



NutriDyn

# Stress Essentials Balance

Herbal Support for Healthy Adrenal Function\*

PRACTITIONER EXCLUSIVE

## Stress Essentials Balance Supplementation

Stress Essentials Balance is a comprehensive formula featuring key herbal extracts that help support healthy adrenal gland function.\* Estimates suggest that over 65% of adults deal with some form of chronic stress, which may lead to feelings of fatigue and general weakness. This is where the nutrients in Stress Essentials Balance can help by supporting healthy adrenal gland function and mood.\*

The most pertinent research-backed benefits of supplementation with Stress Essentials Balance may include:

- Helps promote healthy adrenal function\*
- Supports stress-related fatigue\*
- Supports cognitive function and healthy mood\*

## How Stress Essentials Balance Works

The foundation ingredients of the Stress Essentials Balance formula are high-potency extracts of rhodiola rhizome, cordyceps, and Asian ginseng root. These herbal ingredients broadly act as adaptogens in the human body, meaning they modulate the HPA (hypothalamic-pituitary-adrenal) axis—a unique component of the neuroendocrine system.\* This axis is how the body controls stress response, primarily by secreting catecholamines and glucocorticoids (especially cortisol).

### Rhodiola (*Rhodiola rosea*) Rhizome Extract

*Rhodiola rosea* is a perennial flowering plant containing an adaptogenic compound known as salidroside (found primarily in the rhizome of the plant). Research demonstrates that salidroside supports healthy stress-induced cortisol secretion, and this may be beneficial for supporting stress-related fatigue.\*<sup>1</sup>

### Cordyceps Mycelium (*Cordyceps militaris*) Extract

The cordyceps mushroom has been used for over six centuries in Asian cultures for supporting immune function, stamina, libido, and a variety of other vital biological processes.\* The primary bioactive constituents of cordyceps include cordycepin and its derivatives, polysaccharides, and ergosterol. Research suggests that these compounds support healthy adrenal function and thus promote healthy stress and anti-fatigue functions in the human body.\*<sup>2</sup>



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

## Asian Ginseng (*Panax ginseng*) Root Extract

Asian ginseng is one of the most prestigious herbs in traditional Chinese medicine due to its profile of saponins known as ginsenosides. The past several decades of research has shown that ginsenosides from *Panax ginseng* have a vast range of biological activities, including anti-aging activity, supporting blood glucose already within the healthy range, promoting healthy immune and neuron functions, and more.<sup>♦3</sup>

Asian ginseng is regarded as a potent adaptogenic herb as evidence suggests it supports a healthy HPA axis response to stress.<sup>♦4</sup>

Be wary of supplements that contain low-potency extracts of Asian ginseng; whereas a competitor product may contain 400 or 500 mg of ginseng, if the concentration of ginsenosides is 8%, you're only getting 32-40 mg of ginsenosides per serving. Stress Essentials Balance contains one of the highest-potency ginseng extracts on the market, with 30% ginsenosides (nearly 4x the potency of most brands).

### Why Use Stress Essentials Balance?

Research cited herein suggests that the herbal extracts in Stress Essentials Balance play pivotal roles in modulating the HPA axis and promote a healthy body response to stress.<sup>♦</sup> In turn, these nutrients can help promote healthy adrenal function and support stress-related fatigue.<sup>♦</sup>

#### References:

1. Olsson, E. M., von Schéele, B., & Panossian, A. G. (2009). A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract shr-5 of the roots of *Rhodiola rosea* in the treatment of subjects with stress-related fatigue. *Planta medica*, 75(02), 105-112.
2. Koh, J. H., Kim, K. M., Kim, J. M., Song, J. C., & Suh, H. J. (2003). Antifatigue and antistress effect of the hot-water fraction from mycelia of *Cordyceps sinensis*. *Biological and Pharmaceutical Bulletin*, 26(5), 691-694.
3. Ru, W., Wang, D., Xu, Y., He, X., Sun, Y. E., Qian, L., ... & Qin, Y. (2015). Chemical constituents and bioactivities of *Panax ginseng* (CA Mey.). *Drug discoveries & therapeutics*, 9(1), 23-32.
4. Nocerino, E., Amato, M., & Izzo, A. A. (2000). The aphrodisiac and adaptogenic properties of ginseng. *Fitoterapia*, 71, S1-S5.

## Supplement Facts

Form: Capsules (60 or 180 count)

Serving Size: 2 Capsules

Ingredients:	Amount	%DV
Cordyceps Mycelium Extract [mycelium; <i>Cordyceps militaris</i> (standardized to 0.28% adenosine)]	800 mg	*
Asian Ginseng Powder (root; <i>Panax ginseng</i> )	58 mg	*
Asian Ginseng Extract [root; <i>Panax ginseng</i> (standardized to 30% ginsenosides)]	107 mg	*
<i>Rhodiola rosea</i> Extract (root; standardized to 1 mg salidroside and 3 mg rosavin)	100 mg	*

**Other Ingredients:** Hypromellose (capsule), microcrystalline cellulose, rice concentrate, and silicon dioxide.

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

**Caution:** Consult your healthcare practitioner before use. If taking heart medications or have a chronic health condition, inform your healthcare practitioner. 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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