

HORMONE RESET PROGRAM

With: Sara Gottfried, MD

The [Hormone Reset Cortisol Kit](#) Contains:

- B-Complex #5
 - The B vitamins play many roles in the regulation of stress, and in particular, vitamin B₅ (panthothenic acid) may reduce the over-secretion of cortisol in those under stress.
- Vitamin C with Flavonoids
 - The #1 vitamin released when cortisol is high in an effort to prevent stress-induced oxidative damage (vitamin C is an antioxidant). Has also been shown to *lower* cortisol.
- Relora Plus
 - Relora Plus is a combination of botanicals which has been shown to actively reduce cortisol, particularly evening cortisol.
- Rhodiola
 - Rhodiola is an adaptogenic herb with many positive attributes when it comes to fighting stress. It may improve neurotransmitter levels, increase mental cognition and performance, and lower cortisol levels.
- L-Tyrosine
 - Acts as a precursor to several neurotransmitters, such as dopamine and norepinephrine, which are depleted by stress. Improves stress response.

Together, the [Hormone Reset Cortisol Kit](#) actively works to reduce cortisol, improve the stress response, and enable you to feel relaxed once more!

You get a 30 day supply of all of the above supplements (taken in the recommended dose), and a 45 day supply of the L-Tyrosine (less if you take more than the initial recommended amount of 1,000 mg per day)!

[Click Here To Order The Hormone Reset Cortisol Kit!](#)

The [Hormone Reset Cortisol PLUS Kit](#) Contains:

Everything that was included with the basic Hormone Reset Cortisol Kit, plus...

- Iso-Phos
 - Phosphatidylserine is a special type of fat which is usually incorporated into our cell membranes. Supplementing with phosphatidylserine not only reduces cortisol, but has also been shown to improve mood and mental function.
- Super EPA
 - High-strength so you can reach the recommended dose of omega-3s for stress-response with a minimum of pills. Each gelcap contains 425 mg EPA and 270 mg DHA for a total of 695 mg omega-3s. In doses of 4,000 mg per day, fish oil decreases cortisol and improves lean body mass.

The additional supplements contained in the [Hormone Reset Cortisol PLUS Kit](#) are some of the most potent combaters of stress, and have wide-ranging effects beyond cortisol as well (improved mood, decreased inflammation, and improved lean body mass to name three).

Due to the high-dosage for these supplements, you get a 15 day supply (plus the 30 day supply of the basic Hormone Reset Cortisol Kit) when taken in the recommended dose.

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