Dietary Supplement Programs

Severe Adrenal Fatigue

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<tr>
<th>Time</th>
<th>AR</th>
<th>AC</th>
<th>SA</th>
<th>HA</th>
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<tr>
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<td>2</td>
<td>2</td>
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<tr>
<td>Noon</td>
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<td>1</td>
<td>10°</td>
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<tr>
<td>2:30 PM</td>
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<tr>
<td>Bedtime</td>
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Moderate Adrenal Fatigue

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<td>Noon</td>
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<td>2:30 PM</td>
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<td>1</td>
<td>10°</td>
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<tr>
<td>Bedtime</td>
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Mild Adrenal Fatigue

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<tbody>
<tr>
<td>On rising</td>
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<td>1</td>
<td>1</td>
<td>10°</td>
</tr>
<tr>
<td>Noon</td>
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<td>1</td>
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<td>10°</td>
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<tr>
<td>2:30 PM</td>
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<td>1</td>
<td>1</td>
<td>10°</td>
</tr>
<tr>
<td>Bedtime</td>
<td>1</td>
<td>1</td>
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AR - Adrenal Rebuilder™
AC - Adrenal C Formula ™
SA - Super Adrenal Stress Formula ™
HA - Herbal Adrenal Support Formula ™

If you are experiencing extra stressful times follow the recommendations under severe adrenal fatigue, even if your score on the Questionnaire was lower than 133 (women) or 131 (men).

For more comprehensive information on adrenal fatigue and stress, please visit: www.adrenalfatigue.co.nz

Have Dr. Wilson’s adrenal products or programs helped you? Please tell us!

comments@adrenalfatigue.co.nz

All Future Formulations products are unconditionally guaranteed

These products are not intended to diagnose, treat, cure or prevent any disease.
The information provided is not a substitute for professional medical opinion.
It is provided for informational and educational purposes only.

Dr. James Wilson’s Program For Adrenal Fatigue and Stress

Take the questionnaire found on page 61 of Dr. Wilson’s book Adrenal Fatigue: The 21st Century Stress Syndrome. Then follow the instructions in the pamphlet according to your questionnaire results. This program is most effective when used in addition to the exercises and lifestyle changes described in the book.
Severe Adrenal Fatigue

If you scored 133 or above (women), or 131 or above (men), on the Adrenal Fatigue Questionnaire, for optimal results take the adrenal supplements daily as directed below for at least 6 months in addition to using the exercise and lifestyle recommendations given in the book. Continue as long as needed. With the establishment of healthy adrenal function, decrease the dosage gradually over a period of weeks.

Adrenal Rebuilder™
Take 2 tablets on rising with a glass of salted water (1/8-1/4 tsp salt in an 8 oz glass of water), 1 tablet at noon, 1 at 2:30 PM and 2 before bedtime.

Adrenal C Formula™
Take 2 tablets on rising, 2 at noon, 1 at 2:30 PM and 1 before bedtime.

Super Adrenal Stress Formula™
Take 2 tablets on rising, 1 at noon, 1 at 2:30 PM and 1 before bedtime.

Herbal Adrenal Support Formula™† or Herbal HPA™§†
Take 15 drops in water or juice on rising, 10 drops at noon and 2:30 PM, and 15 drops at night before bedtime.

§Note for licorice sensitive people
Herbal HPA™ is the licorice-free form of Herbal Adrenal Support Formula™ for people who are sensitive to licorice or have blood pressure concerns.

†Note for alcohol sensitive people
Herbal Adrenal Support Formula™ is a liquid herbal tincture that contains 25% alcohol.

Moderate Adrenal Fatigue

If you scored between 89-132 (women) or 88-130 (men) on the Adrenal Fatigue Questionnaire, for optimal results take the adrenal supplements daily as directed below for at least 6 months in addition to using the exercise and lifestyle recommendations given in the book. Continue as long as needed. With the establishment of healthy adrenal function, decrease the dosage gradually over a period of weeks.

Adrenal Rebuilder™
Take 2 tablets on rising with a glass of salted water (1/8-1/4 tsp salt in an 8 oz glass of water), 1 caplet at noon, 1 at 2:30 PM and 1 before bedtime.

Adrenal C Formula™
Take 2 tablets on rising, 1 at noon, 1 at 2:30 PM and 1 before bedtime.

Super Adrenal Stress Formula™
Take 2 tablets on rising, 1 at noon, 1 at 2:30 PM and 1 before bedtime.

Herbal Adrenal Support Formula™† or Herbal HPA™§†
Take 10 drops in water or juice on rising and 10 drops at night before bedtime.

§Note for licorice sensitive people
Herbal HPA™ is the licorice-free form of Herbal Adrenal Support Formula™ for people who are sensitive to licorice or have blood pressure concerns.

†Note for alcohol sensitive people
Herbal Adrenal Support Formula™ is a liquid herbal tincture that contains 25% alcohol.

Mild Adrenal Fatigue

If you scored between 45-88 (women) or 44-87 (men) on the Adrenal Fatigue Questionnaire, for optimal results take the adrenal supplements daily as directed below in addition to using the exercises and lifestyle recommendations given in the book. Continue as long as needed. With the establishment of healthy adrenal function, decrease the dosage gradually.

Adrenal Rebuilder™
Take 1 tablet on rising, 1 at noon and 1 before bedtime.

Adrenal C Formula™
Take 1 tablet on rising, 1 at noon and 1 before bedtime.

Super Adrenal Stress Formula™
Take 1 tablet on rising, 1 at noon and 1 before bedtime.

Herbal Adrenal Support Formula™† or Herbal HPA™§†
Take 10 drops in water or juice on rising and 10 drops at night before bedtime.

§Note for licorice sensitive people
Herbal HPA™ is the licorice-free form of Herbal Adrenal Support Formula™ for people who are sensitive to licorice or have blood pressure concerns.

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Herbal Adrenal Support Formula™ is a liquid herbal tincture that contains 25% alcohol.