

A Little About Us

With the array of supplements available today, what makes one company stand out against the competition? **RESULTS!**

Michael Schwartz' goal has always been to provide people with the highest quality, most synergistically complete nutritional programs possible. From his beginnings as a nutritional counselor in a health food store recommending standard supplements, he saw a need for something **MORE**. He has worked tirelessly to gain knowledge of both nutrition and naturopathic principles in order to create healthcare programs that will enable people to take control of the quality of their lives and feel their best.

Over two decades later, Michael's programs are some of the most highly recommended, innovative and certainly the most comprehensive naturopathic formulas in the natural foods industry. Michael has spent his entire professional career garnering the hands-on-experience necessary to achieve his goal of helping people to discover their own well-being through health.

Adrenal Xtra™
Energy Support®

Supplement Facts		
Serving Size: Three (3) Tablets		
Amount Per Serving	% Daily Value	
Vitamin C (as Calcium Ascorbate)	500 mg	667%
Folic Acid (as Folicin)	600 mcg	150%
Vitamin B-12 (as Cobalamin)	500 mcg	8333%
Pantothenic Acid (as Calcium Pantothenate)	1500 mg	15,000%
Proprietary Blend	650 mg*	
Ashwagandha Root (Withania somnifera), Rhodiola Rosea Root Extract (3% rosavins), Rhodiola Rosea Root & Licorice Root (Glycyrrhiza glabra)		
*Daily Value not established.		
OTHER INGREDIENTS: Microcrystalline Cellulose, Dicalcium Phosphate, Modified Cellulose Gum, Silicon Dioxide, Stearic Acid, Vegetable Stearate & Hydroxypropylmethyl Cellulose.		

Adrenal Factors™
Stress Support®

Supplement Facts		
Serving Size: Three (3) Tablets		
Amount Per Serving	% Daily Value	
Vitamin C (as Calcium Ascorbate)	750 mg	1000%
Folic Acid (as Folicin)	600 mcg	150%
Vitamin B-12 (as Cobalamin)	900 mcg	15,000%
Pantothenic Acid (as Calcium Pantothenate)	450 mg	4500%
Proprietary Blend	1.8 g (1800 mg)*	
Eleuthero Root (Eleutherococcus senticosus), Ashwagandha Root (Withania somnifera), Turmeric Root (Curcuma longa), Juniper Berry (Juniperus communis) & Licorice Root (Glycyrrhiza glabra)		
*Daily Value not established.		
OTHER INGREDIENTS: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid, Vegetable Stearate, Modified Cellulose Gum & Silicon Dioxide.		

Answers To Your Questions

Q: Why Am I So Tired?

A: Your Adrenals Are Exhausted!



Here's What You Can Do...



Date: June 2011

Naturopathic HealthCare Solutions Since 1984

Synergistically Complete Adrenal Support

When was the last time you thought about your adrenal glands? Most of us probably don't. Like sentries guarding the palace, our adrenal glands are always "on duty." They produce the substances our bodies require to function energetically in an environment that can vary from the routinely busy to extremely stressful.

Triggered by either an internal or external stimulus, our involuntary nervous system alerts the adrenals to produce the hormones adrenaline and noradrenaline. This process comprises the classic "fright, flight or fight" response.

The adrenals also produce three corticosteroids, hormones that are essential to life. Cortisol assists in carbohydrate metabolism; aldosterone affects electrolyte metabolism; and estrogens and androgens, which govern the sex glands. Each plays a crucial role in our body's energy-producing process.

So, then, from the most basic of biochemical cellular activities to avoiding a charging elephant, the adrenal glands work to help us survive.



the blood so that the cells have fuel for optimal energy regardless of what you are dealing with in your daily life. Stress compromises adrenal function and depletes nutrients. Is it any wonder, then, we occasionally feel tired?

One role of the adrenals is to communicate with the liver to convert glycogen to glucose and release it into

Are you draggin'? Don't compound the problem by running to the coffee shop or soda machine looking for a quick caffeine or sugar boost. Good nutrition is one way to support the adrenals to work at peak efficiency and stay ready to meet those extraordinary energy challenges.

Try these targeted nutritional supplements from **MICHAEL'S® NATUROPATHIC PROGRAMS'** array of specially formulated products.



MICHAEL'S ADRENAL FACTORS STRESS SUPPORT™ is synergistically complete with components formulated to support adrenal gland function under everyday circumstances. **ADRENAL FACTORS STRESS SUPPORT™** contain vitamins C, B-12 and folic acid along with pantothenic acid, essential in the release of energy from carbohydrates. **ADRENAL FACTORS STRESS SUPPORT™** also contains, among other herbs, licorice root and eleuthero root, known for their energizing properties.

For those times when your body's adrenal response needs extra support, **MICHAEL'S®** offers **ADRENAL XTRA ENERGY SUPPORT™**, a formula to enhance the body's endurance and speed its return to normal energy levels.

ADRENAL XTRA ENERGY SUPPORT™ derives its name and its potency from the addition of three times the amount of pantothenic acid found in **ADRENAL FACTORS STRESS SUPPORT™** and also from Rhodiola rosea.



The added pantothenic acid--1500 mg total--helps to boost red blood cell production providing more oxygen for "fuel burning" and enhances the body's coenzyme-A activity for increased ATP production, essential to maintaining the body's energy levels.

The inclusion of Rhodiola rosea in both its whole herb and extract form provides for the most complete assimilation by the body. Rhodiola has been used for centuries to combat fatigue, support physical strength and enhance mental stamina.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, prevent or cure disease.



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