

# ADAPT / ME

## REVITALISE YOUR IMMUNITY & OPTIMISE RECOVERY

Feeling foggy or flat? Adapt/Me is your daily support blend, Naturopathically formulated to help you feel clearer, calmer, and more energised.

- ☀️ Want to escape brain fog? **Embrace clarity and focus instead.**
- ☀️ **Tired and lost your mojo?** Energize and revitalize libido.
- ☀️ Tired of stress? **Reclaim calm and increase productivity.**
- ☀️ **Trade coffee for sustained vitality and immunity.**
- ☀️ Forgetting and misplacing things? **Shield your brain from aging.**

With herbs and nutrients traditionally used to support cognitive function, healthy stress responses, and immune system health, this powerful formula is designed to help you stay sharp and resilient. Whether you're swapping out your second coffee or looking to support brain health and vitality as part of healthy ageing, Adapt/Me is your go-to for daily balance and clarity — naturally.

### Supplement Facts

Serving Size: 3.4 Grams / 1 reg tsp  
Serving Per Container: 30

Amount per serving	% Daily Value <sup>A</sup>
Korean Red Ginseng (Panax Ginseng 10:1)	450 mg
Lion Mane (Hericium erinaceus (>30% Polysaccharides))	350 mg
Cordyceps Sinensis (>30% Polysaccharides)	350 mg
Rhodiola Rosea (3% Rosavin, 1% Salidroside)	288 mg
Beetroot (Beta vulgaris)	250 mg
Creatine HCL (Hydrochloride 99%)	200 mg
Ashwagandha (Withania somnifera 10:1)	200 mg
Astragalus (Astragalus membranaceus 10:1)	200 mg
American Ginseng (Panax ginseng >15% Ginsenosides)	350 mg
Senactiv® (Panax notoginseng and Rosa roxburghii)	50 mg
Astragin® (Panax notoginseng and Astragalus membranaceus)	50 mg
Synergistic Proprietary Blend	500 mg
Pro-anthocyanidins (Purple Sweet Potato)	.
Polyphenols (Amla Berry)	.
Ginger (Zingiber root extract) 1% Gingerols	.





An advanced adaptogen blend is formulated to support your energy, focus, and resilience throughout the day. Featuring a synergistic combination of traditional herbs and nutrients, this formula includes Korean and American Ginseng to help support vitality and cognitive function, Lion's Mane to assist with memory and Cordyceps to help maintain stamina and physical performance. Rhodiola Rosea and Ashwagandha may support a healthy stress response and mental clarity, while Beetroot helps contribute to circulation and endurance. Creatine may help supports muscle function and cognitive performance, and Astragalus, traditionally used in Chinese medicine, supports immune system health. With the added benefits of Senactiv® for performance and AstraGin® for nutrient absorption, this blend offers natural, well-rounded support for daily wellbeing.