

# Stressed, fatigued patients?

Discover the protocol respected most by healthcare professionals for:

- effectiveness
- depth of action
- reliable results

## Adrenal Fatigue

With prolonged, chronic or severe stress, the hypothalamic-pituitary-adrenal (HPA) axis can fail to generate an adequate hormonal response for optimal support of the body under stress. After decades of clinical work, Dr. James L. Wilson, internationally recognized expert on stress and adrenal function, coined the phrase “adrenal fatigue” to describe this low functioning state and distinguish it from Addison’s disease.

## Dr. Wilson’s Adrenal Fatigue Protocol®

Dr. Wilson spent years working with patients and researching to understand which nutrients and herbs optimally support the stress response system. His formulating goal was to provide practitioners with an effective tool that produces reliable clinical, lab and subjective results for patients experiencing adrenal fatigue and chronic stress.

### Adrenal Rebuilder Supplement Facts

	Amount per Serving	% Daily Value
Serving Size 1 caplet	Available in 90 and 150 sizes	
Calcium (as glycerophosphate)	17 mg	1.7%
Proprietary Blend	830 mg	‡
porcine glandulars (processed to remove hormones) (gonad, adrenal cortex, hypothalamus, anterior pituitary), inositol		
‡Daily Value not established		

**Other Ingredients:** Dicalcium phosphate, cellulose, modified cellulose, stearic acid, silicon dioxide, magnesium stearate, food glaze and micro wax.

### Adrenal C Formula Supplement Facts

	Amount per Serving	% Daily Value
Serving Size 1 caplet	Available in 90 and 150 sizes	
Vitamin C (as magnesium, zinc, manganese, and potassium ascorbates)	580 mg	967%
Magnesium (as ascorbate)	42 mg	10%
Zinc (as ascorbate)	7.5 mg	50%
Copper (as glycinate chelate)	0.5 mg	25%
Manganese (as ascorbate)	3.75 mg	188%
Potassium (as ascorbate)	1 mg	<1%
Citrus Bioflavonoids	300 mg	‡
‡Daily Value not established		

**Other Ingredients:** stearic acid, carbopol, dicalcium phosphate, microcrystalline cellulose, magnesium stearate, inulin (from organically grown agave), aqueous clear glaze.

### Herbal Adrenal Support Formula Supplement Facts

	Amount per Serving	% Daily Value
Serving Size 15 drops (0.63 ml)	Available in 1 and 2 ounce sizes	
Proprietary blend of organically grown or wild crafted plant root extracts of:	0.63 ml	‡
Eleuthero, Ashwagandha, Maca, Licorice		
‡Daily Value not established		

**Other Ingredients:** purified water and alcohol (18.5%) from tinctures

### Super Adrenal Stress Formula Supplement Facts

	Amount per Serving	% Daily Value
Serving Size 1 caplet	Available in 90 and 150 sizes	
Vitamin A (as palmitate)	1600 IU	32%
Vitamin C (as ascorbic acid, magnesium, zinc, manganese and potassium ascorbates)	308 mg	513%
Vitamin E (as mixed tocopherols)	16 IU	53%
Thiamine (vitamin B1 as thiamine HCl)	5 mg	333%
Riboflavin (vitamin B2 as riboflavin HCl & riboflavin-5-phosphate)	5 mg	294%
Niacin (vitamin B3 as inositol hexanicotinate)	26 mg	130%
Vitamin B6 (as pyridoxine HCl & pyridoxal-5-phosphate)	30 mg	1500%
Folate (as 5-formyl tetrahydrofolate)	200 mcg	50%
Biotin	200 mcg	67%
Pantothenic Acid (as D-calcium pantothenate)	240 mg	2400%
Magnesium (as ascorbate/citrate)	40 mg	10%
Zinc (as ascorbate)	3 mg	20%
Selenium (as selenomethionine)	100 mcg	114%
Copper (as glycinate chelate)	0.2 mg	10%
Manganese (as ascorbate)	2 mg	100%
Potassium (as ascorbate)	1 mg	< 1%
Chromium (as trivalent chromium chloride)	200 mcg	167%
Proprietary Blend	150 mg	‡
citrus bioflavonoids, inulin (from organically grown agave), para-aminobenzoic acid (PABA), L-5 hydroxytryptophan (5-HTP), kelp, choline bitartrate, alfalfa juice.		
‡Daily Value not established		

