Nutritional Management of Stress

The many faces of stress
Stress manifests differently depending on the individual, influencing many biological processes that begin in the brain and spread through nearly all body systems—including the adrenals, thyroid, neurotransmitter systems, digestive system, and heart. Consistent stress over long periods of time can become a serious threat to maintaining lifelong wellness as so much energy is channeled into coping, ultimately leading to exhaustion.

Easy-to-use nutritional support
In this clinical guide, you’ll find product descriptions, recommendations, and a quick reference tool explaining how to effectively address:* 

- Mental or physical fatigue
- Tension, agitation, or irritability
- Prolonged adrenal fatigue
- Thyroid fatigue
- Adrenal hormone concerns
- Chronic stress
- Immune health concerns

Metagenics’ commitment to excellence
Metagenics is dedicated to providing premium quality nutraceuticals and medical foods that represent the forefront of natural health science. This commitment is reflected in our use of extensive clinical testing procedures and NPA, NSF, and TGA GMP-certified manufacturing.

www.metagenics.com
### Address the various manifestations of stress

#### Exhilarin®

**Mental Strain Formula**

Following the ancient and effective model of Ayurvedic medicine, Exhilarin is designed to improve stress tolerance, and is particularly suitable for the average, busy individual who is susceptible to mental strain and becoming "run down" due to a hectic lifestyle and poor diet. Featuring a blend of adaptogenic herbs, this formula assists the body’s natural ability to adapt to stress.

**Patient benefits:**
- Promotes healthy nervous system function and energy levels
- Supports the body’s natural ability to adapt to stressful environmental conditions
- Supports the balance of body functions during periods of stress

**Recommended uses:**
- Mental stress due to a hectic lifestyle
- Stress tolerance support

**One tablet supplies:** A proprietary blend of herbal extracts 615 mg Holy Basil Leaf 10:1 Extract (Ocimum sanctum), Ashwagandha Root 5:1 Extract (Withania somnifera), Amla Fruit 3:1 (Emblica officinalis), Bacopa Leaf 4:1 Extract (Bacopa monniera)

**Recommendations:** One tablet two to three times daily.

**Form:** 60 Tablet Bottle (Vegetarian)

### Adreset®

**Adrenal Support for Fatigue & Exhaustion**

Help your patients resist stress and enhance stamina and energy with Adreset. Designed for those who are feeling weak and fatigued due to stress, this formula features highly valued adaptogenic herbs that support a healthy, balanced response to stress.

**Patient benefits:**
- Helps address mental and physical fatigue or exhaustion associated with stress
- During periods of stress, promotes increased energy and mental clarity
- Some research suggests that adaptogens such as these may help the body adapt to various stressors such as heat, cold, exertion, or sleep deprivation
- These adaptogens support multiple body systems during stress—including the cardiovascular, immune, and nervous systems

**Recommended uses:**
- Stress-related fatigue or exhaustion
- Feelings of mental or physical weakness

**One capsule† supplies:** Cordyceps Mycelium Extract (Paecilomyces hepialus) 400 mg, Asian Ginseng Root Extract (Panax ginseng) [standardized to 8% (16 mg) ginsenosides] 200 mg, Rhodiola Root Extract (Rhodiola rosea) [standardized to 1% (0.5 mg) salidroside] 50 mg

**Recommendations:** One capsule twice daily.

**Form:** 60 and 180 Capsule Bottles (Vegetarian)

*Capsules are composed of plant-derived ingredients.

†An asexual derivation of Cordyceps sinensis reported by the Institute of Microbiology, the Chinese Academy Sciences, Beijing, PRC.

### Serenagen®

**Calming & Relaxing Formula**

Serenagen is designed to calm the spirit and nourish the heart. According to traditional Chinese herbology, a sustained, intense emotional state causes disharmony between the liver and heart energy, possibly manifesting in one of two types of emotional states: a state of excess typically seen in an acute stress response or a state of deficiency that occurs over time and reflects dietary and lifestyle indiscretions.

