

ADAPTITUDE
— *Adaptogen plant power* —

Catalogue

Our adaptogenic plant extracts

Grown & made in Brittany

Hydro-alcoholic extracts · Adaptogenic plants & mushrooms · Organic

adaptitude-france.fr

2026 EDITION

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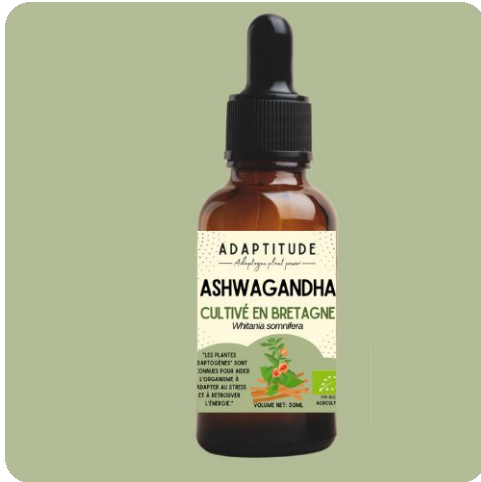
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The quiet strength

Organic Ashwagandha Extract

Withania somnifera



Ref. AS50

Barcode 3770028615049

Packaging 50 ml

Best before 5 years

Origin France – Brittany **Certified organic by Ecocert**

Also known as "Indian ginseng", ashwagandha, from the nightshade family, is one of the major plants of Ayurvedic medicine. Its Sanskrit name means "smell of the horse", a symbol of vitality, endurance and strength.

Benefits

Reduces stress and anxiety, improves sleep quality, supports physical and mental energy, and helps balance hormones.

Ingredients: Ashwagandha* (root) 520 mg. Other ingredients: water, grain alcohol*. *from organic farming.

Extraction: Slow cold percolation of dried, ground roots, 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The everyday shield

Organic Tulsi Extract

Ocimum sanctum – basilic sacré**Ref. TU50****Barcode 3770028615056****Packaging 50 ml****Best before 5 years****Origin France – Brittany *Certified organic by Ecocert***

Also known as holy basil, tulsi is an emblematic plant of Ayurveda from the mint family. Its name means "the incomparable one", reflecting the central place it has held for millennia in Indian medicinal, spiritual and ritual practices.

Benefits

Helps calm the mind, strengthen immunity and support healthy breathing.

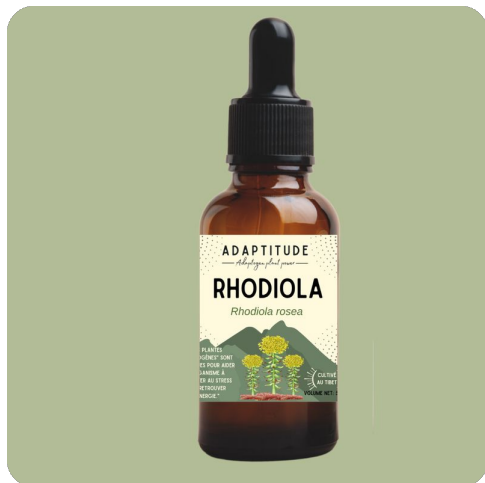
Ingredients: Tulsi* 1000 mg. Other ingredients: water, grain alcohol*. *from organic farming.

Extraction: Long maceration of fresh leaves in a hydro-alcoholic solution, followed by ultrasonic extraction. 1:2 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

Calm energy

Rhodiola Extract

Rhodiola rosea**Ref. RH50****Barcode** 3770028615070**Packaging** 50 ml**Best before** 5 years**Origin** Grown in Tibet

A perennial plant from the cold regions of Siberia and Scandinavia, prized for its distinctively scented root. Used for centuries to support the physical endurance of northern peoples (Vikings, Mongols...).

Benefits

Helps reduce fatigue, improves resistance to stress and supports emotional balance.

Ingredients: Rhodiola (root). Other ingredients: water, organic grain alcohol.

Extraction: Slow cold percolation of dried, ground roots, 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

Natural endurance

Organic Eleuthero Extract

Eleutherococcus senticosus – ginseng sibérien**Ref. EL50****Barcode 3770028615254****Packaging 50 ml****Best before 5 years****Origin China** **Certified organic by Ecocert**

A thorny Siberian shrub also known as "Siberian ginseng". Its root is traditionally used to strengthen the body, improve resistance and support recovery.

Benefits

Strengthens resistance to stress, improves physical and mental endurance, supports immunity and promotes recovery and vitality.

Ingredients: Eleuthero* (roots) 520 mg. Other ingredients: water, grain alcohol*. *from organic farming.

