



Aden Complex

Bioactive synergistic support formula

Formulated to support healthy adrenal & immune function. Assist the body in coping with environmental stress and relieving the symptoms of fatigue.

A proprietary vegan blend of Licorice root, Shatavari, Panax ginseng, Ginger, Vitamins B1, B5, B6 & C, minerals and antioxidants.

Nutritional Therapy

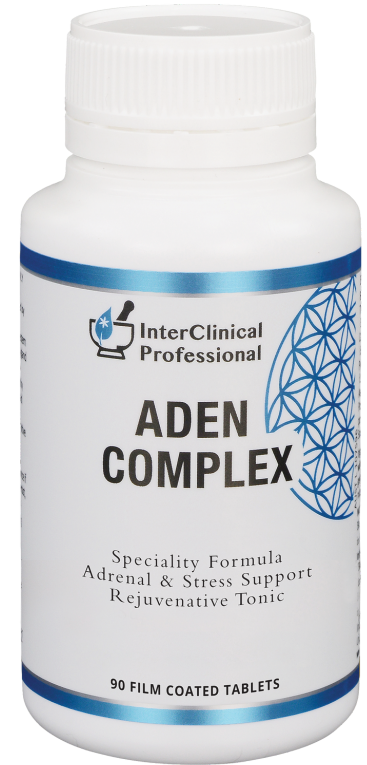
Bioactive Bioavailable Quality Ingredients

Rejuvenative Tonic. This formula supports healthy stress response, healthy immune function, energy production, cognitive health and clarity; improves stamina and body strength; reduce coughing and clears respiratory tract mucous; It supports reproductive health, nervous system health, heart, skin, eye and hair health.

What you need to know about this supplement

- Traditionally used in Western Herbal Medicine to support healthy adrenal gland function (*Glycyrrhiza glabra*)
- Traditionally used in Ayurvedic Medicine as a rejuvenative tonic, nervine & aphrodisiac (*Asparagus racemosus*)
- Support healthy stress response and aids the body to cope with environmental stress (Pantothenic acid)
- Traditionally used in Chinese Medicine to relieve tiredness & fatigue (Panax ginseng, *Glycyrrhiza glabra*)
- Maintain healthy immune system function (Vitamin C, Zinc, Pyridoxine, Panax ginseng)
- Traditionally used in Chinese Medicine as a body tonic and to support stamina, mental focus & clarity (Panax ginseng)
- Support energy levels (Thiamine, Pantothenic acid & Pyridoxine)
- Traditionally used in Western Herbal Medicine as a demulcent; also to clear respiratory tract mucous & relieve coughing (*Glycyrrhiza glabra*)
- Maintains nervous system health; Aid in neurotransmitter synthesis (Thiamine, Pantothenic acid, Pyridoxine & Vitamin C)
- Support reproductive system health; Maintains general wellbeing (*Asparagus racemosus*) & preconception health in healthy females & males (Zinc)
- Maintains eye & cardiovascular system health (Zinc & Lutein)
- Support muscle function & heart health (Thiamine)

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For Practitioner Dispensing Only

Specifications



90 Film Coated Tablets

19mm
8mm | 

Description: Brown speckled

Dosage Adults: Take 2 tablet, 2 times daily with water, or as directed by your healthcare professional.

Vegan friendly

Blended, tableted and packaged in Australia



Allergen & Free From

Ingredients in this product have been formulated without animal products, gluten, wheat, yeast, soy, egg, gelatin, fish, molluscs, crustaceans, milk products, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours.

Each Tablet Contains:

Lutein	1.5mg
Thiamine nitrate	1.23mg
Equiv. Thiamine (Vit B1)	1mg
Calcium pantothenate	10.87mg
Equiv. Pantothenic acid (Vit B5)	10mg
Pyridoxine hydrochloride	1.25mg
Equiv. Pyridoxine (Vit B6)	1.03mg
Ascorbic acid (Vit C)	60mg
Potassium	40mg
(as Phosphate monobasic Potassium)	
Sodium (as Dibasic sodium phosphate)	32.4mg
Zinc (as Zinc glycinate)	3mg
Asparagus racemosus ext. dry conc.	300mg
Derived from dry root	5.1g
Glycyrrhiza glabra ext. conc.	36.36mg
Derived from dry root	1g
Zingiber officinale ext. dry conc.	20mg
Derived from dry rhizome	100mg
Panax ginseng ext. dry conc.	15mg
Derived from dry root	150mg

Excipients

Ascorbyl Palmitate, colloidal anhydrous silica, croscarmellose sodium, hypromellose, magnesium stearate, maltodextrin microcrystalline cellulose and zeaxanthin.

