

# Adaptogens and Your Health

## What are they

- Natural substances, typically plant-derived, that are believed to help the body adapt to stress and maintain homeostasis (balance) in various physiological processes.
- Used in traditional medicine systems, particularly Ayurveda and traditional Chinese medicine, for centuries.

- Stress reduction
- Improved energy levels
- Enhanced mental performance
- Hormonal balance
- Immune system support
- Better sleep quality
- Mood regulation

## Benefits

## How to Use

- Available in various forms, including capsules, powders, teas, and tinctures.
- Dosage instructions should be followed as per product labels or healthcare provider guidance.

- Consult a healthcare professional before starting any adaptogen supplement, especially if you have medical conditions, take medications, are pregnant, or breastfeeding.
- Highlight potential interactions with medications, such as antidepressants and blood pressure drugs.

## Safety Considerations

# Adaptogens and Your Health



## Ashwagandha

- Considered one of the most well-studied adaptogens.
- May help reduce cortisol (a stress hormone) levels, promote better sleep, and support overall resilience to stress.

## Rhodiola

- Increased endurance
- Improved mood
- Reduced fatigue
- Enhanced mental performance
- Possible antidepressant properties



## Panax Ginseng

- Enhanced vitality
- Improved cognitive function, and stress management
- Often used to boost energy and improve mental alertness

## Holy Basil

- Stress reduction
- Anxiety relief
- Improved cognitive function
- Also known as Tulsi and used in Ayurvedic medicine



## Cordyceps

- Enhanced endurance, improved athletic performance, and increased energy levels
- May improve oxygen utilization in the body

## Licorice Root

- Stress management
- Adrenal support
- Anti-inflammatory properties
- Use with caution if you have high blood pressure



## Siberian Ginseng

- Improved energy levels
- Immune system support
- Enhanced endurance

# Adaptogens and Your Health



## Maca

- Hormonal balance
- Increased energy
- Improved libido
- May also help with mood and stress regulation

## Astragalus

- Immune system support
- Stress management
- Key herb in traditional Chinese medicine

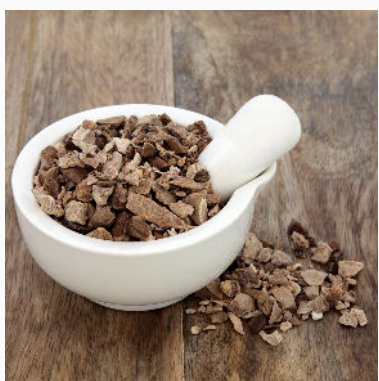


## Schisandra

- Stress management
- Liver support
- Improved mental focus
- Increased energy
- Used in both traditional Chinese and Russian medicine

## Sea Buckthorn

- Stress reduction
- Skin health
- Immune support

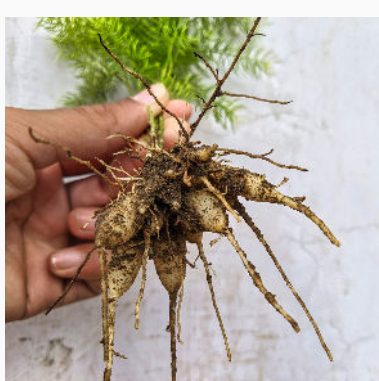
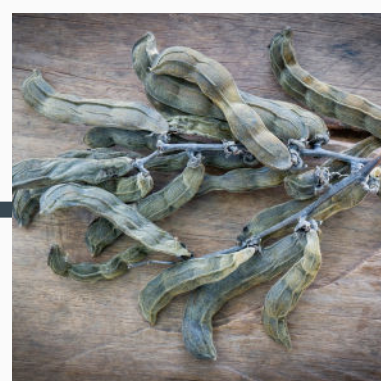


## Wild Yam

- Hormonal balance
- Women's health
- Stress relief

## Mucuna Pruriens

- Mood improvement
- Stress management
- Libido enhancement
- Known for its high L-DOPA content, a precursor to dopamine



## Shatavari

- Hormonal balance, women's health, and stress relief
- Used in Ayurveda for menstrual and menopausal issues