

\$0.96 Cost per serving



Supplement Facts

Serving Size: 1 scoop (2.3 g)
Servings Per Container: About 30

	Amount per serving	%DV
L. Plantarum (30 Billion CFUs**)	300 mg	†
Adrenal Cortex Extract	100 mg	†
Organic Ashwagandha Root	100 mg	†
L-Theanine	100 mg	†
Skullcap Aerial Parts	100 mg	†
Panax Ginseng Root	100 mg	†
Chamomile Flower	100 mg	†
Lemon Balm Leaf	100 mg	†
Rhodiola Root	50 mg	†
Passionflower Aerial Parts	50 mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value Not Established

Other Ingredients: Coconut Milk, Organic Cocoa Powder, Natural Flavor, Sunflower Lecithin, Reb M 95% (as Onosweet™)

A Fusion of probiotics, herbals and adrenal supports designed to promote a calm mood, balance **cortisol and stress response** while supporting focus and clarity.

Studies demonstrating benefits of the ingredients



Adrenal cortex

Supporting Adrenal Function with Adaptogenic Herbs

Jill Stansbury, ND^a
Paul Saunders, PhD^b
David Winston, RH(AHG)^c

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ABSTRACT

Adaptogens are plant derived compounds that normalize endocrine function and promote adaptation to environmental stress. Adaptogenic herbs modulate stress responses, enhancing energy production and sleep quality and improving immune function. Eleuthero Root (*Eleutherococcus*), Holy Basil (*Ocimum*), and Rhodiola (*Rhodiola*) have been used for the treatment of stress, fatigue, sleep disturbances, elevated cortisol levels, adrenal deficiency, low DHEAS and alterations in DHEAS/cortisol ratio, chronic infection, impaired memory, and exercise intolerance. Adaptogens have been used as single agents or in combination with other plant-derived products such as *Panax quinquefolius*, *Withania somnifera*, *Glycyrrhiza* spp, *Schisandra chinensis*, and *Gynostemma pentaphyllum*. Other herbs that have shown efficacy as adjuncts to adaptogens include *Scutellaria lateriflora*, *Matricaria recutita*, *Tilia* spp, *Hypericum perforatum* and *Melissa officinalis*, which are known for their calming effect on the nervous system. Eleuthero root and rhodiola have been associated with anxiety and insomnia, although these effects have not been validated in clinical studies. Adverse effects of *Eleutherococcus* such as increased blood pressure in hypertensive patients and heart palpitations have occurred as a result of inappropriate dosing. Overall, adaptogenic herbs are safe and no known drug interactions exist with the exception of a few cases of accidental misidentification of the herb, and their broad range of beneficial effects supports their development as valuable agents for the treatment of a variety of conditions.

Keywords: Adaptogen, Stress, Adrenal function

JOURNAL ARTICLE

The stress response and the hypothalamic-pituitary-adrenal axis: from molecule to melancholia

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T.M. O'CONNOR, D.J. O'HALLORAN, F. SHANAHAN

QJM: An International Journal of Medicine, Volume 93, Issue 6, June 2000, Pages 323–333,
<https://doi.org/10.1093/qjmed/93.6.323>

Published: 01 June 2000

The Role of Adrenal Glands in Mental Health

By [Kendra Cherry, MEd](#) | Updated on November 24, 2023

✓ Medically reviewed by [Steven Gans, MD](#)

Lactobacillus Plantarum

Randomized Controlled Trial > [Nutrients](#). 2019 Apr 11;11(4):820. doi: 10.3390/nu11040820.

Effects of *Lactobacillus plantarum* PS128 on Children with Autism Spectrum Disorder in Taiwan: A Randomized, Double-Blind, Placebo-Controlled Trial

[Yen-Wenn Liu](#)^{1 2}, [Min Tze Liong](#)³, [Yu-Chu Ella Chung](#)⁴, [Hui-Yi Huang](#)⁵, [Wu-Shun Peng](#)⁶,
[Yun-Fang Cheng](#)⁷, [Yu-Siou Lin](#)⁸, [Yu-Yu Wu](#)⁹, [Ying-Chieh Tsai](#)^{10 11}

Lactobacillus plantarum PS128 and Other Probiotics in Children and Adolescents with Autism Spectrum Disorder: A Real-World Experience

[Martina Maria Mensi](#)¹, [Chiara Rogantini](#)², [Michele Marchesi](#)², [Renato Borgatti](#)^{1 2},
[Matteo Chiappedi](#)¹

