

# Adrenacrine

detoxification blend



## ingredients

Ocimum basilicum (Sweet Basil), Anethum graveolens (Dill Weed), Levisticum officinale (Lovage Root), Mentha piperita (Peppermint), Cocos nucifera (Fractionated Coconut)

## suggested use

- Apply topically over the liver or kidney area twice per day. Adrenacrine can be used following antibiotics or other medications, drug and alcohol poisoning, during times of extreme stress, or for daily adrenal care. Use for 10 days, then wait 10 days before using again.

## topical dilution guidelines

- Topical dilution for healthy individuals ages 10 and over is 10% (60 drops per 1 ounce of carrier oil).

## responsible cautions

- Dilute before applying topically.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

In today's fast-paced, fight-or-flight world, adrenal fatigue has become quite common. Many of us are always on the go, never taking the time to truly relax. So whether we're stressed about being late for work or literally running for our lives, our adrenals don't know the difference.\*

In a crisis situation, we get a boost of adrenaline and cortisol to deal with the immediate challenge, then once we're safe, the adrenals re-regulate and our bodies return to normal function. But sometimes when there is chronic stress and worry, the flight-or-flight mechanism never gets switched off and we have a constant flow of stress chemicals taxing the body.\*

Sustained, high levels of cortisol can compromise healthy organs and normal, functioning hormone levels can become destabilized. At this point, we can experience adrenal exhaustion/fatigue and the many symptoms associated with it like weight gain, insomnia, tiredness, depression, food cravings, mood swings, and lack of focus.\*

Adrenacrine is a proprietary essential oil blend formulated for the express purpose of stimulating, supporting, and strengthening the adrenal system.\*

## ingredient highlights

- **Sweet Basil:** Has been shown to lower cortisol levels and is considered one of the best aromatic nerve tonics for its ability to assist with nervous tension, stress, anxiety, and depression. It may also be useful in supporting the body with insomnia and migraine headaches.\*
- **Dill Weed:** Shown to exhibit anti-inflammatory and analgesic properties that fight free radical damage which may lead to autoimmune disorders, heart disease, cancer, arthritis, premature aging, and neurodegenerative diseases like Alzheimer's and Parkinson's.\*
- **Lovage Root:** Has sedative and antispasmodic properties that may help soothe anxiety and promote restful sleep. Emotionally and energetically, Lovage has been shown to assist with reducing stress, fatigue, depression, and overall feelings of melancholy.\*
- **Peppermint:** Has been shown in studies to assist in lowering cortisol levels and calming anxiety. Its aroma stimulates the nervous system, releasing endorphins that induce a positive mental effect on the body and brain.\*