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 Liquorice root, Shatavari, Panax ginseng, Ginger, Vitamins B1, B5, B6 & C, minerals and antioxidants.

Nutritional Therapy

Rejuvanitive 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, nerve & 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)

Specifications

- 90 Film Coated Tablets
- 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.

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Glycyrrhiza glabra (liquorice 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 liquorice is to support adrenal function. (12) Liquorice also has a long history as an adaptogenic and expectorant for bronchial catarrh, removing phlegm and relieving cough, spasms, and pain. It inhibits inflammation in airways and is traditionally used in bronchitis, pharyngitis, and bronchial asthma. (13,14,15) Glycyrrhiza officinalis (ginger root) possesses multiple biological activities including high antioxidant activity, and is anti-inflammatory, antimicrobial, and neuroprotective. (16) Clinical studies support the beneficial effects of Aden Complex for eye and extra-eye health. In one study, the combination of vitamins B1, B5, and B6, zinc, copper, and magnesium was shown to provide significant improvements in subjective measures of visual function, including visual clarity, contrast sensitivity, and overall vision. Additionally, the combination showed improved antioxidant status, as measured by increased levels of reduced glutathione and decreased levels of oxidized glutathione. These findings suggest that Aden Complex may be effective in maintaining ocular health. (17)

SYNERGISTIC VITAMINS AND MINERALS

The antioxidant and anti-inflammatory cortisone analogue lutein is an important component of Aden Complex. It inhibits both the pro-inflammatory cytokine cascade and cyclooxygenase enzymes. (18, 19) Clinical studies have also found it to exert positive effects on cognitive function in both young and aging subjects and to improve cardiovascular health. (18) 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 ovarian 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 lutein have been shown to improve visual function, cognitive performance, and immune function. (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. (26) The zinc in Aden Complex is a fully refined 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 supplemented potassium and sodium which may become depleted in cases of adrenal insufficiency. (28)