



Adrenal Support Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
<p>Provides nutrients that support the adrenal glands, healthy cortisol and adrenaline production, and help manage mind and body responses to occasional stress and fatigue^{*^^}</p>	<p>Adrenaplex®</p>	<p>2 capsules daily, or as recommended by a healthcare practitioner.</p>	<p>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)</p>
<p>Provides adaptogens that support daily focus, relieve occasional stress, maximize energy, enhance physical performance, and support healthy cortisol levels^{*^^}</p>	<p>Ashwagandha Complex</p>	<p>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.</p>	<p>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</p>

KSM-66® is a registered trademark of Ixoreal Biomed Private Limited. ^^Supports healthy levels already within normal range. *These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.