

Adapton

30 capsules

Item Catalog Number: 00285

There is a species of deep sea fish called *Garum armoricum*, whose only known habitat is off the coast of England. An extract from this fish is sold under the trade name Adapton. The active ingredients in Adapton (*Garum armoricum* extract) have been shown to increase the amount of calming endorphins and to improve the body's ability to adapt to mentally and physically stressful conditions. Garum contains vitamins, minerals and Omega-3 EFAs, and polypeptides that act as precursors for endorphins and other neurotransmitters.^{41,42}

References

Supplement Facts

Serving Size 1 capsule

Servings Per Container 30

Amount Per Serving

Predigested *Garum armoricum* extract. 105 mg

Other ingredients: virgin sunflower oil, lecithin, gelatin.

Dosage and Use

- Four capsules daily for the first 15 days. Two to three capsules daily thereafter.
- Some people take two to three capsules every other day as part of their maintenance regimen.
- This product is best utilized when taken on an empty stomach with water.

Caution

This product is not intended for clinical depression and bipolar manic depression. If you have either of these conditions then consult your physician.

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