

A.D.™

A.D.™ contains herbal ingredients used in Traditional Chinese Medicine (TCM) to help enhance physical performance and help relieve inflammatory conditions of the gastrointestinal tract. The ginseng in this natural formula also helps support cognitive function, reduce mental fatigue, and provide supportive therapy for healthy glucose levels.

BENEFITS

- Supports enhanced physical and mental performance
- Supports healthy glucose levels
- Supports healthy digestion
- Supports Qi (vital energy)
- Made with natural ingredients



100 capsules #20221

INGREDIENT HIGHLIGHTS

GINSENG ROOT

This herb is used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress).

ATRACYLODES ROOT

In TCM, this herb is used to dry dampness and support the spleen.

LICORICE ROOT

Traditionally used in treating a dry cough and other respiratory problems, intestinal inflammation, and joint pain as an anti-inflammatory.

PINELLIA ROOT

According to TCM, this herb dries dampness and helps to “harmonize the stomach.”

MANDARIN ORANGE PEEL

The peel of this fruit is used in TCM to support digestion by reducing food stagnation, the condition in which food remains undigested for too long in the stomach, causing discomfort and a bloated feeling.

Owner Expertise Formulation

Kosher Certified

Self-Manufactured in the USA

Halal Certified

Made with Natural Ingredients

HOW TO USE

Adults: Take 2 to 3 capsules 3 times per day. Consult a health care practitioner for use beyond 2 weeks.

FAQ

Q: What is an adaptogen?

A: Ginseng is often called an “adaptogen.” This is a nonmedical term used to describe substances that reportedly strengthen the body and increase general resistance to daily stress. Adaptogens aren’t a new concept; they’ve been studied throughout history as a way to improve the body’s ability to respond to stress, increase energy and attention, and ward off fatigue.

Q: When is a good time to take A.D.™?

A: In TCM, maintaining healthy digestion is a key to a happy, healthy life. A.D.™ is an herbal formula that can be used daily to help “move things along,” so to speak. It can also provide relief when you overindulge and your stomach feels bloated. A.D.™ provides a soothing yet powerful way to support “digestive harmony.”

Q: What is Qi?

A: Qi (pronounced “chee”) is the Chinese term for life energy, or life spirit, a vital force that flows through all living things. Qi is based on a simple principle: Any system in harmony tends toward health, well-being, and sustainability. A system in disharmony tends toward illness, disease, and collapse. Eating healthy foods is one of the first steps toward creating a healthy balance within our bodies.

Medicinal Ingredients / Ingrédients médicinaux :	Each capsule contains / Chaque gélule contient :
Ginseng root / Racine de ginseng (Panax ginseng)	18.75 mg
(3:1 extract / extrait = 56.25 mg crude / brut)	
Atractylodes rhizome / Rhizome d'atractylodes (Atractylodes chinensis)	18.75 mg
(3:1 extract / extrait = 56.25 mg crude / brut)	
Sclerotium Poriae Cocos fruiting body / Sporophore de sclerotium poriae cocos (Wolfiporia extensa)	17.5 mg
(3:1 extract / extrait = 52.5 mg crude / brut)	
Licorice root and stolon / Racine et stolon de réglisse (Glycyrrhiza glabra)	12.5 mg
(3:1 extract / extrait = 37.5 mg crude / brut)	
Pinellia prepared rhizome / Rhizoma pinelliae preparatum (Pinellia ternata)	12.5 mg
(3:1 extract / extrait = 37.5 mg crude / brut)	
Mandarin Orange peel / Pelure de mandarine (Citrus reticulata)	12.5 mg
(3:1 extract / extrait = 37.5 mg crude / brut)	
Chinese Mint aerial parts / Parties aériennes de menthe chinoise (Mentha canadensis)	12.5 mg
(3:1 extract / extrait = 37.5 mg crude / brut)	
Sweet Fennel seed / Graine de fenouil doux (Foeniculum vulgare subsp. vulgare var. dulce)	10 mg
(3:1 extract / extrait = 30 mg crude / brut)	
Amomum Xanthioides fruit / Fruit d'amomum xanthioides (Amomum xanthioides)	10 mg
(3:1 extract / extrait = 30 mg crude / brut)	
Non-Medicinal Ingredients / Ingrédients non médicinaux : Hypromellose.	
In a vegetable-based capsule. En gélule à base végétale.	

The information provided for the Recommended Use is applicable to products sold in Canada only. Please note that daily dosage and labeling instructions differ between Canada and the United States. Also, please be aware that everyone's body is unique and may react differently to our products. The Recommendation for this product should be treated as the maximum daily recommended dosage for adults.



NOURISH + CLEANSE = BALANCE

Sunrider® products are based on a simple yet powerful idea that blends Traditional Chinese Medicine with advanced science. We call it our Philosophy of Regeneration®. When you nourish with only the finest natural ingredients and cleanse of harmful chemicals and artificial colors, flavors, and preservatives, you bring your body into balance. A balanced body is a healthy body.