

AdrenoMend™ Professional Guide

The primary functions of **AdrenoMend™** are to overcome fatigue disorders by restoring normal function of the adrenal glands and restoring normal stress response to the other homeostasis regulatory systems affected by stress.

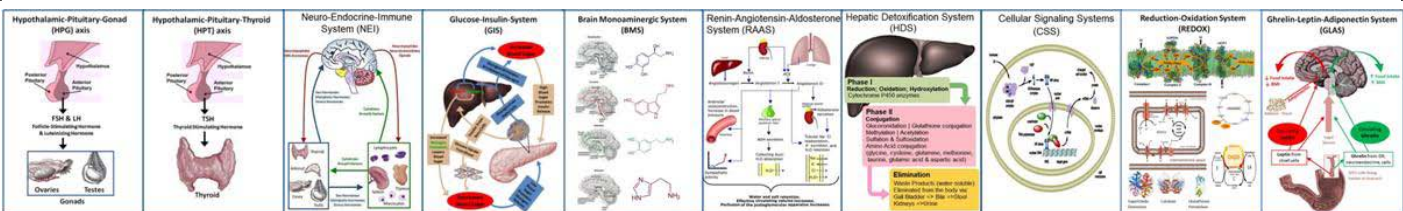
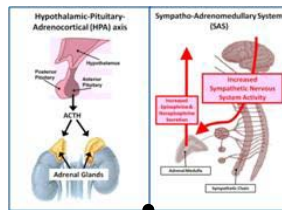
This is accomplished by first rebalancing the function of the two homeostasis regulatory systems directly involved in adrenal gland function:

- Hypothalamic-Pituitary-Adrenocortical (HPA) axis
- Sympatho-Adrenomedullary System (SAS)

In addition to supporting HPA & SAS function, **AdrenoMend™** also supports the function of the other homeostasis regulatory systems involved in the stress response. While the adrenal glands play a major role in responding to the demands of stress, the adrenal glands are not the only part of the body affected by stress. The additional homeostasis regulatory systems involved in the stress response include:

- Hypothalamic-Pituitary-Gonadal (HPG) axis
- Hypothalamic-Pituitary-Thyroid (HPT) axis
- Neuro-Endocrine-Immune (NEI) system
- Glucose-Insulin System (GIS)
- Brain Monoaminergic System (BMS)
- Renin-Angiotensin-Aldosterone System (RAAS)
- Hepatic Detoxification System (HDS)
- Cellular Signaling Systems (CSS)
- REDuction-OXidation System (REDOX)
- Ghrelin-Leptin-Adiponectin System (GLAS)

The first two homeostasis regulatory systems that are affected by stress are the Hypothalamic-Pituitary-Adrenocortical (HPA) axis and the Sympatho-Adrenomedullary System (SAS), which involve the adrenal cortex and the adrenal medulla respectively.



The additional homeostasis regulatory systems that will also be affected by stress include the Hypothalamic-Pituitary-Gonadal (HPG) axis, Hypothalamic-Pituitary-Thyroid (HPT) axis, Neuro-Endocrine-Immune (NEI) system, Glucose-Insulin System (GIS), Brain Monoaminergic System (BMS), Renin-Angiotensin-Aldosterone System (RAAS), Hepatic Detoxification System (HDS), Cellular Signaling Systems (CSS), REDuction-OXidation System (REDOX) and the Ghrelin-Leptin-Adiponectin System (GLAS).

How is AdrenoMend™ used?

AdrenoMend™ is used by healthcare professionals to normalize the function of the adrenal glands, as well as the other homeostasis regulatory systems caused by stressors. AdrenoMend™ improves patients with many conditions including:

- **Patients experiencing acute stress, with many regulatory systems being affected.** In addition to the adrenal glands, acute stress affects all homeostasis regulatory systems. By balancing all homeostasis regulatory systems, AdrenoMend™ can prevent acute symptoms from becoming chronic symptoms.
- **Patients who have chronic symptoms of Adrenal Fatigue and multiple system fatigue.** – AdrenoMend™ can be used to recover from an event or number of events caused the chronic symptoms and multiple system fatigue, by restoring function to the adrenal glands and other homeostasis regulatory systems.
- **Patients with a medical condition that is not responding to therapies known to cure the condition.** When a patient is not responding to a therapy that they should respond to, there is typically poor function of one or more homeostasis regulatory systems. **AdrenoMend™** restores function of the homeostasis regulatory systems, so that the patient can overcome the resistance to the therapy.



