



## DR. SHADE'S THRIVAGEN



### Supplement Facts

Serving Size: 1 mL (2 Pumps)    Amount    % Daily  
Servings Per Container: 50    Per Serving    Value

Sun Horse Proprietary Liquid    400mg    \*\*

#### Adaptogenic Herbal Blend

Gynostemma rhizome (Jiaogulan), Lycium fruit (Himalayan Goji), Acai berry, Peruvian Maca, American Ginseng root, Schisandra fruit, Asian Licorice root, Rhodiola root, Astragalus root, Reishi fruiting body, Catuaba bark, Guarana seed, Shatavari, Ashwagandha root, Angelica Archangelica, Chaste tree berry, Maple sap Syrup

\*\*Daily Value not established

**Other Ingredients:** Glycerin, ethanol, water, tocopherol, phospholipids (from purified sunflower seed lecithin), acacia gum, natural mixed tocopherols

**Thrivagen** is a gentle, tonifying woman's adaptogen formula replete with botanicals that support the female endocrine system. This potent medley was initially crafted and refined by master herbalist Dan Moriarty of Sun Horse Energy for his wife, Mona. Packaged in our advanced liposomal delivery system, this balanced blend is formulated for everyday use with an emphasis on female health. It is the second formula in the Sun Horse adaptogenic trinity, which also includes NanoMojo® (for men) and Ultra Energy® (for general use).

### THRIVAGEN: AN ESSENTIAL FORMULA FOR THE MODERN-DAY WOMAN

Adaptogenic herbs, also known as “adaptogens,” are botanicals that support the body's response to daily stressors while boosting overall health and vitality. They have long been used in traditional medical systems, such as Ayurveda and Traditional Chinese Medicine (TCM), to support physiological balance and resilience while attenuating the “fight or flight” stress response and exhaustion. Modern scientific research shows that adaptogens act on multiple systems to fortify the body against stress, supporting long-term health and vitality.<sup>1</sup>

The female endocrine system is a highly sensitive system that is susceptible to disruption from chronic stressors. The high demands placed on women, both in their personal and professional lives, takes a toll on the stress-response system and hormonal balance, causing symptoms such as fatigue, menstrual irregularity, and low mood. In fact, stress causes profound dysfunction of the hypothalamic-pituitary-ovary axis, a tightly-regulated system that governs female reproductive system health.<sup>2</sup> Furthermore, females show a more robust stress response in the hypothalamic-pituitary-adrenal axis, possibly due to the hormone estrogen and its effect on stress responsivity.<sup>3,4</sup>

Conventional medicine offers few solutions for chronic stress other than anti-anxiety and antidepressant drugs, which can come with significant side effects and do not address the underlying physiological disturbances caused by stress. Conversely, adaptogens are ancient, time-tested herbs uniquely poised to fill this gap in our healthcare system and help our bodies not only survive but thrive in the hectic modern world.

Thrivagen incorporates time-honored herbs drawn from traditional botanical medicine systems around the world, creating a truly female-specific formula. The powerful blend of botanicals in Thrivagen support resilience to daily stressors, a positive mood, sharp cognition, and hormonal balance. It also works to tonify the female endocrine system, promoting menstrual regularity and fertility in premenopausal women and healthy hormonal balance in menopausal and postmenopausal women.

### SUPPORT RESILIENCE AND HORMONE BALANCE WITH TIME-HONORED ADAPTOGENS

Botanical medicine systems have long utilized female-specific adaptogens to help women manage stress, normalize their menstrual cycles, alleviate premenstrual discomfort, and support wellbeing during and after menopause. These botanicals hail

### BENEFITS & APPLICATIONS:

- Reduces premenstrual discomfort<sup>21</sup>
- Supports regular menstrual cycles<sup>11,21</sup>
- Diminishes fatigue and boosts energy<sup>23,24</sup>
- Optimizes fertility<sup>10</sup>
- Supports hormone balance and health during and after menopause<sup>6, 18, 22</sup>
- Enhances libido and supports a healthy sex life<sup>7,15</sup>
- Alleviates stress, anxiety, and reduces the adverse impact of stress on weight gain<sup>9,12, 13, 14</sup>
- Promote healthy breast tissue<sup>19</sup>

from diverse regions of the globe and we have selected the very best in this formula to support vibrant female health.

## **Maca Root**

Maca root (*Lepidium meyenii*), also referred to as “Peruvian ginseng,” is an herbaceous plant native to the high, forbidding Andes mountains of Peru. It has traditionally been used by Andean people as a tonic for stress, fatigue, fertility, and libido.<sup>5</sup>

In a double-blind, randomized clinical trial, two months of supplementation with maca root increased estradiol, lowered cortisol and adrenocorticotropic hormone (ACTH), and alleviated menopausal symptoms in postmenopausal women. Excitingly, four months of maca supplementation improved bone density in these same women. Moreover, maca did not trigger any of the adverse symptoms associated with pharmaceutical hormone replacement therapy (HRT), such as increased blood pressure and body weight, depression, and mood swings.<sup>6</sup> Maca has also been found to alleviate female sexual dysfunction caused by selective serotonin reuptake inhibitors (SSRIs), a class of drug commonly prescribed for depression.<sup>7</sup>

Maca does not contain any phytoestrogens or other plant-based hormones; instead, it exerts beneficial health effects by toning the hypothalamic-pituitary-ovarian (HPO) axis.

