

Dietary Supplement Programs

Severe Adrenal Fatigue

Time	AR	AC	SA	HA
On rising	2	2	2	15°
Noon	1	2	1	10°
2:30 PM	1	1	1	10°
Bedtime	2	1	1	15°

Moderate Adrenal Fatigue

Time	AR	AC	SA	HA
On rising	2	2	2	15°
Noon	1	1	1	10°
2:30 PM	1	1	1	
Bedtime	1	1	1	10°

Mild Adrenal Fatigue

Time	AR	AC	SA	HA
On rising	1	1	1	10°
Noon	1	1	1	
2:30 PM				
Bedtime	1	1	1	10°

°drops

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).*

Quality you can trust

Expertly formulated by a physician, Doctor Wilson's Original Formulations® adrenal products contain only high quality ingredients and are manufactured in accordance with the FDA's current Good Manufacturing Procedures (cGMP) to assure purity, potency and quality.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

"This pamphlet shows you how to achieve optimal results using the adrenal supplements I formulated to provide targeted support for stressed and fatigued adrenal glands, promote sound adrenal structure and function, and help protect health when experiencing stress and/or adrenal fatigue.*"

— Dr. James L. Wilson



90-Day
Unconditional
Guarantee

Tell us how Doctor Wilson's Original Formulations® adrenal products have helped you!
info@nutrisearch.co.nz

To learn more about stress and health, please visit
www.adrenalfatigue.co.nz


Doctor Wilson's
Original Formulations®

Nutrisearch - Nutritional Excellence

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Doctor Wilson's
Original Formulations®

Dr. Wilson's Supplement Program for Adrenal Fatigue*



Formulated by
Dr. James L. Wilson

1) Take the Dr. Wilson's Adrenal Fatigue Questionnaire found on adrenalfatigue.org or page 61 of Adrenal Fatigue: The 21st Century Stress Syndrome.

2) Follow the suggestions below for optimal supplement doses. This supplement program is most effective when used in addition to the exercises and lifestyle changes described in the book, Adrenal Fatigue: The 21st Century Stress Syndrome.*

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 suggested 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 caplets 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 2 before bedtime.

Adrenal C Formula®

Take 2 caplets on rising, 2 at noon, 1 at 2:30 PM and 1 before bedtime.

Super Adrenal Stress Formula®

Take 2 caplets 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:

This 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 suggested 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 caplets 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 caplets on rising, 1 at noon, 1 at 2:30 PM and 1 before bedtime.

Super Adrenal Stress Formula®

Take 2 caplets 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 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:

This 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 suggested 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 caplet on rising, 1 at noon and 1 before bedtime.

Adrenal C Formula®

Take 1 caplet on rising, 1 at noon and 1 before bedtime..

Super Adrenal Stress Formula®

Take 1 caplet 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.

†Note for alcohol sensitive people:

This is a liquid herbal tincture that contains 25% alcohol.

For more information about adrenal fatigue and detailed descriptions of these products and their ingredients, visit adrenalfatigue.co.nz