Adrenal Formula

Adrenal glands produce essential hormones the body needs to function optimally. The regulate metabolism, stress response, blood pressure and the salt to water balance in the body. This formula provides nutrition to support the adrenals and correct imbalance.

EQUAL PARTS

Mullein
Licorice
Siberian Ginseng
Gotu kola
Hawthorn berries
Lobelia
Cayenne
Ginger



DIRECTIONS

This formula can be made into the herbal preparation of your choice. Due to the effect upon sleep hormones take in the morning so it does not interfere with sleep.

Basic Dosage - to be adjusted for individual constitution:
2 capsules, 3 x day
2 dropperfuls of extract, 3 x day
1-3 cups tea per day