## **Chinese Licorice**

Chinese licorice root (*Glycyrrhiza uralensis*) is considered a “guide drug” used to enhance the efficacy of other ingredients in botanical formulas.<sup>8</sup> Chinese licorice root may potentiate the stress-reducing effects of adaptogens by modulating cortisol levels. Glycyrrhizic acid, a principal constituent of licorice root, inhibits the activity of the enzyme 11 $\beta$ -hydroxysteroid dehydrogenase, preventing the conversion of cortisol into the inactive hormone cortisone.<sup>9</sup> By supporting optimal levels of cortisol, neither too little nor too much, licorice root acts as a mild tonic for resilience and vitality.

## **Shatavari**

Shatavari (*Asparagus racemosus*) is an herbaceous member of the asparagus family that grows in tropical and subtropical parts of India. Shatavari is the primary rejuvenating tonic for females in traditional Indian Ayurvedic medicine, used to promote vitality, resilience, fertility, and longevity.<sup>10</sup>

Shatavari contains steroidal saponins that normalize ovulation and increase libido, and balance estrogen, follicle-stimulating hormone (FSH), and luteinizing hormone (LH) levels.<sup>11</sup> In menopausal women with low estrogen, Shatavari phytoestrogens bind to empty estrogen receptor sites, stimulating beneficial estrogenic activity. In premenopausal women with excessive estrogen levels, Shatavari phytoestrogens may have an anti-estrogenic effect by preventing endogenous estrogen from occupying these receptors.<sup>10</sup> Shatavari isoflavones offer antioxidant properties that may enhance fertility by quenching oxidative stress, a phenomenon that depreciates ovary physiology and oocyte quality.

## **Ashwagandha**

Ashwagandha root (*Withania somnifera*) is one of the most celebrated and well-studied adaptogens, used for millennia in Ayurvedic medicine. Ashwagandha decreases cortisol levels, increases parasympathetic nervous system activity, colloquially known as the “rest and digest” response, and supports healthy body weight in adults under chronic stress.<sup>12, 13, 14</sup> Ashwagandha has also been found to improve sexual function in healthy women.<sup>15</sup> Finally, it reduces sleep latency and improves sleep quality, boosting the restorative quality of sleep.<sup>16</sup>

## **Angelica**

Angelica root (*Angelica archangelica*), also known as Dong Quai in TCM, is a time-honored female tonic that can support feminine issues such as irregular menstruation, PMS, and hot flashes.<sup>17</sup> Dong Quai may be most effective when used in combination with other herbs that support the female endocrine system.<sup>18</sup> Angelica also appears to support breast health, inhibiting the aberrant growth of breast cells.<sup>19</sup> The exact mechanisms of action of Angelica on the female physiology remain unknown, as it does not appear to contain phytoestrogens.<sup>20</sup>

## Chaste Tree Berry

Chaste tree berry is a flowering plant native to the Mediterranean region that has long been utilized in traditional Western herbalism. Hundreds of years ago, chaste tree berry (*Vitex agnus-castus*) came into fashion among clergymen as a purported intervention for reducing sexual desire. In the light of modern-day science, it remains doubtful whether it worked for this purpose, as chaste tree berry primarily affects the female endocrine system.

*Vitex* alleviates symptoms of premenstrual syndrome, such as breast tenderness and migraines, by decreasing elevated prolactin, increasing the mRNA expression of progesterone receptors, and activating mu-opioid receptors.<sup>21</sup> Chaste tree berry may help alleviate menopausal symptoms by reducing prolactin and elevating dopaminergic tone in the central nervous system.<sup>22</sup>

## Rhodiola Root

*Rhodiola rosea* is a perennial flowering plant that grows in the Arctic regions of Asia, Europe, and North America. The root of this hardy little plant packs a powerful adaptogenic punch, boosting energy and fortifying the body against daily stressors.

*Rhodiola* extract attenuates the corticosterone response under conditions of acute mild stress, preventing excessive stimulation of the stress response system. It also alleviates physical and mental fatigue, enhancing stamina.<sup>23,24</sup> Finally, *Rhodiola* also offers gentle immune system homeostasis, supporting the body's endogenous defenses against microbial stressors.<sup>25</sup>

*Rhodiola* has been identified as a natural selective estrogen receptor modulator, meaning it may have beneficial effects on cognitive dysfunction, cardiovascular health, and bone health concerns caused by low estrogen in menopause.<sup>26</sup>

**Quicksilver Delivery Systems®** improves upon liposomal and emulsification technology with smaller, more stable particles made from the highest-grade ingredients available. In addition to exceptional absorption rates, these tiny liposomal and nanoemulsified particles increase diffusion across mucous membranes, enhance lymphatic circulation of nutrients and support cellular delivery.<sup>27</sup>

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