



NutriDyn

Stress Essentials Licorice Complex

Herbal Support for Optimal
Adrenal Function*

PRACTITIONER EXCLUSIVE

Stress Essentials Licorice Complex Supplementation

The adrenal glands are involved in many of the body's physiological functions and may indirectly cause many illnesses. Compromised adrenal function affects blood pressure, energy, and the body's stress response mechanism.¹ Stress Essentials Licorice Complex is an herbal adaptogen with multiple physiologically active compounds and bioactive metabolites to support healthy adrenal function.² This synergistic blend may help balance neurotransmitters and support the sympathetic nervous system to promote a healthy psychological stress response.³

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

- Supports healthy adrenal function*
- Promotes balanced cortisol response*
- Promotes a healthy response to stress*

How Stress Essentials Licorice Complex Works

Adaptogens promote a healthy response to stress and support adrenal function.* The herbal ingredients in Stress Essentials Licorice Complex may help support normal hypothalamic-pituitary-adrenal (HPA) axis function, support neurotransmitter function, and contain steroidal saponins that may act as precursors to adrenal hormones.*¹

Licorice root powder extract (*Glycyrrhiza glabra*) is highly regarded for its adrenocorticoid activity associated with the active component glycyrrhizic acid. This binds with glucocorticoid and mineralocorticoid receptors to increase free cortisol within the body.^{1,4} The mineralocorticoid further inhibits the enzyme 11-beta-hydroxysteroid dehydrogenase which also increases free cortisol.^{1,4}



For more information, visit: www.nutridyn.com

Ashwagandha root extract (*Withania somnifera*) is the preeminent ingredient found in formulations that support healthy stress response due to its adaptogenic activity and anxiolytic effect.^{3,5,6} Ashwagandha includes withanolides, sitoindosides, and other alkaloids, constituents that support cells from oxidative damage.⁷ Research further shows that the withanolides have a sterol structure that gives ashwagandha glucocorticoid-like effects allowing it to be such a powerful adaptogen.³

Rehmannia radix root extract (*Rehmannia glutinosa*) is known to have more than 70 compounds and trace elements with numerous actions in the immune and endocrine system.⁸ It helps promote the function of the hypothalamic-pituitary-adrenal axis and the release of steroid hormones by supporting healthy adrenal cortex function.¹

Wild yam root (*Dioscorea oppositifolia*) is thought to behave as a precursor to adrenal hormones due to its steroidal saponins and sapogenins—the material used in the synthesis of steroidal hormones.⁹ Research shows that wild yam root has significant antioxidant and anti-inflammatory activity thereby supporting a healthy endocrine system.^{1,10}

Why Use Stress Essentials Licorice Complex?

Research cited herein suggests that the herbal extracts in Stress Essentials Licorice Complex are potent adaptogens in supporting healthy adrenal function and promoting a balanced cortisol response.⁴ In turn, these nutrients help promote a healthy response to stress within the body which is critical for overall health.⁴

References:

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7. Chandrasekhar, K., Kapoor, J., & Anishetty, S. (2012). A prospective, randomized double-blind, placebo-controlled study of safety and efficacy of a high-concentration full-spectrum extract of Ashwagandha root in reducing stress and anxiety in adults. *Indian Journal of Psychological Medicine*, 34(3), 255-262.
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10. Bhandari, M. R., & Kawabata, J. (2004). Organic acid, phenolic content and antioxidant activity of wild yam (*Dioscorea oppositifolia*) tubers of Nepal. *Food Chemistry*, 88(2), 163-168.

Supplement Facts

Form: 60 Capsules

Serving Size: 1 Capsule

Ingredients:	Amount	%DV
Licorice Extract (root; <i>Glycyrrhiza glabra</i> ; standardized to 25% (75 mg) glycyrrhizic acid)	300 mg	*
Rehmannia Radix Extract (root; <i>Rehmannia glutinosa</i>)	125 mg	*
Wild Yam Extract (root; <i>Dioscorea oppositifolia</i>)	125 mg	*
Ashwagandha Extract (root; <i>Withania somnifera</i>)	50 mg	*

Other Ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate.

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

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

Warning: Do not use if pregnant, nursing, or if you have heart disease or hypertension. Do not exceed 600 mg of glycyrrhizic acid daily. Extended use at these levels may elevate blood pressure.

* 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.



PRODUCED IN A
cGMP FACILITY

NON-GMO

GLUTEN-FREE

DAIRY-FREE

VEGETARIAN