



# vibrant blue oils

# Adrenal™

— BODY BALANCE —



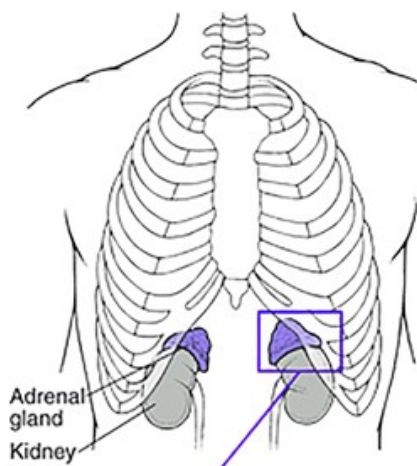
**BENEFITS:** The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue). The Adrenal blend is designed to balance the extremes, calming the adrenals when too much cortisol is released and supporting them during periods of adrenal fatigue.

#### INDICATIONS:

**Hyper Adrenal Symptoms:** When we face ongoing stress, the adrenal glands produce too much cortisol, leading to symptoms including weight gain around the waist, poor sleep, fatigue, elevated blood sugar, menstrual irregularities, increased thirst, high blood pressure and frequent infections.

**Adrenal Fatigue Symptoms:** As the chronic stress continues, it depletes the adrenal glands. The adrenals were designed to deal with stress in small spurts rather than in periods of days, months or years. Chronic stress overworks the adrenal gland to the point of exhaustion and eventually they become too fatigued to meet the needs of the body. Symptoms of exhausted adrenals include fatigue, sugar or salt cravings, low blood sugar, low blood pressure, skin rashes, allergies, poor sleep, depression & anxiety.

## Application



**HOW TO USE:** Apply recommend 1- 2 drops on the adrenal glands (on the lower mid-back, one fist above the 12th rib on each side).

**WHEN TO USE:** To aid with energy, anxiety and stress, apply 2- 3 times daily or as needed during stressful or anxious moments.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Adrenal blend contains a proprietary formulation of Thyme, Rosemary, Manuka, Galbanum, and Frankincense in a base of fractionated coconut oil.

#### PRODUCT TIPS:

- Apply topically to the area of the adrenals 2- 3 times daily.
- Enjoy aromatically to return to balance during moments of anxiety or stress.



Proprietary body balance blends are formulated to balance key organs and systems of the body so the body can heal.