



Stress and Sleep Support Protocol^{*^}

Objective	Product Recommendation	Dosage	Key Ingredients
Maintains healthy adrenal hormone production to support 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)
Relieves occasional stress, anxiety and nervousness, and muscle tension without causing drowsiness [*]	AnxioCalm®	Adults: 1 or 2 tablets twice daily. May take at bedtime to support restful sleep. [*] Children (4 years old and up): 1 tablet twice daily. May increase as recommended by a healthcare practitioner.	Narrow-leaved Coneflower (<i>Echinacea angustifolia</i>) Root Extract (EP107™) standardized for echinacoside and a unique, proprietary alkamide profile
Provides an adaptogen combination to relieve occasional stress and support healthy cortisol levels, focus, and concentration ^{***}	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
Supports healthy circadian rhythm for restorative sleep and mental well-being with sustained release tablet ^{**††}	Melatonin 10 mg	1 tablet, 1-2 hours before bedtime, or as recommended by a healthcare practitioner.	Melatonin (EP120™)