

STRESS Arrest™



Dr. Kirk E. Manson
Chiropractic Physician

Clinical Applications

- Support for Adrenal Hormone Synthesis
- Support for Adrenal Physiological Functions
- Support for Body's Own Energy Production

STRESS Arrest™ supplies significant amounts of bioavailable nutrients needed to support healthy function of the adrenal gland. The nutrients in the formula aid in the body's own production of energy by enhancing the synthesis of Coenzyme A.

All aaahh ChiroSpa® Formulas Meet or Exceed cGMP quality Standards

aaahh ChiroSpa
1804 Carlisle Boulevard NE
Albuquerque, NM 87110
505-884-0044

Discussion

Pantothenic Acid (as D-calcium pantothenate): Pantothenic acid, a B complex vitamin also known as B5 is an unstable oil; therefore its water-soluble salt, D-calcium pantothenate is mostly used in supplements. It is comprised of 91.5% pantothenic acid and 7.5% calcium. Among very many physiological functions, pantothenic acid is a precursor to the synthesis of Coenzyme A, is an essential cofactor for ATP production and is essential to the adrenal cortex for its production of anti-inflammatory glucocorticoids.

Vitamin B6 (as pyridoxal 5'phosphate and pyridoxine HCl): This B vitamin is present in part in the activated form in which it is mostly transported in the plasma. Among its numerous biological functions vitamin B6 affects the function of the adrenal glucocorticoid receptor, stimulates the secretion of adrenal catecholamines and aids in sodium and potassium balance.

Vitamin C (as magnesium ascorbate): The release of ACTH from the pituitary and the presence of a stressor(s) each deplete the relatively large amount of vitamin C typically stored in the adrenal cortex.^[1] This vitamin is essential for the synthesis of epinephrine which is secreted by the adrenal medulla in response to stress. Epinephrine in turn plays a role in the synthesis of aldosterone that regulates blood pressure, volume and pH.

Folate (as folic acid and calcium folinate): This B vitamin is important for the building and repair of protein that may be destroyed by stress hormones. It is also key to the synthesis of serotonin, a neurotransmitter that affects mood, appetite and sleep (each often affected by stress).

L- Carnitine (as tartrate): This conditionally essential nutrient derived from lysine is needed for the "Carnitine Shuttle". It transports long-chain fatty acyl CoA from the outside to the inside of the mitochondria making it a key nutrient in the production of energy.

Bioperine®: This patented extract of black pepper (*Piper nigrum*) has been shown to significantly enhance the availability of vitamin C and vitamin B6.^[2]

www.aaahhchirospa.com

STRESS Arrest™





Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 120

	Amount Per Serving	%Daily Value
Pantothenic Acid (as D-calcium pantothenate)	750 mg	7500%
Vitamin B6 (as pyridoxal 5 phosphate and pyridoxine HCl)	75 mg	3750%
Vitamin C (as magnesium ascorbate)	75 mg	125%
Folate (as folic acid and calcium folinate)	400 mcg	100%
L-Carnitine (as tartrate)	150 mg	**
Bioperine®† (black pepper extract)	3 mg	**

** Daily Value not established.

† Bioperine is a registered trademark of Sabinsa

Other Ingredients: HPMC (capsule), Stearic Acid and Magnesium Stearate.

Dosing:

Take one to two capsules twice a day with food.

References

1. Robert Murray DG, Peter Mayes, Victor Rodwell. Harper's Biochemistry. 25 ed. Stamford, Connecticut: Appleton & Lange; 2000
2. www.Bioperine.com {accessed 7.26.06}

Contraindications

Avoid if allergic to black pepper. Vitamin B6 is known to interact with a number of drugs by either enhancing or inhibiting their action. Please consult a drug reference or pharmacist. Although a larger dose than recommended, please note: Long term use of 200 mg or more of vitamin B6 may cause reversible neurological symptoms.

*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.

