

## 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 regularly taking Herbal HPA.\* For more information about using Herbal HPA 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](http://adrenalfatigue.org).

## Companion Products by Dr. Wilson

### During Metabolic Stress

Herbal HPA works optimally with Adrenal C Formula®, Good Sugar® and Super Adrenal Stress Formula® to comprehensively support blood sugar and metabolic balance during stressful times.\*

### During Adrenal Fatigue

For people who have high blood pressure and/or are sensitive to licorice, Herbal HPA can be substituted for Herbal Adrenal Support Formula and work with Adrenal C Formula®, Adrenal Rebuilder®, and Super Adrenal Stress Formula® in Dr. Wilson's Program for Adrenal Fatigue to comprehensively support adrenal health.\*

## Quality you can trust

Expertly formulated by a physician, Herbal HPA 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 36
Amount per Serving	% Daily Value
Proprietary Blend of Organic Plant Root Extracts	0.83 ml ‡
Siberian Ginseng, Ashwagandha, 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®

# Herbal HPA™

Metabolic stress balancer\*



Formulated by  
**Dr. James L. Wilson**

  
**Doctor Wilson's**  
Original Formulations®

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[www.adrenalfatigue.org](http://www.adrenalfatigue.org)

“I created licorice-free Herbal HPA to help balance the HPA axis, especially when this stress response system is working overtime. This herbal combination promotes calm balance and enhances stress resilience during adrenal fatigue, stress and/or menopause, and can be used by people who have high blood pressure or are sensitive to licorice.”\*

— Dr. James L. Wilson

### Herbal HPA™

This physician-formulated liquid supplement contains extracts of three raw, organically grown herbs shown in scientific research and traditional use to help offset the negative effects of stress on the body.\* These specially selected and prepared herbs are synergistically combined to promote balanced function in the stress response system known as the hypothalamic-pituitary-adrenal (HPA) axis.\* Balanced HPA axis function enhances energy, sleep, concentration and mood; and has a positive impact on adrenal and cardiovascular function, sugar metabolism, hormone balance and overall health when the HPA axis is in overdrive.\* This licorice-free formula helps foster a sense of calm inner balance during stressful times.\*

### Why Dr. Wilson Created Herbal HPA

After decades of clinical research to find the most effective solutions for stress, Dr. Wilson formulated Herbal HPA to help calm the body's response to stress and also to work as a licorice-free alternative to Herbal Adrenal Stress Formula® in his Program for Adrenal Fatigue. By naturally moderating the stress response, it is designed to enhance stress tolerance and support the physiological balance (homeostasis) necessary to life.\* For people experiencing metabolic stress, it works optimally in combination with Good Sugar®, Adrenal C Formula® and Super Adrenal Stress Formula®, to comprehensively promote metabolic and blood sugar balance

and support the glands and systems adversely affected by high levels of stress.\* For people experiencing adrenal fatigue who want to avoid licorice because of sensitivity or high blood pressure, it works optimally in combination with the 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 HPA is Designed for

Dr. Wilson created Herbal HPA for people who are experiencing issues related to stress, especially when the stress system is working overtime, and also for people seeking help for adrenal fatigue, PMS, difficult menopause and restless sleep who want to avoid licorice because of high blood pressure or licorice sensitivity.\*

### The HPA Axis Stress Response System

The hypothalamic-pituitary-adrenal (HPA) axis regulates your body's response to stress while also maintaining homeostasis. 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 whether your source of stress is inside, like an infection, or outside, like an angry boss, and has probably operated the same way throughout human history – even though fight or flight is rarely the appropriate reaction to 21st century stress.

### Stress and Physiological Balance

Because your stress response system is designed to prepare you for physical action, it strongly influences the metabolic processes that generate energy, as well as all major physiological systems in your body. Regulated by the HPA axis via adrenal hormones, the stress response intensifies cardiovascular function by increasing heart rate and blood pressure; speeds up

metabolic processes that produce energy by raising blood sugar and insulin levels; and heightens alertness and mental focus. At the same time, it slows down digestion by decreasing stomach acid, digestive enzymes, peristalsis and nutrient absorption; shifts resources away from tissue building and repair; cuts back immune activity; and lowers libido. After the stress passes, your body must return to normal to preserve homeostasis. When stress is frequent or extreme and no physical action is taken, these HPA axis regulated adjustments can disrupt optimal physiological and metabolic balance over time, as well as lower stress tolerance.

### How Herbal HPA Enhances Stress Tolerance and Physiological Balance

The three herbs in Herbal Adrenal Support Formula were chosen for their exceptional ability to 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 supports stress tolerance and helps the body maintain physiological balance in different ways.\*

**Siberian Ginseng** has been shown to modulate the stress response, support homeostasis, help stabilize blood sugar, enhance cellular glucose utilization, 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, cardiovascular function, cortisol levels, mood, sexual function, and sleep.\*

**Maca** has been shown to support and help sustain homeostasis, promote balanced cortisol and blood pressure, and enhance mood and sexual function in both men and women.\*