

These herbs are expertly blended in proportions that precisely balance their qualities in a synergistic combination that works optimally to support the adrenal glands without over stimulation.* They also help balance HPA axis stress response function, sustain stable hormone and blood sugar levels, and beneficially affect energy, mood, sleep cycles, cognition and sexual function to increase stress hardiness and help maintain health during times of stress.*

Suggested use

10-15 drops in juice or water 2-4 times a day, preferably between meals or on an empty stomach (10-15 drops upon rising and 10-15 before bed; 10 may also be taken at noon and/or mid-afternoon, if desired). People typically notice a difference within a few days of regular use.* For more information about using Herbal Adrenal Support Formula in combination with other supplements formulated by Dr. Wilson for adrenal fatigue and stress, see Dr. Wilson's Program for Adrenal Fatigue at adrenalfatigue.org.

Companion Products by Dr. Wilson

During Adrenal Fatigue

Herbal Adrenal Support Formula works optimally with Adrenal C Formula®, Adrenal Rebuilder®, and Super Adrenal Stress Formula® as part of Dr. Wilson's Program for Adrenal Fatigue to comprehensively support adrenal health.*

Quality you can trust

Expertly formulated by a physician, Herbal Adrenal Support Formula contains only high quality ingredients and is manufactured in accordance with the FDA's current Good Manufacturing Procedures (cGMP) to assure purity, potency and quality.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Supplement Facts

Serving Size 15 drops	Servings Per Bottle 72	
	Amount per Serving	% Daily Value
Proprietary Blend of Organic Plant Root Extracts	0.83 ml	‡
Siberian Ginseng, Ashwagandha, Licorice, Maca		
‡ Daily Value not established		

Other Ingredients: Purified Water and Alcohol (25%) from tinctures

This is a **DAIRY-FREE** and **VEGAN** product. It contains **NO** animal products, milk, egg, sugar, salt, wheat, gluten, nuts, yeast, corn, soy, or artificial coloring, flavoring or preservatives.


Doctor Wilson's
Original Formulations®

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www.adrenalfatigue.org


Doctor Wilson's
Original Formulations®

Herbal Adrenal Support Formula®

Liquid herbs for adrenal balance*



Formulated by
Dr. James L. Wilson

I can't believe it worked so fast, it was amazing!

— Andrea S.

“I created Herbal Adrenal Support Formula to help balance the HPA axis stress response system in people experiencing adrenal fatigue and stress. Many others, including menopausal women, have mentioned how well they sleep and how calm, steady and balanced they feel with this formula.* I am very happy it has helped such a broad range of people enhance their ability to withstand stress and adrenal fatigue.”*

— Dr. James L. Wilson

Herbal Adrenal Support Formula®

This physician-formulated liquid supplement contains extracts of four raw, organically grown herbs shown in scientific research and by traditional use to reinforce the body's ability to handle stress.* These specially selected and prepared herbs are synergistically combined to help optimize function in the stress response system known as the hypothalamic-pituitary-adrenal (HPA) axis, and support adrenal stress hormone production without overstimulation.* Balanced HPA axis function and adrenal hormones enhance energy, sleep, concentration and mood, and have a positive impact on adrenal fatigue, PMS and menopause. This unique formula helps foster a sense of inner strength and steady calm during times of adrenal fatigue and stress.*

Why Dr. Wilson Created Herbal Adrenal Support Formula

After decades of clinical research to find the most effective solutions for stress, Dr. Wilson formulated Herbal Adrenal Support Formula as the essential stress system stabilizer in his Program for Adrenal Fatigue. By naturally helping balance and sustain the stress response system, including adrenal function, it is designed to enhance stress management capacity.* For people experiencing adrenal fatigue, it works optimally in combination with the other core products in Dr. Wilson's Program for Adrenal Fatigue (Adrenal C Formula®,

Adrenal Rebuilder®, Super Adrenal Stress Formula®) to fully promote adrenal hardiness and enhance stress resilience.*

Who Herbal Adrenal Support Formula is Designed for

Dr. Wilson created Herbal Adrenal Support Formula for people who are experiencing issues related to stress, especially adrenal fatigue, PMS, difficult menopause and restless sleep.*

The HPA Axis Stress Response System

The hypothalamic-pituitary-adrenal (HPA) axis regulates your body's response to stress while also maintaining the physiological balance (homeostasis) that keeps you alive. When the hypothalamus in your brain is alerted to a threat to your homeostasis (the stressor), it signals your pituitary gland to activate stress hormone production by your adrenal glands. After the immediate stress passes or if stress hormones get too high, this same HPA axis feedback loop alerts your hypothalamus to decrease adrenal stress hormone production via a message from your pituitary gland. As your stress hormones decrease, other systems and functions return to normal. The stress response system is designed for “fight or flight” – it prepares you to physically react to the stressor by generating energy, increasing blood supply to your muscles, focusing concentration, and decreasing biological activities that are not essential to your immediate reaction, such as long term immune function, digestion, and tissue building and repair. It functions the same whether your source of stress is inside, like an infection, or outside, like an angry boss, and has probably operated this way throughout human history – even though fight or flight is rarely the appropriate reaction to 21st century stress.

Cortisol and Stress

It is the adrenal hormone cortisol that primarily instigates the physiological changes that prepare you to react to the stressor. Cortisol circulates throughout your body, affecting every cell and system. With each stress response, your adrenals have to produce the right amount of cortisol to shift you into fight or flight mode.

HPA Axis and Cortisol Balance

Both too much and too little cortisol can disrupt optimal physiological balance, deplete energy and decrease your stress management capacity. Because the HPA axis regulates the amount of cortisol and other stress hormones, it is essential to your health as well as your ability to handle stress that your HPA axis and adrenal glands function soundly and stay in balance.

How Herbal Adrenal Support Formula® Enhances Stress Hardiness

The four herbs in Herbal Adrenal Support Formula were chosen for their exceptional ability to bolster stress management capacity, enhance cortisol activity and buffer the negative effects of stress on body and mind.* Grown organically or in the wild, they are harvested at the peak of their potency. Only the specific parts of the plants with the desired properties are included in the formula and these are prepared in a way that preserves the highest levels of active components.* The liquid tincture base promotes optimal absorption and utilization of these constituents to help ensure maximum benefit from every drop.* Each herb fortifies stress hardiness in different ways:*

Siberian Ginseng has been shown to boost mental and physical endurance, heighten attention, increase tolerance, and enhance sleep under stressful conditions.*

Ashwagandha has been shown to counteract biological changes accompanying extreme stress that adversely affect short-term memory, blood sugar, cortisol levels, mood, sexual function, and sleep.*

Licorice has been shown to promote and help sustain healthy normal adrenal hormone activity, optimize cortisol, help balance sex hormones, reduce negative effects of stress on immune function, enhance sugar metabolism for energy production, and help balance mood.*

Maca has been shown to support and help sustain homeostasis, balance cortisol, and enhance mood and sexual function in both men and women.*