**Other Ingredients:** stearic acid, dicalcium phosphate, cellulose, carbomer, magnesium stearate, aqueous clear glaze.



90-day  
UNCONDITIONAL  
GUARANTEE

To place Patient and Practitioners orders:  
Freephone NZ: 0800 88 44 33  
Freephone AU:1800 177 959  
email: [info@nutriscare.co.nz](mailto:info@nutriscare.co.nz)  
[adrenalfatigue.co.nz](http://adrenalfatigue.co.nz)  
[adrenalfatigue.com.au](http://adrenalfatigue.com.au)

got stress?  
we've got the solution.®

# Dr. Wilson’s Adrenal Fatigue Protocol®



Four Essential Supplements



NUTRITIONAL EXCELLENCE

FOR PROFESSIONAL EDUCATIONAL USE ONLY



Dr. Wilson’s Adrenal Rebuilder®

The cornerstone of Dr. Wilson’s Adrenal Fatigue Protocol

- Multiple stress gland concentrates: hypothalamus, pituitary, adrenal, gonad
- 830 mg glandular concentrate/caplet, higher than competing brands
- Hormone-free, confirmed by independent lab test
- Free-range porcine source
- Nutrient building blocks exceptionally bioavailable to stress system glands\*
- Formulated to fortify structure and function of the HPA axis glands for enhanced stress hardiness\*



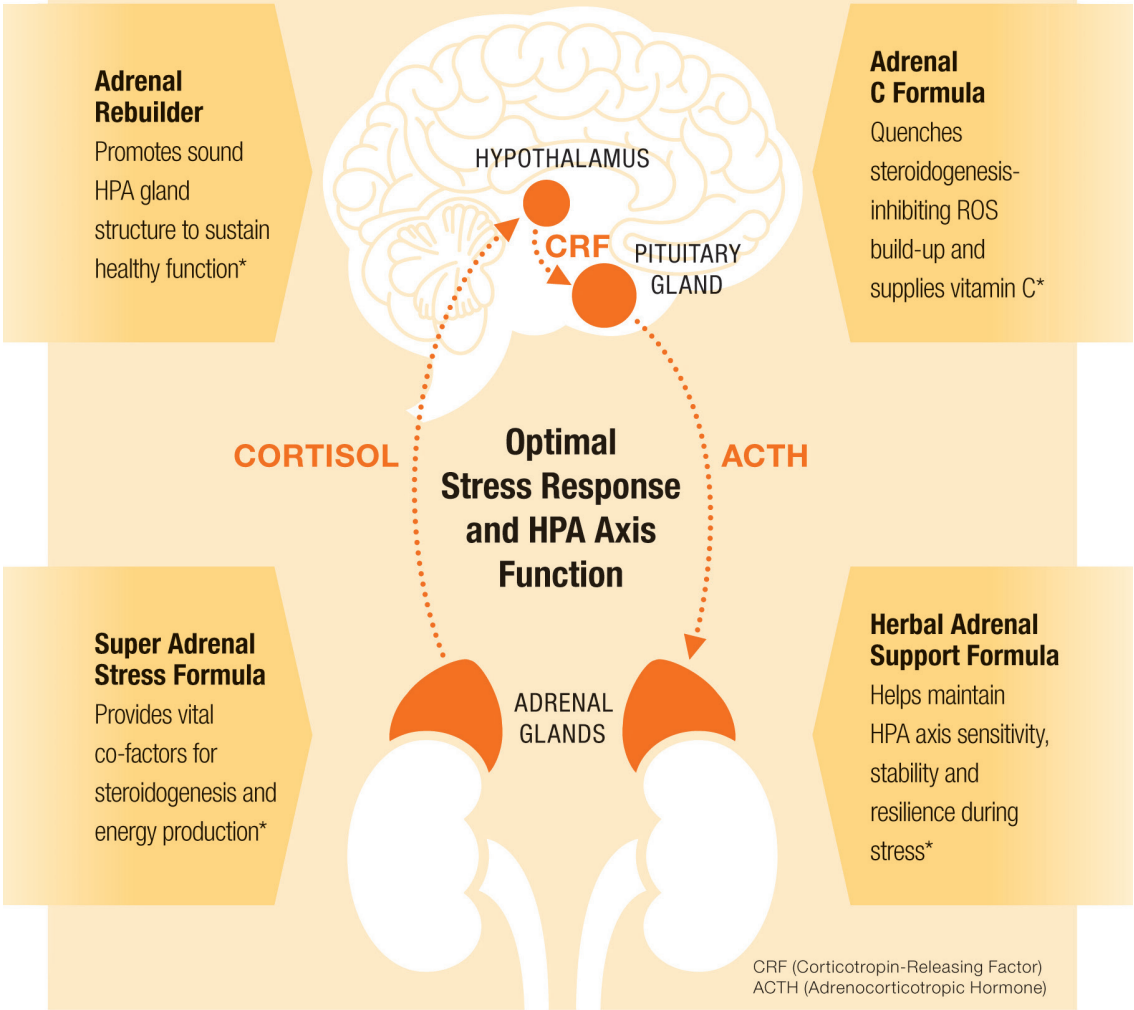
Dr. Wilson’s Super Adrenal Stress Formula®

