

HPA ADAPT™ STRESS RESISTANCE COMPLEX

The hypothalamic-pituitary-adrenal axis, or HPA axis, is the central part of the neuroendocrine system that controls the stress response. It involves a complex set of interactions and feedback loops between the hypothalamus, the pituitary, and the adrenal glands. The HPA axis also plays a role in the regulation of other systems of the body, including the gastrointestinal, neurological, and immune systems. Therefore, supporting optimal HPA axis function is important to maintaining overall health and wellness.

A Healthy Stress Response

HPA Adapt combines five powerful adaptogenic herbs to help the body better respond to both mental and physical stressors.* With key ingredients, such as Rhodiola extract, Sensoril® brand Ashwagandha, and Eleuthero extract, combined with standardized extracts of Maca and Holy Basil, HPA Adapt supports healthy stress hormone balance via the HPA axis.*

HPA Adapt

- Is a non-stimulant formula.
- Reduces mental stress and fatigue.*
- Improves mood and calms occasional anxiety.*
- Supports healthy cognitive function.*

HPA Adapt is a part of the HPA Axis Optimizaton Program.
To access these resources, visit integrativepro.com/HPA



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*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

HPA ADAPT™

When physical and/or mental stress occur frequently, the body's ability to optimally respond and restore homeostasis may be affected. This may, in turn, influence mood, healthy cognition, and energy levels.¹⁻³

HPA Adapt is a formulation of five powerful, yet non-stimulating adaptogens shown to support a healthy stress response via the HPA axis.* Published human and animal research suggests that these ingredients promote a healthy response to stressors while reducing stress-related fatigue and mental tension.*

The benefits of the ingredients in HPA Adapt are summarized below:

Beneficial Ingredients

Ingredient	Benefit
Ashwagandha root and leaf	Ashwagandha is an adaptogenic herb historically used in Ayurveda to enhance well-being, support restful sleep, and reduce occasional anxiety.* ⁴ A double-blind, placebo-controlled clinical trial (N =39) evaluated the adaptogenic effects of ashwagandha. Compared to placebo, the extract exerted an anti-fatigue effect that increased mental performance, particularly the ability to concentrate, and decreased cortisol response to stress in people with burnout.* ⁵
Eleuthero root	Eleuthero is an adaptogenic herb that helps reduce fatigue, supports attention and cognition, and helps the body cope during periods of stress.* ⁶ Animal research has shown that eleuthero supports healthy cortisol production under stress, though this has not yet been demonstrated in human clinical trials.* ^{7,8}
Holy Basil leaf	A member of the mint family, holy basil enhances the body's natural response to physical and emotional stress.* Compounds isolated from the herb's leaves were shown to normalize plasma cortisol levels in an animal model.* ⁹ Another animal study found that extracts of holy basil decreased serum concentrations of cortisol.* ¹⁰ A clinical trial with 35 subjects demonstrated a decrease in stress and occasional anxiety after 60 days of supplementation with holy basil.* The participants also showed improved attention and an increased ability to adapt to change.* ¹¹
Maca root	Preliminary human research suggests that maca may have a positive influence on mood, feelings of occasional anxiety, and libido.* ¹²⁻¹⁴ Although it has not been demonstrated in human clinical studies, animal research has also documented a positive effect of maca on cognitive function and occasional fatigue.* ^{15,16}
Rhodiola root	Various extracts of Rhodiola have been shown in human clinical studies to reduce fatigue, while improving mood, attention, and healthy cognitive function, particularly during times of stress.* ¹⁷⁻²³ Possible mechanism of actions include interaction with the HPA-axis, protein kinases p-JNK, nitric oxide, and defense mechanism proteins.* ²³ A systematic review of 11 randomized clinical trials concluded that rhodiola may have beneficial effects on physical and mental performance.* ²¹ Another preliminary human study suggests that rhodiola supports the body's response to physical exercise and may improve recovery.* ²²

Supplement Facts

Serving Size 4 capsules		Servings per container 30	
Amount per 4 capsules		%DV	
Calories		5	
Total Carbohydrate	1 g	<1%†	
Rhodiola (<i>Rhodiola rosea</i>) Root Extract standardized to contain 3% rosavins and 1% salidroside	400 mg	**	
Ashwagandha (<i>Withania somnifera</i>) (Sensoril® brand) Root and Leaf Extract	300 mg	**	
Eleuthero (<i>Eleutherococcus senticosus</i>) Root Extract	300 mg	**	
Holy Basil (<i>Ocimum sanctum</i>) Leaf Extract standardized to contain 2.5% triterpenoic acids	200 mg	**	
MacaPure® brand Maca (<i>Lepidium meyenii</i>) Root Extract standardized to contain 0.6% macaenes and macamides	150 mg	**	

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: vegetable capsule (modified cellulose), ascorbyl palmitate, cellulose, silicon dioxide

Recommendations: Take 2 to 4 capsules daily on an empty stomach, or as recommended by your healthcare professional.

CAUTION: Do not use if pregnant. If nursing, diabetic or taking any prescription drugs, consult your healthcare professional prior to use.

Contains No: sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial colors, flavors or preservatives.

Integrative Therapeutics

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MacaPure® is a registered trademark of Naturex, Inc.

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