



Stress 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), L-tyrosine, Adrenal Extract (freeze dried), Licorice (<i>Glycyrrhiza glabra</i>) Root (5:1) Extract, Rehmannia (<i>Rehmannia glutinosa</i>) Root (5:1) Extract, Pregnenolone, DHEA (dehydroepiandrosterone)(micronized)
Relieves occasional stress, anxiety, 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 a unique, proprietary alkalamide 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
Provides support for healthy levels of the critical hormone, cortisol, for a more balanced response to life's challenges**	Cortisol Stress Support**^	Women: 1 capsule, one to two times daily. Men: 1 capsule, one to three times daily, or as recommended by a healthcare practitioner.	Vitamin C (as ascorbic acid), Thiamin (B1) (from thiamin HCl), Riboflavin (Vitamin B2), Niacin (Vitamin B3) (from niacinamide and as niacin), Vitamin B6 (from pyridoxal-5-phosphate), Folate (from (6S)-5-methyltetrahydrofolic acid, acid glucosamine salt), Vitamin B12 (as methylcobalamin), Biotin, Pantothenic acid (from d-calcium pantothenate), DHEA (dehydroepiandrosterone)(micronized)
Delivers clinically studied HRG80™ red ginseng to support mental and physical energy, concentration, healthy cortisol, serotonin, and GABA levels, and resilience during times of occasional stress**	Red Ginseng Energy & Red Ginseng Energy Chewable	Capsule: 1 capsule daily. May increase to 1 capsule twice daily; Chewable: 1 tablet daily or as recommended by a healthcare practitioner. Results improve with continued use.	Korean Red Ginseng (<i>Panax ginseng</i>) Root Powder (HRG80™) containing rare, noble ginsenosides