



# Stress and Sleep Support Protocol<sup>\*^</sup>

Objective	Product Recommendation	Dosage	Key Ingredients
Supports healthy adrenal hormone production to manage mind and body responses to occasional stress and fatigue*	<b>Adrenaplex®</b>	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*	<b>AnxioCalm®</b>	1 or 2 tablets twice daily. May take at bedtime to support restful sleep.* <b>Children (ages 4-12):</b> 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*	<b>Ashwagandha Complex</b>	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 nighttime pain relief and healthy sleep <sup>†</sup>	<b>Curaphen® PM</b>	1 capsule, 30 minutes before bedtime. May increase as recommended by a healthcare practitioner.	Vitamin B6 (as pyridoxal-5-phosphate), Proprietary Complex: DLPA (DL-phenylalanine), Boswellia ( <i>Boswellia serrata</i> ) Gum Resin Extract (BOS-10®) standardized to contain ≥70% Total Organic and Boswellic Acids with AKBA ≥10%, with ≤5% beta-boswellic acids, Curcumin ( <i>Curcuma longa</i> ) Rhizome Extract (BCM-95®/Curcugreen®) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), and Melatonin
Supports healthy circadian rhythm for restorative sleep and mental well-being with sustained release tablet*	<b>Melatonin 10 mg</b>	1 tablet, 1-2 hours before bedtime, or as recommended by a healthcare practitioner.	Melatonin (EP120™)

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<sup>^</sup>Occasional stress. <sup>†</sup>Occasional muscle pain due to exercise or overuse.

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.