The Herbs of AdrenoMend™



Schisandra chinensis helps regulate homeostasis and restore adrenal health by its action on the hypothalamic-pituitary-adrenocortex (HPA) axis and the sympathoadrenal system (SAS). It supports the neuroendocrine-immune (NEI) system, reduction-oxidation system (REDOX) and the brain monoaminergic system (BMS). Schisandra chinensis also improves cellular signaling systems (CSS) function through its action on glucocorticoid receptors, and supports hepatic detoxification system (HDS).



Bacopa monniera improves adrenal function by its action on the hypothalamic-pituitary-adrenocortex (HPA) axis, the sympathoadrenal system (SAS) and the brain monoaminergic system (BMS) by normalization of stress induced alteration in plasma corticosterone as well as levels of other adrenal and brain monoamines. It enhances the hypothalamic-pituitary-thyroid (HPT) axis supports the hepatic detoxification system (HDS), adapts the cellular signaling systems (CSS) and supports reduction-oxidation system (REDOX)



Rhodiola rosea promotes adrenal fatigue recovery by modulating the sympathoadrenal system (SAS) and the hypothalamic-pituitary-adrenocortex (HPA) axis. It also balances brain monoaminergic system (BMS), supports homeostasis of the neuroendocrine-immune (NEI) system, and supports the hepatic detoxification system (HDS) and the reduction-oxidation system (REDOX). Rhodiola rosea also stabilizes the hypothalamic-pituitary-thyroid (HPT), the glucose-insulin system (GIS), and the renin-angiotensin-aldosterone system (RAAS).



Eleutherococcus senticosus improves stress adaptation by modulating stress induced corticosterone elevation, affecting the hypothalamic-pituitary-adrenocortex (HPA) axis and renin-angiotensin-aldosterone system (RAAS) homeostasis as well as the sympathoadrenal system (SAS). It supports the reduction-oxidation system (REDOX), hypothalamic-pituitary-gonal (HPG) axis, the hepatic detoxification system (HDS), the glucose-insulin system (GIS), restores normal function of the cellular signaling systems (CSS) and the neuroendocrine-immune (NEI) system.



Magnolia officinalis normalizes the (hypothalamic-pituitary-adrenocortex (HPA) axis by reducing elevated corticosterone. Under stress, it also normalizes the sympathoadrenal system (SAS) and the brain monoaminergic system (BMS). Magnolia officinalis supports the reduction-oxidation system (REDOX), as well as the neuroendocrine-immune (NEI) system, the hepatic detoxification system (HDS) and the ghrelin-leptin-adiponectin system (GLAS).



Rehmannia glutinosa restores homeostasis to the hypothalamic-pituitary-adrenocortex (HPA) axis and restores cellular signaling systems (CSS) function through normalization of glucocorticoid receptors. Normal glucose-insulin system (GIS) function is restored, the brain monoaminergic system (BMS) is supported. Rehmannia glutinosa also supports the reduction-oxidation system (REDOX), the hepatic detoxification system (HDS), and restores homeostasis to renin-angiotensin-aldosterone system (RAAS) by modulating angiotensin II.



Bupleurum falcatum promotes adrenal recovery through its action on hypothalamic-pituitary-adrenocortex (HPA) axis. It also supports normal neuroendocrine-immune (NEI) system function, brain monoaminergic system (BMS) function, and the hepatic detoxification system (HDS), as well as the ghrelin-leptin-adiponectin system (GLAS). Bupleurum falcatum enhances the activity of reactive oxygen species scavengers (superoxide dismutase, catalase, glutathione peroxidase), supporting the reduction-oxidation system (REDOX).