Lactobacillus plantarum ST-III modulates abnormal behavior and gut microbiota in a mouse model of autism spectrum disorder

Min Guo ¹, Ruiying Li ², Yuezhu Wang ³, Shiyu Ma ¹, Yilin Zhang ⁴, Sheng Li ¹, Hongfa Zhang ⁴, Zhenmin Liu ⁴, Chunping You ⁵, Huajun Zheng ⁶

Enhancing social behavior in an autism spectrum disorder mouse model: investigating the underlying mechanisms of *Lactiplantibacillus plantarum* intervention

Chih-Ming Chen ^{1 2}, Chien-Chen Wu ², Yebeen Kim ³, Wei-Yu Hsu ³, Ying-Chieh Tsai ¹, Shu-Ling Chiu ³

Assessment of Probiotics' Impact on Neurodevelopmental and Behavioral Responses in Zebrafish Models: Implications for Autism Spectrum Disorder Therapy

Ling-Kang Bu ^{# 1}, Pan-Pan Jia ^{# 1}, Wen-Bo Huo ^{# 1}, De-Sheng Pei ^{2 3}

Ashwagandha

Ashwagandha for Brain Health: Experimental Evidence for Its Neuroregenerative Activities

Chapter | First Online: 12 September 2017

pp 283–304 | [Cite this chapter](#)

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Ashwagandha in brain disorders: A review of recent developments

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Theanine



L-Theanine and Autism: Research Insights

RUTHIE / Brain Boost & Enhanced Sleep

Use of Nutritional Supplements Based on L-Theanine and Vitamin B6 in Children with Tourette Syndrome, with Anxiety Disorders: A Pilot Study

by Renata Rizzo ^{1,*} , Adriana Prato ^{1,2} , Miriam Scerbo ¹ , Federica Saia ¹ , Rita Barone ¹   and Paolo Curatolo ³ 

Asperger's Syndrome and High Functioning Autism Treatment of Children and Teens

By Editor1 Posted September 2, 2010 In Anxiety/Depression/Mental Health, Pediatrics

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Complementary and Integrative Approaches to Sleep Disorders in Children

[Swapna N Deshpande](#) ¹, [Deborah R Simkin](#) ²

A double-blind, placebo-controlled, randomised-designed GABA tea study in children diagnosed with autism spectrum conditions: a feasibility study clinical trial registration: ISRCTN 72571312

[Penelope Hannant](#) ^{1 2}, [Sarah Cassidy](#) ^{3 4}, [Derek Renshaw](#) ⁵, [Anna Joyce](#) ¹

Possibility that the Onset of Autism Spectrum Disorder is Induced by Failure of the Glutamine-Glutamate Cycle

[Koichi Kawada](#) ¹, [Nobuyuki Kuramoto](#) ¹, [Seisuke Mimori](#) ²

Green Tea Suppresses Brain Aging

[Keiko Unno](#) ¹, [Yoriyuki Nakamura](#) ¹

Green tea effects on cognition, mood and human brain function: A systematic review

[Edele Mancini](#) ¹, [Christoph Beglinger](#) ², [Jürgen Drewe](#) ², [Davide Zanchi](#) ¹, [Undine E Lang](#) ¹, [Stefan Borgwardt](#) ³

L-theanine, a natural constituent in tea, and its effect on mental state

[Anna C Nobre](#) ¹, [Anling Rao](#), [Gail N Owen](#)

L-Theanine reduces psychological and physiological stress responses

Kenta Kimura ¹, Makoto Ozeki, Lekh Raj Juneja, Hideki Ohira

Effects of L-theanine-caffeine combination on sustained attention and inhibitory control among children with ADHD: a proof-of-concept neuroimaging RCT

Chanaka N Kahathuduwa ^{1 2 3}, Sarah Wakefield ^{4 5}, Blake D West ⁵, Jessica Blume ⁵, Tharaka L Dassanayake ^{6 7}, Vajira S Weerasinghe ⁶, Ann Mastergeorge ⁵

Anti-Stress, Behavioural and Magnetoencephalography Effects of an L-Theanine-Based Nutrient Drink: A Randomised, Double-Blind, Placebo-Controlled, Crossover Trial

David J White ¹, Suzanne de Klerk ², William Woods ³, Shakuntla Gondalia ⁴, Chris Noonan ⁵, Andrew B Scholey ⁶

Theanine, the Main Amino Acid in Tea, Prevents Stress-Induced Brain Atrophy by Modifying Early Stress Responses

