**ADRENAL/CORTISOL PROTOCOL**

**ADRENAL GLAND MEDULLA & CORTEX**

**NUTRIENTS NEEDED**
- Vitamin C (richest supply of C in the body)
- Vitamin B5
- Vitamin B6
- Vitamin B12
- 5-MTHF

**PROTOMORPHOGENS**
Glandular tissue, when applied to support a specific organ, can provide a balance of multiple factors to promote growth and maintenance of organs and glands, substances that include nucleic acids and organ-specific enzymes.*

**ELEUTHERO**
Supports adrenal function through its interactions with hormone receptors.* This optimizes cortisol levels which in turn provides support for endurance, immune function and energy levels.*

**CORTISOL**

**MAGNOLIA**
Supports the inhibitory neurotransmitter effect at the GABA receptor site*

**THEANINE**
- Supports GABA levels*
- Acts as an excitatory neurotransmitter antagonist*

**GABA RECEPTOR**

**GLUTAMATE RECEPTOR**

**CIRCADIAN CLOCK**

- **12:00 Noon**
  - 5:00pm: Greatest cardiovascular efficiency and muscle strength
  - 6:45am: Sharpest rise in blood pressure
  - 7:30am: Highest blood pressure
  - 8:30am: Bowel movement likely
  - 9:00am: Highest testosterone secretion
  - 10:00am: High alertness

- **2:00pm**
  - 2:30pm: Best co-ordination
  - 3:30pm: Fastest reaction time
  - 9:00pm: Melatonin secretion starts

- **6:45am**
  - Deepest sleep
  - Lowest body temperature

- **9:00am**
  - Melatonin secretion stops

- **10:30pm**
  - Bowel movements suppressed

- **12:00 Midnight**
  - 4:30am: Sharpest rise in blood pressure
  - 6:00am: Bowel movement likely

- **10:00am**
  - Greatest cardiovascular efficiency and muscle strength

- **7:00am**
  - Highest body temperature

- **8:30am**
  - Bowel movement likely

- **6:00pm**
  - Highest body temperature

- **12:00 Midnight**
  - Deepest sleep

**THE HYPOTHALAMUS**
- CRH
  - Corticotropin Releasing Hormone
- ACTH
  - Adrenocorticotropic Hormone
- Adrenal Cortex
  - Cortisol

**HPA AXIS**

**NEGATIVE FEEDBACK**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
ADRENAL/CORTISOL PROTOCOL

**NUTRIENTS NEEDED**
- Vitamin C (richest supply of C in the body)
- Vitamin B5
- Vitamin B6
- Vitamin B12
- 5-MTHF

**ADRENAL GLAND**
- Medulla & Cortex

**ELEUTHERO**
Supports adrenal function through its interactions with hormone receptors.*
This optimizes cortisol levels which in turn provides support for endurance, immune function and energy levels.*

**PROTOMORPHOGENS**
Glandular tissue, when applied to support a specific organ, can provide a balance of multiple factors to promote growth and maintenance of organs and glands, substances that include nucleic acids and organ-specific enzymes.*

**CORTISOL**
- Supports the inhibitory neurotransmitter effect at the GABA receptor site*
- Acts as an excitory neurotransmitter antagonist*
- Supports GABA levels*

**GLUTAMATE**
- Acts as an excitatory neurotransmitter antagonist*

**THEANINE**
- Supports GABA levels*

**ASPARAGUS**
- 12:00 Midnight
- 6:00am
- 6:00pm
- 2:00am Deepest sleep
- 4:30am Lowest body temperature
- 6:45am Sharpest rise in blood pressure
- 7:30am Melatonin secretion stops
- 8:30am Bowel movement likely
- 9:00am Highest testosterone secretion
- 10:00am High alertness
- 2:30pm Best coordination
- 3:30pm Fastest reaction time
- 5:00pm Greatest cardiovascular efficiency and muscle strength
- 6:30pm Highest blood pressure
- 7:00pm Highest body temperature
- 9:00pm Melatonin secretion starts
- 10:30pm Bowel movements suppressed

**THE CIRCADIAN CLOCK**
- Light-Dark Cycle
- Supports Cortisol levels
- Optimizes HSP70 which supports cell integrity*
- Cytokine activity*
- Antioxidant activity*

**HYPOTHALAMUS**
- Anterior Pituitary
- Adrenal Cortex

**HPA AXIS**
- CRH
- ACTH
- Corticotropin Releasing Hormone
- Adrenocorticotropic Hormone
- Cortisol

**NEGATIVE FEEDBACK**

---

**CONSIDER THESE TESTS TO PROVIDE THE BEST SUPPORT FOR ADRENAL HEALTH:**
- Adrenal Stress Index
- Thyroid Panel
- Standing Blood Pressure Assessment
- Neurotransmitter Test

---

**Jeffrey Gladd, M.D.**
"Stress has an impact on all aspects of hormonal function. I encourage folks to use the free 10 day challenge within the Head Space app for guided meditation. Most really appreciate an immediate benefit.”

---

**OTHER SYSTEMS TO CONSIDER:**

**FOR THYROID SUPPORT**
see page 34-35

**FOR CARDIO SUPPORT**
see page 12-15

**FOR METABOLISM SUPPORT**
see page 30-31

---

**PROTOCOL GUIDE | DaVinci® Laboratories**

---

**DaVinci Laboratories of Vermont**

---

**www.davincilabs.com 7**