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
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, 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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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
Asparagrus racemosus ext. dry conc.: 300mg
Derived from dry root: 5.1g
Glycyrrhiza glabra ext. conc.: 36.36mg
Derived from dry root: 1g
Zingerib officinale ext. dry conc.: 20mg
Derived from dry root: 100mg
Panax ginseng ext. dry conc.: 15mg
Derived from dry root: 150mg

Excipients:
- Ascorbyl Palmitate
- colloidal anhydrous silica, 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.

Adaptogenic Herbs:
- Reactivity as it passes through the stomach, enhancing its stability, absorption, bioavailability, and digestibility. (27)
- Zinc in the endocrine system. (22, 26) The zinc in Aden Complex is a fully reacted 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 function and plays a critical role in the endocrine system. It is essential for the conversion of testosterone to dihydrotestosterone.
- Synergistic vitamins and minerals: significantly lower the inflammatory mediators C-reactive protein and TNF-α. (17)
- Phytotherapy research : PTR. 2018;32(1):232-34.
- Clinical studies have shown that dietary intake of zinc can decrease markers of inflammation and improve immune function. (20, 21)
- Cardiovascular health. (18, 20) While lutein is found in many fruits and vegetables, it has 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. (22, 26) The zinc in Aden Complex is a fully reacted amino acid chelate. (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: