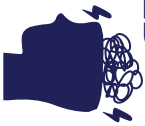


Chronic Stress, Cortisol Resistance & Immunity

CHRONIC, UNRESOLVED STRESS may expose a person to **ELEVATED STRESS HORMONES** from the hypothalamic-pituitary-adrenal (HPA) axis and adrenergic system.¹



Nearly **3 in 4** Australians report **STRESS** impacts their **PHYSICAL HEALTH**²

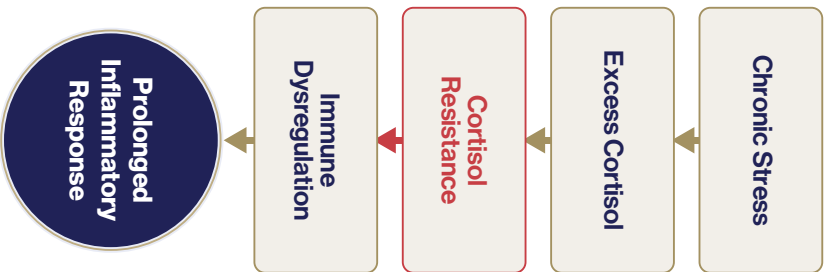


ALMOST **2 in 3** AUSTRALIANS report that stress impacts their **MENTAL HEALTH**²

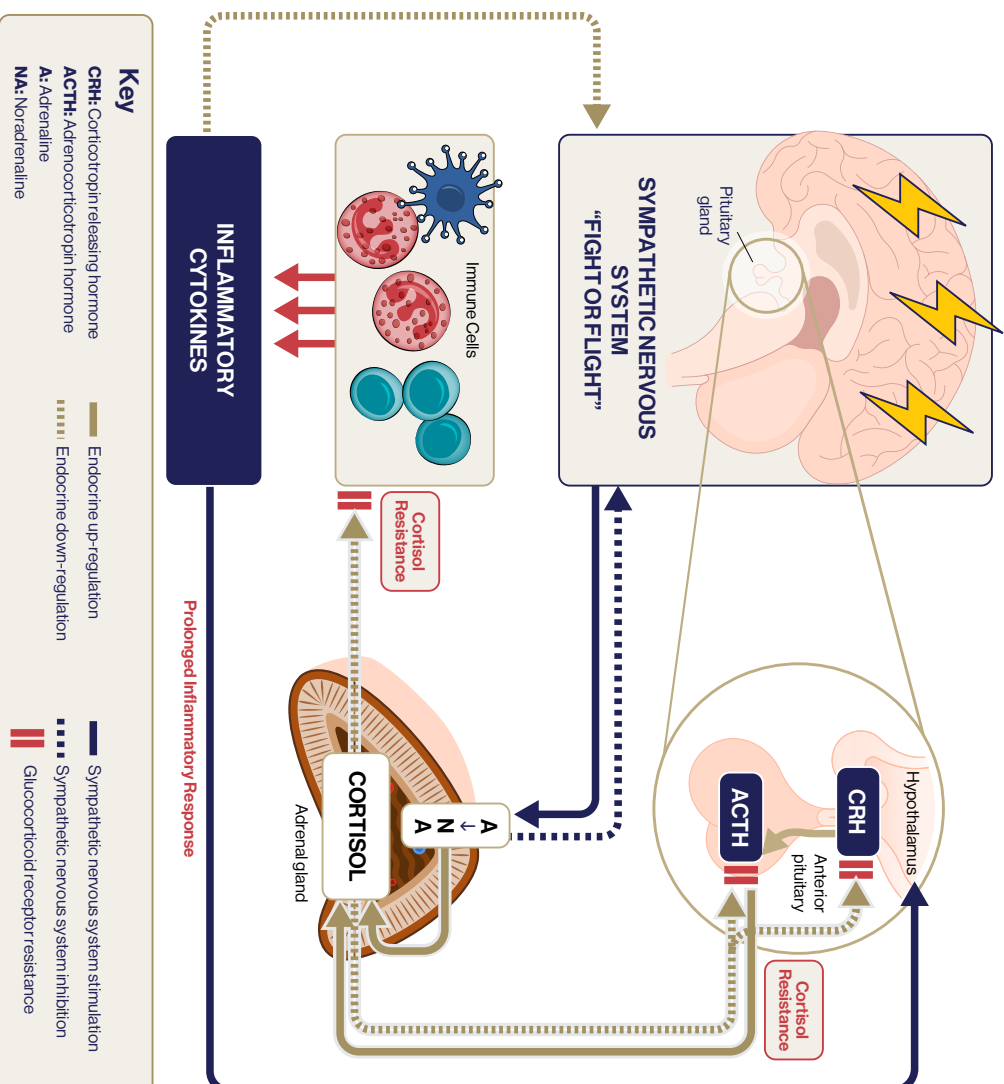


44% of Australian employees report **HIGH LEVELS OF STRESS** in their job³

Cortisol Resistance



Prolonged Inflammatory Response



Key

CRH: Corticotropin releasing hormone
ACTH: Adrenocorticotropin hormone
A: Adrenaline
NA: Noradrenaline

— Endocrine up-regulation

..... Endocrine down-regulation

— Sympathetic nervous system stimulation

..... Sympathetic nervous system inhibition

||| Glucocorticoid/receptor resistance

Herbs for stress, cortisol resistance and immunity

Astragalus

*Astragalus membranaceus*⁴

- Adaptogenic
- Anti-inflammatory
- Antibacterial
- Antioxidant
- Antiviral
- Immunomodulating



Holy Basil

*Ocimum sanctum*⁷

- Adaptogenic
- Anxiogenic
- Antidepressant
- Anti-stress
- Antimicrobial
- Antispasmodic (respiratory)
- Immunomodulatory



Phellodendron

*Phellodendron amurense*¹⁰

- Antibacterial
- Antifungal
- Anti-inflammatory
- Antimicrobial
- Anticancerous
- Antioxidant



Turkey Tail

Trametes versicolor^{11,16}

- Adaptogenic
- Anti-cancer
- Anti-inflammatory
- Antibacterial
- Antifungal
- Antioxidant
- Antiviral
- Immune stimulant



Cordyceps

Cordyceps sinensis^{5,6}

- Adaptogenic
- Anti-inflammatory
- Antibacterial
- Antioxidant
- Antiviral
- Immune modulator
- Nephroprotection



Magnolia

Magnolia officinalis^{8,9}

- Anti-inflammatory
- Antidepressant
- Antimicrobial
- Antioxidant
- Anxiolytic



Siberian Ginseng

Eleutherococcus senticosus^{11,15}

- Adaptogen
- Antibacterial
- Antimicrobial
- Antioxidant
- Antiviral
- Immunomodulator
- Nootropic



Withania (ashwagandha)

*Withania somnifera*⁷

- Adaptogenic
- Anti-inflammatory
- Antibacterial
- Antifungal
- Antioxidant
- Immunomodulating
- Reduces cortisol

