



Adrenal Support Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
Provides nutrients that support the adrenal glands, healthy cortisol and adrenaline production, and help manage mind and body responses to occasional stress and fatigue*	Adrenaplex®	2 capsules daily, or as recommended by a healthcare practitioner.	Vitamin C (as ascorbic acid), Vitamin B6 (as pyridoxal-5-phosphate), Pantothenic Acid (as d-calcium pantothenate), Adrenal Extract (Freeze-dried), L-tyrosine, Licorice (<i>Glycyrrhiza glabra</i>) Root (5:1) Extract, Rehmannia (<i>Rehmannia glutinosa</i>) Root (5:1) Extract, Pregnenolone, DHEA (dehydroepiandrosterone)
Provides adaptogens that support daily focus, relieve occasional stress, maximize energy, enhance physical performance, and support healthy cortisol levels*	Ashwagandha Complex	1 capsule daily, may increase to 1 capsule three times daily, or as recommended by a healthcare practitioner. For optimal results, take on an empty stomach.	Proprietary Complex: Ashwagandha (<i>Withania somnifera</i>) Root Extract (KSM-66®) standardized to contain ≥ 5% withanolides, Rhodiola (<i>Rhodiola Rosea</i>) Root Extract (EPR-7™) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside