



## ADR Px L-BP Syrup

The primary ingredient in ADR Px L-BP syrup is Glycerrhizic acid (licorice), which supports the maintenance of healthy cortisol and aldosterone levels and has been used traditionally for promoting healthy adrenals and liver. Compared to the capsule formulation of ADR Px L-BP, this syrup form contains less Glycerrhizic acid (120mg vs. 70mg).

ADR Px L-BP syrup was specifically designed to reduce occasional fatigue, augment stress resistance, and help preserve healthy cortisol levels. In addition, this adaptogenic formula also helps to sustain healthy brain function (e.g., mental performance), and provides antioxidant defenses against harmful free radicals.

The reason we offer this syrup version of ADR Px L-BP is because it can be easily titrated for a smaller serving size and may be preferred by those who dislike or cannot tolerate capsules. The syrup may be used as is, prepared with hot water to make a tea, or diluted with sparkling mineral water to make a palatable cold beverage. For people who do not like the taste of licorice, the capsules would be recommended over the syrup.

### Formulation Features

- **Glycyrrhiza** helps support healthy cortisol levels and healthy blood sugar levels
- **Eleuthero** enhances stress tolerance and acts as an adrenal tonic
- **Hawthorn** contains flavonoids that relax smooth muscle of blood vessels
- Contributes to a balanced cortisol-to-aldosterone ratio

### Formula

Each teaspoon/Chaque cuillère: 5ml

Vitamin C (Ascorbic acid)	40 mg
Licorice root/racine extract 4:1 (Glycyrrhiza glabra)	735 mg
Eleuthero root extract 50:1* (Eleutherococcus senticosus), O	380 mg
Hawthorn berry extract 12:1* (Crataegus laevigata), O	255 mg
Alfalfa (Medicago sativa), O	140 mg

#### Minimum Constituent Bio Marker Per Dose

Glycerrhizic Acid	70 mg
Eleuthrosides B & E	2.4 mg

O=Certified Organic

**Non-Medicinal Ingredients:** distilled water, vegetable glycerin, certified organic lemon essential oil

**Ingrédients non médicinaux:** eau distillée, glycérine végétale, certifié organic huile de citron essentielle

\*Fresh Herb Equivalent/Équivalent aux fines herbes fraîches

95% of our herbs and herbal extracts are certified organic.



**Licorice root** (*Glycyrrhiza glabra*) supports adrenal function, in part by affecting cortisol metabolizing dehydrogenase enzymes, supporting healthy aldosterone levels and toning the adrenal gland.

**Eleuthero root** (*Eleutherococcus senticosus*) Much of Eleuthero's actions are credited to the eleutherosides, which supports healthy energy and adrenal balancing effects.

**Hawthorn Berry** (*Crataegus* species) contains a group of flavonoid compounds, which are credited with much of the antioxidant and anti-inflammatory actions. Hawthorn, as a gentle nervine, may help to reduce the stress response contributing to adrenal weakness

## Supplementation

- Take one to three capsules twice a day or as directed by your health care practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

## Caution

- The ingredients contained within Adrenal Px L-BP can elevate blood pressure and heart rate, thus these products are not intended to be taken by those with hypertension. Given the potency of the ingredients, patients taking Adrenal Px L-BP should have their heart rate and blood pressure monitored regularly.

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