Keiko Unno ^{1 2}, Akira Sumiyoshi ^{3 4}, Tomokazu Konishi ⁵, Michiko Hayashi ¹, Kyoko Taguchi ¹, Yoshio Muguruma ⁶, Koichi Inoue ⁶, Kazuaki Iguchi ², Hiroi Nonaka ³, Ryuta Kawashima ³, Sanae Hasegawa-Ishii ⁷, Atsuyoshi Shimada ⁷, Yoriyuki Nakamura ¹

Neuroprotective effects of theanine and its preventive effects on cognitive dysfunction

Takami Kakuda ¹

L-Theanine Improves Immunity by Altering TH2/TH1 Cytokine Balance, Brain Neurotransmitters, and Expression of Phospholipase C in Rat Hearts

Chengjian Li ¹, Haiou Tong ¹, Qiongxin Yan ², Shaoxun Tang ², Xuefeng Han ¹, Wenjun Xiao ¹, Zhiliang Tan ¹

Effect of L-theanine on glutamatergic function in patients with schizophrenia

Miho Ota ¹, Chisato Wakabayashi ¹, Noriko Sato ², Hiroaki Hori ¹, Kotaro Hattori ¹, Toshiya Teraishi ¹, Hayato Ozawa ³, Tsutomu Okubo ³, Hiroshi Kunugi ¹

l-Theanine attenuates cadmium-induced neurotoxicity through the inhibition of oxidative damage and tau hyperphosphorylation

Peiling Ben ¹, Zhengping Zhang ², Yanyan Zhu ³, Aiyong Xiong ³, Yanhong Gao ³, Jianyun Mu ⁴, Zhimin Yin ⁵, Lan Luo ⁶

The neuropharmacology of L-theanine(N-ethyl-L-glutamine): a possible neuroprotective and cognitive enhancing agent

Pradeep J Nathan ¹, Kristy Lu, M Gray, C Oliver

Advantageous effect of theanine intake on cognition

Haruna Tamano, Kotaro Fukura, Miki Suzuki, Kazuhiro Sakamoto, Hidehiko Yokogoshi,
Atsushi Takeda

Skullcap (Scutellaria)



Plant-Based Therapies for Autism Spectrum Disorders

QC and Standardization of Procedures Are Strictly Required

December 19, 2018

Anti-oxidative and DNA protecting effects of flavonoids-rich *Scutellaria lateriflora*

[Madhukar Lohani](#)¹, [Manuj Ahuja](#)², [Manal A Buabeid](#)², [Schwartz Dean](#)¹, [Shannon Dennis](#)³, [Vishnu Suppiramaniam](#)², [Barbara Kemppainen](#)¹, [Muralikrishnan Dhanasekaran](#)²

Comparisons of *Scutellaria baicalensis*, *Scutellaria lateriflora* and *Scutellaria racemosa*: genome size, antioxidant potential and phytochemistry

[Ian B Cole](#)¹, [Jin Cao](#), [Ali R Alan](#), [Praveen K Saxena](#), [Susan J Murch](#)

American Skullcap (*Scutellaria lateriflora*): a randomised, double-blind placebo-controlled crossover study of its effects on mood in healthy volunteers

[Christine Brock](#)¹, [Julie Whitehouse](#), [Ihab Tewfik](#), [Tony Towell](#)

A Medicinal Herb *Scutellaria lateriflora* Inhibits PrP Replication in vitro and Delays the Onset of Prion Disease in Mice

[Martin Eiden](#)¹, [Fabienne Leidel](#), [Barbara Strohmeier](#), [Christine Fast](#), [Martin H Groschup](#)

Chemical constituents of the aerial parts of *Scutellaria lateriflora* and their alpha-glucosidase inhibitory activities

[Minpei Kuroda](#)¹, [Katsura Iwabuchi](#), [Yoshihiro Mimaki](#)

Ginseng Root

ORIGINAL ARTICLE

Supplementation of Korean Red Ginseng improves behavior deviations in animal models of autism

Edson Luck T. Gonzales^{1,2,3#}, Jong-Hwa Jang^{4#}, Darine Froy N. Mabunga^{1,2,3}, Ji-Woon Kim^{1,2,3}, Mee Jung Ko^{1,2,3}, Kyu Suk Cho^{1,2,3}, Geon Ho Bahn⁵, Minha Hong⁶, Jong Hoon Ryu⁷, Hee Jin Kim⁸, Jae Hoon Cheong⁸ and Chan Young Shin^{1,2,3*}

Autism Supplements for Stimming: Promising Options

Updated on March 23, 2023

Effects of Korean red ginseng extracts on neural tube defects and impairment of social interaction induced by prenatal exposure to valproic acid

