

# Product Information Sheet



Adrenal Support

## AdrenoMax

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### Adrenal Multivitamin and Mineral Complex with Herbs

Formulated by respected naturopath Xandria Williams ND, this synergistic blend of nutrients and herbs has been designed to support the health of the adrenal glands. AdrenoMax can also be used as a multi-vitamin mineral supplement for those needing long term nutritional support for the adrenals.

#### Ingredients:

##### Each capsule typically contains:

Beta-Carotene (913IU)	277 µg RE*
Vitamin A (retinyl acetate)	10 µg
Vitamin E (d-alpha tocopherol)	13.3 mg
Vitamin C (ascorbic acid)	166.6 mg
Vitamin B1 (thiamin mononitrate)	33.3 mg
Vitamin B2 (riboflavin)	6.6 mg
Vitamin B3 (niacin)	33.3 mg
Vitamin B6 (pyridoxine HCl)	10 mg
Folic Acid	33.3 µg
Vitamin B12 (cyanocobalamin)	6.66 µg
Biotin	16.6 µg
Pantothenic acid (as d-calcium pantothenate)	66.6 mg
Calcium (citrate)	33.3 mg
Iron (bisglycinate)	0.33 mg
Magnesium (bisglycinate)	33.3 mg
Zinc (picolinate)	3.3 mg
Manganese (bisglycinate)	0.33 mg
Copper (citrate)	0.16 mg
Selenium (methionine)	16.6 µg
Molybdenum (sodium molybdate)	6.66 µg
Chromium (picolinate)	16.6 µg
Iodine (kelp/potassium iodide)	0.03 mg
Lecithin providing:	72.3 mg
Choline	16.6 mg
Inositol	16.6 mg
Lysine	10 mg
Methionine	10 mg
L-Carnitine	3.3 mg
Tyrosine	3.3 mg
5-HTP (5-Hydroxytryptophan)	3.3 mg
Grape Seed Extract (95% polyphenols)	6.6 mg
Cabbage Leaf	6.6 mg
Chamomile Flower (Matricaria chamomilla)	6.6 mg
Dandelion Leaf (Taraxacum officinale)	6.6 mg
Hops Herb Powder (Humulus lupulus)	6.6 mg
Lime Blossom (Citrus aurantifolia)	6.6 mg
Marshmallow Root (Althaea officinalis)	6.6 mg
Passion Flower Powder (Passiflora incarnata)	6.6 mg
Skullcap Root (Scutellaria baicalensis)	6.6 mg
Wild Lettuce (Lactuca virosa)	6.6 mg

\*µg RE = micrograms retinal equivalents

**Encapsulated with:**

Magnesium stearate  
Capsule shell (vegetable cellulose)

**Features:**

The adrenal glands produce numerous hormones involved in blood sugar balancing and stress adaptation, including DHEA, cortisol, adrenalin, and noradrenalin. Optimal adrenal function is critical for stress adaptation.

Vitamin C and pantothenic acid are found in very high concentrations in adrenal tissues and support optimal adrenal health.

B vitamins, especially vitamin B6, and magnesium are critical for optimal blood sugar balance.

Chamomile, lime blossom, hops and passion flower have a long history of use for their soothing properties.

5-HTP is the essential nutritional precursor for the neurotransmitter serotonin.

**Recommendation:** 1-3 capsules daily with food, or as directed.

**Caution:** Not recommended during pregnancy or whilst breastfeeding.  
This product contains vitamin A. Do not exceed 750µg of vitamin A (as retinol) per day if pregnant or likely to become pregnant, except on the advice of a doctor or antenatal clinic.  
Not recommended for individuals with Wilson's disease (copper). Not recommended for individuals with obstructed bile duct or gallstones (dandelion).  
May cause flushing in individuals who are sensitive to niacin.

**Contains ingredients derived from:** Soy, Sesame Seeds

**Product Code:** 3360

**Package Size:** 90