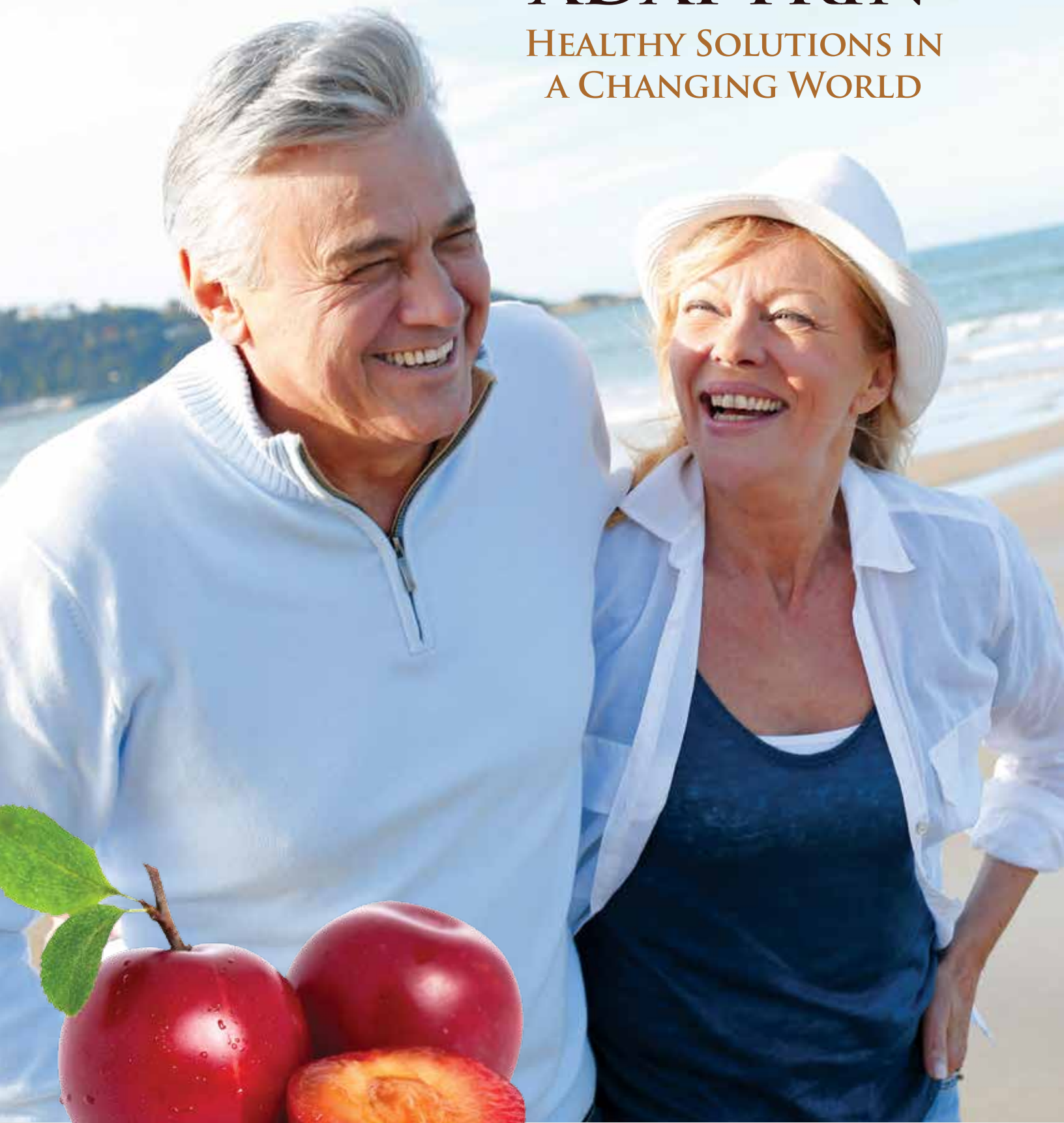


ADAPTRIN®

HEALTHY SOLUTIONS IN
A CHANGING WORLD

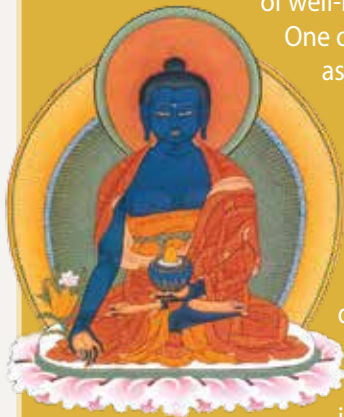


ADAPTRIN®

ADAPTRIN®¹

TIBETAN ROOTS LEAD TO A HEALTHY PATH

Adaptrin is a botanical and mineral formula whose origins lie in the principles of Tibetan medicine; Adaptrin is designed to nutritionally support the healthy cardiovascular and immune systems. Based on the long-standing tradition of nutritional use and published studies, Adaptrin lowers stress levels, sharpens memory, overall energy and alertness, sleep patterns; and promotes an increased general subjective sense of well-being.*

