Herbal HPA™
Formulated by Dr. James L. Wilson
Metabolic Stress Balancer*

Herbal HPA™ is a licorice-free tincture of three raw, organically grown, adaptogenic herbs synergistically formulated to help safely balance function of the hypothalamic-pituitary-adrenal (HPA) axis stress-response system.* The high levels of active constituents in these specially selected and prepared full-spectrum herbs support the adrenal glands without over-stimulation, and help moderate hormone, lipid and serum glucose fluctuations, along with other metabolic alterations that occur with the over-function of the HPA axis.* Through promoting balanced HPA axis function, this unique liquid herbal helps enhance energy, sleep and mood; has a positive impact on adrenal fatigue, metabolic syndrome, PMS and menopause; and contributes to the maintenance of overall metabolic, cardiovascular and tissue health during stressful times.* Herbal HPA helps through the following actions:*

**Optimizes HPA axis functions to enhance stress management capacity and cognition**

Eleutherococcus senticosus (formerly known as Siberian ginseng)
- Supported regulation of homeostasis through mechanisms of action associated with the HPA axis and control of key mediators of the stress response, including favorably modulating HPA axis changes under extreme conditions.¹ ² ³ ⁴
- Shown to enhance mental and physical endurance, performance, attention, quality of work under stressful conditions, and tolerance to mental exhaustion and adverse physical conditions.² ⁴

Ashwagandha (Withania somnifera)
- Demonstrated to enhance stress hardiness by helping counteract many of the biological changes accompanying extreme stress.⁵ ⁶ ⁷ ⁸
- Moderated adverse effects of stress on preservation of learned tasks.⁹

Maca (Lepidium meyenii)
- Fostered attenuation or elimination of stress-induced variations in homeostasis.¹⁰

**Supports balanced hormone, cortisol, lipid, blood pressure and glucose levels during stress**

Eleutherococcus senticosus
- Shown to enhance fat utilization and promote balanced triglyceride and lactic acid levels.¹¹
- Shown to enhance aerobic metabolism of tissues and promote balanced triglyceride, LDL and total cholesterol levels in humans.¹²
- Demonstrated to help stabilize blood glucose levels and enhance cellular glucose utilization.¹³

Ashwagandha (Withania somnifera)
- Shown to help attenuate stress-induced perturbation of glucose homeostasis and inhibit significant plasma corticosteroid levels induced by stress.¹ ⁸
- Demonstrated to support maintenance of progesterone levels in diabetes.¹⁴
- Found to help counteract pro-inflammatory processes and favorably affect antioxidant, endocrine and cardiopulmonary functions.¹⁵ ¹⁶ ¹⁷ ¹⁸

Maca (Lepidium meyenii)
- Helped moderate stress-induced elevations in cortisol and supported maintenance of adrenal gland weight.¹⁰
- Demonstrated to promote estradiol production; help moderate FSH, ACTH and cortisol levels; and act as a toner of hormonal processes along the hypothalamic-pituitary-ovarian axis.¹⁹
- Found to significantly moderate the hypertension relevant angiotensin I-converting enzyme (ACE).¹⁰

**Promotes optimal energy, mood, sleep cycles and sexual function during stress**

Maca (Lepidium meyenii)
- Demonstrated to moderate anxiety and promote positive mood and healthy sexual function in both men and women.²¹ ²²
- Shown to have a positive effect on sexual desire and function in menopausal women and men with erectile dysfunction.²¹ ²³ ²⁴

Ashwagandha (Withania somnifera)
- Shown to have positive effects on anxiety, mood, sexual function, and the central nervous system that support its traditional use.¹ ⁹ ¹⁵ ²⁵
- Moderated sleep latency and waking frequency, and enhanced duration of total sleep time and slow wave sleep.²⁶ ²⁷

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
Eleutherooccus senticosus

- Helped moderate sleep latency and enhanced sleep duration 28

Suggested Use

10-15 drops 2 to 4 times a day in non-citrus juice or water, especially at breakfast and before bedtime and preferably on an empty stomach. The herbs maintain their effectiveness with repeated use and can be used long term.

Companion Products Formulated by Dr. Wilson

Metabolic Stress: Good Sugar®, Adrenal C Formula®, Super Adrenal Stress Formula®

Adrenal Fatigue: For people who have high blood pressure or are sensitive to licorice, Herbal HPA™ can be substituted for Herbal Adrenal Support Formula® in Dr. Wilson’s Program for Adrenal Fatigue

Stress and Immune Function: Nat-Stim®

PMS and Menopause: Adrenal Rebuilder®, Adrenal C Formula®, Super Adrenal Stress Formula®

References


