

## Me? Stressed? The Magic of Vitamin C & The Adrenal Glands

Adrenal Glands are located on top of the kidneys. They secrete hormones like adrenaline that effect blood pressure, heart rate & sweating. They also secrete many different hormones that control the use of fats, proteins & carbohydrates as well as male sex hormones & mineral corticoids that control blood pressure & levels of salt and potassium in our bodies.

Some of the **highest concentrations of vitamin C are found in the adrenal glands**. If you are feeling depressed, overwhelmed, fatigued, emotional irritability, or an inability to cope, adrenal fatigue may be the culprit. The body's tissues use more vitamin C during times of stress than at any other time. Our bodies do not produce vitamin C; we must get it from food and supplements.

Bioflavonoids are a key component in the vitamin C arsenal for adrenal health & support. Use a 2 to 1 ratio; that means for every 1,000 mg of ascorbic acid (vitamin C) you need 500 mg of bioflavonoid. Bioflavonoids have antioxidant qualities & combined with vitamin C, they protect & preserve its nutrients. (*Antioxidants help fight infections, inflammation, viruses & some types of chronic disease.*)