

ADRENAL FUNCTION PROTOCOL



The best-known function of the adrenal glands is to assist the body to cope with stress. When the body is under stress, adrenaline can speed up the rate of metabolism and produce other physiologic changes in the body. If stress levels remain high or are maintained over a long period of time, the adrenals can become exhausted and unable to support normal daily functions. This is referred to as adrenal fatigue.

Adrenal fatigue may be a factor in many other health related conditions, such as chronic fatigue syndrome, anxiety disorders, fibromyalgia, depression, hypothyroidism, and others. Some common symptoms of adrenal fatigue include excessive fatigue or exhaustion, even upon awakening after sufficient sleep, feeling rundown, low stamina, difficulty concentrating, low immune function, poor digestion, consistent low blood pressure, etc.

HOW TO SUPPORT ADRENALS

There are a number of things an individual can do to help support healthy adrenals, such as:

1. Reduce stress as much as possible
2. Get plenty of restful sleep
3. Avoid caffeine and caffeinated beverages
4. Eat a healthy, well-balanced diet
5. Exercise regularly

Additionally, under situations of adrenal fatigue, it is important to ensure the body gets the proper nutrients to help nourish and restore adrenal health. Therefore, supplementation may be required to support adrenal function.

The following is one example of how a customized supplement program can be developed for your patients. It was customized to nourish and support the adrenal glands with high potency vitamins and minerals, bioflavonoids, herbals, such as ginseng, amino acids and glandular extracts.

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This group of supplements can help to improve overall functioning of the adrenal glands. The specific combination can be used either to protect the healthy adrenal glands from the damaging effects of stress and the modern lifestyle or as a restorative remedy for increasing stamina and

performance in people who are run-down by stress. When taken on a regular basis the formulation may also regulate blood pressure, blood sugar and boost the immune system especially after illness.

RECOMMENDATIONS

The supplements in this protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists has the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. While monitoring patient's adrenals (by checking their cortisol levels for example) either the practitioner or CustomVite has the ability to change dosage levels from one order to the next depending on if there was a change in adrenal function. The CustomVite nutritional supplement program can help improve your patient's overall nutritional status.

| SUPPLEMENT | DOSAGE |
|---|---------|
| Vitamin C (Ascorbic acid) | 2000 mg |
| Vitamin C (Calcium ascorbate) | 500 mg |
| Vitamin C (Magnesium ascorbate) | 500 mg |
| Thiamin (Vitamin B1) | 100 mg |
| Riboflavin (Vitamin B2) | 100 mg |
| Niacin (Niacinamide) (Vitamin B3) | 100 mg |
| Pyridoxine hydrochloride (Vitamin B6) | 100 mg |
| Folic Acid | 800 mcg |
| Methylcobalamin (Vitamin B12) | 100 mcg |
| Biotin | 300 mcg |
| Pantothenic Acid (Vitamin B5) | 300 mg |
| Calcium (Citrate tetrahydrate) | 800 mg |
| Magnesium (Amino Acid Chelate) | 400 mg |
| Zinc (Chelazome Amino Acid Chelate) | 50 mg |
| Copper (Amino Acid Chelate) | 2 mg |
| North American Ginseng | 200 mg |
| Co-Enzyme Q-10 | 100 mg |
| L-Carnitine | 500 mg |
| L-Tyrosine | 500 mg |
| Adrenal Extract | 320 mg |
| Citrus Bioflavonoids (Hesperidin complex 35%) | 500 mg |
| PABA (Para Amino Benzoic Acid) | 50 mg |
| Licorice Root | 100 mg |

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