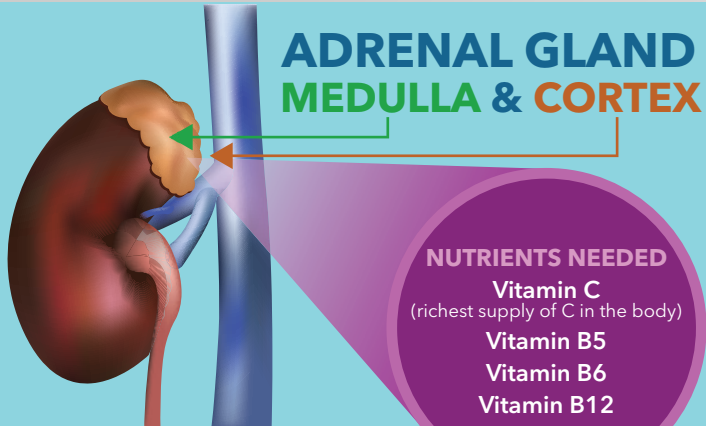


ADRENAL/CORTISOL PROTOCOL



ADRENAL GLAND MEDULLA & CORTEX

NUTRIENTS NEEDED

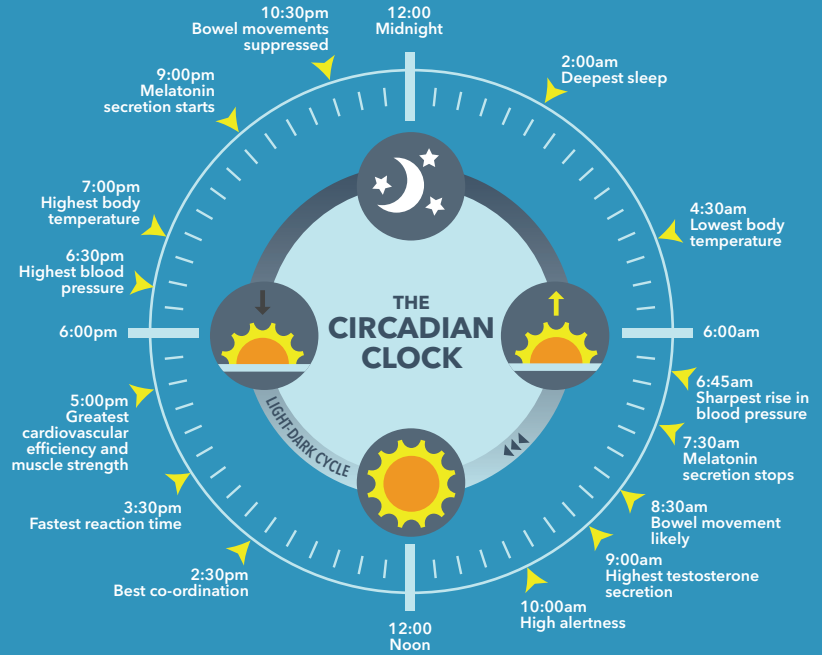
- Vitamin C (richest supply of C in the body)
- Vitamin B5
- Vitamin B6
- Vitamin B12
- 5-MTHF

PROTOMORPHOGENS

Glandular tissue, when applied to support a specific organ, can provide a balance of multiple factors to promote growth and maintenance of organs and glands, substances that include nuclei acids and organ-specific enzymes.*

ELEUTHERO

Supports adrenal function through its interactions with hormone receptors.* This optimizes cortisol levels which in turns provides support for endurance, immune function and energy levels.*



CORTISOL



ASPARAGUS

SUPPORTS CORTISOL LEVELS

Optimizes HSP70 which supports

- Cell integrity*
- Cytokine activity*
- Antioxidant activity*

MAGNOLIA

Supports the inhibitory neurotransmitter effect at the GABA receptor site*

THEANINE supports GABA levels*

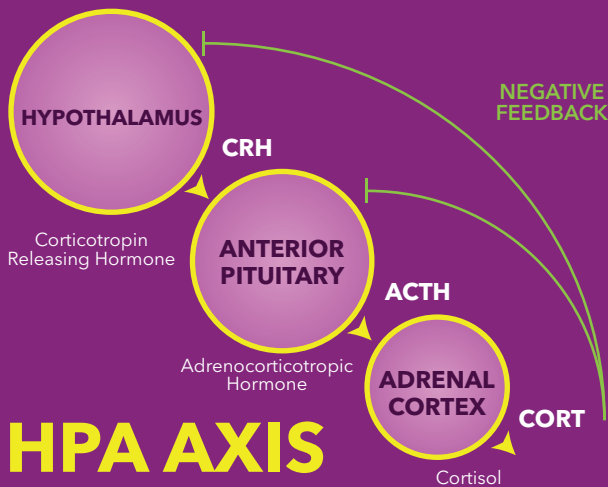


GABA RECEPTOR

THEANINE acts as an excitory neurotransmitter antagonist*

THEANINE

GLUTAMATE RECEPTOR



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PRIMARY SUPPORT

SECONDARY SUPPORT

TERTIARY SUPPORT

Metabolic Multi or Daily Best™ Ultra
Adrenal Benefits™
CocOmega™

Liposomal DHEA Spray
Omega 3 HP-D
Mega Probiotic-ND™

Mito Fuel
Spectra Oranges™

Metabolic Multi: 3 capsules twice daily
Daily Best™ Ultra: 1 capsule daily
Adrenal Benefits™: 2 capsules daily prior to 2 pm
CocOmega™: 1 softgel daily

Liposomal DHEA Spray: 1-2 sprays daily (depending on need as indicated in Adrenal Stress Index)
Omega 3 HP-D: 1-2 capsules daily
Mega Probiotic-ND™: 3 capsules daily (for supporting mineral bioavailability)

Mito Fuel: 1 scoop daily
Spectra Oranges™: 1 scoop daily

IF CORTISOL IS ELEVATED:

Metabolic Multi or Daily Best™ Ultra
Cortisol Benefits™
Liposomal DHEA Spray

Metabolic Multi: 3 capsules twice daily
Daily Best™ Ultra: 1 capsule daily
Cortisol Benefits™: 3 capsules daily
Liposomal DHEA Spray: 1-2 sprays daily (depending on need as indicated in Adrenal Stress Index)

OTHER SYSTEMS TO CONSIDER:



FOR THYROID SUPPORT
 see page 34-35



FOR CARDIO SUPPORT
 see page 12-15



FOR METABOLISM SUPPORT
 see page 30-31

CONSIDER THESE TESTS TO PROVIDE THE BEST SUPPORT FOR ADRENAL HEALTH:



- Adrenal Stress Index
- Thyroid Panel
- Standing Blood Pressure Assessment
- Neurotransmitter Test

Jeffrey Gladd, M.D.



"Stress has an impact on all aspects of hormonal function. I encourage folks to use the free 10 day challenge within the Head Space app for guided meditation. Most really appreciate an immediate benefit."