Panax ginseng promotes homeostasis of the sympathoadrenal system (SAS) and hypothalamic-pituitary-adrenocortex (HPA) axis, as well as the hypothalamic-pituitary-gonal (HPG) axis and the hypothalamic-pituitary-thyroid (HPT) axis. In addition, it supports the brain monoaminergic system (BMS), glucose-insulin system (GIS), the renin-angiotensin-aldosterone system (RAAS), the ghrelin-leptin-adiponectin system (GLAS), the reduction-oxidation system (REDOX) and the hepatic detoxification system (HDS).



Coleus forskohlii protects tissues from the effect of excessive adrenalin from the sympathoadrenal system (SAS). It also supports hypothalamic-pituitary-thyroid (HPT) axis, hypothalamic-pituitary-adrenocortex (HPA) axis, and hypothalamic-pituitary-gonal (HPG) axis function. In addition, glucose-insulin system (GIS), neuroendocrine-immune (NEI) system, and ghrelin-leptin-adiponectin system (GLAS) function are supported. The hepatic detoxification system (HDS) and the reduction-oxidation system (REDOX) are also supported.



Withania somnifera modulates the sympathoadrenal system (SAS) and hypothalamic-pituitary-adrenocortex (HPA) axis responses to stress. It supports the actions of the hypothalamic-pituitary-thyroid (HPT) axis and supports cellular signaling systems (CSS), neuroendocrine-immune (NEI) system the reduction-oxidation system (REDOX) and the system (HDS). Withania also supports hypothalamic-pituitary-gonal (HPG) axis function, the brain monoaminergic system (BMS) and the renin-angiotensin-aldosterone system (RAAS).

For additional information, and references, please visit: www.AdrenoMend.com

Synergy of Phytotherapeutic Agents in AdrenoMend™

The previous page shows the ten adaptogens that are used in **AdrenoMend™** to restore proper function to twelve different homeostasis regulatory systems, and which of the homeostasis regulatory systems are supported by each individual adaptogen. To accomplish this restoration of homeostasis, it is important to first know the functions of each regulatory system, and why certain adaptogens, in specific dosages and ratios, have to be used to restore proper function of each system. Then, the adaptogenic herbs must be formulated in such a way that each adaptogen in the formulation compliments and increases the effectiveness of other adaptogens in the formulation.

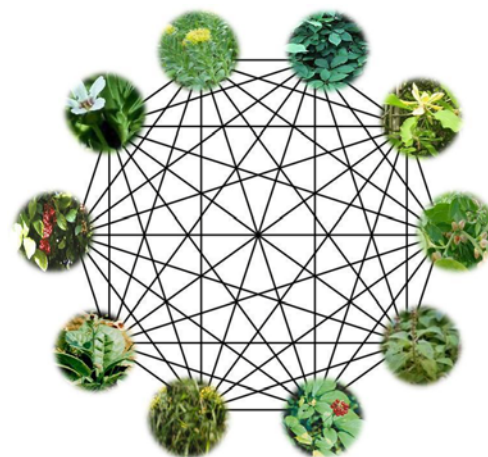
AdrenoMend™ is the only formulation designed to restore normal function of the homeostasis regulatory systems by using adaptogenic herbs that work in synergy to help these systems recover from generalized adaptation syndrome and adrenal fatigue. To accomplish this properly, the adaptogens in **AdrenoMend™** are formulated together in such a way that adaptogen synergy is fully supported. In adaptogen synergy, the combined interaction of different adaptogens produces a total effect that is greater than the sum of the individual adaptogens.

