

ENERGIQUE®

guide to
**STRESS
&
ADRENAL
SUPPORT**



NATURAL REMEDIES
from the Heartland®

Stress & Adrenal Support

Stress management and adrenal support can be an important foundational aspect of a holistic wellness protocol, as it can impact many other vital body systems, such as sleep and immune and digestive health. Stress can be thought of as the demands on us that push our ability to cope with them. While these are most often mental and emotional, we also need to consider physical stressors including cold temperatures, loud noises, and noxious stimuli. The combination of these various stressors, especially when experienced long term, can have a profound impact on our overall wellness, leading to a lack of energy, mood changes, and decreased mental performance. Because of these far-reaching impacts on one's overall health, it is important to understand the tools to help patients safely manage stress and its impact on the hypothalamus-pituitary-adrenal (HPA) axis.

Our stress and cortisol response is governed by a complex feedback loop that starts in the brain with the hypothalamus and pituitary. The glands release chemical messengers that tell the adrenal glands how much cortisol to release in response to normal physiological needs and high stress. At the core of our adrenal support protocols are adaptogenic herbs, which may support proper functioning of the HPA axis and therefore healthy cortisol release. These same herbs can help support feelings of vitality and a balanced mood. Our **Energy and Vitality** + **Rest and Relax** protocols are additional options for when these are the predominant concerns.

ENERGIQUE®



NATURAL REMEDIES

from the Heartland®

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Healthy HPA Axis Balance



Adrenavate™ is a blend of adaptogenic herbs to support normal adrenal gland function: energizing to help support vitality and endurance, promotes natural resistance to stress and tension, balances HPA axis and the body's stress response system.*

EXCLUSIVE ENERGIQUE SPAGYRIC FORMULA

Adrenavate™

2 oz.

Suggested use: 10-30 drops, 3 times daily, shake well.

SUPPLEMENT FACTS

American Ginseng (root), Rhodiola (root), Gynostemma (aerial parts), Rehmannia (root), Muira Puama (root), Holy Basil (flowering tops), Suma (root), Forskohlii (root), Schisandra (fruit), English Lavender (flower), Stevia (leaf)

*Daily Value (DV) not established

Other Ingredients: Purified water, 50% ethanol



Stress Formula is our exclusively blended rainforest botanical formula featuring muira puama, catuaba, baccharis trimera, and mulungú to support adrenal balance and to promote calm and emotional well-being. Supports physical/emotional balance in stressful situations.*

RAINFOREST BOTANICAL SPAGYRIC FORMULA

Stress Formula

1 oz.

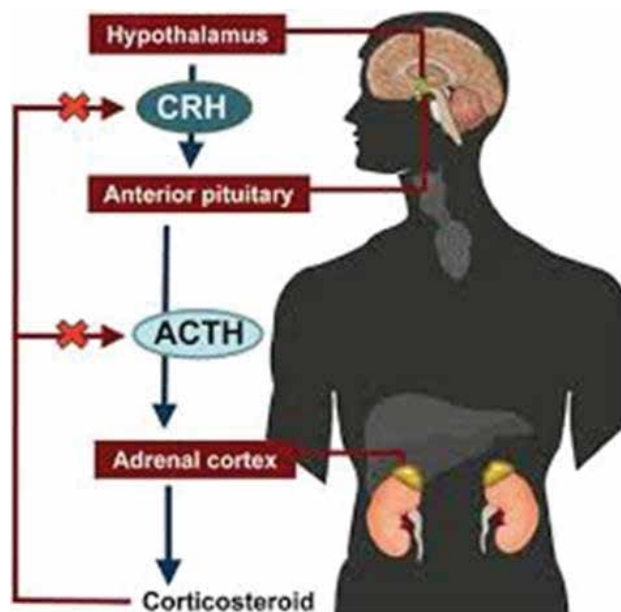
Suggested use: 10-30 drops, 3 times daily, shake well.

