GAIA Adrenal Health

What is it?
This product has been designed to support the body’s response to stress. It contains a blend of several adaptogenic herbs including Rhodiola, Holy Basil, Ashwaghanda, Wild Oats Milky Seed, and Schisandra. These ‘Adaptogens’ can work alone or in combination to support the adrenal glands which tend to overwork when you are stressed out! This can result in chronic inflammation, decreased immune capacity, and mood changes. Adaptogens help your body to restore its own balance and fortitude.

How much should I take?
On the label, this GAIA product recommends to take 2 capsules 2 times daily, but we recommend you start with two capsules in the morning, and then increase after 1-2 weeks if no improvement. For some people, it may take up to 4 weeks to feel the full effect.

Is it safe?
We have chosen a very safe, reputable brand for your health. This is especially critical for products that affect the adrenal glands. However, if at any time before or during taking this product, your energy is significantly low, drops precipitously, or if you have any thoughts of harming yourself, you should immediately see a provider. Also, if you are currently on medication for any mood problems or if you have diabetes, please first consult your provider.