Extraction: Slow cold percolation of dried, ground roots, 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The immortality leaf

Jiaogulan Extract

Gynostemma pentaphyllum



Ref. JI50

Barcode 3770028615063

Packaging 50 ml

Best before 5 years

Origin France – Brittany **Certified organic by Ecocert**

A climbing plant of the cucumber family native to China, nicknamed the "immortality herb". Traditionally used as a vitality elixir to support energy, inner balance and overall well-being.

Benefits

A powerful natural antioxidant, it helps regulate metabolism, supports the cardiovascular system and boosts energy.

Ingredients: Jiaogulan* 1040 mg. Other ingredients: water, grain alcohol*. *from organic farming.

Extraction: Long maceration of fresh leaves in a hydro-alcoholic solution, followed by ultrasonic extraction. 1:2 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The revitalising berry

Schisandra Extract

Schisandra sinensis**Ref. SC50****Barcode** 3770028615070**Packaging** 50 ml**Best before** 5 years**Origin** Changbai Mountains – China

A red-berried vine native to East Asia, highly valued in traditional Chinese herbal medicine, known as Wu Wei Zi, "the five-flavour fruit". Its berries combine sweet, salty, bitter, sour and pungent notes all at once.

Benefits

Improves stress management, supports liver function and detoxification, boosts mental energy and strengthens overall vitality.

Ingredients: Schisandra (fruit) 520 mg. Other ingredients: water, organic grain alcohol.

Extraction: Slow cold percolation of dried, ground berries, 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

Ancestral vitality

Red Ginseng Extract

Panax ginseng**Ref. G130****Barcode** 3770028615261**Packaging** 30 ml**Best before** 5 years**Origin** Changbai Mountains – China

An emblematic root of traditional Asian medicine, from cultivated and matured *Panax ginseng*. Renowned for toning vital energy, stimulating the body and supporting longevity.

Benefits

Tones the body and vital energy, strengthens the immune system, boosts endurance and vitality, and supports mental clarity.

Ingredients: Red ginseng (root) 520 mg. Other ingredients: water, organic grain alcohol.

Extraction: Slow cold percolation of dried, ground roots, 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

Soothing clarity

Gotu Kola Extract

Centella asiatica**Ref.** GO50**Barcode** 3770028615070**Packaging** 50 ml**Best before** 5 years**Origin** Brittany (tincture) – China (extract)

A small tropical herbaceous plant native to Asia, long used in Ayurveda and Chinese medicine.

Benefits

Supports memory and focus, improves blood circulation, promotes healthy skin and helps balance the nervous system.

Ingredients: Gotu kola (leaf) 1040 mg. Other ingredients: water, organic grain alcohol.

Extraction: Long maceration of dried leaves followed by ultrasonic extraction. 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

Ancestral nordic energy

Organic Chaga Extract

Inonotus obliquus



Ref. CH50

Barcode 3770028615087

Packaging 50 ml

Best before 5 years

Origin France – Massif Central **Certified organic by Ecocert**

A wild mushroom growing on birch trees, mainly found in northern forests, with a rugged black appearance. Traditionally used as a general tonic and to support the body's natural defences.

Benefits

Very rich in antioxidants, it strengthens natural defences, supports energy and vitality, and promotes digestive health.

Ingredients: Chaga* 520 mg. Other ingredients: water, grain alcohol*. *from organic farming.

Extraction: Reverse double extraction: decocted in hot water then mixed with alcohol. One month maceration before ultrasonic extraction. 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The mushroom of longevity

Reishi Extract

Ganoderma lucidum



Ref. RE50

Barcode 3770028615094

Packaging 50 ml

Best before 5 years

Origin England or China

Used in China for more than 2,000 years, reishi is nicknamed "the mushroom of immortality". Once reserved for emperors, it was prized for its toning, protective and revitalising effects.

Benefits

Helps relaxation and sleep, supports immunity, promotes emotional balance and protects against oxidative stress.

Ingredients: Reishi 520 mg. Other ingredients: water, organic grain alcohol.

Extraction: Reverse double extraction: decocted in hot water then mixed with alcohol. One month maceration before ultrasonic extraction. 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The mushroom of endurance

Cordyceps Extract

Cordyceps militaris



Ref. CO50

Barcode 3770028615094

Packaging 50 ml

Best before 5 years

Origin England or China (cultivated)

A rare mushroom from the Tibetan highlands, highly valued in traditional Chinese medicine. Traditionally used to boost energy, support endurance and improve recovery.

Benefits

Increases physical endurance, improves cellular oxygenation and promotes sports recovery.

Ingredients: Cordyceps 520 mg. Other ingredients: water, organic grain alcohol.