Specific Actions of AdrenoMend™



	Homeostasis Regulatory Systems											
	HPA	SAS	HPG	HPT	NEI	GIS	BMS	RAAS	HDS	CSS	REDOX	GLAS
<i>Schisandra chinensis</i>	X	X			X		X		X	X	X	
<i>Bacopa monniera</i>	X	X		X			X		X	X	X	
<i>Rhodiola rosea</i>	X	X		X	X	X	X	X	X		X	
<i>Eleutherococcus senticosus</i>	X	X	X		X	X		X	X	X	X	
<i>Magnolia officinalis</i>	X	X			X		X		X		X	X
<i>Rehmannia glutinosa</i>	X				X	X	X	X	X	X	X	
<i>Bupleurum falcatum</i>	X				X		X		X		X	X
<i>Panax ginseng</i>	X	X	X	X		X	X	X	X		X	X
<i>Coleus forskohlii</i>	X	X	X	X	X	X			X		X	X
<i>Withania somnifera</i>	X	X	X	X	X	X	X	X	X	X	X	

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Synergy of Herbs in AdrenoMend™

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Synergy comes from the Greek word synergos - συνεργός - meaning “working together”.

The ten herbs used in **AdrenoMend™** work together synergistically to restore normal function of the homeostasis regulatory systems. No single adaptogen is able to support all twelve of the systems in a balanced fashion. Even those adaptogens that provide some support to nine, ten or eleven systems do not support all those systems with the same intensity. However, when the ten herbs are properly formulated, we find that through adaptogen synergy they are able to support all twelve of the systems in a balanced fashion.

Suggested Usage: As a dietary supplement, adults may take 2 capsules each day with food for 1 to 2 weeks or as directed by your healthcare professional.

The dose may then be increased to 4 capsules each day with food for 2 to 4 months or as directed by your healthcare professional.

After 2 to 4 months dosage may be lowered back down to 2 capsules each day with food and may continue on that dosage as needed or as directed by your healthcare professional.

WARNING: If you are pregnant or nursing, or if you are taking prescription medications, consult your healthcare professional before using this supplement.

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Sensoril® is protected under US Patent 6,713,092 and is a trademark of Natreon, Inc.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C)(35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Manufactured by:
Douglas Laboratories
600 Boyce Road • Pittsburgh, PA 15205 USA
www.douglaslabs.com • 1.800.245.4440

Formula #200529

Supplement Facts

Serving Size	2 capsules	4 capsules
Servings Per Container	60	30

Amount Per Serving	%DV	%DV
Proprietary Blend.....	955 mg*	1,910 mg*
Proprietary Blend containing no less than 200 mg per 4 capsules for each of the following: <i>Schisandra chinensis</i> (seed, standardized to 2% schisandrins), <i>Bacopa monnieri</i> (aerial parts, standardized to 20% bacosides), <i>Rhodiola rosea</i> (root, standardized to 5% rosavins and 2% salidroside), <i>Eleutherococcus senticosus</i> (root, standardized to 0.8% eleutherosides), <i>Magnolia officinalis</i> (bark, standardized to 5% honokiol), <i>Rehmannia glutinosa</i> (7:1 extract), <i>Bupleurum falcatum</i> (root, 5:1 extract), <i>Panax ginseng</i> (root, standardized to 3% ginsenosides), <i>Coleus forskohlii</i> (root, standardized to 1% forskolin)		
Sensoril®	125 mg*	250 mg*
(Withania somnifera, root and leaf extract, standardized to a minimum of 8% withanolide glycoside conjugates and 32% oligosaccharides)		

* Daily Value not established

Other Ingredients: Cellulose, dicalcium phosphate, vegetable stearate and silica.

AdrenoMend™ Dosage Guidelines

(PROTOCOL 242)

Like every good health protocol, the first steps should address the foundations of hormone health, such as diet, foundation nutritional support, rest, recreation and relaxation, hydration & elimination. Foundational nutritional support would include a high grade multiple vitamin-mineral, omega-3 fish oils, and in most cases a multiple strain probiotic.

The AdrenoMend™ Dosage Guidelines use Protocol 242, a variable dosage protocol designed exclusively for the Hormone Specific Formulations™. Protocol 242 is used to safely and efficiently restore optimal hormone function in three phases: **Initiation** of therapy, **Restoration** of optimal function, & **Maintenance** of optimal function.

