



# 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><b>Adrenaplex®</b></p>	<p>Adults (18 years old and up): 2 capsules daily. May be taken as 1 capsule twice 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), 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)</p>
<p>Provides adaptogens that support daily focus, relieve occasional stress, maximize energy, enhance physical performance, and support healthy cortisol levels*†</p>	<p><b>Ashwagandha Complex</b></p>	<p>1 capsule daily, or as recommended by your healthcare practitioner. For optimal results, take on an empty stomach.</p>	<p>Proprietary Complex: Ashwagandha Blend [Ashwagandha (<i>Withania somnifera</i>) leaf and root extract and Ashwagandha (<i>Withania somnifera</i>) leaf and root extract (EP35™) standardized to ≥ 35% withanolides], Rhodiola (<i>Rhodiola rosea</i>) Root Extract (EPR-7™) standardized to ≥ 3% rosavins and ≥ 1% salidroside</p>