

Doctor Wilson's
Original Formulations™

AVAILABLE
FROM
Global Health
FOR HOLISTIC HEALTH & VITALITY

THE
Adrenal Fatigue Quartet™

Comprehensive support for fatigued
adrenal glands and health under stress*



The four powerful, natural supplements in
Dr. Wilson's Program for Adrenal Fatigue

Adrenal Rebuilder®
Super Adrenal Stress Formula®
Adrenal C Formula®
Herbal Adrenal Support Formula®

AVAILABLE FROM GLOBAL HEALTH CLINICS - CALL (09) 488 0208

The Adrenal Fatigue Quartet™



- **Adrenal Rebuilder®**
Glandular complex *without* hormones for strong adrenal structure and function support*
- **Super Adrenal Stress Formula®**
Nutrient formula for support of healthy adrenal function and adrenal hormone production*
- **Adrenal C Formula®**
Sustained-release, buffered vitamin C complex with bioflavonoids and trace minerals for stress support*
- **Herbal Adrenal Support Formula®**
OR **Herbal HPA™**
Liquid herbal formula for calming, balanced support during adrenal fatigue, stress, sleep and menopause*

- **NO Synthetics or Stimulants**
- **NO Hormones or Steroids**
- **Prion-Free**

Healthy adrenal function is the single most important factor in stress recovery and maintaining vitality during stressful times. The Adrenal Fatigue Quartet is designed to effectively support the physiological and biochemical pathways that deal with stress, and help nourish and replenish fatigued adrenals for optimal adrenal health and function.*

Expertly Formulated by Dr. James L. Wilson

Drawing from decades of clinical work and grounded in science, Dr. Wilson formulated these four powerful dietary supplements to work optimally together. They are designed to provide specific targeted support for healthy adrenal function and structure to help maintain energy and vitality while handling stress.* The precise combinations of natural ingredients that make these products succeed are the result of Dr. Wilson's exceptional understanding of nutrition, adrenal function and the effects of stress on health.*

Adrenal Fatigue Quartet™ works beneficially with the body's own natural processes to protect and enhance health when experiencing stress and adrenal fatigue.*

The adrenal glands must respond to every stress by producing hormones that enable the body to react to the stressor and maintain life-preserving homeostasis. Adrenal hormones affect every cell and system in the body. Therefore, healthy adrenals and adrenal hormone production are essential to overall good health, as well as the ability to handle stress.

The Adrenal Fatigue Quartet incorporates key nutrients, specially selected botanicals and other natural ingredients formulated to effectively support the health and sound functioning of the adrenal and other glands involved in the stress response.* Each of these four products enhances different aspects of adrenal health and offers significant benefits individually.* However, during adrenal fatigue, they provide optimal support when taken together according to the guidelines in Dr. Wilson's Program for Adrenal Fatigue and Stress.* This allows them to work synergistically to help nourish and fortify healthy adrenal structure, replenish adrenal reserves, promote balanced adrenal function, and supply essential nutrients for adrenal hormone production.*

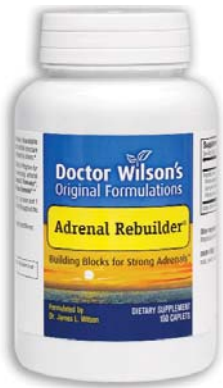
How long should the Adrenal Fatigue Quartet™ be used?*

Even though there may be a noticeable difference within a week or two, the full benefits of the deep support the Adrenal Fatigue Quartet is designed to provide require a minimum of six months to two years.* How long it takes for people experiencing adrenal fatigue to reduce or eliminate the supplements depends on how depleted their adrenals are, their overall health, and the extent to which they make healthy lifestyle choices and learn to manage the unavoidable stresses in life.*

Because these unique formulas are designed to revitalize innate, health-building processes at a fundamental, restorative level, it is necessary to give them adequate time to work before starting the Supplement Reduction Schedule detailed in Dr. Wilson's program.* This carefully laid out schedule gradually reduces or eliminates the Adrenal Fatigue Quartet supplements one at a time, in three-week intervals.* This helps ensure that energy, vitality and well-being are optimally maintained.*

The Adrenal Fatigue Quartet™

The four expertly formulated supplements in the Adrenal Fatigue Quartet provide nutrients, plant extracts and natural building blocks that support optimal adrenal structure and function so that the adrenal glands themselves can produce healthy amounts of the adrenal hormones as they are needed.*



Adrenal Rebuilder® is the cornerstone supplement of Dr. Wilson's program and works at the deepest level over time.* It contains a carefully balanced blend of glandular tissue concentrates from glands involved in the stress response. These concentrates are in their natural form but processed to remove hormones. Research has shown that these readily act as building blocks with a natural affinity for like glands.* It is more efficient and energy conserving for the body to incorporate already formed components than to construct them from scratch.* These highly bioavailable building blocks provide effective, fundamental support to a stress-depleted body, and help fortify and revitalize healthy structure and function in the adrenals and other endocrine glands affected by stress.*



Super Adrenal Stress Formula® contains the optimal forms, ratios and quantities of the specific vitamins and minerals necessary for healthy hormone production.* These nutrients are expertly formulated to work synergistically in ways that enhance and optimize their activity, and in an integrated sustained-release format that allows them to be gradually absorbed over a period of several hours for maximum cellular absorption and utilization.* This unique supplement quickly energizes as it provides immediate, precisely targeted support for each nutrient-dependent step in the complex process of adrenal hormone production.*