Focused nutrition for a body under stress\*

- Vitamins and minerals essential to each stage in adrenal hormone cascade\*
- Optimal amounts, ratios and bioavailable forms to offset stress depletion\*
- Synergistic action enhances energy production\*
- Enhanced nutrient utilization via 3-4 hour integrated sustained-release\*
- Formulated to support HPA axis function and promote optimal adrenal response, energy and stress resilience\*



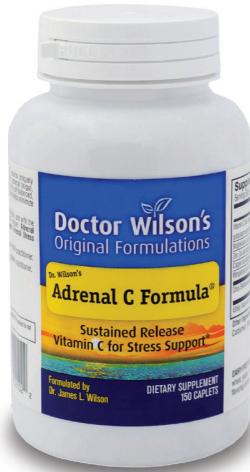
Hypothalamus-Pituitary-Adrenal (HPA) AXIS



Dr. Wilson’s Adrenal C Formula®

Meeting a stressed body’s need for additional vitamin C\*

- Vitamin C as mineral ascorbates with bioflavonoids
- Optimal quantity of vitamin C to offset stress depletion\*
- 5 minerals essential to HPA axis function\*
- 1:2 ratio bioflavonoids to vitamin C for enhanced antioxidant activity\*
- pH-balanced to minimize gastric irritation and physiologic acidity\*
- Enhanced nutrient utilization via 3-4 hour integrated sustained-release\*
- Formulated to help neutralize steroidogenesis-generated free radical buildup, recycle other antioxidants, and meet the increased demand for vitamin C during stress



Dr. Wilson’s Herbal Adrenal Support Formula®

Promoting balance and adaptability under stress\*

- Adaptogenic herb roots from organic or wild-crafted sources
- Active constituents fully extracted and preserved in tincture\*
- Synergistic blend with effective amounts of each herb\*
- Easy-to-use liquid facilitates absorption and utilization\*
- Formulated to enhance cortisol activity and HPA axis responsiveness for enhanced resistance to stress, and balanced energy, mood and sleep during adrenal fatigue and menopause\*
- Licorice-free form available as Dr. Wilson’s Herbal HPA®



Duration of Use

Within 1-2 weeks patients often begin feeling the protocol’s effects on energy production and HPA axis sensitivity.\* However, with moderate to severe adrenal fatigue it typically takes a minimum of 6 months – 2 years to reach optimal HPA function and be ready to gradually eliminate the protocol supplements.\* The length of time it takes depends upon how depleted the adrenals are, overall health, and the extent to which patients incorporate healthy lifestyle choices and stress management into their daily lives. Subjective reports and salivary cortisol test results can be used in combination to monitor progress.”

\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Why 4 Supplements?

Think of Dr. Wilson’s Adrenal Fatigue Protocol as one product with different parts acting in synergy – the whole accomplishing more than the sum of the parts. Each of the four supplements contributes critical components of HPA axis support.\* Each is designed to work optimally within the group. Don’t sell your patients short by using only part of the solution. To achieve greatest clinical success with adrenal fatigue, use the whole protocol.\*

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Suggested Use

Dr. Wilson’s recommended Supplement Reduction Schedule is available at [icahealth.com](http://icahealth.com).

Severe Adrenal Fatigue					Moderate Adrenal Fatigue					Mild Adrenal Fatigue				
TIME	AR	AC	SA	HA	TIME	AR	AC	SA	HA	TIME	AR	AC	SA	HA
On rising	2	2	2	15°	On rising	2	2	2	15°	On rising	1	1	1	10°
Noon	1	2	1	10°	Noon	1	1	1	10°	Noon	1	1	1	
2:30 pm	1	1	1	10°	2:30 pm	1	1	1		2:30 pm				
Bedtime	2	1	1	15°	Bedtime	1	1	1	10°	Bedtime	1	1	1	10°

°Drops    **AR**-Adrenal Rebuilder    **AC**- Adrenal C Formula    **SA**-Super Adrenal Stress Formula    **HA**-Herbal Adrenal Support Formula

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