Para Tone is designed to provide sympathetic support. It contains a synergistic blend of vitamins, minerals and herbs including vitamin B5 to support energy production and stress response, activated forms of vitamin B6 and B9, bioflavonoids, amino acids and the specially selected herbs *Eleutherococcus senticosus*, *Brassica oleracea* var. *Italica*, *Withania somnifera*, *Capsicum annuum*, *Zingiber officinale* and *Piper nigrum*.

**What you need to know about this supplement**

- Supports healthy stress response in the body and assists in coping with environmental stress (pantothenic acid)
- Maintains healthy thyroid gland function (iodine)
- Aids thyroid hormone production (selenium)
- Maintains energy production (pantothenic acid, thiamine, biotin, iodine, pyridoxine, nicotinamide, manganese)
- Supports energy levels (pantothenic acid, pyridoxine, nicotinamide, *Eleutherococcus senticosus*)
- Helps convert fats and carbohydrates into energy (biotin)
- Maintains nervous system function (thiamine, pyridoxine, nicotinamide, pantothenic acid, ascorbic acid, zinc)
- Maintains cognitive function (*Eleutherococcus senticosus*, iodine, zinc).
- Maintains focus and clarity (*Eleutherococcus senticosus*)
- Maintains healthy immune system function (zinc, pyridoxine, selenium, ascorbic acid, d-alpha-tocopherol)
- Supports healthy blood circulation in traditional Western Herbal Medicine (*Capsicum annuum*). Supports heart health (thiamine).
- Improves digestive weakness and relieves symptoms of indigestion in traditional Western Herbal Medicine (*Zingiber officinale*, *Capsicum annuum*).
- Reduces flatulence and excess intestinal gas (*Capsicum annuum*)
- Relieves colic and abdominal spasm in traditional Western Herbal Medicine (*Zingiber officinale*).
- Assists the metabolism of proteins (levomefolic acid)
- Antioxidant; reduces free radicals formed in the body (ascorbic acid, d-alpha-tocopherol, selenium, manganese, and zinc).
- Maintains general health and wellbeing (levomefolic acid, thiamine, biotin, iodine, pyridoxine, selenium, nicotinamide, pantothenic acid, ascorbic acid, d-alpha-tocopherol, manganese and zinc).

**Specifications**

90 Film Coated Tablets (with Aqua Polish® )

Description: Brown speckled

Dosage Adults: Take 1 tablet, 3 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** gluten, wheat, yeast, egg, gelatin, fish, molluscs, crustaceans, milk products, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours. Contains phenylalanine.
Each Tablet Contains:

- Thiamine hydrochloride: 2.24 mg
- Equiv. Thiamine (Vitamin B1): 2 mg
- Nicotinamide: 2 mg
- Calcium pantothenate: 9.83 mg
- Equiv. Pantothentic acid (Vitamin B5): 9 mg
- Pyridoxal 5-phosphate monohydrate: 3.14 mg
- Equiv. Pyridoxine (Vitamin B6): 2 mg
- Levomefolate glucosamine: 90 mcg
- Equiv. Levomefolic acid (5-MTHF): 50 mcg
- Ascorbic acid (Vitamin C): 60 mg
- d-alpha tocopheryl acetate: 7.35 mg
- Equiv. d-alpha-tocopherol (Vitamin E 10 IU): 6.71 mg
- Biotin: 80 mcg
- Inositol: 50 mg
- Quercetin: 50 mg
- Potassium (as Potassium sulfate): 35 mg
- Zinc (as zinc glycinate monohydrate): 3 mg
- Manganese (as manganese (II) glycinate): 1 mg
- Iodine (as Potassium iodide): 70 mcg
- Selenium (as selenomethionine): 20 mcg
- Acetyl L-carnitine hydrochloride: 148.7 mg
- Equiv. Levocarnitine: 100 mg
- Tyrosine: 10 mg
- Lysine hydrochloride: 12.5 mg
- Equiv. Lysine: 10 mg
- Serine: 5 mg
- Eleutherococcus senticosus ext. dry conc. 50 mg
  Derived from minimum dry root: 750 mg
  Stand. to contain eleutherosides: 40 mcg
- Brassica oleracea var. Italica ext. dry conc. 37.5 mg
  Derived from dry herb: 750 mg
- Withania somnifera ext. dry conc. 25 mg
  Derived from dry root: 250 mg
- Zingiber officinale rhizome ext. dry conc. 10 mg
  Derived from minimum dry rhizome: 250 mg
  Stand. to contain gingerol: 1 mg
- Capsicum annuum ext. dry conc. 8.33 mg
  Derived from dry fruit: 50 mg
- Piper nigrum fruit ext. dry conc. 16 mcg
  Derived from minimum dry fruit: 400 mcg
  Stand. to contain Piperine: 15.2 mcg

Vitamin E is from a naturally derived source.

**Warnings**

If symptoms persist, talk to your health professional.

This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. Vitamins and minerals can only be of assistance if dietary intake is inadequate.

**Excipients**

- Apple, blackcurrant, calcium carbonate, calcium hydrogen phosphate, calcium sulfate, carnauba wax, citric acid, colloidal anhydrous silica, croscarmellose sodium, hypromellose, hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, purified water, radish, riboflavin, rice starch, silificied microcrystalline cellulose, silicon dioxide, spirulina extract, stearic acid, sunflower oil.

**Work with the Specialists!**

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**PEER NOTES**

**ENERGY & STRESSORS**

A lack of “energy” is a consequence of today’s world due to stressors such as lifestyle, social, psychological, and general wellbeing issues. In Australia over 1.5 million people per year seek advice from medical practitioners due to fatigue or lack of energy. (1)

Stressors lead to a physiological response of the hypothalamus-pituitary-adrenal axis (HPAA). Common biomarkers of this response are raised cortisol markers and heart rate. (2) The adrenal gland adapts to different kinds of stressors by either over functioning or under-functioning (3) which can affect immune system function (4), cognitive function (5), brain focus (5), energy levels (6), digestive function (7) and result in metabolic disorders (3).

Lack of energy and fatigue are often a consequence of low-level chronic stress. The cumulative effect of stressors causes lasting changes to energy production at a cellular level (6). Low-level, frequent chronic stress is more likely to have an impact on long-term wellness than occasional acute episodes (8).

**COGNITIVE FUNCTION & STRESSORS**

Stress can cause structural changes in the brain with long-term effects on the nervous system. Both memory and cognition are dependent on the hippocampus, the area of the brain with the highest level of response to stress. Stressors can cause declarative memory disorders affecting the ability to recall facts and concepts, and also affect learning, decision making, attention, and judgment. (5)

**EFFECTIVE ABSORPTION & BIOAVAILABILITY**

Each person’s nutrient requirement depends on lifestyle, genetics, stressors (chronic or acute) and their metabolic response. For people where the adrenal gland adapts to stressors by under-functioning (3) the paramount symptom is lack of energy, due to low aldosterone causing a loss of certain nutrients (9). A targeted multi-nutrient formulation is required to address these deficiencies and support energy production. Metabolic absorption relies on combining synergistic nutrients together with the co-factors at optimal doses.