Serenagen is designed to target the “deficiency” type of emotional imbalance associated with a demanding, hectic lifestyle.

**Patient benefits:**
- Traditionally used since the Yaun Dynasty (1279-1368 A.D.) in those who feel anxious, forgetful, and disoriented, with occasional sleeplessness
- Addresses multiple organs and systems involved in the stress response, helping to promote inner balance

**Recommended uses:**
- Feelings of anxiety, forgetfulness, and disorientation
- Calming support for a demanding, hectic lifestyle

**Two tablets supply:** A 4:1 proprietary herbal extract blend of 1000 mg Rehmannia Root (Rehmannia glutinosa), Schisandra Fruit (Schisandra chinensis), Jujube Fruit (Zizyphus spinosa), Dong Quai Root (Angelica sinensis), Chinese Asparagus Root (Asparagus cochinchinensis), Ophiopogon Root (Ophiopogon japonicus), Scrophularia Root (Scrophularia ningpoensia), Asian Ginseng Root (Panax ginseng), Chinese Salvia Root (Salvia miltiorrhiza), Poria Fungus (Poria cocos), Polygala Root (Polygala tenuifolia), Platycodon Root (Platycodon grandiflorum)

**Recommendations:** Two tablets two to three times daily.

**Form:** 50 and 100 Tablet Bottles (Vegetarian)

*Equivalent to 4000 mg of raw, dried, unprocessed herbs.*
**Tran-Q®**

**Herbal Formula to Promote Inner Peace**

Tran-Q is designed to calm the spirit and relax the body. According to traditional Chinese herbology, a sustained, intense emotional state causes disharmony between the liver and heart energy, possibly manifesting in one of two types of emotional states: a state of excess typically seen in an acute stress response or a state of deficiency that occurs over time and reflects dietary and lifestyle indiscretions.

TranQ is designed to target the “excess” type of emotional imbalance associated with feelings of being acutely overstressed and tense.

**Patient benefits:**
- Polygala, the primary herb in this formula, is traditionally used in combination with other herbs in the formula to calm the spirit in those who feel overstressed, bad tempered, and agitated.
- The herbs in this formula are thought to help balance the flow of energy through the heart by helping to purge the trapped or stagnant energy within the heart and liver channels.
- Helps to promote physical relaxation and a sense of well-being.

**Recommended uses:**
- Feelings of being overstressed, agitated, and physically tense.
- Calming support for acute stress.

Two tablets supply: A 4:1 proprietary herbal blend of 1000 mg Polygala Root (Polygala tenuifolia), Jujube Fruit (Zizyphus spinosa), Poria Fungus (Poria cocos), Biota Seed (Biota orientalis), Gardenia Fruit (Gardenia jasminoides), Tangerine Peel (Citrus reticulata), Bai-Zhu Atractyloides Rhizome (Atractylodes macrocephala), Licorice Root (Glycyrrhiza uralensis), Platycodon Root (Platycodon grandiflorum), Rehmannia Root (Rehmannia glutinosa), Job’s Tears Seed (Coix lachryma-jobi)

Recommendations: Two tablets two to three times daily.
Form: 50 Tablet Bottle (Vegetarian)
Equivalent to 4000 mg or raw, dried, unprocessed herbs.

---

**Licorice Plus®**

**Support for Prolonged Adrenal Fatigue**

The typical person who may benefit from Licorice Plus has been exposed to prolonged stress and has difficulty achieving a vigorous adaptive response, which may result from physically exhausted reserves and present in minor achiness, muscle stiffness, and difficulty performing routine tasks.

**Patient benefits:**
- May help support tissue health—such as muscles and joints.
- Supports healthy immune function, which can be affected by stress.
- Designed to help maintain healthy levels of circulating cortisol and support healthy hypothalamus-pituitary-adrenal function.
- Assures accurate, controlled delivery of glycyrrhizic acid—a key active ingredient.

**Recommended uses:**
- Difficulty adapting to stress.
- Physical “burn out” due to prolonged stress.
- Stress-related aches and muscle stiffness.

Two tablets supply: Licorice Root Extract (Glycyrrhiza glabra) 600 mg [standardized to 25% (150 mg) glycyrrhizic acid], Ashwagandha Root 5:1 Extract (Withania somnifera) 100 mg, A 4:1 herbal extract blend of Rehmannia Root (Rehmannia glutinosa), Chinese Yam Root (Dioscorea oppositifolia) 150 mg, Withania somnifera 400 mg, Kudzuvine (Glycyrrhiza glabra) 100 mg, Ashwagandha Root 100 mg, Atractylodes macrocephala 100 mg, Rehmannia Root 100 mg, Jujube Fruit 100 mg, Job’s Tears Seed 100 mg, Bai-Zhu Atractyloides Rhizome 100 mg, Tangerine Peel 100 mg, Jujube Seed 100 mg, Gardenia Fruit 100 mg, Zizyphus spinosa 100 mg, Glycyrrhiza glabra 100 mg, Polygala 100 mg, Ashwagandha Root 100 mg, Rehmannia Root 100 mg, Jujube Fruit 100 mg, Job’s Tears Seed 100 mg, Bai-Zhu Atractyloides Rhizome 100 mg, Tangerine Peel 100 mg, Jujube Seed 100 mg, Gardenia Fruit 100 mg, Zizyphus spinosa 100 mg, Glycyrrhiza glabra 100 mg, Polygala 100 mg

Recommendations: Two tablets one to two times daily.
Form: 60 Tablet Bottle (Vegetarian)
Equivalent to 3000 mg raw, dried, unprocessed herbs.

---

**Thyrosol®**

**Thyroid Stress Support**

Thyroid health is negatively affected by stress, and many of your patients may benefit from this all-natural formula to support thyroid hormone synthesis and metabolism. Many aspects of health—including metabolic rate, body composition, cardiovascular health, hair and skin condition, energy level, libido, and cognitive function—are impacted by thyroid hormone activity. Thyrosol is a multi-faceted formula that provides nutrients to support thyroid hormone activity to help maintain good health and vitality.

**Patient benefits:**
- Designed to help stressed patients maintain healthy thyroid hormone activity by supplying nutrients that support hormone synthesis and metabolism—activities influenced by stress.
- Provides three-in-one support for thyroid hormone activity by nutritionally supporting thyroid hormone synthesis, the conversion of T4 to T3, and the expression of T3 responsive genes.

**Recommended uses:**
- Stress-related thyroid issues.
- Thyroid hormone activity maintenance.

One tablet supply: Vitamin A (as retinyl palmitate) 3000 IU, Vitamin D (as cholecalciferol) 400 IU, Vitamin E (as d-alpha tocopheryl succinate) 100 IU, Riboflavin 3 mg, Niacin (as niacinamide) 4.5 mg, Iodine (as potassium iodide) 76 mcg, Zinc (as zinc glycinate) 10 mg, Selenium (as selenomethionine) 150 mcg, Rosemary Leaf Extract (Rosmarinus officinalis) 79 mg

Recommendations: One tablet twice daily with food.
Form: 60 and 180 Tablet Bottles
BioSôm®

**Liquid DHEA for Well-Being**

Consistent levels of stress can affect the healthy function of adrenal glands, which secrete the hormone dehydroepiandrosterone (DHEA) and its sulfated metabolite DHEA sulfate (DHEA-S). DHEA may affect the metabolism of insulin-like growth factor (IGF-1), testosterone, androstenedione, and estrogen—which influence mood and well-being.

