

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

Cortisol Kit Instructions

Instructions for the [Hormone Reset Cortisol Kit](#):

B-Complex #5:	Take 1 capsule 2x daily
Vitamin C with Flavonoids:	Take 2 capsules 3x daily
Relora Plus:	Take 2 capsules in the late afternoon (around 4PM)
Rhodiola:	Take 1 capsule 2x daily (both before the afternoon)
L-Tyrosine:	Take 2 capsules first thing in the morning

Instructions for the [Hormone Reset Cortisol PLUS Kit](#):

The same as above, with the following additions:

Iso-Phos:	Take 2 capsules 2x daily
Super EPA:	Take 3 gelcaps 2x daily

Unless otherwise specified, these supplements can be taken either with or without food, though in most cases it is preferable to take with food to minimize any risk of stomach upset.

Please take until they run out!