

CHRONIC FATIGUE

A Suggested Nutritional Protocol for Chronic Fatigue Support

C.F.S. Support Formula™

A comprehensive multivitamin mineral base with additional ingredients targeted specifically for those with chronic fatigue. Additional ingredients include shiitake mushroom, astragalus, echinacea and goldenseal. Suggested usage: Two tablets twice daily with meals

Corvalen® M

Corvalen M® contains pure D-ribose, a safe and clinically researched ingredient that supports the natural way our bodies produce adenosine triphosphate (ATP), the energy currency of the cell. Corvalen M® D-ribose is a useful dietary supplement for those patients that want to restore energy and support the symptoms of fatigue with the added benefit of magnesium and malate to help relieve occasionally sore muscles.

Suggested usage: *First two weeks three times a day then third week down to twice daily. TAKE WITH FOOD.*

Adrenplus-300

Supplies the appropriate levels of vitamins and minerals needed for maintaining endocrine health. Adren Plus also contains both adrenal and spleen glandular concentrate for additional support.

Suggested usage: *One to two tablets daily.*

Phyto-ADR (Pure Encapsulations)

This vegetarian formula provides wide range herbal and nutritional support for the adrenal glands. Rhodiola rosea can have a calming effect on the central nervous system supports healthy thyroid, thymus, and adrenal gland function.

Suggested usage: Two to four capsules per day, in divided doses, between meal.

Energy Xtra (Pure Encapsulations)

This energy-promoting formula offers a blend of key adaptogenic herbs for enhancing mental and physical work capacity and stamina.

Suggested usage: *Two to four capsules daily, in divided doses, with or between meals.*

Citrus-Q10™ 100

Naturally fermented coenzyme Q10 in a pleasant tasting, natural citrus-flavoured dissolving tablet. This product contains no sugar, artificial colours or flavours and is suitable for vegetarians and diabetics.

Suggested usage: *One to four tablets daily. Allow tablet to dissolve on tongue and swallow. Not a sub-lingual tablet.*

CLINICAL PROTOCOLS

OR

SR-CoQ10 with PPQ (Pure Encapsulations)

PQQ and CoQ10 provide antioxidant and mitochondrial support through different mechanisms, providing multifunctional support for cardiovascular health. Research indicates that both PQQ and CoQ10 support heart muscle function and healthy cellular oxygen utilization. However, the mechanisms for this support differ. Studies suggest that PQQ promotes mitochondrial synthesis and function, while CoQ10 promotes energy production as a core component of cellular respiration. These actions are particularly supportive of tissues that require a lot of energy, such as the heart muscle.

Suggested usage: *2 capsules per day, in the morning, with a meal.*

B Complex w/Metafolin

As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B Complex with Metafolin®, is a comprehensive B supplement providing essential B vitamins and intrinsic factor, a nutrient necessary for optimal vitamin B12 absorption. B Complex with Metafolin® is unique among other B complex vitamins as it contains Metafolin®, a patented, natural form of (6S) 5-methyltetrahydrofolate (5-MTHF).

Suggested usage: *Adults take 1 capsule daily or as directed by a health professional.*

