



Name Adreno

Caps

Code	Size	Duration
C57-54	54 Capsules	Usually lasts 18 days
C57-100	100 Capsules	Usually lasts 33 days

Area concerned

Adrenal glands, nervous system

Ingredients

min per capsule; Borage 128mg, Siberian Ginseng 64mg, Licorice 64mg, Wild Yam 64mg.

Description

The adrenal glands help our body to deal with the stresses of everyday life. To nourish these vital glands, **Adreno Capsules** or **Drops** can be very helpful. The adrenal glands are called upon to produce adrenaline every time we experience a stress situation. To help them stay strong and reactive, the **Adreno Capsules** or **Drops** offer valuable support. This formula consists of herbs long used for adrenal support. Many people have found a 3 months course valuable.

Standard use

1 capsule, 3 times a day, taken with food or a drink. If desired, up to twice this amount can safely be taken.

How long to take it for

Take daily for a course of 3-4 months. Thereafter, take for 1-3 months if and when it is felt to be desirable.

Cautions

Do not use if pregnant or nursing, or if you have high blood pressure. Do not take alongside diuretic drugs, Warfarin or other blood thinning drugs.

Companion Products

Adreno Drops; Licorice Capsules, Drops or Tea; Siberian Ginseng Capsules; Wild Yam Capsules or Drops.

Caps

Drops

Code	Size	Duration
D28-50	50ml	Usually lasts 33 days
D28-100	100ml	Usually lasts 55 days

Area concerned

Adrenal glands, nervous system

Ingredients

25% Borage, 20% Sarsaparilla, 20% Milk Thistle, 15% Wild Yam, 15% Dandelion Root, 5% Licorice

Description

For many people, the adrenal glands are highly stressed by the rapid pace of life, and the strains and demands of everyday living. **Adreno Drops** can help the body to balance the adrenal glands, and so maintain a normal response to these situations. For a more holistic approach, consider the **90-day Nerve Programme** which contains **Adreno Capsules** or **Adreno Drops** as well as products more specifically for the nervous system.

Standard use

12-15 drops 3 times a day in a little water or juice. If desired, up to twice this amount can safely be taken.

How long to take it for

Take for a course of 3-4 months, or as and when desired.

Cautions

Do not use if pregnant or nursing or with diuretic drugs.

Companion Products

Adreno Capsules; Licorice Capsules, Drops or Tea; Wild Yam Capsules or Drops.

Drops