

TLS ACTS ADRENAL, CORTISOL, THYROID & STRESS SUPPORT FORMULA



HELPS REDUCE THE SYMPTOMS OF STRESS, SUCH AS FATIGUE, SLEEPLESSNESS, IRRITABILITY, AND INABILITY TO CONCENTRATE

HELPS TO TEMPORARILY PROMOTE RELAXATION

HELPS IN THE FUNCTION OF THE THYROID GLAND



C6460 | SINGLE BOTTLE (30 SERVINGS)

Why choose TLS® ACTS?

Even in seemingly good times, stress is something we cannot escape; not only does it have a harmful effect on us mentally, but it can also wreak havoc on us physically – including in our waistlines. When we are faced with stress, our bodies go into fight or flight response and certain hormones are released by the adrenal gland, hormones that would give the body a burst of energy and strength.

One of the hormones released during this fight or flight response is cortisol, which increases blood sugar, suppresses the immune system, and aids in fat, protein and carbohydrate metabolism. Under normal circumstances, cortisol helps restore homeostasis after stress. The problem is that constant stress leads to a constant state of cortisol production, which stimulates glucose production. This excess glucose is typically converted into fat, ending up as stored fat. High cortisol levels can also lead to binge eating. Not only do high cortisol levels make you want to keep on snacking, but excess cortisol also contributes to storing more belly fat, which is known to be a bit harder to lose.

Cortisol assists the thyroid hormone in working more efficiently, and the correct amount of cortisol – not too high or too low – supports normal thyroid function. When cortisol gets too high, triggered by the adrenal glands response to elevated stress, it causes a delayed response to the thyroid hormone receptors. When this occurs, the hormones aren't allowed to work at optimal levels, leaving you feeling sluggish, leading to a higher chance of stress eating, and giving up physical activity.

When you're battling adrenal fatigue, it is difficult to lose weight for several reasons. Not only are you exhausted and lack the physical energy to exercise the way that you used to, but those suffering with adrenal fatigue also crave high fat sweets and salty foods, turning to food as a way to comfort them and aid in assisting their exhausted adrenal glands.

TLS ACTS Adrenal, Cortisol, Thyroid & Stress Support Formula, specially formulated with Holy basil and Ashwagandha, works specifically to promote healthy thyroid function, and to reduce the symptoms of stress, such as fatigue, sleeplessness, irritability and inability to concentrate.