

Ora™



ADRENAL TONIC+

MORE ENERGY • MORE FOCUS
LESS STRESS • LESS ANXIETY

Features affron® Saffron at the clinically-trialled dose to improve mood and relieve mild anxiety



With a potent dose of Schisandra to relieve stress and sleeplessness



6g of Ashwagandha to relieve stress and support cognition



3g of Reishi mushroom to support immunity and sleep



With standardised Rhodiola to support energy, reduce fatigue and relieve stress



Practitioner-grade activated B-vitamins to provide energy and focus



A powerful blend of affron® to improve mood with revered adaptogens, tonic herbs and activated B-vitamins to help you manage stress, support energy and relieve fatigue and tiredness.

Size: 60 vegan capsules

Dose: Take 1 capsule twice a day

Supply: 1 month's supply

TGA Listed Medicine (AUSTL 453129)

- ✓ Made with high quality ingredients at clinically-validated, scientific doses
- ✓ Vegan and cruelty-free formulation
- ✓ Ultra-low excipients
- ✓ Seed-to-shelf transparency



ACTIVE INGREDIENTS	PER CAPSULE	PER DAY
affron® <i>Crocus sativus</i> stigmas ext. equivalent dry stigmas	14 mg 42 mg	28 mg 84 mg
<i>Withania somnifera</i> (Ashwagandha) root ext. dry equivalent	3000 mg	6000 mg
<i>Rhodiola rosea</i> root ext. dry equivalent	600 mg	1200 mg
<i>Schisandra chinensis</i> fruit ext. dry equivalent	2000 mg	4000 mg
<i>Ganoderma lucidum</i> (Reishi) fruiting body ext. dry equivalent	1500 mg	3000 mg
Thiamine hydrochloride (Vitamin B1) Thiamine	25.42 mg 20.00 mg	50.84 mg 40.00 mg
Riboflavin (Vitamin B2)	10.00 mg	20.00 mg
Nicotinamide (Vitamin B3)	50.00 mg	100.00 mg
Calcium pantothenate Equiv. pantothenic acid	54.59 mg 50.00 mg	109.98 mg 100.00 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6) Equiv. Pyridoxine	7.94 mg 5 mg	15.88 mg 10 mg
Calcium folinate Equiv. Folinic acid	220 mcg 200 mcg	440 mcg 400 mcg
Mecobalmin (Co-methycobalamin) (Vitamin B12)	100 mcg	200 mcg

affron® is a registered trademark of Pharmactive Biotech Products.

How We Make It

We have chosen to use the minimum amount of excipients during our manufacturing process.

Ora Adrenal Tonic+™ contains the following added substances:

Colloidal anhydrous silica, Glycine and vegan Leucine – added to aid the manufacturing process, enhance final product stability and support efficacy of the product.

Additional substances related to the capsule and individual ingredients, not added during the product manufacturing process:

Vegetarian Capsule excipients: Hypromellose, purified water, potassium acetate, carrageenan.

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and being transparent about the ingredients we use. The active ingredients in Ora Adrenal Tonic+™ are sourced from:

affron® *Crocus sativus* - 100% vertically integrated source of DNA certified saffron. Locally grown and hand harvested in the Castilla-La Mancha region in Spain. Extracted in Spain using a patented, low temperature Cool-Tech™ process by a facility with GMP, ISO 9001, 22000, 14001, Doping free, Halal and Kosher certifications.

Withania somnifera – Cultivated on farms in India. Extracted in the Minhang district of Shanghai, China, at an Australian privately-owned and operated manufacturing facility with TGA/GMP, SFDA, NSF, ISO 2200 and Halal accreditations.

Rhodiola rosea – Cultivated and extracted on a USDA certified organic farm in Mount Taibai, China. In its cultivation, only roots which are more than five years old are cultivated to ensure sustainability. Extracted in China at a state-of-the-art cGMP, ISO series, Kosher and Halal certified manufacturing facility.

