarkers of aging. Since pregnenolone provides the initial raw material from which all the other steroid hormones are made, other hormones will decline in a parallel fashion. Various studies have found that pregnenolone supports motivation, the ability to acquire knowledge, and long-term memory. Studies have also shown small amounts of pregnenolone can enhance productivity and heighten feelings of well-being.

RESEARCH

- A double-blind, placebo-controlled, crossover study in 24 women with an average age of 42 investigated how DHEA supplementation might influence subjects

with adrenal insufficiency. Subjects took 50mg of DHEA or placebo daily for a period of 4 months. At study's conclusion, researchers reported that DHEA was associated with significant improvement in well-being, mood, and libido. In a similar study of 50mg DHEA for 4 months, researchers suggested DHEA appeared to benefit women with adrenal insufficiency by restoring androgen levels.

- A randomized, parallel, placebo-controlled clinical study was conducted with healthy, overweight, premenopausal women between ages of 20-50. Women took Relora 250 mg or placebo three times daily for 6 weeks. At study's end, researchers found the Relora group was associated with a significant reduction in stress-induced transient anxiety.

- One double-blind, placebo-controlled human study found that subjects taking 250 mg of Sensoril per day reported a 79% increase in energy levels and 24.2% reduction in serum cortisol levels when compared to the placebo group, while also appearing to enjoy a reduction in symptoms commonly associated with overuse of stimulants.

6. Tomas, Cara, et al. "A Review of Hypothalamic-Pituitary-Adrenal Axis Function in Chronic Fatigue Syndrome." ISRN Neuroscience, vol. 2013, 29 Aug. 2013, pp. 1-8, doi:10.1155/2013/784520.

7. Pingali U, et al. 2013. Effect of Withania somnifera extract on mental stress induced changes in hemodynamic properties and arterial wave reflections in healthy subjects. Curr Top Nutraceutical Res 11(4):151-158

Supplement Facts		
Serving Size: 3 Capsules	Servings Per Container: 30	
Amount Per Serving	% DV*	
Vitamin A (as CaroCare® natural beta carotene from <i>Blakeslea trispora</i>)	1500 mcg	167%
Vitamin C (as sodium ascorbate)	250 mg	278%
Thiamin (Vitamin B-1) (as thiamine mononitrate)	25 mg	2,083%
Vitamin B-6 (as pyridoxal-5-phosphate)	25 mg	1,471%
Zinc (as zinc gluconate)	15 mg	136%
Pregnenolone	10 mg	**
Pantethine	50 mg	**
DHEA (Dehydroepiandrosterone)	5 mg	**
Sensoril® Ashwagandha (<i>Withania somnifera</i>) (roots and leaves) [minimum 10% withanolide glycoside conjugates (25 mg) and 32% oligosaccharides (80 mg)]	250 mg	**
Relora® A proprietary blend of standardized extracts of <i>Magnolia officinalis</i> (bark) and <i>Phellodendron amurense</i> (bark)	500 mg	**

* Daily Values are based on a 2,000 calorie diet ** Daily Value not established

Other Ingredients: rice flour, vegetable cellulose, leucine

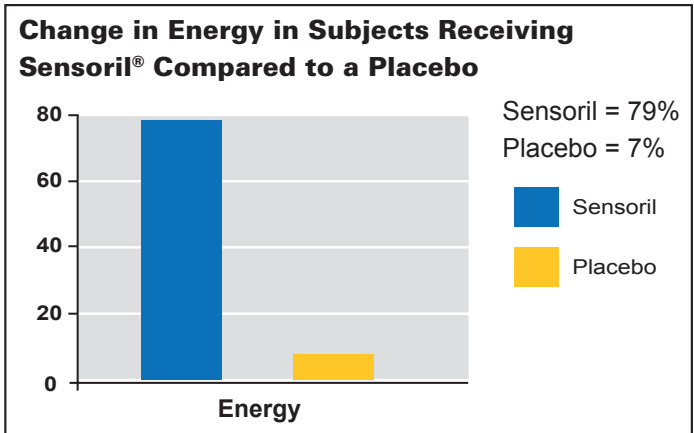
Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 3 capsules daily, preferably in divided doses with meals, or as directed by your health practitioner. Store in a cool, dry place.

Caution: Not for use by individuals under the age of 18. Do not use if you are pregnant or nursing. Consult your health practitioner before using this product if you have, or have family history of, prostate cancer, prostate enlargement, heart disease, low HDL, or if you are using any other dietary supplements or OTC or prescription drugs. Do not exceed recommended serving. Discontinue use and consult your health practitioner immediately if you experience rapid heartbeat, dizziness, blurred vision or any other adverse reaction.
Keep out of reach of children.

CaroCare® is a registered trademark of DSM. Relora® is a registered trademark of InterHealth N.I. (U.S. Patents 6,582,735 & 6,814,987). Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patents #6,153,198 & #7,318,938.

Vegetarian **Gluten Free** **Non-GMO** **Vegetable Caps**



REFERENCES

1. Arlt W, et al. Dehydroepiandrosterone replacement in women with adrenal insufficiency. N Engl J Med. 1999 Sep 30;341(14):1013-20.
2. Libè R, et al. Effects of dehydroepiandrosterone (DHEA) supplementation on hormonal, metabolic and behavioral status in patients with hypoadrenalism. J Endocrinol Invest. 2004 Sep;27(8):736-41.
3. Kalman D., et al. Effect of a proprietary Magnolia and Phellodendron extract on stress levels in healthy women: a pilot, double-blind, placebo-controlled clinical trial Nutrition Journal 2008, 7:11 doi:10.1186/1475-2891-7-11
4. Talbott et al. Effect of Magnolia officinalis and Phellodendron amurense (Relora®) on cortisol and psychological mood state in moderately stressed subjects. Journal of the International Society of Sports Nutrition 2013,10:37. http://www.jissn.com/content/10/1/37
5. Garrison R, Chambliss WG, Effect of a Proprietary Magnolia and Phellodendron Extract on Weight Management: A Pilot, Double Blind, Placebo-Controlled Clinical Trial. Alt Ther Health Med. 2006;12:50.

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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