Extraction: Reverse double extraction: decocted in hot water then mixed with alcohol. One month maceration before ultrasonic extraction. 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The natural booster

Organic Guarana Extract

Paullinia cupana



Ref. GU50

Barcode 3770028615100

Packaging 50 ml

Best before 5 years

Origin Brazil **Certified organic by Ecocert**

An Amazonian shrub whose seeds are naturally rich in plant-based caffeine. Traditionally used by South American peoples, the Guarani, as a natural stimulant to fight fatigue and improve alertness.

Benefits

A natural stimulating energy source, it improves focus and alertness, supports fat burning and helps fight fatigue.

Caution: guarana is a stimulant and contains caffeine.

Ingredients: Guarana* (seeds) 520 mg. Other ingredients: water, grape alcohol*. *from organic farming.

Extraction: Slow cold percolation of ground seeds, 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The brain's ally

Organic Ginkgo Biloba Extract

Ginkgo biloba**Ref. G150****Barcode** 3770028615100**Packaging** 50 ml**Best before** 5 years**Origin** France **Certified organic by Ecocert**

Ginkgo biloba is considered one of the oldest trees in the world. Native to China, it is sometimes nicknamed the "fossil tree" and was long revered in Buddhist temples for its resilience and longevity.

Benefits

Stimulates cognitive function, improves microcirculation, supports memory and acts as a powerful antioxidant for the brain.

Ingredients: Ginkgo* (leaves) 1040 mg. Other ingredients: water, grain alcohol*. *from organic farming.

Extraction: Long maceration of dried leaves in a hydro-alcoholic solution, followed by ultrasonic extraction. 1:4 concentrate.

How to use: Taken as drops diluted in a glass of water, 1 to 2 times a day. A course of at least 3 weeks, renewable.

The evening ritual

Moon Milk Original



Ref. MM70

Barcode 3770028615018

Packaging 70 g

Best before 1 year

Origin France – Brittany **Certified organic**

A comforting drink made with spices, milk and ashwagandha grown in Brittany, designed to help you drift into sleep: best enjoyed in the evening, wrapped in the gentle warmth of chai spices.

Benefits

Supports relaxation at the end of the day and helps you fall asleep, thanks to ashwagandha and warming spices (turmeric, cardamom, vanilla).

Ingredients: Oats*, coconut sugar*, ashwagandha* (10%), chai spices*, turmeric*, vanilla*. *from organic farming.

Extraction: Instant powder to dissolve in warm milk (plant-based or dairy).

How to use: Stir one teaspoon into a bowl of warm milk (plant-based or dairy). A ritual best enjoyed in the evening.

Chocolatey comfort

Moon Milk Cacao



Ref. MMC70

Barcode 3770028615049

Packaging 70 g

Best before 1 year

Origin France – Brittany **Certified organic**

The same comforting ashwagandha drink grown in Brittany, in an indulgent cacao version: the pleasure of a hot chocolate, the gentleness of an evening ritual.

Benefits

Supports relaxation at the end of the day and helps you fall asleep, thanks to ashwagandha and the warmth of cacao and cardamom.

Ingredients: Cacao*, oats*, coconut sugar*, ashwagandha* (10%), cardamom*. *from organic farming.

Extraction: Instant powder to dissolve in warm milk (plant-based or dairy).

How to use: Stir one teaspoon into a bowl of warm milk (plant-based or dairy). A ritual best enjoyed in the evening.

How to use our extracts

● Dosage

As a general rule, the recommended dose is 1 to 2 pipettes per day (30 to 60 drops). It is best to start with a small dose to test how your body responds, then increase gradually if needed. This precaution is especially important with stimulating extracts such as rhodiola, red ginseng and guarana. As everyone may respond differently, we recommend adjusting the dosage to suit each individual.

● The benefits of hydro-alcoholic extraction

Our extracts are made using the traditional hydro-alcoholic extraction method, combining cold percolation and ultrasonic extraction, to best preserve the full range of the plant's active compounds:

- complete extraction of active compounds, both water- and fat-soluble
- excellent assimilation by the body
- optimal concentration without excessive processing
- natural, long-lasting preservation of the product
- an extract faithful to the plant's whole spectrum (totum)

A richer, more balanced action than a simple infusion or a standardised dry extract.

● Precautions for use

Specific precautions for use are stated on each label. Feel free to contact us for detailed technical data sheets on our products, or for any further information (contraindications, interactions, manufacturing methods). We remain at your disposal to help you choose the extracts best suited to your needs.

ADAPTITUDE

— Adaptogen plant power —

Our laboratory

All our food supplements are manufactured in our own laboratory, located in Quimper, Brittany. We carefully select our raw materials to guarantee high-quality plant extracts, crafted with the utmost care.

Artisanal manufacturing

Fully controlled, from plant to bottle

HACCP standards

Strict hygiene compliance

European regulations

Products registered with the DGCCRF
(French authority)

Short supply chain & organic

Plants grown in Brittany

Place an order & get in touch

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Thank you for your trust, Aurélie & John