Schisandra chinensis – Cultivated on farms in Liaoning province, China. Extracted in China at a state-of-the-art cGMP, ISO series, Kosher and Halal certified manufacturing facility.

Ganoderma lucidum – Cultivated and manufactured in China and harvested in Spring, Autumn and Winter. GMO-free and free from soil and any impurities.

Vitamin B1 – Produced by the leading producer of vitamin B1 in the world at a pharma grade in a GMP facility in Hubei Province, China. Quality of product matches the latest quality pharmacopoeias standards of China, US, UK, EP and JP.

Vitamin B2 – Produced in Hubei Province, China by a nationally-certified pharma GMP facility with quality certifications ISO 9001, ISO 22000, ISO 14001, HACCP, FAMI-QS.

Vitamin B3 – Produced in the Fuyang district of Hangzhou in China.

Vitamin B5 – Produced in Ludwigshafen, Germany, by one of the leading producers of vitamin B5 globally with product quality matching the EP, USP and FCC pharmacopoeial standards.

Vitamin B6 – Produced in Shanghai, China at an EU and China GMP certified, CEP and US FDA approved facility.

Active B6 – Produced in Shanghai, China at a FSSC 22000, ISO 9001, Kosher, Halal, facility specialising in P5P manufacture.

Active B12 – Produced in Hubei province, China at the largest specialist manufacturer of pharma grade B12 ingredients in the world.

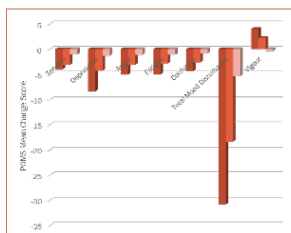
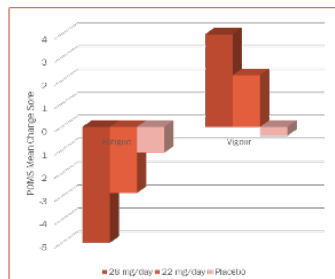
Calcium folinate - produced in Lianyungang city, Jiangsu, China in a facility specialising in the production of folate derivatives with OHASAS 18001, ISO9001, ISO4001 certifications.

Find Out More

Crocus sativus

Ora Adrenal Tonic+™ contains affron® the clinically trialed, standardised extract from *Crocus sativus* (Saffron) stigmas. When taken at two capsules per day the product provides the clinically trialed dose of 28 mg.

In a 4-week clinical trial in Australian adults, affron® dosed at 28 mg/day increased mood, reduced anxiety, and managed stress without side effects.



Withania somnifera - (Ashwagandha) has traditionally been used in Ayurvedic Medicine as an adaptogen to help the body to adapt to stress. Also known as Indian ginseng in Ayurvedic Medicine, it is classified as a '*rasayana*' and used to promote physical and mental health and improve vitality and longevity. Classically, Ashwagandha is described as reducing *kapha* and *vata* and increasing *pitta*. It is said to nurture and clear the mind, calm, and strengthen the nerves and promote a sound and restful sleep. Ashwagandha has been used traditionally in convalescence for people who are stressed and both physically and emotionally exhausted. It is considered a non-stimulating tonic allowing for the restoration of vitality.

Rhodiola rosea - is a rare, high-altitude medicinal plant found in arctic and mountainous regions across Europe, Asia, and North America. Traditionally used for headaches, hysteria, high-altitude sickness, and as an astringent, Rhodiola has recently gained popularity as an adaptogen to enhance attention, endurance, and stress resistance. The plants bioactive compounds such as rosavins and salidroside, contribute to their stress-protective effects by engaging with the HPA axis and various stress mediators. Clinical studies have shown that Rhodiola rosea improves cognitive function, reduces fatigue, and alleviates burnout-related symptoms, making it valuable for supporting mental and physical well-being in a busy modern life.

