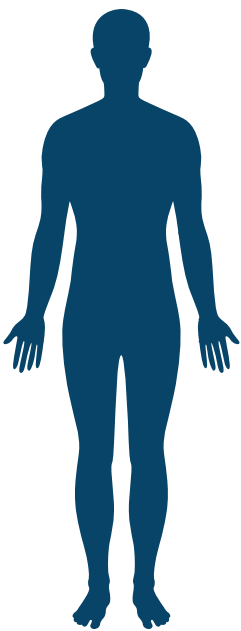







The Cognitive Impact of Prolonged Stress

The Trajectory of Stress-Induced Burnout

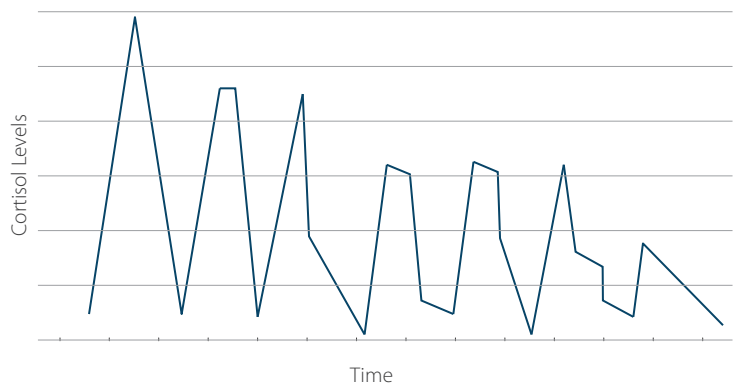
Humans are equipped to respond and adapt to varying degrees of stressful situations. When it is overworked, the stress response system (or the Hypothalamic-Pituitary-Adrenal [HPA] axis) can burn out. The body has limited capacity to combat excessive stress, which causes hyperstimulation of the nervous system. Mental burnout and brain fog may be experienced, followed by the sacrifice of other important physiological processes, such as digestion, immunity and reproduction. In addition, prolonged stress decreases available nutrients, further depleting metabolic reserve and the ability to heal.

Effects of Stress on the Body



-  ▼ Cognitive function
-  ▲ Heart rate and blood pressure
-  ▼ Digestive function
-  ▼ Reproductive function
-  ▼ Immune system function

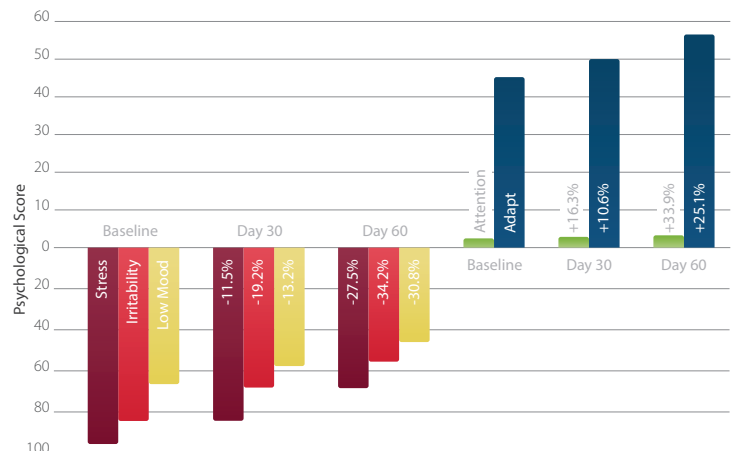
HPA Axis Decline
Accompanied by Cortisol Depletion



Role of Holy Basil (*Ocimum sanctum*) on Generalized Mood Challenges and Willingness to Adapt in Human Subjects

New studies show overall stress levels have increased significantly in recent years, causing a variety of health challenges including headaches, mood swings and ongoing irritability. A new era of intense stress requires innovative, new solutions like holy basil for its adaptive properties that improve mental capacity and cognitive recovery in subjects under stress.

In a hospital-based, clinical setting, thirty-five subjects (21 male and 14 female; average age 38.4 years) were administered a fixed dose regime, 500 mg holy basil (*Ocimum sanctum*), twice daily for 60 days.¹ Observations exhibited a significant reduction ($p < 0.001$) of generalized stress, irritability and low mood. Also, significant improvement ($p < 0.001$) of willingness to adjustment (adapt) and attention was observed.

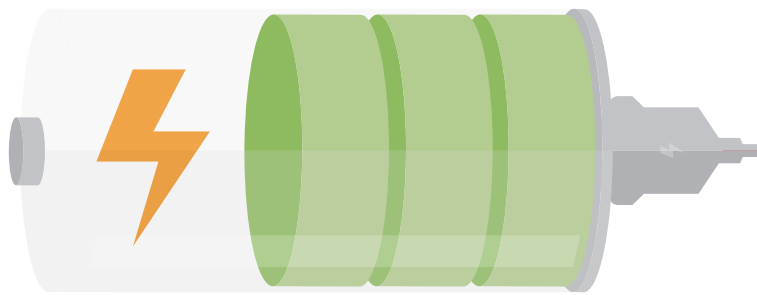


1. Bhattacharyya D, Sur TK, Jana U, Debnath PK. Controlled programmed trial of *Ocimum sanctum* leaf on generalized anxiety disorders. Nepal Med Coll J. 2008 Sep;10(3):176-9.

TruAdapt

Build Metabolic Reserve and Support Cognitive Recovery

TruAdapt is a comprehensive stress recovery formula that supports cognitive recovery, builds metabolic reserve and boosts immune response.



HOLY BASIL

Supports stress resilience, improves attention and promotes healthy immune function

ADAPTOGENS

Blend of ashwagandha, rhodiola, eleuthero increases resiliency to withstand the strain of stress

LICORICE ROOT EXTRACT

Maintains cortisol levels to support HPA axis function and maintain normal inflammatory balance

Patient Type

For patients with brain fog, low mood and exhaustion from intense, repeated stress



ID# 907060 60 Capsules
ID# 907120 120 Capsules

SUGGESTED USE:

2 capsules 1-2 times per day or as recommended by your health care professional.

Supplement Facts ^{V1}		
Serving Size 2 Capsules Servings Per Container 30 & 60		
2 capsules contain	Amount Per Serving	% Daily Value
Holy Basil (<i>Ocimum sanctum</i>) Leaf 10:1 Extract (Containing Ursolic Acid)	300 mg	*
Ashwagandha Root Extract (Standardized to contain 1.5% Withanolides)	250 mg	*
<i>Rhodiola rosea</i> Root Extract (Standardized to contain 3% Rosavins)	200 mg	*
Eleuthero Root Extract (Standardized to contain 0.8% Eleutherosides)	150 mg	*
Schisandra Berry Extract	150 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*
* Daily Value not established		



ID# 908060 60 Capsules
ID# 908120 120 Capsules

SUGGESTED USE:

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Supplement Facts ^{V1}		
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2 capsules contain	Amount Per Serving	% Daily Value
Holy Basil (<i>Ocimum sanctum</i>) Leaf 10:1 Extract (Containing Ursolic Acid)	300 mg	*
Ashwagandha Root Extract (Standardized to contain 1.5% Withanolides)	250 mg	*
Adrenal Concentrate (Bovine)	220 mg	*
<i>Rhodiola rosea</i> Root Extract (Standardized to contain 3% Rosavins)	200 mg	*
Schisandra Berry Extract	150 mg	*
Licorice Root Extract (Standardized to contain 12% Glycyrrhizin)	75 mg	*
* Daily Value not established		

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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