



Adrenal Restoration: Support for Adrenal Fatigue

Once you've determined the stage of adrenal fatigue, use the following chart to help you decide the starting protocol. Retesting and monitoring symptoms and energy level is critical to success.

Substances for Adrenal Fatigue Based on Stage					
Substance	Dosages and Instructions	Alarm Stage	Fatigue Stage 1	Fatigue Stage 2	Fatigue Stage 3
Licorice Root	5-10 drops prior to low cortisol readings. Do not take later than 4:00 pm. Avoid if you have high blood pressure and monitor blood pressure to avoid overdose. An alternative for some is Bezwecken Isocort (not vegan)		1-2 hours before times of low cortisol, if any	1-2 hours before times of low cortisol, if any	✓
Phosphorylated Serine	1 or 2 caps 2-3 hours before high cortisol reading	✓	2-3 hours before times of high cortisol, if any	2-3 hours before times of high cortisol, if any	
Pregnenolone	(each drop is 1.2 mg, from http://biomatrixone.com/)	N/A	6-8 drops 3x/day	9-12 drops 3x/day	12-15 drops 3x/day
DHEA	(each drop is 1.2 mg, from http://biomatrixone.com/)	N/A	4 drops 3x/day	3 drops 3x/day	2 drops 3x/day
Adaptogens	See Herb Chart to determine which ones for each stage.	✓	✓	✓	✓

Note: It's recommended to only use hormone drops if the Adrenal Saliva test or blood test indicates that DHEA is low, or the stage is really clear from symptoms. DHEA is contraindicated with high estrogen, high testosterone, or high DHEA. DHEA and Pregnenolone are both contraindicated with hyperthyroidism. Pregnenolone after 6:00 pm can be an antagonist to GABA and can affect sleep.