Pitna Kim¹, Jin Hee Park, Kyoung Ja Kwon, Ki Chan Kim, Hee Jin Kim, Jong Min Lee, Hahn Young Kim, Seol-Heui Han, Chan Young Shin

First preliminary results of an observation of Panax ginseng treatment in patients with autistic disorder

[Helmut Niederhofer](#) ¹

Brain plasticity and ginseng

[Myoung-Sook Shin](#) ¹, [YoungJoo Lee](#) ², [Ik-Hyun Cho](#) ³, [Hyun-Jeong Yang](#) ⁴ ⁵ ⁶

Mechanisms of Panax ginseng action as an antidepressant

[Yang Jin](#) ¹, [Ranji Cui](#) ¹, [Lihong Zhao](#) ¹, [Jie Fan](#) ¹, [Bingjin Li](#) ¹

The Untapped Potential of Ginsenosides and American Ginseng Berry in Promoting Mental Health via the Gut-Brain Axis

[Tristan St-Laurent](#) ¹ ², [Riadh Hammami](#) ¹ ²

Ginseng for cognition

[Jinsong Geng](#) ¹, [Jiancheng Dong](#), [Hengjian Ni](#), [Myeong Soo Lee](#), [Taixiang Wu](#), [Kui Jiang](#), [Guohua Wang](#), [Ai Ling Zhou](#), [Reem Malouf](#)

Dual Effects of Korean Red Ginseng on Astrocytes and Neural Stem Cells in Traumatic Brain Injury: The HO-1-Tom20 Axis as a Putative Target for Mitochondrial Function

Minsu Kim ¹, Sunhong Moon ¹, Hui Su Jeon ¹, Sueun Kim ¹, Seong-Ho Koh ², Mi-Sook Chang ³, Young-Myeong Kim ⁴, Yoon Kyung Choi ¹

Korean red ginseng polysaccharide as a potential therapeutic agent targeting tau pathology in Alzheimer's disease

Sujin Kim ¹, Soo Jung Shin ², Yunkwon Nam ², Yong Ho Park ², Byeong-Hyeon Kim ², Hyun Ha Park ², Vijay Kumar ², Doo-Han Yoo ³, Yong Yook Lee ⁴, Hyang-Sook Hoe ⁵, Minho Moon ⁶

Treatment with ginseng total saponins improves the neurorestoration of rat after traumatic brain injury

Bao-Ying Hu ¹, Xian-Jin Liu ², Ren Qiang ³, Zheng-Lin Jiang ⁴, Li-Hua Xu ¹, Guo-Hua Wang ¹, Xia Li ¹, Bin Peng ¹

Chamomile

Health

The correlation between chamomile and autism

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Using chamomile to alleviate autism

An open-label pilot study of a formulation containing the anti-inflammatory flavonoid luteolin and its effects on behavior in children with autism spectrum disorders

Anilia Taliou ¹, Elias Zintzaras, Lefteris Lykouras, Kostantinos Francis

Chamomile decoction mitigates high fat diet-induced anxiety-like behavior, neuroinflammation and cerebral ROS overload

Mohamed-Amine Jabri ¹, Kaïs Rtibi ¹, Hichem Sebai ¹

Roman chamomile inhalation combined with clomipramine treatment improves treatment-resistant depression-like behavior in mice

Narumi Hashikawa-Hobara ¹, Ami Otsuka ², Risa Ishikawa ³, Naoya Hashikawa ⁴

A randomized clinical trial to test efficacy of chamomile and saffron for neuroprotective and anti-inflammatory responses in depressive patients

Saara Ahmad ¹, Arfa Azhar ¹, Prashant Tikmani ¹, Hamna Rafique ¹, Asra Khan ¹, Hanif Mesiya ², Humera Saeed ²

Biochemical characterization of chamomile essential oil: Antioxidant, antibacterial, anticancer and neuroprotective activity and potential treatment for Alzheimer's disease

Nada F Alahmady ¹, Fadwa M Alkhulaifi ¹, Maha Abdullah Momenah ², Asmaa Ali Alharbi ³, Aminah Allohibi ⁴, Nouf H Alsubhi ⁴, Wafaa Ahmed Alhazmi ⁵

Lemon Balm Leaf

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Autism Spectrum Disorder: Herbal Remedies and Natural Support Strategies

Alternative Treatments for Autism

Rhodiola

From Plants to Psycho-Neurology: Unravelling the Therapeutic Benefits of Bioactive Compounds in Brain Disorders

