

# Adrenal Treatment Guidelines

Phase 0	<ul style="list-style-type: none"><li>• Multivitamin / Multi mineral</li><li>• Omega 3 EFAs</li><li>• Consider vitamin D, iodine and probiotics</li></ul>
Phase 1	<ul style="list-style-type: none"><li>• Phosphorylated serine 100mg TID or at times when elevated</li><li>• Vitamins B5 (500mg), C (1000mg) TID; B6 (100mg) BID; E (800 i.u.) QD</li><li>• Melatonin (3mg) qhs if cortisol levels elevated at night</li><li>• Lifestyle modification: deep breathing, stress management, exercise, optimal diet, etc.</li></ul>
Phase 2	<ul style="list-style-type: none"><li>• Vitamins B5 (500mg), C (1000mg) TID; B6 (100mg) BID; E (800 i.u.) QD</li><li>• Adrenal glandular and/or herbal adaptogens in morning and at noon</li><li>• Lifestyle modification: deep breathing, stress management, exercise, optimal diet, etc.</li></ul>
Phase 3	<ul style="list-style-type: none"><li>• Vitamins B5 (500mg), C (1000mg) TID; B6 (100mg) BID; E (800 i.u.) QD</li><li>• Adrenal glandular and/or herbal adaptogens in morning and at noon.</li><li>• Cortef or hydrocortisone supplementation 5-10mg in AM and 5-10mg at noon</li><li>• Lifestyle modification: deep breathing, stress management, exercise, optimal diet, etc.</li></ul>