**Patient benefits:**

- Delivers liposomal DHEA to help promote DHEA and DHEA-S levels associated with healthy adrenal function*
- May support a healthy mood and sense of well-being*
- DHEA may modulate the metabolism of IGF-1—which may influence healthy immune function, body composition, and bone mass*
- Patented liquid liposomal technology allows for flexible, convenient dosing
- May promote patient compliance in those who prefer liquid over tablets and capsules

**Recommended uses:**

- Adrenal gland support*
- Concerns with levels of DHEA and other hormones*

**One full pump (0.65 ml) supplies:** Stevia Leaf Extract (Stevia rebaudiana) 7 mg, DHEA (Dehydroepiandrosterone) 5 mg, Grapefruit Seed Extract (Citricidal sp.) 330 mcg

**Recommendations:** One serving one to four times daily in divided doses.

**Form:** 2 fl. Z. (59 ml) Bottle (approx. 85 servings)

**Warning:** NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18 YEARS. DO NOT USE IF PREGNANT OR NURSING. Do not exceed recommended serving.

Mycotaki™

**Support for an Immune System Under Stress**

Mycotaki is ideal for those who have immune concerns due to emotional or physical stress. Featuring a concentrated water extract of 7 nourishing mushrooms that help modulate immune system function and may enhance overall health.*

The recognized benefits of the mushrooms in Mycotaki can be largely attributed to a unique water extraction process. This process instills each capsule with the full range of plant constituents in the balanced proportions consistent with traditional Chinese medicine, the medical system that perfected the use of nourishing mushrooms.*

**Patient benefits:**

- May support healthy T helper cell production and overall immune system function*
- Provides multifunctional support to help maintain overall health*
- Ideal for those concerned about how stress influences immunity*
- Equivalent to 19.5 g (6.9 oz.) of raw mushrooms per serving

**Recommended uses:**

- Daily immune support for those under stress*
- Long-term health support*

**Three tablets supply:** A proprietary 10:1 water extract of 1950 mg Reishi (Ganoderma lucidum), Shiitake (Lentinus edodes), Fu-Ling (Poria cocos), Turkey Tail Mushroom (Coriolus versicolor), Oyster Mushroom (Pleurotus ostreatus), Cordyceps (Paecilomyces hepiali††), Maitake (Grifola frondosa)

**Recommendations:** Three tablets up to three times daily between meals.

**Form:** 90 Tablet Bottle (Vegetarian)

†Equivalent to 19.5 g raw, dried, unprocessed mushrooms.

†† An asexual derivation of Cordyceps Sinensis reported by the institute of Microbiology, the Chinese Academy Sciences, Beijing, PRC.

Also available: Mycoferon® liquid extract of 7 nourishing mushrooms

---

**The Metabotanica® Method**

**Metagenics goes the extra mile by implementing the Metabotanica Method to ensure safety, quality, and effectiveness. This process includes:**

1. Selecting premium organic herbs whenever available.
2. Harvesting wild herbs with the utmost concern for the environment.
3. Not using herbs that are endangered species.
4. Harvesting herbs only in peak season and drying them fresh.
5. Verifying herb species, parts, quality, and constituents and documenting them with certificates of origin, identity vouchers, and appropriate plant-specific chemical analysis.
6. Using only time-honored methods to create authentic traditional herbal formulas.
7. Creating powerful and innovative formulas that combine modern standardized herbal extracts with traditionally prepared herbs to capture the best of both worlds.
8. Verifying finished formula quality and the presence and concentration of active factors through sophisticated laboratory assays.