SUPPLEMENT FACTS

Muira Puama [root] (ptychopetalum olacoides), Catuaba [bark] (trichilia catigua), Baccharis Trimera [aerial parts], Roman Chamomile [flower] (chamaemelum nobile), Mulungú [bark] (erythrina verna), Holy Thorn [leaf, stem] (maytenus ilicifolia), Damiana [leaf] (turnera diffusa), Passionflower [leaf] (passiflora incarnata)

*Daily Value (DV) not established

Other Ingredients: Purified water, 25% ethanol



*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.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.



Healthy HPA Axis Balance



Adrenapar™ may temporarily relieve nervous exhaustion, fatigue and forgetfulness.**

Energique® Glandular/Organ Homeopathics stimulate the body's various endocrine glands and/ or organs to improve their functioning. Drainage remedies are built-in for the particular area being addressed. **



Energique Intact Adrenal capsules support adrenal gland function and healthy cortisol levels.*

ENERGIQUE HAND-SUCCESSED HOMEOPATHIC

Adrenapar

1 oz. and 2 oz.

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional.

SUPPLEMENT FACTS

Aralia Quinquefolia 3X, Avena Sativa 3X, Glandula Suprarenalis Suis 6X, Arsenicum Iodatum 12X, Ignatia Amara 12X, Lycopodium Clavatum 12X, Nux Vomica 12X, Phosphoricum Acidum 12X, Phosphorus 12X, Zincum Metallicum 12X

*Daily Value (DV) not established

Other Ingredients: Demineralized water, 20% ethanol

ENERGIQUE GLANDULARS DIETARY SUPPLEMENT

INTACT ADRENAL

100 CAPS.

Suggested use: As a dietary supplement, adults one capsule daily or as directed by a health professional.

SUPPLEMENT FACTS

Adrenal 80 mg
(Freeze Dried Suprarenal Substance of bovine source)
Freeze dried glandular concentrate is derived from the raw gland.

*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable capsule (cellulose) and Magnesium Stearate.

See Also:

Chuchuaasi - rainforest botanical single herbal

Astragalus - spagyric single herbal

Adrenacom™ - spagyric combination herbal

Pantothenic Acid - dietary supplement

Magnesium Chelate - mineral formula dietary supplement

C-TR - time-released dietary supplement



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Energy and Vitality



Our Herbal Energy is a combination of guarana, eleuthero, gotu kola, licorice root, muira puama, schisandra, and bee pollen designed to support endocrine function to stimulate the nervous system, enhance vitality, and increase stamina.*

EXCLUSIVE ENERGIQUE SPAGYRIC FORMULA

Herbal Energy

2 oz.

Suggested use: 10-30 drops, 3 times daily, shake well.

SUPPLEMENT FACTS

Guarana (seed), Eleuthero (root), Gotu Kola (aerial parts), Licorice (root), Muira Puama (stem), Schisandra (fruit), Bee Pollen

*Daily Value (DV) not established
Other Ingredients: Purified water, 50% ethanol



Our Methyfol is a blend of methylfolate and methyl-B12 to support mood and cardiovascular health by assisting healthy methylation.

ENERGIQUE DIETARY SUPPLEMENT

Methyfol

90 TABS.

Suggested use: As a dietary supplement, adults one tablet daily or as directed by a health professional. Chew tablet and allow to dissolve in mouth then swallow. Do not swallow whole.

SUPPLEMENT FACTS

Folate 667 mcg DFE (400 mcg L-mefolate) 167%
Vitamin B 12 (as Methylcobalamin) 1,000 mcg 41,667%

*Daily Value (DV) not established
Other Ingredients: Xylitol granular, F-Melt® blend (D-mannitol-xylitol-microcrystalline cellulose-croscovidone anhydrous dibasic calcium phosphate mixture), microcrystalline cellulose, hydroxypropyl cellulose, natural cherry flavor, natural vanilla flavor, stearic acid, beet root, magnesium stearate



Our outstanding green foods blend features chlorella and spirulina and is packed with nutrients and antioxidants for cellular defense.