Find Out More (cont'd)

Schisandra chinensis - has been a primary medicinal ingredient of Chinese Herbal Medicine since ancient times. In Traditional Chinese Medicine, Schisandra has been used primarily as an astringent tonic for the lungs and kidneys, to arrest mucous discharges, alleviate spontaneous sweating and night sweats, to relieve coughs, fortify Qi and decrease fatigue. Investigations into its pharmacological actions indicate that Schisandra possesses hepatoprotectant and adaptogenic activity; enhances the hepatic glutathione antioxidant system; decreases fatigue, increases work capacity, and accelerates recovery after exercise in athletes.

Ganoderma lucidum - (Reishi) has historically been described as a superior medicinal tonic and often used in Traditional Chinese Medicine for many uses including to strengthen the body and tonify Qi, to relieve symptoms of stress and anxiety, while promoting a sense of calmness and emotional stability. In Western Herbal Medicine, Reishi is considered a multifaceted adaptogen, offering comprehensive support for both physical and psychological wellbeing.

B Vitamins

Vitamin B1 - Plays an important role in neurotransmitter production, neurotransmission and nerve conduction. A deficiency of B1 impedes the brain's ability to utilise glucose for energy. The subsequent manifestations include mental depression, anxiety, irritability, and poor concentration. Plays a vital role in the conversion of blood sugar (glucose) to energy in the Krebs cycle.

Vitamin B2 - Plays a vital role in the conversion of carbohydrates to ATP in the production of energy. Involved in the electron transport chain and consequently in the synthesis of adenosine triphosphate (ATP), the body's main storage form of energy.

Vitamin B3 - All tissues in the body convert absorbed Niacin into its metabolically active form, the coenzyme nicotinamide adenine dinucleotide (NAD). NAD is primarily involved in the catabolic

reactions that transfer the potential energy in carbohydrates, fats and proteins to adenosine triphosphate (ATP), the cell's primary energy currency.

Vitamin B5 - Enhances the release of energy from carbohydrates. Required for synthesis of adrenal steroid hormones. Essential in controlling stress and the ability to cope with stressful events due to its involvement in the synthesis of the neurotransmitter acetylcholine. Plays an important role in adrenal function and as CoA, is needed for the proper adrenal cortex function and the synthesis of steroid hormones, namely cortisone. Required for the synthesis of fatty acids, including sphingolipids which are a component of myelin sheath that enhances nerve transmission.

Vitamin B6 - A water-soluble B-vitamin that functions as a cofactor in more than 100 enzyme reactions. Required for the production of neurotransmitters derived from amino acids such as serotonin, gamma amino butyric acid (GABA), adrenaline, noradrenaline, norepinephrine, acetylcholine and histamine. It is a cofactor for the enzyme 5-hydroxytryptophan decarboxylase, which is involved in the conversion of tryptophan to serotonin and tyrosine carboxylase that converts tyrosine to dopamine. Deficiency states are therefore associated with alterations to mood. Vitamin B6 also facilitates the conversion of glycogen to glucose for energy production. Pyridoxal 5' phosphate (PLP) is the active coenzyme form of B6.

Vitamin B12 - Essential for the normal function of all cells. Required for the synthesis of myelin, the insulation around nerves. It plays a major role in the functioning and maintenance of the nervous system and is required for neurological function.

Calcium folinate (Folinic acid) - An active form of folic acid. One of the most important folate-dependent reactions is the conversion of homocysteine to methionine in the synthesis of S-adenosyl-methionine, an important methyl donor. Depression, anxiety, and fatigue may be signs of a folate deficiency.

Co-Creating Wellness™

Ora recommends a holistic approach in combination with Adrenal Tonic+™. Try the following to enhance results:

- Magnesium-rich foods - seeds, nuts, dark leafy greens
- Epsom salt foot baths
- Increase intake of omega-3 fatty acids
- Prioritise sufficient quality sleep
- Gentle exercise - yoga, walking, leisurely bike rides
- Daily breathing and meditation practice
- Engage in hobbies that bring you joy
- Spend time with friends and family
- Limit time spent on social media

Combines Well With

- Ora Profound Sleep™
- Ora Bright Mind Complex™



Scan me to learn more about Adrenal Tonic+™