



NATURE'S SUNSHINE

AdaptaMax

Kosher

Halal

Non-GMO

GOOD FOR

Adrenals

Immune System

Nervous System

SIZE **100 Capsules**

ITEM # **872**

SERVING **2**

SUPPLY **16–25 days**

DIRECTIONS FOR USE Take 2 capsules with a meal two to three times daily.

— How the Key Ingredients Work

AdaptaMax brings together a carefully chosen blend of time-honored adaptogens, nourishing botanicals, and antioxidant-rich whole foods to help your body handle everyday stress, maintain steady energy, and keep your natural defenses strong. Each ingredient plays its own role, and together they work as a team to support balance from the inside out.

Ashwagandha — One of the most researched stress-support herbs in the world, ashwagandha has been used in Ayurvedic tradition for over 3,000 years. Clinical studies show it helps bring cortisol — your main stress hormone — back toward a healthy range, supports steady energy, and may help maintain healthy testosterone levels in men as they age.

Rhodiola — Known as golden root or arctic root, rhodiola has a long history of use in cold-climate traditional medicine. Research shows it helps the body adapt to physical and mental stress, supports a healthy cortisol response, and has been shown in clinical trials to meaningfully reduce feelings of fatigue and burnout while also lending antioxidant support.

Ginseng — Panax ginseng is one of the most celebrated herbs in traditional Asian medicine, prized for centuries as a whole-body tonic. Modern research backs up that reputation — clinical studies show it supports healthy energy, helps the body respond to stress, may support healthy testosterone in aging men, and provides meaningful antioxidant protection throughout the body.

Eleuthero — Often called Siberian ginseng, eleuthero has been used in Russian and Chinese medicine for generations to build stamina and resilience. Research confirms it helps regulate the body's stress response, supports healthy cortisol levels, and provides antioxidant activity through its natural phenolic and flavonoid compounds — making it a solid everyday adaptogen.

Schisandrins — The active compounds in the Chinese berry Schisandra chinensis, schisandrins have been used in Traditional Chinese Medicine and Russian herbal practice to combat fatigue and support adrenal health. Clinical research shows they help support the body's stress-response system, provide strong antioxidant protection, and in one double-blind trial helped improve muscle strength and reduce exercise-related lactic acid buildup.

Jiaogulan — Sometimes called 'miracle grass' or poor man's ginseng, jiaogulan is a climbing vine from East Asia with a rich history as a wellness tonic. A clinical trial found it improved cycling performance in healthy men, and research shows its active compounds support the body's own antioxidant defenses, help ease anxiety under chronic stress, and support healthy circulation.

Suma — Suma — also known as Brazilian ginseng — is a root used for centuries by indigenous peoples of South America as a calming, strengthening tonic. Research suggests it supports antioxidant enzyme activity, and a clinical study found it helped improve hemoglobin levels and red blood cell health. Animal research also points to calming, anxiety-reducing effects that align with its traditional use.

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