---

**Stressed & Depleted**

**BioSôm®**

**Liquid DHEA for Well-Being**

**Stressed & Immune Challenged**

**Mycotaki™**

**Support for an Immune System Under Stress**

---

**The Metabotanica® Method**

**Metagenics goes the extra mile by implementing the Metabotanica Method to ensure safety, quality, and effectiveness. This process includes:**

1. Selecting premium organic herbs whenever available.
2. Harvesting wild herbs with the utmost concern for the environment.
3. Not using herbs that are endangered species.
4. Harvesting herbs only in peak season and drying them fresh.
5. Verifying herb species, parts, quality, and constituents and documenting them with certificates of origin, identity vouchers, and appropriate plant-specific chemical analysis.
6. Using only time-honored methods to create authentic traditional herbal formulas.
7. Creating powerful and innovative formulas that combine modern standardized herbal extracts with traditionally prepared herbs to capture the best of both worlds.
8. Verifying finished formula quality and the presence and concentration of active factors through sophisticated laboratory assays.
The Stress Response:

A Coordinated Series of Events

Neurotransmitters (or chemical messengers) are released, triggering an increase in emotional response, and influencing memory, concentration, inhibition, and rational thought.

The adrenal glands pump out a group of hormones known as glucocorticoids—including the primary stress hormone cortisol—which marshal the heart, lungs, circulation, metabolism, and immune system.

The thyroid gland when stressed pumps out hormones that accelerate metabolism, which can cause occasional sleeplessness, nervousness, and exhaustion.

Sex hormone levels may be reduced with stress, thereby reducing libido and sexual function. Acute stress may also cause a woman’s menstrual cycle to be irregular.

Glucose metabolism may fluctuate with stress as the liver releases stores of glucose into the bloodstream and the pancreas decreases insulin secretion, increasing blood sugar levels for needed energy.

Heart rate increases during stress as the heart pumps more blood throughout the body.

Respiratory function may be altered with stress. In some individuals breathing rate increases.

The coordinated activities involved in digestion can be slowed down as energy is diverted in the stress response, possibly resulting in stomach discomforts.

Metagenics stress defense formulas help balance natural events in the stress response.*
Natural approaches to stress management from Metagenics.

Which should you choose for your patients?

### Target

<table>
<thead>
<tr>
<th>Stressed &amp; Mentally Exhausted*</th>
<th>Stressed &amp; Tired*</th>
<th>Stressed &amp; Wired*</th>
<th>Stressed &amp; Inflexible*</th>
<th>Stressed &amp; Hot*</th>
<th>Stressed &amp; Cold*</th>
<th>Stressed &amp; Depleted*</th>
<th>Stressed &amp; Immune Challenged*</th>
</tr>
</thead>
</table>

### Formula

| Exhilarin* Mental Strain Formula* | Adreset* Adrenal support* | Serenagen* Calming formula* | Tran-Q* Relaxation Support* | Licorice Plus* Adrenal fatigue* | Thyrosol* Thyroid support* | BioSôm* Adrenal hormone support* | Mycotaki™ Immune support* |

### Application / Support

| Adapogenic herbs to improve stress tolerance in those who are susceptible to becoming "run down"* | Highly valued adaptogenic herbs to support those who are feeling weak and fatigued due to stress* | Herbal support to calm the spirit and nourish the heart for those with a demanding, hectic lifestyle* | Herbal support to help calm the spirit and relax the body for those who feel acutely overstressed* | Herbal formula to support healthy cortisol levels in those exposed to prolonged stress* | Nutritional support for thyroid hormone synthesis and metabolism.* | Liposomal DHEA to support well-being in those with concerns about adrenal hormone production.* | Concentrated extract of 7 nourishing mushrooms for those with immune concerns due to stress. |

### Dose / Additional Support

| Dosage: 1 tablet 2-3 times daily | Dosage: 1 capsule 2 times daily | Dosage: 2 tablets 2-3 times daily | Dosage: 2 tablets 2-3 times daily | Dosage: 2 tablets 1-2 times daily | Dosage: 1 tablet 2 times daily | Dosage: 1 serving 1-4 times daily in divided doses | Dosage: 3 tablets up to 3 times daily between meals |

### Additional Support

| Additional support: Glycogenics® | Additional support: Adrenogen® | Additional support: Trancor™ | Additional support: Glycogenics® | Additional support: Trancor™ | Additional support: Adrest® | Additional support: Adrenogen® | Additional support: Licorice Plus® |

---

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any disease.