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**Adrenal Fatigue**

**Salivary Cortisol test can evaluate your levels at these times:** 7 am – 9 am

 11 am – 1 pm

 3 pm – 5 pm

 10 pm – 12 pm
**To help get going in the morning:**

-Vitamin C 1000mg at bedtime & in the morning;
 can increase to 2000mg 2x/d if not gassy or having loose stools

-Pantothenic Acid (Vitamin B5) 500 mg/d

+/- Rhodiola 1 – 2 caps 2x/d
+/- Licorice 1 cap 1 – 2x/d

+/- Phosphatidyl Serine 60 mg 1 -2x/d
(also helps re-myelinate nerves in the brain and rebuilds the structure of mitochondria)

**If you seem to be revved up and hyper at night, cortisol may be high;**

- Relora 1 – 2 caps in evening to block excess cortisol

 +/- Adrenal glandular extract

**If cortisol is still frankly low:**
- Cortef 5 mg – 10 mg in the morning and 2.5 mg – 5 mg mid afternoon

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