ENERGIQUE DIETARY SUPPLEMENT

Life Choice - Green Nutrition

120 CAPS.

Suggested use: Maintenance dosage: Two capsules 2 times each day. Increase or decrease as desired up to ten each day.

SUPPLEMENT FACTS

Spirulina, Chlorella, Alfalfa (leaf), Barley (grass), Wheat (grass), Ginkgo (leaf), Milk Thistle (seed), Carrot (root), Cinnamon (bark), Flax (seed), Apple Pectin, Alfalfa (leaf) Juice, Wheat (grass) Juice, Barley (grass) Juice, Plant Derived Trace Minerals, Krebs Cycle Blend (various mineral salts of Citric, Fumaric, Malic, Succinic, Aspartic and Glutamic Acids), Royal Jelly, Bilberry (fruit) Concentrate, Bromelain, White Pine (bark), Probiotic Blend (Lactobacillus acidophilus, Bifidobacterium lactis, Bifidobacterium longum, Streptococcus thermophilus, Lactobacillus bulgaricus, Lactobacillus paracasei), Black Walnut (hulls), Kelp, Co-Enzyme Q10*

*Daily Value (DV) not established
Other Ingredients: Vegetarian capsule (hypromellose)

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Energy and Vitality



Age Defiance Pro™ may temporarily relieve symptoms associated with premature aging, such as fatigue, loss of strength, aging skin, varicose veins, sleeplessness, and forgetfulness. **



Multi Cell Salt may temporarily relieve symptoms of impaired cellular function such as constant thirst.**

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

Age Defiance Pro

1 oz.

Suggested use: Adults only, 5 to 10 drops orally, 3 times daily or as otherwise directed by a health care professional. If symptoms persist for more than 7 days, consult your health care professional.

SUPPLEMENT FACTS

7-oxo-dehydroepiandrosterone-3 β -acetate 12X, Calcarea Carbonica 12X, Conium Maculatum 12X, Glandula Suprarenalis Suis 12X, Hepar Suis 12X, Human Growth Hormone 30X, Hydrofluoric Acidum 12X, Hypophysis Suis 12X, Lycopodium Clavatum 12X, Selenium Metallicum 12X, Sepia 12X, Silicea 12X

*Daily Value (DV) not established

Other Ingredients: Demineralized water, 20% ethanol

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

Multi-Cell Salt

1 oz.

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Kali Muriaticum 3X 6X 12X, Kali Phosphoricum 3X 6X 12X, Kali Sulphuricum 3X 6X 12X, Natrum Muriaticum 3X 6X 12X, Natrum Phosphoricum 3X 6X 12X, Natrum Sulphuricum 3X 6X 12X, Calcarea Sulphurica 6X 12x, Calcarea Fluorica 8X 12X, Calcarea Phosphorica 8X 12X, Ferrum Phosphoricum 8X 12X, Magnesia Phosphorica 8X 12X, Silicea Terra 8X 12X

*Daily Value (DV) not established

Other Ingredients: Demineralized water, 20% ethanol



See Also:

American Ginseng - spagyric single herbal

Licorocom™ - spagyric combination herbal

Magnesium Potassium Aspartate -

mineral formula dietary supplement

B Complex - dietary supplement

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Relax and Unwind



Calming Formula is our exclusively blended rainforest botanical formula that features mulungu and passionflower to support emotional well-being and help moderate occasional stress.*

RAINFOREST BOTANICAL SPAGYRIC FORMULA

Calming Formula

1 oz.

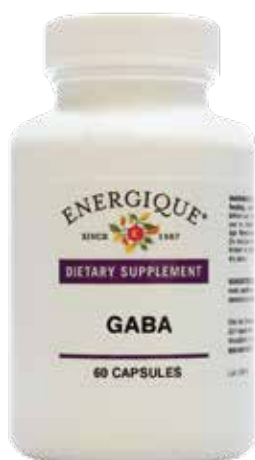
Suggested use: 10-30 drops, 3 times daily, shake well.

