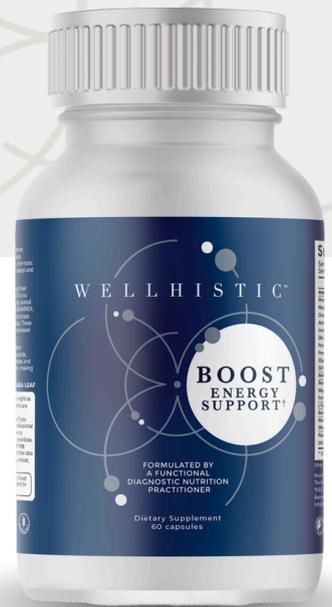


# SPECIFICATION SHEET

## Boost Energy Support

Advanced Brain-Adrenal, Weight & Metabolic Stress Support



### CLINICAL APPLICATIONS

-  Modulates cortisol, stress perception, and emotional resilience\*
-  Supports adaptive weight regulation and stress-induced cravings\*
-  Enhances metabolic function and glucose-insulin homeostasis\*
-  Improves energy, motivation, and physical performance under fatigue\*
-  Adaptogenic support for adrenal restoration, hormonal balance, and mitochondrial vitality\*
-  Promotes calm focus without sedation; supports neurotransmitter balance\*

### PRODUCT OVERVIEW

**BOOST** is a clinical-grade adaptogenic matrix designed to **target the neuroendocrine, metabolic, and inflammatory dysregulation seen in chronic stress, fatigue, cortisol imbalance, and stress-related weight gain.** Each botanical in this synergistic formula is chosen based on human clinical trials, pharmacodynamic synergy, and relevance to hypothalamic-pituitary-adrenal (HPA) axis exhaustion. **BOOST supports the body's natural ability to regulate cortisol, promote neurotransmitter balance, stabilize blood sugar, and reduce inflammatory drivers of stress-related adiposity.\***

### SCIENTIFIC DISCUSSION

BOOST goes beyond conventional adrenal supplements—it is a layered adaptogen complex formulated to intervene at multiple physiological choke points contributing to stress-driven metabolic disruption, mood instability, and hormonal imbalance.

### SUPPLEMENT FACTS

Serving Size: 2 Capsules  
Servings Per Container: 30  
Amount Per Serving %DV

#### Adaptogenic Proprietary Blend 535 mg\*\*

Rhodiola Rosea Extract (std. to 5% Rosavins)  
Organic Maca Root Powder (Lepidium meyenii)  
Siberian Ginseng Extract (Eleutherococcus senticosus) (root)  
Astragalus Extract Powder (Astragalus propinquus) (root)  
Red Panax Ginseng Extract (Panax Ginseng) (Root) (Std to contain 1% ginsenosides)  
Hawthorn Powder (Crataegus oxyacantha) (berry)  
Shatavari Root Powder (Asparagus Racemosus)  
Licorice Extract 4:1 (Glycyrrhiza garba) (root)  
Schizandra Extract (Schisandra chinensis) (fruit)

#### Amino Acid + Herb Energy Blend

Relora® (a proprietary blend of patented extract from Magnolia officinalis bark and a proprietary extract from Phellodendron amurense bark)	250 mg**
L-Tyrosine	75 mg**
Banaba leaf extract (Lagerstroemia speciosa)	50 mg**
Maral Root Extract 4:1 (Rhaponticum carhamoides (Wild) Iljin) (root)	50 mg**
Passionflower Extract (Passiflora incarnata) (std to contain 5% flavones)	50 mg**

\*\* Daily Value (DV) Not Established

Other Ingredients:  
Hypromellose (capsules), Silica, Magnesium Stearate

## CORTISOL & STRESS MODULATION:



### Relora® (Magnolia officinalis & Phellodendron amurense):

**Relora®** is a patented blend standardized to honokiol and berberine, known for their dual-action support of the HPA axis and stress-response system. Clinical and preclinical evidence shows Relora® modulates cortisol output, balances mood, and buffers the physiological consequences of chronic stress. In rodent studies, Relora reduced stress-induced anxious behavior, while in human trials, it delivered significant reductions in salivary cortisol and stress-related symptoms.\*

- In a randomized, placebo-controlled trial, 56 moderately stressed adults taking Relora (250 mg twice daily for 4 weeks) experienced an 18% reduction in cortisol exposure and significant improvements in mood and energy: -11% stress, -13% tension, -20% depression, -42% anger, -31% fatigue, -27% confusion, and +18% vigor.\*
- Supplementation also improved DHEA:cortisol balance, indicating healthier adrenal adaptability and resilience to chronic stress.\*
- Another trial in overweight women with stress-related eating found that Relora supplementation prevented weight gain compared to placebo and trended toward reduced evening cortisol levels.\*
- Relora's honokiol modulates GABA and serotonin, promoting calm without sedation, while berberine regulates AMPK and HPA activity—providing metabolic and neuroendocrine synergy.\*

## L-THEANINE (SUNTHEANINE®):



- Enhances alpha-wave brain activity linked to calm alertness\*
- Reduces physical symptoms of acute stress—lowering cortisol and blood pressure\*
- Improves cognitive performance under pressure and emotional regulation\*

### Rhodiola Rosea:

- Adaptogen clinically shown to lower cortisol awakening response and increase ATP production\*
- Enhances mitochondrial function, reduces fatigue, and improves cognitive flexibility\*
- Provides anti-inflammatory and antioxidant support for neural protection and resilience\*

### Schisandra Berry (9% Schisandrins):

- Boosts glutathione production by 37%, improving liver detox and antioxidant capacity\*
- Normalizes CRH and cortisol, improving glucocorticoid receptor sensitivity for HPA axis balance\*
- Exhibits phytoestrogenic effects via PR interaction, supporting mood and perimenopausal stability\*

