Super Adrenal Stress Formula®
Formulated by Dr. James L. Wilson

Stress Resilience & Energy Sustaining Nutrition*

Super Adrenal Stress Formula® integrates decades of research and clinical experience into an efficiently synergized, well balanced nutrient formula designed to enhance energy and replenish the glands and systems depleted by stress and adrenal fatigue.* Optimal amounts, forms and ratios of vitamins, minerals and bioactive molecules required for catecholamine and corticosteroid synthesis, hypothalamic-pituitary-adrenal (HPA) axis function, and ATP generation support the energy producing and metabolic reactions that help the person experiencing adrenal fatigue and/or stress rebound quickly.* A unique sustained release process delivers these nutrients gradually to promote full absorption and utilization.* Super Adrenal Stress Formula enhances energy and stress resilience through the following actions:*

Replenishes nutrients essential to HPA axis hormone synthesis that are lost during stress*

Vitamins A, C, E, and Bioflavonoids
- Vitamins A, C, & E essential to steroidogenesis in adrenals and nervous system 8, 9, 10, 17
- Vitamin C critical for healthy functioning of adrenal glands which contain some of the highest vitamin C levels in human body 5, 7, 8, 19, 20
- Stress shown to deplete vitamin C, and humans cannot synthesize their own. 20, 21
- Deficiency of either vitamin A or vitamin C leads to decreased production of some adrenal corticoids. 2, 11
- Retinol (vitamin A) activates tyrosine hydroxylase, the rate-limiting enzyme crucial for biosynthesis of adrenal catecholamines (epinephrine and norepinephrine). 22
- ACTH increased adrenal vein but not systemic vitamin C in humans, showing that local elevation of vitamin C concentration in adrenals is integral to the stress response. 23
- Human studies suggest retinoic acid may contribute to regulation of corticotropin releasing hormone (CRH) neurons. 24
- Alpha-tocopherol (vitamin E) increased adrenal sensitivity to adrenocorticotropic hormone (ACTH). 25
- Bioflavonoids shown to increase bioavailability of ascorbic acid. 16
- Flavonoid-rich orange peel significantly increased ascorbic acid concentration in adrenals of guinea pigs which, like humans, cannot synthesize their own vitamin C. 27

B vitamins and Minerals (Zinc, Copper, Selenium, Magnesium, Manganese, and Chromium)
- Essential for wide range of metabolic functions in which they serve as cofactors and critical components in biosynthesis and metabolism of hormones, catecholamines, and neurotransmitters 3, 4, 12
- Pantothenic acid is an essential component of Coenzyme A, required for energy and production of cortisol and other steroids. 20
- Zinc shown to be necessary for glucocorticoid signaling in hippocampus in response to stress. 4
- Serum zinc level generally remains relatively constant, but decreases during periods of acute stress. 28

Choline, 5-HTP, and Alfalfa (Medicago sativa)
- Choline essential for production of membrane structures critical to brain and certain neurotransmitters; low levels of choline have been correlated with higher anxiety levels in humans. 13
- 5-HTP shown to modulate hippocampal and hypothalamic corticosteroid receptor numbers. 29

Provides nutrition for cellular energy production*

B vitamins and Minerals (Zinc, Copper, Selenium, Magnesium, Manganese, and Chromium)
- Essential for the multiple complex reactions involved in energy generating Krebs cycle and ATP metabolism 3

Delivers antioxidants for protection from stress reactions*

Minerals (Zinc, Copper and Manganese)
- Copper and zinc dependent superoxide dismutase (SOD) enzymes remove superoxide radicals formed during steroidogenesis in the adrenal cortex. 6
- Manganese dependent SOD in mitochondria of adrenal medulla eliminates large amounts of superoxide radicals and helps prevent damage to mitochondrial function. 6

Vitamin C and Bioflavonoids
- Helps protect cytochrome P-450 enzymes essential for hormone synthesis and metabolism (including 11-beta hydroxylase), and lipids in adrenal cortex 5, 7, 15
- Vitamin C regenerates, preserves and increases effectiveness of other antioxidants, such as vitamin E. 3, 32
- Bioflavonoids enhance bioavailability of ascorbic acid and help prevent it from autooxidation. 16, 30