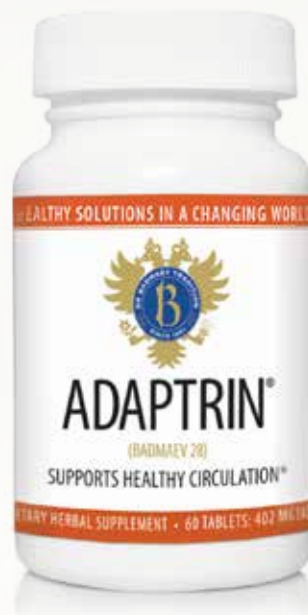


One of the interesting aspects of Adaptrin's mechanism is that none of the individual ingredients of the formula has been used in a significant dose. In view of the clinically confirmed efficacy of Adaptrin¹, it is the synergistic

mechanism of suboptimal-dose ingredients that operates in the formula which provides its health benefits. This cumulative mechanism may help mobilize the body's own means to improve health by the gradual build-up of adaptation energy—hence its name, "Adaptrin."

When used on a daily basis, Adaptrin is designed to support a healthy regenerative response and maintain optimal health.* This gradual, long-term process of promoting and maintaining optimal health is one of the leading principles in Tibetan medicine. Published clinical evidence shows that long-term daily use of Adaptrin supports cardiovascular health and immunity.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



the integrity of a body's cells, tissues, organs, and systems by the preventing free radical formation and disabling existing free radicals."

Unlike a single herb with adaptogen action, Adaptrin's bioprotectant design helps to manage multiple effects of an unhealthy lifestyle. The herbal combinations used in Adaptrin provide bioprotectant and antioxidant properties that broadly support the body's ability to regulate towards a natural state of health. All of Adaptrin's components occur in the formula in small amounts, yet it exerts steady biological action at both low and high dosage.

*This unique mechanism of Adaptrin distinguishes it from most other adaptogens and nutritional supplements. The concept of Tibetan herbal formulation provides broad, safe and effective multi-component preparations in the form of "condensed food" to supplement (i.e. to nourish) the body, organs, and systems and it is this combined mechanism of action that is key to their success.**

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Adaptrin® has its origins in Tibetan medicine as a combination of 21 different herbs and minerals (see Adaptrin label). Adaptrin adaptrin-solutions employs "bioprotectant" properties – helping to regulate the integrity of living cells—and balancing the effects of stress on the body. Dr. Vladimir Badmaev, developer of Adaptrin, states, "I proposed the term 'bioprotectant' in 1995, to describe any compound that preserves

The herbal combinations used in Adaptrin® provide bioprotectant and antioxidant properties that broadly support the body's ability to regulate towards a natural state of health.*

¹(Badmaev, V. *Tibetan Medicine: An Effective Botanical Supplement for Peripheral Vascular Circulation* "J Cardiovasc Dis Diagn 2013". www.adaptrin.com; e-guide; media download.



The natural ingredients used in Adaptrin® are selected from world-renowned companies and represent quality and tradition supported by science, sustainability, and social responsibility. All ingredients are researched and approved by American Medical Holdings Inc.

*In 5 peer-review published research studies using the Adaptrin® formula, there were no reported side effects and no known interactions with drugs, foods, or other dietary supplements.**

The combination of herbs in Adaptrin promote energy and healthy circulation. This primary action is complemented by herbs that support the immune system and maintain a healthy inflammation response – both of which are linked to cardiovascular health and optimal aging. Regulation of digestion with herbal ingredients in the Adaptrin formula is a hallmark of Tibetan medicine. According to the precepts of Tibetan medicine, an unbalanced digestive system is a common denominator in most health concerns, and optimal wellness should start with regulating these imbalances.*

DECADES OF CLINICAL RESEARCH

Adaptrin (formula No. 28) is perhaps the most scientifically researched herbal combination known. Over 35 years ago, the first peer-reviewed study was published and since then, numerous clinical trials have confirmed that Adaptrin promotes cardiovascular health, supports a healthy immune response, and helps regulate a natural inflammation response.* In the past three decades, basic science studies also verify the botanical and mineral ingredients in Adaptrin are rich in antioxidant and free radical scavenging flavonoids, a source of multiple health benefits.*

COMPOSITION OF ADAPTRIN

Adaptrin is composed of natural camphor, calcium sulfate, and includes the following herbs: **Lichen islandicus moss** (Ach.) Iceland moss, **Costus amarum root** (C.B. Clarke) costus, spiral flag, **Melia toosendan fruit** (Linn.) neem, **Elettaria cardamomum fruit** (Malon.) cardamom, **Pterocarpus santalinus wood** (Linn.) red sandalwood, **Terminalia chebulae fruit** (Retz.) myrobalan, **Amomum medicinale fruit** (L. Merrill) Jamaican pepper, **Aegle sepiar fruit** (L. Raffin) hardy orange, **Aquilegia viridifolia leaves** (Linn.) columbine, **Plantago lanceolata herb** (L.) ribwort, **Glycyrrhiza glabra root** (Linn.) licorice, **Polygonum aviculare herb** (Linn.) knotgrass, **Potentilla aurea herb** (L.) golden cinquefoil, **Eugenia caryophyllata fruit** (Spreng Wild.) cloves, **Hedychium spicatum root** (Ham ex. Smith) gingerlily, **Sida cordifolia herb** (Linn.) heart-leaved sida, **Valeriana officinalis root** (Linn.) valerian, **Lactuca sativa leaves** (Linn.) lettuce, **Calendula officinalis flowers** (Linn.) marigold.

