USAGE: Take 1 tablet 1 to 2 times per day or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

The adrenal glands produce hormones that underlie the body's mechanisms for coping with physical and mental stress. Overtraining in athletes, chronic anxiety, worry, nervous tension and other factors associated with excessive cortisol release are linked to adrenal exhaustion and fatigue. Over-reliance on caffeine and other stimulants also taxes the adrenals.

Jarrow Formulas * Adrenal Optimizer* combines important nutrients and nutraceuticals that support adrenal health.* Vitamin C, DIME and partiotheric acid participate in the synthesis and release of adrenal hormones.* Adrenal Optimizer* works best when combined with adequate rest and sound nutrition.*

Keep out of the reach of children.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended

to diagnose, treat, cure or prevent any disease.

05113ADREN PROD # 129032 Distributed E:



Distributed Exclusively by:

Jarrow FORMULAS®
Superior Nutrition and Formulation®
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com
© 2013 Jorrow FORMULAS®



Adrenal Optimizer

Supports Adrenal Renewal* and Stress Reduction*



Supplement Facts

Serving Size 1 Tablet	ervings Per Container 60	
Amo	unt Per Serving	% DV
Vitamin C (as calcium ascorbate)	100 mg	167%
Vitamin B ₅ (as calcium d-pantothenate)	250 mg	*
Chamomile Flower Extract (Matricaria recutita)	125 mg	
Shatavari (Asparagus racemosus) (root)	100 mg	*
Gotu Kola (Centella asiatica) (leaves)	100 mg	*
Rhodiola Rosea Root Extract	100 mg	*
Eleuthero Root Extract (Eleutherococcus sentico	sus) 100 mg	*
Licorice Root Extract (Glycyrrhiza glabra, 4:1)	100 mg	*
Sensoril® Ashwagandha Root and Leaf Extract (Withania somnifera)	100 mg	*
Schizandra Berry Extract (Schisandra chinensis)	80 mg	*
DMAE (from DMAE Bitartrate)	25 mg	*

* Daily Value not established

Other Ingredients: Cellulose, stearic acid (vegetable source), calcium phosphate, magnesium stearate (vegetable source), silicon dioxide and a food grade coating. No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish,

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Sensoril® is protected under U.S. Patent # 6,713,092 and is a registered trademark of Natreon, Inc.