

10. Nervous system Support/ Stress and Anxiety

Cortico B5B6



Cortico-B5B6 supplies significant amounts of pantothenic acid and pyridoxine—water-soluble B vitamins that are important for many physiological functions.

Vitamin C (as ascorbic acid) 240 mg

Vitamin B6 (as pyridoxine HCl) 100 mg

Pantothenic Acid (as D-calcium pantothenate) 500 mg

Magnesium (as magnesium oxide) 75 mg

Citrus Bioflavonoid Complex 100 mg

[standardized to 45% (45 mg) bioflavonoids: hesperidin and other naturally occurring phenolic compounds]

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid, silica, and coating (deionized water, microcrystalline cellulose, polyethylene glycol, and carrageenan)

Directions: One tablet daily or as directed by your healthcare practitioner

Licorice Plus



Licorice Plus is a specially designed, herbal adrenal support formula for individuals who are burned out and exhausted. It features standardized extracts of licorice and ashwagandha combined with rehmannia and Chinese yam.

Licorice Plus is designed for individuals who have been exposed to moderate or prolonged stress and have difficulty achieving an adaptive response, which may be due to physically exhausted reserves.*

Benefits Include

- Supports healthy cortisol metabolism, which is associated with a healthy physiological response to stress.*
- Promotes healthy adrenal function and vitality.*
- Provides ashwagandha, an Ayurvedic herb with adaptogenic properties—often referred to as "Indian ginseng."*
- Standardized to assure controlled delivery of glycyrrhizic acid—a key active ingredient from licorice.
- Ideal for those who are "stressed and hot."*

Frequently Asked Questions

Who would benefit from Licorice Plus®?

Health care professionals typically recommend this product for cortisol metabolism support in those who are "stressed and hot" (as in feeling "burned out" by stress). This formula is designed for those who have been exposed to moderate or prolonged stress, and may have difficulty achieving an adaptive response to stress due to physically exhausted reserves.*

How does Licorice Plus® work?

It provides adaptogenic herbs used in traditional Chinese medicine and Ayurveda to support balanced health functions. This strategic blend is designed to support healthy cortisol metabolism (the "stress" hormone) and adrenal function (where cortisol is produced).*

How does Licorice Plus® compare to other products or approaches?

This product contains only natural ingredients for a safer approach. It provides botanicals with time-tested traditional use that suggest value in modern clinical experience for strategic stress response support. Herbal supplements often come with added quality concerns, but Metagenics takes added measures on all herbal products for quality assurance. Another unique product feature is standardized glycyrrhizic acid to assure controlled delivery of this key active ingredient from licorice root. This formula is also suitable for vegetarian use.*

How long is Licorice Plus® typically recommended?

This formula was designed for strategic, short-term support for cortisol metabolism during times of stress. Individual results and recommendations may vary based on your individual needs. For best results, follow your health care professional's guidelines.*

Why is Licorice Plus® safe?

It contains a blend of natural ingredients with an excellent safety profile. Plus, Metagenics' manufacturing facility has 3 certifications for good manufacturing practices to ensure the highest quality. For a higher degree of reliability and predicted safety, Metagenics herbal formulas are evaluated by our MetaBotanica® Method to assure quality and the presence of active factors for optimal effectiveness.*

Supplement Facts

Serving Size: 2 Tablets

Servings per Container: 30

	Amount Per Serving	% Daily Value
Licorice (<i>Glycyrrhiza glabra</i>) Root Extract [standardized to 25% (150 mg) glycyrrhizic acid]	600 mg	*
Ashwagandha (<i>Withania somnifera</i>) Root Extract (containing withanolides)	100 mg	*
A 4:1 herbal extract blend of:	500 mg	
Rehmannia (<i>Rehmannia glutinosa</i>) Root		
Chinese Yam (<i>Dioscorea oppositifolia</i>) Root		

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), silica, coating (water, hypromellose, medium chain triglycerides, and hydroxypropylcellulose)

Directions: Take two tablets one to two times daily or as directed by your healthcare practitioner

Adrenogen



Adrenogen provides nutritional support for adrenal function by combining high-quality nutrients that are involved in hormone regulation. The body's adrenal glands produce stress hormones, steroid hormones, and blood pressure-regulating hormones.

Delivers a select blend of B vitamins involved in adrenal hormone production. Provides adrenal concentrate that is guaranteed raw (processed below 37°C) so the natural constituents remain intact.

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 270

	Amount Per Serving	% Daily Value
Riboflavin	10 mg	588%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,250%
Pantothenic Acid (as D-calcium pantothenate)	50 mg	500%
Raw Adrenal Concentrate (bovine)	80 mg	*
<i>para</i> -Aminobenzoic Acid (PABA)	25 mg	*

*Daily value not established.

Other Ingredients: Microcrystalline cellulose, cellulose, calcium silicate, croscarmellose sodium, stearic acid (vegetable), silica, magnesium stearate (vegetable)

Directions: Take one tablet three times daily or as directed by your healthcare practitioner