Clara Grosso ¹, Marlene Santos ², M Fátima Barroso ¹

Anti-inflammatory effects of *Rhodiola rosea* L.: A review

Wei-Ling Pu ¹, Meng-Ying Zhang ², Ru-Yu Bai ², Li-Kang Sun ³, Wen-Hua Li ⁴, Ying-Li Yu ¹, Yue Zhang ¹, Lei Song ¹, Zhao-Xin Wang ¹, Yan-Fei Peng ⁵, Hong Shi ¹, Kun Zhou ⁶, Tian-Xiang Li ⁷

The Effectiveness of *Rhodiola rosea* L. Preparations in Alleviating Various Aspects of Life-Stress Symptoms and Stress-Induced Conditions—Encouraging Clinical Evidence

Emilija Ivanova Stojcheva ¹, José Carlos Quintela ¹

Rosenroot (*Rhodiola rosea*): traditional use, chemical composition, pharmacology and clinical efficacy

A Panossian ¹, G Wikman, J Sarris

Rhodiola rosea for physical and mental fatigue: a systematic review

Sana Ishaque ¹, Larissa Shamseer, Cecilia Bukutu, Sunita Vohra

Stress management and the role of *Rhodiola rosea*: a review

Ion-George Anghelescu ¹, David Edwards ², Erich Seifritz ³, Siegfried Kasper ⁴

Phenolic Compounds of *Rhodiola rosea* L. as the Potential Alternative Therapy in the Treatment of Chronic Diseases

Jurga Bernatoniene ^{1 2}, Valdas Jakstas ^{1 3}, Dalia M Kopustinskiene ¹

Rhodiola species: A comprehensive review of traditional use, phytochemistry, pharmacology, toxicity, and clinical study

Hongxun Tao ¹, Xu Wu ², Jiliang Cao ¹, Yu Peng ¹, Anqi Wang ¹, Jin Pei ³, Jianbo Xiao ¹, Shengpeng Wang ¹, Yitao Wang ¹

Rhodiola rosea L. as a putative botanical antidepressant

Jay D Amsterdam ¹, Alexander G Panossian ²

Passionflower

Hydroalcoholic extract of *Passiflora incarnata* improves the autistic-like behavior and neuronal damage in a valproic acid-induced rat model of autism

Fatemeh Amini ^{1 2}, Hossein Amini-Khoei ³, Sara Haratizadeh ¹, Mohammad Setayesh ⁴,
Mohsen Basiri ⁵, Mahboobeh Raeiszadeh ⁶, Masoumeh Nozari ^{5 2}

Plant-mediated green synthesis of gold nanoparticles using an aqueous extract of *Passiflora ligularis*, optimization, characterizations, and their neuroprotective effect on propionic acid-induced autism in Wistar rats

Najlaa S Al-Radadi ¹, Widad M Al-Bishri ², Neveen A Salem ^{2 3}, Shaimaa A ElShebiney ³

Passionflower in the treatment of generalized anxiety: a pilot double-blind randomized controlled trial with oxazepam

S Akhondzadeh ¹, H R Naghavi, M Vazirian, A Shayeganpour, H Rashidi, M Khani

A double-blind, placebo-controlled investigation of the effects of *Passiflora incarnata* (passionflower) herbal tea on subjective sleep quality

A Ngan ¹, R Conduit

Passiflora incarnata in Neuropsychiatric Disorders—A Systematic Review

Katarzyna Janda ¹, Karolina Wojtkowska ¹, Karolina Jakubczyk ¹, Justyna Antoniewicz ¹, Karolina Skonieczna-Żydecka ¹

Herbal Medicinal Products from *Passiflora* for Anxiety: An Unexploited Potential

Lyca R da Fonseca ^{1 2}, Rafaele de A Rodrigues ^{1 2}, Aline de S Ramos ¹, Jefferson D da Cruz ^{1 3}, José Luiz P Ferreira ^{1 4}, Jefferson Rocha de A Silva ⁵, Ana Claudia F Amaral ¹

Passiflora incarnata L. Improves Spatial Memory, Reduces Stress, and Affects Neurotransmission in Rats

Katarzyna Jawna-Zboińska ¹, Kamilla Blecharz-Klin ¹, Ilona Joniec-Maciejak ¹, Adriana Wawer ¹, Justyna Pyrzanowska ¹, Agnieszka Piechal ¹, Dagmara Mirowska-Guzel ^{1 2}, Ewa Widy-Tyszkiewicz ¹