



NutriDyn®

# Stress Essentials Adrenal B1B6

Micronutrient Support for Healthy  
Adrenal Function\*

**PRACTITIONER EXCLUSIVE**

## Stress Essentials Adrenal B1B6 Supplementation

Stress Essentials Adrenal B1B6 is a comprehensive micronutrient formula that helps support healthy adrenal function by promoting healthy stress response.\* Estimates suggest that 2 out of every 3 adults deal with some form of chronic stress, which may lead to feelings of fatigue and anxiety. As such, it is imperative to get adequate amounts of key vitamins, minerals, and antioxidants that help your body cope with stress.\*

Supplementation with Stress Essentials Adrenal B1B6 may include these benefits:

- Helps promote healthy adrenal function\*
- Supports balanced stress-related fatigue\*
- Supports cognitive function and healthy mood\*
- Supports healthy energy production\*
- Promotes healthy immune function\*
- Supports a healthy response to oxidative stress\*

## How Stress Essentials Adrenal B1B6 Works

The foundation ingredients of the Stress Essentials Adrenal B1B6 formula are bioavailable forms of B vitamins along with calcium, vitamin C, and magnesium.\* The updated formula now also contains zinc and ashwagandha. During chronic stress, these micronutrients are used to synthesize stress hormones so they may become depleted and not available for other essential physiological functions.\*<sup>1</sup>

Supplementing with thiamin (vitamin B1) and vitamin B6 can help support healthy adrenal function by supporting healthy stress response via the hypothalamic-pituitary-adrenal (HPA) axis.\*<sup>2</sup> During chronic stress, high levels of cortisol are produced. Thiamin works with vitamin B6 to help balance healthy cortisol levels in the adrenals.\*



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In addition, vitamin B6 plays a key role in supporting symptoms of stress and adrenal exhaustion, primarily by assisting the metabolism of L-tryptophan into 5-hydroxy-tryptophan (5-HTP)—which eventually is metabolized into serotonin, a calming neurotransmitter.\*<sup>1,3</sup>

Ashwagandha promotes adaptogenic activity primarily in the adrenals, where it has a calming effect.\*<sup>4,5</sup> Ashwagandha contains constituents such as withanolides, sitoindosides, and alkaloids that have a calming effect and support a healthy response to oxidative stress.\*<sup>4,5</sup>

Calcium and magnesium play numerous roles in promoting healthy circulation and cardiovascular function, which also supports healthy adrenal function.\*<sup>6,7</sup> Calcium helps circulate blood through the body while magnesium activates over 300 enzymatic reactions in supporting cellular ionic balance to promote healthy cardiovascular function, healthy adrenal function, and healthy neurotransmitter synthesis.\*<sup>1,6,7</sup>

Vitamin C and zinc are crucial for supporting healthy oxidative stress response and immune function as both are co-factors in adrenaline and neurotransmitter synthesis.\*<sup>1,8,9</sup> Research suggests that supplemental vitamin C is effective for supporting healthy cortisol rhythms, which is crucial for supporting healthy and balanced stress-related fatigue.\*<sup>10</sup> Zinc also supports a balanced response to oxidative stress.\*<sup>9</sup>

### Why Use Stress Essentials Adrenal B1B6?

Research cited herein suggests that the micronutrients in Stress Essentials Adrenal B1B6 play pivotal roles in modulating the HPA axis and promoting a healthy response to stress.\* In turn, these nutrients can help promote healthy adrenal function and support balanced stress-related fatigue.\*

#### References:

1. McCabe D et al. *Systematic Review Protocols*. 2015;13(7):104-118.
2. Rona DC. *Stress Repertory: Signs and Symptoms of Stress Induced Nutrient Depletion*. 1st ed. 2008.
3. Hellmann H et al. & Mooney, S. *Molecules*. 2010;15(1):442-459.
4. Head KA et al. *Alt Med Rev*. 2009;14(2):114-143.
5. Verma SK et al. *Asian J Pharm Clin Res*. 2011;4(1).
6. McCarron DA et al. *J Clin Hypertens*. 2001;14:206S-212S.
7. Gums JG. *Am J Health-Syst Pharm*. 2004;61(15):1569-1576.
8. Figueroa-Méndez R et al. *Front Physiol*. 2015;6.
9. Pahwa R et al. *Chronic Inflammation*. 2019.
10. Pearson JF et al. *Nutrients*. 2017;9(8):831.

## Supplement Facts

Form: 90 Tablets

Serving Size: 2 Tablets

Ingredients:	Amount	%DV
Vitamin C (as ascorbic acid)	300 mg	333%
Thiamin (as thiamin HCl)	200 mg	16,667%
Vitamin B6 (as pyridoxine HCl)	100 mg	5,882%
Calcium (as calcium bisglycinate chelate) (TRAACS™)	100 mg	8%
Magnesium (as magnesium bisglycinate chelate) (TRAACS™)	100 mg	24%
Zinc (as zinc bisglycinate)	10 mg	91%
Ashwagandha Extract (leaf and root; <i>Withania somnifera</i> ) (Sensoril®)	250 mg	**

**Other Ingredients:** Dicalcium phosphate, microcrystalline cellulose, hypromellose, vegetable stearic acid, vegetable magnesium stearate, croscarmellose sodium, silica, Opadry® Nutrapure™ certified organic coating.

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Sensoril® is a registered trademark of Natreon, Inc.

**Suggested Use:** Take two tablets daily or as directed by your healthcare practitioner.

**Caution:** If you are taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

**Warning:** Do not use if pregnant or nursing.

\* 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.



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