

INDICATION	PRODUCT	ADULT DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
ADRENAL EXHAUSTION, PROLONGED STRESS, CORTICOSTEROID WEANING	ADRENOCO	2 tabs qd - bid	2 - 4 wks	CI - hypertension, hypokalemia
CONCENTRATION, DEPRESSION, FATIGUE, ENDURANCE	RHODIOLA AND GINSENG	2 tabs qd - bid	1 - 6 wks	CI - bipolar, mania, MAOI Caution with several drugs (check list) Stop taking if get HA, anxiety, or insomnia
ANXIETY, FATIGUE, THYROID SUPPORT, LOW SPERM COUNT & TESTOSTERONE	WITHANIA COMPLEX	Loading: 3 tabs bid	Loading: 2 wks	CI - hypertension, hypokalemia, bipolar, mania, MAOI Caution with several drugs (check list) Stop taking if get HA, anxiety, or insomnia
		Maintenance: 2 tabs bid	Maintenance: 4 wks	
KIDNEY SUPPORT	CORDYCEPS	3 caps qd - 4 caps bid away from food	8 wks	Caution - hormone dependent cancers effected by ↑ estro or testo
LUNG SUPPORT		3 caps bid away from food	5 - 6 wks	
LIVER SUPPORT		4 caps bid away from food	12 wks	
ENDURANCE & ANTI-AGING		5 caps qd away from food	4 wks	
VIRAL INFECTION PREVENTION		3 caps bid away from food	4 wks	
DM		4 caps bid away from food	4 - 8 wks	
INFERTILITY		4 caps bid away from food	12 - 16 wks	