SUPPLEMENT FACTS

Mulungu [leaf/stem] (*Erythrina verna*), Lemon Balm [leaf] (*Melissa officinalis*), Passionflower [leaf] (*Passiflora incarnata*), Damiana [leaf] (*Turnera diffusa*), Tayuya [root] (*Cayaponia tayuya*)

*Daily Value (DV) not established

Other Ingredients: Purified water, 25% ethanol



GABA (Gamma Amino Butyric Acid) helps encourage relaxation and supports healthy mood.

ENERGIQUE GLANDULARS DIETARY SUPPLEMENT

GABA

60 VEG CAPS.

Suggested use: As a dietary supplement, adults one capsule daily or as directed by a health professional.

SUPPLEMENT FACTS

GABA (Gamma Amino Butyric Acid) 500 mg

*Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, Vegetable capsule (Cellulose), Magnesium stearate.



Anxiety Spray may temporarily relieve fearfulness and restlessness,**

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

Anxiety Spray

1 oz. SPRAY

Suggested use: Adults and children 2 sprays orally, 2 times daily or as directed by a healthcare professional. Shake well before use. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Aconitum Napellus 30C, Arsenicum Album 30C, Belladonna 30C, Calcarea Carbonica 30C, Carcinosis 30C, Causticum 30C, Lachesis Mutus 30C, Mercurius Vivus 30C, Nitricum Acidum 30C, Phosphorus 30C, Rhus Tox 30C

*Daily Value (DV) not established

Other Ingredients: Citric acid, demineralized water, glycerin, sodium benzoate.

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Relax and Unwind



Relaxatone™ may temporarily relieve anxiety and stress.**

Tonifiers are formulated to provide cleansing and purification of various body systems in a more gentle fashion, not causing the immediate release of cellular toxins. They are most applicable in dealing with the seriously ill or with those facing acute conditions. Drainage remedies are included in these formulations to assist the body in the expulsion of released toxins.**

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

Relaxatone™

1 oz.

Suggested use: Adults and children 5 to 10 drops orally, 3 times daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Passiflora Incarnata 3X, Scutellaria Laterifolia 3X, Valeriana Officinalis 3X, Arsenicum Album 12X, Calcarea Carbonica 12X, Coffea Cruda 12X, Ignatia Amara 12X, Kali Phosphoricum 12X, Lycopus Virginicus 12X, Staphysagria 12X

*Daily Value (DV) not established

Other Ingredients: Demineralized water, 20% ethanol



Rescue 5™ may temporarily relieve trauma, terror, panic, tension, fear, and the effects of startling experiences.**

The term “Homeopathic Cord” (or “Chord” as some prefer to spell it) describes a homeopathically prepared remedy that consists of multiple potencies of the same single homeopathic. Some practitioners prefer this approach in the belief that the body draws upon or rotates through the various potencies on an as-needed basis.**

ENERGIQUE HAND-SUCCESSSED HOMEOPATHIC

Rescue 5™ 30C, 200C

1 oz.

Suggested use: Adults and children 5 to 10 drops orally, 1 time daily or as otherwise directed. If symptoms persist for more than 7 days consult a healthcare professional. Consult a physician for use in children under 12 years of age.

SUPPLEMENT FACTS

Clematis Vitalba (Clematis) Flos 30C, Clematis Vitalba (Clematis) Flos 200C, Helianthemum Nummularium (Rock Rose) Flos 30C, Helianthemum Nummularium (Rock Rose) Flos 200C, Impatiens Glandulifera (Impatiens) Flos 30C, Impatiens Glandulifera (Impatiens) Flos 200C, Ornithogalum Umbellatum (Star of Bethlehem) Flos 30C, Ornithogalum Umbellatum (Star of Bethlehem) Flos 200C, Prunus Cerasifera (Cherry Plum) Flos 30C, Prunus Cerasifera (Cherry Plum) Flos 200C

