

PROMEDICS BOTANICAL BOOTCAMP

MOOD SUPPORT

| INDICATION | PRODUCT | ADULT DOSE | TIME TO CLINICAL BENEFIT | CLINICAL NOTES |
|---|-------------------------------------|---------------------------------|--------------------------|--|
| PROLONGED STRESS, ADRENAL EXHAUSTION, CHRONIC ILLNESS | ADRENOCO | 1 tid | 2 wks min | CI- hypertension d/t licorice content |
| DEPRESSION, PMDD, ANXIETY | ST JOHN'S WORT & 1:2 | 1 tid- 2 bid (10.8ml-14.4ml) | 6 wks min for depression | CI - check interactions list (never give with MAOIs, SSRI, SNRI, OCPs) |
| INSOMNIA | | 1 tid (10.8ml) | | |
| DEPRESSION, FATIGUE, ANXIETY, INSOMNIA | NEVATON FORTE | 2 tabs in pm, 1 tab in am | 6 wks min for depression | CI - Preg, check interactions list (never give with MAOIs, SSRI, SNRI, OCPs) |
| ANXIETY | KAVA | 1 tab tid (max: 5/d) | As needed | CI - Liver disease, L-dopa or Parkinson's meds Caution with CNS sedatives |
| INSOMNIA | | 2-3 tabs before bed | | |
| DEPRESSION, FATIGUE, CONCENTRATION | RHODIOLA AND GINSENG | 1 tid- 2 bid | 4-6wks min | CI - bipolar, mania, MAOI Caution with several drugs (check list) Stop taking if get HA, anxiety, or insomnia |
| ANXIETY, FATIGUE | WITHANIA COMPLEX & 2:1 LIQUID | 2 bid (2 ml) | 4wks min | CI - hypertension, hypokalemia, bipolar, mania, MAOI Caution with several drugs (check list) Stop taking if get HA, anxiety, or insomnia |