Vitamin E
- Within adrenal cortex, antioxidant potency of ascorbic acid is directly related to mitochondrial vitamin E content. 14
- Inhibited detrimental lipid peroxidation that occurs in adrenal cortex under chronic stress 8
- Shown to prevent stress-induced free-radical attack and greatly

ICA HEALTH
Dr. Wilson’s Original Formulations® supplements are produced exclusively by ICA Health | icahealth.com
*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Synergistic nutrient complex releases slowly for optimal absorption and utilization*

All nutrients delivered via sustained release integrated throughout the caplet (not just on surface) allowing their gradual, steady release over several hours to optimize bioavailability and avoid exceeding renal reabsorption threshold that can cause quick excretion of absorbed nutrients. 20, 31

Suggested Use

During adrenal fatigue and stress: Take 1 caplet 3-5 times a day (1 upon rising and 1 at noon; an additional caplet may be taken up to 3 times throughout the day, if desired). For more information see Dr. Wilson’s Program for Adrenal Fatigue and Stress

Companion Products Formulated by Dr. Wilson

Adrenal Fatigue: Super Adrenal Stress Formula is one of the four products in Dr. Wilson’s Program for Adrenal Fatigue along with Adrenal Rebuilder®, Adrenal C Formula®, and Herbal Adrenal Support Formula®

Metabolic Stress: Good Sugar®, Adrenal C Formula®, Herbal HPA®

Stress and Immune Function: Nat-Stim®

PMS and Menopause: Adrenal Rebuilder®, Adrenal C Formula®, Herbal Adrenal Support Formula®

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size 1 caplet</td>
<td>Servings Per Container 150</td>
</tr>
<tr>
<td>Amount Per Serving</td>
<td>%Daily Value</td>
</tr>
<tr>
<td>Vitamin A (as palmitate)</td>
<td>2,000 IU</td>
</tr>
<tr>
<td>Vitamin C (as ascorbic acid, magnesium, vitamin C, and ascorbate)</td>
<td>308 mg</td>
</tr>
<tr>
<td>Vitamin E (as mixed tocopherols)</td>
<td>16 IU</td>
</tr>
<tr>
<td>Thiamine (vitamin B1)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Riboflavin (viamin B2)</td>
<td>5 mg</td>
</tr>
<tr>
<td>Nicotinic acid (vitamin B3)</td>
<td>26 mg</td>
</tr>
<tr>
<td>B6 (pyridoxine)</td>
<td>30 mg</td>
</tr>
<tr>
<td>Folates (as folic acid)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Panthotenic acid (as D-calcium pantothenate)</td>
<td>240 mg</td>
</tr>
<tr>
<td>Magnesium (as ascorbate/citrate)</td>
<td>40 mg</td>
</tr>
<tr>
<td>Zinc (as ascorbate)</td>
<td>3 mg</td>
</tr>
<tr>
<td>Selenium (as sodium selenite)</td>
<td>10 mcg</td>
</tr>
<tr>
<td>Copper (as glycinate chelate)</td>
<td>0.2 mg</td>
</tr>
<tr>
<td>Manganese (as ascorbate)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Potassium (as ascorbate)</td>
<td>1 mg</td>
</tr>
<tr>
<td>Chromium (as trivalent chromium chloride)</td>
<td>200 mcg</td>
</tr>
</tbody>
</table>

Proprietary Blend:
- citrux bioflavonoids, inulin (from organically grown agave), para-aminobenzoic acid (PABA), L-5-hydroxytryptophan (5-HTP), kelp, chlorine biarticulate, alfalfa juice.

Other Ingredients: stearic acid, dicalcium phosphate, cellulose, carboxin, magnesium stearate, pharmaceutical glaze.

References


Other Ingredients: stearic acid, dicalcium phosphate, cellulose, carboxin, magnesium stearate, pharmaceutical glaze.

Doctor Wilson’s Original Formulations

90-Day Unconditional Guarantee

© 2012 ICA Health, LLC. All rights reserved. | ICA Health 1-888-ADRENAL (237-3625) US & Canada or 1-520-790-3954 | icahelp.com

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