*Daily Value (DV) not established

Other Ingredients: Demineralized water, 20% ethanol

See Also:

Kava Kava - spagyric single herbal
Ashwagandha - spagyric single herbal
Tranquil Pro™ - spagyric combination herbal
Valericom™ - spagyric combination herbal
Lavendar Oil - essential oil
Anxiety HP™ - combination homeopathic
GABA Phenolic - combination homeopathic

Limbex™ - combination homeopathic
Mentox HP™ - combination homeopathic
Multi Flower - combination homeopathic
Rescue 5™ - combination homeopathic
Rescue 5 200C™ - combination homeopathic
Terrestristat™ - combination homeopathic

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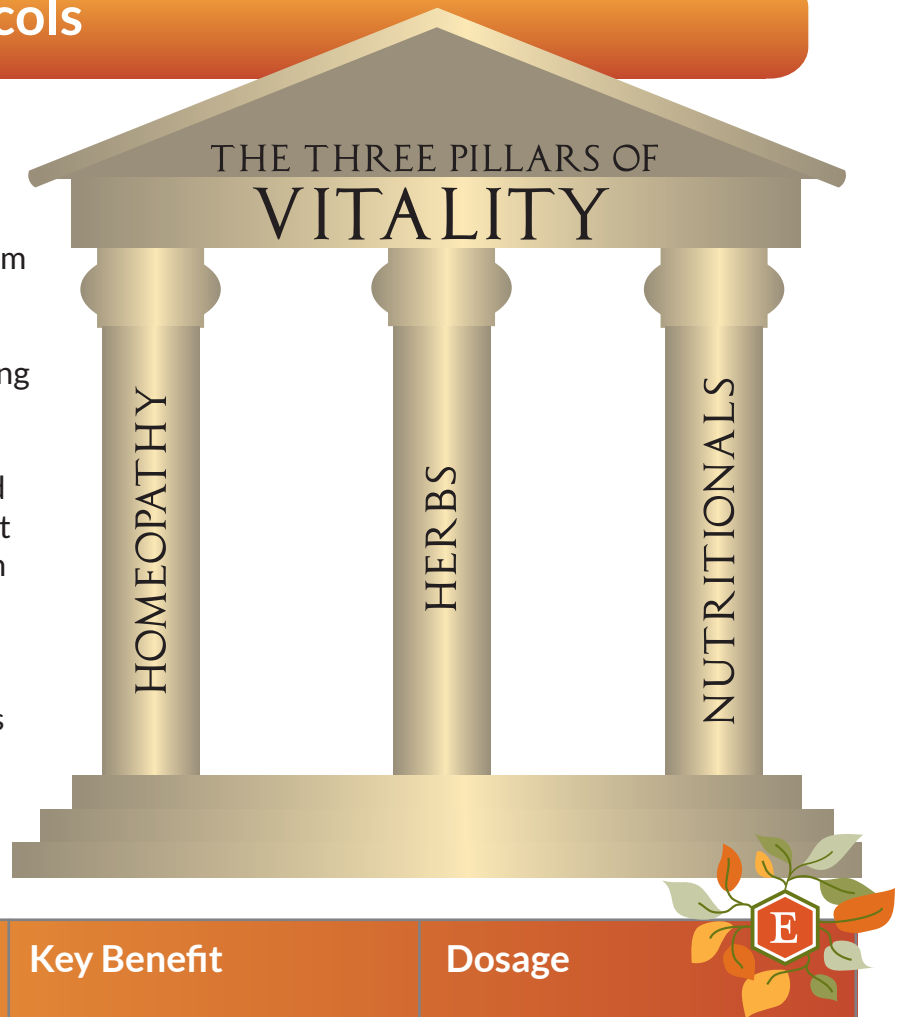
Stress & Adrenal Protocols

Building a balanced, multi-faceted protocol to provide an exceptional foundation for wellness is the ultimate aim of practitioners.