Due to regulatory concerns, but also because historically the homeopathic monkshood in the Adaptrin formula has not been essential, this ingredient is not present in the current formula. These components are blended according to standardized protocol into uncoated tablets with a distinctive taste, since traditionally the action of the formula starts with interaction with the taste buds. The entire formula was subject to sequential extraction and evaluation of the chemical constituents using high-pressure liquid chromatography (HPLC)***.

*** The following paper lists known chemical constituents of Adaptrin: Badmaev, V. *Tibetan Medicine: An Effective Botanical Supplement for Peripheral Vascular Circulation* "J Cardiovasc Dis Diagn 2013". www.adaptrin.com; e-guide; media download

ADAPTRIN® RECOMMENDED DOSAGE



The suggested dose of Adaptrin is one to three tablets daily on an empty stomach, half an hour before a meal or half an hour after a meal. Beneficial effects have been reported within two to three weeks. A typical course would be three tablets daily, for approximately three months. After that, a dosage of 1 tablet daily as a maintenance dose, is recommended at breakfast time. In individuals weighing more than 200 lbs., the starting dose may be 6 tablets daily with a maintenance dose of 2 tablets daily. The dose of Adaptrin should be built up gradually over a period of 3 weeks (1 tablet per day in the first week, 2 tablets per day in the second week and 3 tablets per day in the third week), according to the theory in Tibetan medicine that a long lasting health imbalance should be reversed gradually.

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ADAPTRIN®

TIBETAN MEDICINE



IN TIBETAN MEDICINE, it is understood that the entire body is affected by a disease despite the obvious symptoms, and because diseases are regarded as the result of a prolonged pathological process, most treatments are aimed at a correspondingly gradual recovery. Central

to the origin of any condition is an imbalance in the gastrointestinal system and treatments include support for the gastrointestinal system as well as the body's natural defense mechanisms—the immune system. To insure that improvement related to therapy is gradual, treatment with an herbal formula usually starts with one-third of the maximum therapeutic dose, with a full dose attained over a period of weeks. Therapy generally spans approximately three months and is followed by a one-

month break and re-evaluation. If improvement has not been accomplished the cycle of treatment is repeated. The one-month break between cycles was designed for re-evaluation of the patient and to restore physiological defense mechanisms.

ADDITIONAL READING:

Tibetan Medicine. Badmaev, V. 1999 (May). In a book titled: *Essentials of Complementary and Alternative Medicine* by Wayne B. Jonas and Jeffrey S. Levin; published by Lippincott Williams & Wilkins. ISBN: 0-683-30674-X: 604.

Badmaev, V. *Tibetan Medicine: An Effective Botanical Supplement for Peripheral Vascular Circulation* "J Cardiovasc Dis Diagn 2013"; 1:3 www.esciencecentral.org/journals/2329-9517/2329-9517-1-111.php?aid=15274

Adaptrin is a registered ® trademark of Dr. Vladimir Badmaev

Download this guide at: <https://www.adaptrin.com/media-studies>

Videos on the Adaptrin® Tradition:

YouTube: <http://youtu.be/2MfZIXhu9wQ>

Website: <http://newswatchtv.com/adaptrin.html>

Vimeo: <https://vimeo.com/87808310>

ADAPTRIN'S® FAMILY ORIGINS

Dr. Vladimir Badmaev's family was instrumental in bringing the tenets of Tibetan medicine to the West. His ancestors built their



Dr. Vladimir
Badmaev

knowledge of Tibetan medicine from living in Buryatia, a section of Russia in the vicinity of Lake Baikal that was once part of the Tibetan empire. Drs. Sul-Tim-Badma and Zham-Saran-Badma translated the "Four Roots" Tibetan medicine textbook into Russian for the first time in the late 19th century. Their names were later changed by adding the Russian suffix "ev" to the family name of Badma or Padma. In the late 1800s, Dr. Alexander Badmaev (Sul-Tim Badma) established the West's first Tibetan pharmacy in St. Petersburg, Russia. The influence of the Tibetan pharmacy spread, and Alexander's younger brother, Dr. Peter Badmaev, Sr. (Zham-Saran Badma) became the personal physician to the Russian Czar, Nicholas II. Following the revolution, Dr. Vladimir Badmaev, Sr. (Jamjan Badma) moved to Poland in 1920s, where he opened his medical practice and Warsaw's Tibetan Pharmacy. In 1965, his son Dr. Peter Badmaev, Jr. began production of natural pharmaceuticals in Switzerland. In 1984, Dr. Vladimir Badmaev, Jr. established the U.S.-based Badmaev Natural Drug Foundation and recently American Medical Holdings Inc. to continue the family tradition.

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