



NutriDyn

# Stress Essentials Adrenal B5B6

Micronutrient Support for Healthy  
Adrenal Function\*

**PRACTITIONER EXCLUSIVE**

## Stress Essentials Adrenal B5B6 Supplementation

Stress Essentials Adrenal B5B6 is a comprehensive formula featuring key micronutrients and bioflavonoids from citrus fruits that help support healthy adrenal gland function.\* 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.\*

The most pertinent research-backed benefits of supplementation with Stress Essentials Adrenal B5B6 may include:

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

## How Stress Essentials Adrenal B5B6 Works

The foundation ingredients of the Stress Essentials Adrenal B5B6 formula are bioavailable forms of vitamin B5, vitamin B6, vitamin C, and a citrus bioflavonoid complex. These micronutrients are integral for a variety of stress-related processes in the body, working to support healthy cortisol production, energy levels, and serotonin synthesis.\*

Arguably the most important role in the body of vitamin B5 is in helping form coenzyme A, which later becomes acetyl-CoA and is essential for energy production. Research suggests that low levels of vitamin B5 are associated with feelings of irritability and adrenal fatigue.<sup>1</sup> As such, supplementing with vitamin B5 can help maintain healthy levels of this key micronutrient and support healthy adrenal function.\*

Complementary to vitamin B5, vitamin B6 appears to play a key role in supporting symptoms of stress and adrenal exhaustion, primarily by assisting the metabolism of L-tryptophan into 5-hydroxytryptophan (5-HTP)—which eventually is metabolized into serotonin.\*<sup>2</sup>

Vitamin B6 deficiency is highly prevalent in those who regularly drink alcohol; Furthermore, low levels of vitamin B6 are associated with major depressive episodes.<sup>3</sup>



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Vitamin C has a multitude of roles in humans, primarily acting as an antioxidant (electron donor). As such, vitamin C is crucial for supporting healthy oxidative stress, energy production, and immune function.\*<sup>4</sup> Even more, recent research suggests that supplemental vitamin C is effective for supporting healthy cortisol rhythms, which is crucial for supporting stress-related fatigue.\*<sup>5</sup>

Rounding out the Stress Essentials Adrenal B5B6 formula is a citrus bioflavonoid complex, which includes potent antioxidants, such as hesperidin, rutin, and naringenin, from citrus fruits. These bioflavonoids have many actions in the body, especially for supporting healthy inflammatory response.\* Citrus bioflavonoids also appear to improve the bioavailability and activity of B vitamins and vitamin C, which can further support healthy adrenal function and stress response.\*<sup>6</sup>

### Why Use Stress Essentials Adrenal B5B6?

Research cited herein suggests that the micronutrients in Stress Essentials Adrenal B5B6 play pivotal roles in modulating the HPA axis and promoting a healthy body response to stress.\* In turn, these nutrients can help promote healthy adrenal function and support stress-related fatigue.\*

#### References:

1. Kelly, G. S. (1999). Nutritional and botanical interventions to assist with the adaptation to stress. *Alternative medicine review: a journal of clinical therapeutic*, 4(4), 249-265.
2. Hellmann, H., & Mooney, S. (2010). Vitamin B6: a molecule for human health?. *Molecules*, 15(1), 442-459.
3. Hvas, A. M., Juul, S., Bech, P., & Nexø, E. (2004). Vitamin B6 level is associated with symptoms of depression. *Psychotherapy and psychosomatics*, 73(6), 340-343.
4. Figueroa-Méndez, R., & Rivas-Arancibia, S. (2015). Vitamin C in health and disease: its role in the metabolism of cells and redox state in the brain. *Frontiers in physiology*, 6.
5. Pearson, J. F., Pullar, J. M., Wilson, R., Spittlehouse, J. K., Vissers, M., Skidmore, P. M., ... & Carr, A. C. (2017). Vitamin C status correlates with markers of metabolic and cognitive health in 50-year-olds: findings of the CHALICE cohort study. *Nutrients*, 9(8), 831.
6. Nielsen, I. L. F., Chee, W. S., Poulsen, L., Offord-Cavin, E., Rasmussen, S. E., Frederiksen, H., ... & Williamson, G. (2006). Bioavailability is improved by enzymatic modification of the citrus flavonoid hesperidin in humans: a randomized, double-blind, crossover trial. *The Journal of nutrition*, 136(2), 404-408.

## Supplement Facts

Form: 120 Tablets

Serving Size: 1 Tablet

Ingredients:	Amount	%DV
Vitamin C (ascorbic acid)	240 mg	267%
Vitamin B6 (as pyridoxine HCl)	100 mg	5,882%
Pantothenic Acid (as d-calcium pantothenate)	500 mg	10,000%
Calcium (as calcium carbonate and from d-calcium pantothenate)	50 mg	4%
Magnesium (as magnesium oxide)	75 mg	18%
Citrus Bioflavonoid Complex	100 mg	**

**Other Ingredients:** Microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, silicon dioxide.

**Suggested Use:** Take one tablet daily or as directed by your healthcare practitioner.

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

\* 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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