Since **AdrenoMend™** supports the normal circadian rhythm of the adrenal gland, it is best to take it in the **morning**. The **AdrenoMend™** dosage may be divided into morning and noon, but should not be taken later than noon. Always take with food.

Phase One: INITIATION

Patients do much better when they start on a lower dosage during the **initiation** of the recovery process. Recovery was easier when they also addressed the foundations of health, such as diet, foundation nutritional support, rest, recreation and relaxation, hydration & elimination.

The **initiation** dosage for **AdrenoMend™** is **2** (two) capsules each morning with food. This should be done for **1 to 2 weeks**.

As with all herbal therapies, the dosage can be further customized to the individual needs of the patient. Occasionally some patients may find that they only need 1 capsule each morning during the INITIATION phase, and then work up to 2 capsules each morning.

Phase Two: RESTORATION

The **restoration** phase recognizes that it often takes more energy, and more intensive therapy, to get to a higher level of function and an improved quality of life. To fully achieve restoration of specific hormone production and response to tissues throughout the body to specific hormones, it is important to maintain consistent and proper dosages of the Hormone Specific Formulation™. Once patients experience the higher level of function and improved quality of life I advise them to stay on that dosage "until you feel good for at least two months." If the patient has a long history of relapses, then I advise them to stay on the restoration dosage for at least four months.

The **restoration** dosage for **AdrenoMend™** is **4** (four) capsules each morning with food. This should be done for **2 to 4 months**.

As with all herbal therapies, the dosage can be further customized to the individual needs of the patient. Occasionally some patients may find that they only need 2 capsules each morning during the RESTORATION phase.

Phase Three: MAINTENANCE

The **maintenance** phase recognizes that the restorative dosage that was required to increase level of function, and improve quality of life is typically not required for long term maintenance. When a patient says; *"I have been feeling great for two (or four) months! Do I still need to take the full dosage?"*, then it may be appropriate to lower the dosage to maintenance. A majority of patients will be able to maintain a higher level of function and improved quality of life on the lower maintenance dosage of two capsules each morning with food. Occasionally a patient needs to stay on the restorative dosage longer than four months, or they may need to return to the restoration dosage after a relapse.

The **maintenance** dosage for **AdrenoMend™** is **2** (two) capsules each morning with food.

Rarely, there will be a patient that will feel better on 3 or 4 capsules long term. However, this may also be considered an extended restoration phase. When patients have difficulty staying in the maintenance phase, I reevaluate their health, such as diet, rest, recreation and relaxation, hydration, elimination, or look for stressors that may be causing them to relapse.

The Wellness Plateau

The following graphic shows how in Phase One (INITIATION) the AdrenoMend™ is started at two capsules each morning with food. This allows a gentle increase in the level of wellness for the first two weeks.

In Phase Two (RESTORATION) the **AdrenoMend™** is taken as four capsules each morning with food. During this phase, the level of wellness will continue to improve until it reaches a higher place of wellness, indicated by the **Wellness Plateau**.

In Phase Three (MAINTENANCE) the **AdrenoMend™** is lowered down to two capsules each morning with food because wellness has been attained. The dosage of two capsules each morning with food may be increased back to four capsules each morning with food if there is a relapse because of a major stressor. Once health is reacquired, the dosage may again be lowered down to two capsules each morning with food.



Hormone Specific Formulations

AdrenoMend™ is a **Hormone Specific Formulation** formulated by Dr Joseph J Collins, RN, ND, an internationally recognized pioneer and leader in the personalized restoration of hormone health through the use of phytotherapeutics.

Hormone Specific Formulations include AdrenoMend™, ThyroMend™, TestoGain™, EstroMend™, ProgestoMend™, TestoQuench™ for Men, and TestoQuench™ for Women.

Dr Collins is the author of *Discover Your Menopause Type*, the first book to define the various presentations of menopause and to reveal there are different menopause types*.

* All information provided in this Professional Guide is the opinion of the author and does not express or represent the opinion of any other party. Information and statements regarding products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.

For more information please visit: www.AdrenoMend.com