One way to achieve this is by remembering the three pillars of vitality: homeopathy, herbs, and nutritionals. Energique has always provided these differentiated and integrative modalities which complement one another and work at distinct levels in the body to harmoniously facilitate your wellness goals.

For more information on the three pillars of vitality contact our staff doctors at:

askthedoc@energiquepro.com



Healthy HPA Axis Balance	Product	Key Benefit	Dosage
Herbal	Adrenavate	May balance HPA axis and adrenal function	10-30 drops 3 times daily
	or Stress Formula	May support adrenals and promote calm	10-30 drops 3 times daily
Homeopathic	Adrenapar	May relieve fatigue and nervous exhaustion	5-10 drops 3 times daily
Nutritional	Intact Adrenal	Nutritional adrenal glandular	1 capsule 1-2 times daily

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Stress & Adrenal Protocols



Energy and Vitality	Product	Key Benefit	Dosage
Herbal	Adrenavate	May enhance vitality and increase stamina	10-30 drops 3 times daily
Homeopathic	Age Defiance Pro or	For symptoms associated with premature aging	5-10 drops 3 times daily
	Multi-Cell Salt	Cell salts to support cellular function	5-10 drops 3 times daily
Nutritional	Methylfol	Chewable methy-B12 and methylfolate	1 capsule 1-2 times daily
Nutritional	Life Choice - Green Nutrition	Packed with antioxidants and nutrients	2 capsules 2 times daily



Relax and Unwind	Product	Key Benefit	Dosage
Herbal	Calming Formula	Moderate occasional stress	10-30 drops 3 times daily
Homeopathic	Anxiety Spray or	May relieve fearfulness and restlessness	2 sprays 2 times daily
	Relaxatone or	May relieve stress	5-10 drops 3 times daily
	Rescue 5 30C, 200C	May relieve fatigue and nervous exhaustion	5-10 drops 3 times daily
Nutritional	GABA	Encourage relaxation	1 capsule 1-2 times daily

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Practitioner Services

We strive to bring value added service and features to aid you in your practice. We are continually adding new content and new programs that we hope will help support you.

PDSP (Patient Direct Ship Program)

The Patient Direct Ship Program allows you the convenience of having product shipped directly to your patient without having to inventory it yourself.

Homeopathic Compounding

Practitioners can create custom formulas from our broad stock offering of intermediates. Custom formula ordering is limited to a 2 to 6 bottle order and can have up to 4 ingredients. All formulas will contain 20% ethanol and will be packaged in 1 oz amber glass bottles with glass droppers. Check program rules for further information and guidelines.

Blogs

Insightful and thorough blog content written by our credentialed and knowledgeable staff on a wide range of topics. Take a deep dive into topics ranging from vitamins to EMFs.

Webinars

We host regular webinars on topical content, with a wide variety of speakers. Most of our live webinars allow for interaction and a Q and A time with our guest speakers at the end of the webinar. We will also soon be offering our previously recorded webinars for on demand streaming. Check back to energiquepro.com for that announcement.

Therapeutic Guide

We offer an online and downloadable Therapeutic Guide of conditions at energiquepro.com. This guide is always being updated as new products come online.



Our facilities in Georgia and Iowa



Meet Our Experts:

Questions for our staff doctors?
askthedoc@energiquepro.com



Dr. Laurell Matthews, ND

Dr. Laurell Matthews, ND, has a bachelor's degree in biochemistry and received her doctorate in Naturopathic Medicine from Bastyr University. She has a life-long interest in the underlying mechanisms behind homeopathy, with a passion for helping people understand how to be healthier using dietary and lifestyle changes along with other natural medicine modalities like botanical medicine.



Dr. Ian Spohn, ND

Ian Spohn, ND, is a staff naturopathic doctor for Energique. He earned his doctorate in Naturopathic Medicine in 2016 from the National University of Natural Medicine in Portland, OR, receiving an additional certificate in homeopathy. He enjoys challenging the dogmas of both conventional and alternative medicine, and is a passionate supporter of the paleo diet and classical homeopathy.



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