

PROHERB

delivering health and wellbeing

MEDI  HERB

Adaptogens and Tonics

Nervine Tonic: a substance which improves the tone, vigour and function of the nervous system. Nervine tonics relax and energize the nervous system.

Adaptogenic: a substance which increases the body's resistance to physical, environmental, emotional or biological stressors and promotes normal physiological function.

Adrenal Tonic: a substance, which improves the tone, histology and function of the adrenal glands (especially the cortex).

Tonics	Increase or release adaptation energy	Panax ginseng
Adaptogens	Conserve adaptation energy	Siberian ginseng Withania Rhodiola
Adrenal tonics	Support the adrenal cortex	Licorice Rehmannia

HERBS	PROPERTIES	MEDIHERB PRODUCTS
Panax Ginseng	Stimulating Tonic, more tonic than adaptogenic (about 20% adaptogen – 80% tonic)	Withania and Ginseng tablets Withania Complex tablets Panax ginseng 1:2 lqd Rhodiola & Ginseng tablets
Rhodiola	Stimulating Tonic, more tonic than adaptogen (about 60% tonic – 40% adaptogen)	Rhodiola 2:1 lqd Rhodiola & Ginseng tablets
Withania	Tonic but not stimulating, also a very useful adaptogen. About 50/50 as an adaptogen and tonic.	Withania and Ginseng tablets Withania Complex tablets ThyroCo tabs Withania 1:1
Siberian Ginseng	Adaptogenic with some tonic properties (about 90% adaptogen – 10% tonic)	Bacopa Complex tablets Siberian ginseng tablets Siberian ginseng 1:2
Licorice	Adrenal tonic, adrenal trophorestorative. Licorice has some tonic properties as well, so even on its own will give the patient more energy.	Adrenal Complex Withania Complex tablets Licorice 1:1
Rehmannia	Adrenal tonic, adrenal trophorestorative	Adrenal Complex ThyAdren tablets Rehmannia 1:2

Comparing Adaptogenic and Adrenal Formulas

Adrenal Complex: Supports and restores the physiology of the adrenal cortex. This formula is beneficial for patients in all stages of adrenal depletion, as well as those requiring support during times of acute stress.

Withania Complex tablets: the addition of licorice in the Withania Complex tablets provide an additional adrenal focus along with Skullcap which has nervine tonic and mild sedative properties. The Panax will support Withania with an overall adaptogenic effect. Therefore this product is for a chronic complex patient who is under stress, the adrenals are exhausted with wider nervous system involvement.

Angela Hywood's Endocrine Essentials: 'A formula to balance adrenal hormone production while also balancing sympathetic and parasympathetic autonomic nervous system function. For relief of anxiety, mild depression, CFS, Fibromyalgia, Post-natal support. A product for long-term adrenal maintenance. 3 tablets daily.'

Withania and Ginseng tablets: effective for the stressed patient who's adrenals may be beginning to be involved and you want to preserve their function, thus the patient is not as chronic compared to Withania Complex tablets. Also, an excellent formulae for athletes to enhance stamina and endurance.

Angela Hywood's Endocrine Essentials: 'A formula for Phase 2 adrenal exhaustion – high cortisol, low DHEA which leads to symptoms such as anxiety, onset insomnia and irritability. Withania calms over stimulation of cortisol.'

Rhodiola & Ginseng tablets: to enhance physical and cognitive performance, vitality and stamina, and to improve stress adaptation. Also appropriate when patients want more 'energy'.

Angela Hywood's Endocrine Essentials: 'A formula for Phase 3 adrenal exhaustion – low cortisol and low DHEA. Debilitated mental, emotional, and physical exhaustion. Can be used on an as needed basis for fatigue, or long-term support of 1 or 2 tablets 2 times daily.'