

Anti-Stress Adaptogens

In herbal medicine, stress-fighting herbs are called “adaptogens,” because they help the body adapt to imbalances and challenges due to stress caused from extrinsic (external) and intrinsic (internal) sources. The role of an adaptogen is to provide the body with the resources to regulate over-activity or under-activity and to return it to normal function and balance. In response to physical or psychological high stress levels, the body increases the release of cortisol, commonly termed the stress hormone. This can lead to weight gain and excess weight being stored in the waist, hips, and abdominal areas, and may also lead to high-blood pressure, depression, many degenerative conditions, and accelerated aging. By strengthening the body, adaptogens support the immune system in resisting disease and illness. Adaptogens assist in restoring and harmonizing all body systems.

Ionix Supreme contains nine adaptogenic substances that have been well-documented in the fields of both traditional and herbal medicine.