



Adrenal Glandular Extract

Common Indications:

- HPA stress or imbalance
- Energy support to address fatigue
- Balances cortisol release from adrenals so used in states of chronic stress
- Autoimmune states & Allergy
- Inflammation

General Comments:

The term glandular extracts is in reference to the origin of these peptides from animals. The gland is dried and ground into powder. There is no strong literature to support the effect of using glandular materials but it is a practice that has been employed for centuries with “reported benefits” but lacks scientific proof. Traditional medicine has also engaged this practice with the use of thyroid tissue in the treatment of hypothyroidism. The use of adrenal extracts is typically employed to address states of fatigue. The ideology is that this stimulates cortisol production from adrenal glands. Presenting the gland with peptides of it’s own identity are thought to normalize adrenal function.

Benefits & Mechanism of Action:

An absolute paucity of human trials leaves us with many unanswered questions regarding the function of consuming adrenal glands. We don't know if they survive the digestion process or enter the blood stream. It is in fact possible that they get destroyed during digestion. We do have animal studies on different species (mice, rats, dogs) showing that the impact of oral consumption was similar in effect to injectable adrenal extracts given to adrenalectomized animals.

- **Note:** New Zealand adrenal glandular supplements are recommended. Raw tissue concentrates imported from New Zealand are made from toxin-free lyophilized glands. The laws in New Zealand are far more protective of animal rights and it is felt that these animals are largely free from disease given their more human treatment in that country.

Symptoms of Deficiency:

Taking adrenal glandular has no known deficiency associated since it is not innate to human function.

Dose: The most common dose is 100-300mg, 1-3 times a day.

Cautions & Side Effects:

Bovine spongiform encephalitis (BSE) has been reported in some countries, and adrenal extract products should be avoided in these areas. United States FDA has issued a warning about the use of dietary supplements made from bovine glandular tissue.

References:

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