Warnings

Contains 40.52 mg of Potassium and 43.33mg of Sodium per tablet. Vitamins and minerals can only be of assistance if dietary intake is inadequate. Do not use if breast feeding, pregnant or likely to become pregnant.

PEER NOTES**ADAPTOGENIC HERBS**

Herbal adaptogens are biologically active plant-derived substances that can stabilise homeostasis and normalise metabolic functions. (1) They exhibit multitarget effects on the neuroendocrine-immune system. Clinical studies have shown adaptogens to have immune-modulating, neuroprotective, anxiolytic, anti-fatigue, and central nervous system-stimulating effects. They also may optimise hormone production. (1-3) At low doses they function as mild-stress mimetics which in turn activate the adaptive stress-response signalling pathways to cope with severe stress. (2) They promote adaptability, resilience, healthy ageing, and survival in humans. (2)

Asparagus racemosus root (Shatavari) is highly valued in Ayurvedic medicine where it is used for restoring homeostasis, retarding ageing, and disease prevention. (4) It is an adaptogen and nerve tonic, and is nootropic, neuroprotective, antioxidant, and anti-inflammatory. (4) Shatavari's phytoestrogen-like steroidal saponins from the majority of its bioactive constituents. (4) It is used to treat stress-mediated reproductive health disorders in women and is known as an aphrodisiac for both sexes. (4, 5)

Panax ginseng root has been used as a herbal adaptogen in East Asia for 5000 years. It is the most widely studied herbal supplement. (1, 6) Its use has been associated with the improvement of fatigue, immunity, memory, and blood circulation among many other conditions. (1, 7)

Glycyrrhiza glabra (licorice root) has been used medicinally since before the Greek and Roman empires and was documented by ancient Assyrian, Egyptian, Chinese, and Indian cultures. (8) It possesses anti-inflammatory, antiviral, immunomodulatory, and antioxidant properties. (3, 9, 10) Its phytochemicals and bioactive compounds have both oestrogenic and androgenic effects in the body. (8, 11) In traditional Western herbal medicine, one of the important uses of licorice is to support adrenal function. (12) Licorice also has a long history as an antitussive and expectorant for bronchial catarrh, removing phlegm and relieving cough, spasm, and pain. It inhibits inflammation in airways and is traditionally used in bronchitis, pharyngitis, and bronchial asthma. (13,14,15) Zingiber officinale (ginger root) possesses multiple biological activities including high antioxidant activity, and is anti-inflammatory, antimicrobial, and neuroprotective. (16) Clinical studies s have found it to significantly lower the inflammatory mediators C- reactive protein and TNF- alpha. (17)

SYNERGISTIC VITAMINS AND MINERALS

The antioxidant and anti-inflammatory carotenoid vitamin lutein is an important component of Aden Complex. It inhibits both the pro-inflammatory cytokine cascade and nuclear factor- Kappa B, and reduces reactive oxygen species production. (18) Lutein confers beneficial effects on eye health and may improve or even prevent age-related macular disease and cataracts. (18, 19) Clinical studies have also found it to exert positive effects on cognitive function in both young and ageing subjects and to improve cardiovascular health. (18, 20) While lutein is found in many fruits and vegetables, it has a generally low intake in the average Western diet. (18)

Aden Complex contains vitamins B1, B5, and B6. Supplementary B vitamins provide benefit for healthy and at-risk populations for stress, particularly where there is poor nutrient or poor mood status. These vitamins act as cofactors in the synthesis and regulation of dopaminergic and serotonergic neurotransmitters. (21, 22) Along with ascorbic acid and zinc, they are involved in energy-yielding metabolism and oxygen transport, exerting a positive influence on mental and physical fatigue. (22, 23)

Zinc and ascorbic acid support immune function. (22, 24, 25) Zinc supports cognitive function and plays a critical role in the endocrine system. It is essential for the conversion of testosterone to dihydrotestosterone. (22, 26) The zinc in Aden Complex is a fully reacted amino acid chelate. The structure of the molecule protects the mineral from chemical reactivity as it passes through the stomach, enhancing its stability, absorption, bioavailability, and digestibility. (27)

Aden Complex also contains supplemental potassium and sodium which may become depleted in cases of adrenal insufficiency. (28)

REFERENCES

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Work with the Specialists!

