

Dave's Adrenal + O₂ Formula

- **Stress symptom support**
- **Adaptogenic herbs**
- **Endocrine support**

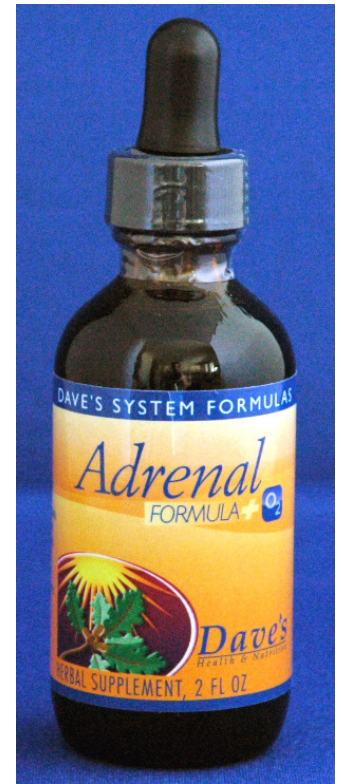
Adrenal + O₂ Formula is a combination of adaptogenic and stress symptom support herbs designed to assist healthy adrenal function.

The adrenal glands, situated above the kidneys, function according to stress conditions. The more you are stressed the more adrenalin is produced in response (fight or flight) which can exhaust the nervous system.

Signs of adrenal weakness are often seen as dark circles under the eyes, tiredness, and faintness upon rising quickly from a chair or bed. Stress may also play a factor in adrenal fatigue.

Formula includes: Rosemary leaf, Schizandra berries, Reishi mushroom, Gingko leaves, Cordyceps mushroom, and Rhodiola root.

It is commonly used at 15 to 75 drops three times a day (15 drops is a good starting point). Tonic formulas such as Adrenal + O₂ should be used for several months. They are safe and energizing.



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Herbal Formula

Cordyceps mushroom constituents are antioxidant and adaptogenic, supporting liver and immune function. Traditional uses support normal lung, and immune function. Modern uses include bone marrow function, endocrine, athletic performance, allergy symptom and kidney function support.

Ginkgo leaves modern uses include brain and eye support from increased blood flow to the head. Ginkgo also has blood thinning properties. It may also help support memory.

Reishi mushroom traditional uses include immune, liver, nerve, heart and respiratory support. It is also an adaptogen to support increased energy and stress adaption.

Rhodiola root traditional uses include support for the nervous system, cardiovascular system, respiratory function and altitude sickness. It is adaptogenic and antioxidant. Modern uses include support for muscle function, athletic performance, endocrine system, and normal cortisol and insulin levels.

Rosemary leaves are carminative and antispasmodic. Traditional uses include cardio tonic as well as assisting normal digestive function, increased circulation, and liver support.

Schizandra berries constituents look to be cardiovascular and liver supportive. Traditional uses also include support for respiratory, nervous, and urinary systems. Modern uses show schizandra is an adaptogen.

Traditional herbal uses

- Adaptogenic
- Adrenal support
- Endocrine support
- Fatigue symptoms
- High altitude sickness