

Ashwagandha is an Ayurvedic herb that helps to calm the body's stress response and reduce the stress hormone cortisol. As an adaptogen, it helps bring into balance the adrenal and thyroid hormones. Additionally, it helps boost the immune system and increase energy.

Asian ginseng is also an adaptogen herb that regulates, normalizes and balances stress and reproductive hormones while alleviating a variety of symptoms, including fuzzy thinking, irritability and low immunity.

Dong quai is especially helpful for estrogen imbalances and relieving its symptoms of hot flashes, PMS and menstrual cramps.

Omega-3 fatty acids ensures healthy cell membranes that's necessary for hormones to easily reach their destination. Omega 3s are also helpful in maintaining and repairing hormone receptor sites.

Rhodiola is a well-studied adaptogen herb that has been found to improve thyroid function, increase energy, balance stress hormones, improve mood, stimulate mental performance and boost immunity.