### Passionflower:

- Increases GABAergic transmission to calm neural excitability and anxiety\*
- Improves sleep onset, sleep maintenance, and stress-related tension\*
- Buffers HPA axis reactivity and supports hormone regulation in chronic stress states\*

### Astragalus membranaceus:

- Lowers cortisol and improves memory in chronic stress animal models\*
- Enhances choline acetyltransferase (ChAT) and supports cognition under duress\*
- Strengthens immunity and telomere function while reducing oxidative burden\*



## WEIGHT REGULATION & METABOLIC EFFICIENCY

### **Banaba Leaf (Corosolic Acid):**

- Enhances insulin sensitivity and glucose uptake via GLUT4 activation\*
- Inhibits 11 $\beta$ -HSD1 in adipose tissue—blunting cortisol-driven fat gain\*
- Reduces fasting glucose and triglycerides in clinical populations\*

### **Maral Root (*Rhaponticum carthamoides*):**

- Improves nitrogen retention and glucose utilization for muscle preservation and energy\*
- Reduces post-exercise fatigue and enhances stamina under physiological stressors\*



### **Maca Root (*Lepidium meyenii*):**

- Nutrient-dense with essential amino acids and trace minerals that fuel mitochondrial energy\*
- Improves endurance, lowers inflammation (CRP), and supports physical recovery in athletes\*
- Enhances mood, libido, and emotional resilience under chronic stress conditions\*

### **Ginseng Complex (American & Siberian):**

- American: Restores dopaminergic tone and enhances mood and memory\*
- Siberian: Increases stamina, reduces fatigue, and protects against immune suppression from stress\*

### **Korean Red Ginseng (*Panax ginseng*):**

- Improves physical endurance and recovery; modulates cortisol and blood pressure\*
- Enhances mental clarity, memory, and glucose metabolism in high-stress environments\*
- Regulates HPA axis activity and blocks stress-induced hormone surges\*

### **Shatavari (*Asparagus racemosus*):**

- Regulates female hormones (progesterone, estrogen) under adrenal burden\*
- Supports fertility, PMS, and menopause symptom relief with phytoestrogenic activity\*
- Antioxidant and adaptogenic protection for reproductive health\*

## CARDIOVASCULAR, MOOD & COGNITIVE RESILIENCE:

### **Hawthorn Berry (*Crataegus spp.*):**

- Increases cardiac output and coronary circulation\*
- Acts as a vasodilator and mild sedative—ideal for stress-induced blood pressure and heart symptoms\*
- Antioxidant and anti-inflammatory benefits support vascular integrity and emotional calm\*

### Supplement Facts

This formula contains a proprietary blend of botanical adaptogens, amino acids, and metabolic regulators. Each raw material is tested for potency, identity, and safety. The formula is intentionally dosed for clinical impact while preserving harmony between bioactives.\*

## Directions for Use

Take 2 capsules daily, preferably in the morning with food or as directed by a healthcare provider. Best used in consistent daily use for 6–12 weeks to support regulatory adaptation.\*

## Warnings & Safety

- Not for use during pregnancy or breastfeeding
- Consult your practitioner if using hormone-modulating medications
- Keep out of reach of children. Store in a cool, dry place

## MANUFACTURING STANDARDS

- FDA-registered, GMP-compliant facility
- 3rd-party tested for purity and potency
- Non-GMO | Vegan | Gluten-Free | Dairy-Free | Soy-Free



0% Toxins



Pure & Clean Process



No GMOs



No Green Sheen



3rd Party Tested



MADE IN USA FROM GLOBAL MATERIALS



DAIRY FREE



WOMEN OWNED BUSINESS



GMP MANUFACTURING PRACTICES



VEGAN FRIENDLY

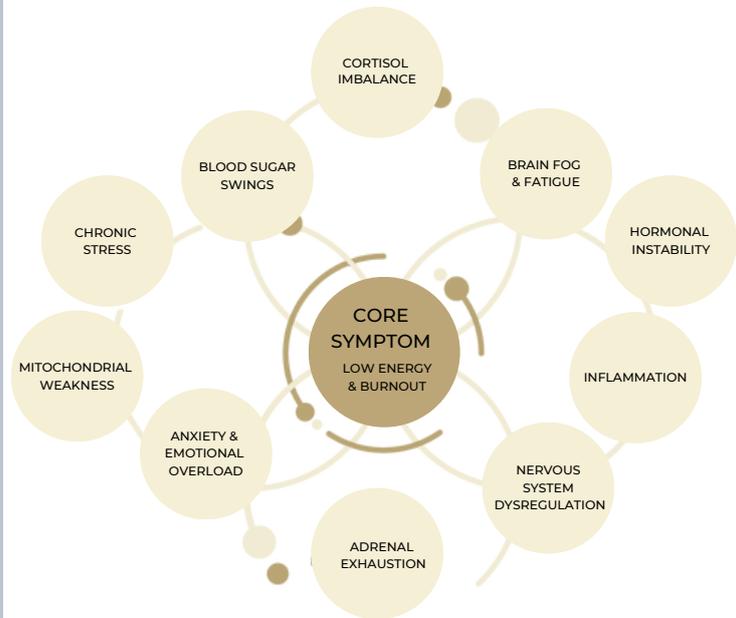


MANUFACTURED IN A REGISTERED FACILITY



GLUTEN FREE

## HOW CAN BOOST SUPPORT YOU?



XX to your INVISIBLE BATTLES & UNSEEN STRENGTH,

**Carola Le-Wriedt, Founder**  
**Wellhistic & The Holistic Detox**

Distributed by:

**The Holistic Detox LLC - #1274**  
1401 Lavaca St  
Austin, TX 78701  
United States

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These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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