Adrenal C Formula® is designed to meet the increased needs for vitamin C during stress or adrenal fatigue.* Stress rapidly uses up vitamin C, especially in the adrenal glands.* This unique complex provides high quality vitamin C, bioflavonoids in a 1:2 ratio to optimize vitamin C activity and support adrenal health, plus specific minerals that buffer and reduce the acidity of vitamin C and support the metabolic pathways that produce adrenal hormones.* The integrated sustained-release format of these caplets allows the ingredients to be gradually absorbed over a period of several hours to optimize absorption and cellular utilization, and minimize loss through excretion.*

Herbal Adrenal Support Formula® is a liquid herbal composed of four organically grown herbs that act as adaptogens (natural, non-toxic substances that act in the body to support normal function) and work together to facilitate optimal function of the adrenal glands and regulatory mechanisms that control the stress response, such as the Hypothalamic-Pituitary-Adrenal (HPA) Axis.* Optimum function of the adrenals and HPA axis promotes sound sleep, steady energy levels and sense of calm, and helps maintain hormone levels during and after menopause.* In addition, this unique formula helps promote healthy function of the thyroid gland, which can also be strongly affected by stress.*

Herbal HPA™ is a licorice-free alternative to Herbal Adrenal Support Formula® that can be used for people with high blood pressure. It is also an important part of Dr. Wilson's protocol for metabolic and blood sugar balance when the HPA axis is working overtime.*

Together these four expertly formulated supplements work optimally to promote:

- Healthy adrenal function*
- Sound adrenal structure*
- Balanced adrenal hormone production*
- Well-regulated stress response*
- Enhanced stress resilience and stress recovery*



Satisfaction Guaranteed

At ICA Health, we believe so strongly in our products and their effectiveness that we offer a 100% satisfaction guarantee. If one of your customers returns a Doctor Wilson's Future Formulations® product to you within 90 days of its purchase, we will credit you for that product. To report a return, please call or email our office, and include the product size and reason for the return. Once you notify us, we credit your account. To use this credit, simply mention it at the time of your next order.

Adrenal Fatigue Quartet™

SUGGESTED USE

For optimal effectiveness use with Dr. Wilson's Program for Adrenal Fatigue, or according to the general guidelines below:

Super Adrenal Stress Formula®

Take 1 caplet 3-5 times a day (1 upon rising, 1 at noon and 1 before bed; 1 additional caplet may be taken up to 2 times throughout the day, if desired).

Adrenal Rebuilder®

Take 1 caplet 3-6 times a day (1 upon rising, 1 at noon and 1 before bed; 1 additional caplet may be taken up to 3 times throughout the day, if desired).

Adrenal C Formula®

Take 1 caplet 3-6 times a day (1 upon rising, 1 at noon and 1 before bed; 1 additional caplet may be taken up to 3 times throughout the day, if desired).

Herbal Adrenal Support Formula® OR

Herbal HPA™

Take 10-15 drops in juice or water 2-4 times a day, preferably between meals or on an empty stomach (10-15 drops upon rising and 10-15 before bed; 10 may also be taken at noon and/or mid-afternoon, if desired).

SUPPLEMENT REDUCTION SCHEDULE*

[Available at icahealth.com](http://www.icahealth.com)

Because these unique formulas are designed to replenish the body's own natural health building processes at a deeply restorative level, it is very important to give them adequate time to work.* We suggest continuing for a minimum of six months to two years before starting the supplement reduction schedule outlined in the program.* The carefully laid out reduction schedule is gradual and requires reducing or eliminating the Adrenal Fatigue Quartet supplements one at a time and continuing on the reduced regimen for three weeks before proceeding to the next step.* This helps ensure that people will continue to feel good and maintain their energy as they reach the point of doing without the supplements.* Lifestyle is an important factor in adrenal health and stress hardiness. If life is stressful and/or other aspects of lifestyle, like diet and sleep habits, do not optimally support strong adrenal function, we suggest continuing to take the Adrenal Fatigue Quartet according to the program during times of significant stress.* Use subjective report and salivary cortisol test results as a guide to when to begin this reduction schedule – there is no need to rush.*

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

FOR PROFESSIONAL EDUCATIONAL USE ONLY

SUPPLEMENT FACTS

Adrenal Rebuilder®		
Serving Size 1 caplet	Servings Per Container 150	
	Amount per Serving	% Daily Value
Proprietary Blend:	910 mg	‡
Porcine glandulars <i>Processed to Remove Hormones</i> (Adrenal, Gonad, Hypothalamus, Pituitary), Calcium Glycerophosphate, Inositol		

‡Daily Value not established

Other Ingredients: Dicalcium Phosphate, Inulin, Magnesium Stearate, Stearic Acid, Modified Cellulose, Pharmaceutical Glaze

Super Adrenal Stress Formula®		
Serving Size 1 caplet	Servings Per Container 150	
	Amount per Serving	% Daily Value
Vitamin A (as palmitate)	2000 IU	40%
Vitamin C (as ascorbic acid, magnesium, sodium, zinc, manganese and potassium ascorbates)	308 mg	513%
Vitamin E (as mixed tocopherols)	16 IU	53%
Thiamine (vitamin B1 as thiamine HCl)	5 mg	333%
Riboflavin (vitamin B2 as riboflavin HCl & riboflavin-5'-phosph)	5 mg	294%
Niacin (vitamin B3 as inositol hexanicotinate)	26 mg	130%
Vitamin B6 (as pyridoxine HCl & pyridoxal-5-phosphate)	30 mg	1500%
Folate (as folic acid)	200 mcg	50%
Biotin	100 mcg	33%
Pantothenic Acid (as D-calcium pantothenate)	240 mg	2400%
Magnesium (as ascorbate/citrate)	40 mg	100%
Zinc (as ascorbate)	3 mg	20%
Selenium (as selenomethionine)	10 mcg	14%
Copper (as bisglycinate)	0.2 mg	10%
Manganese (as ascorbate)	2 mg	100%
Sodium (as ascorbate)	5 mg	< 1%
Potassium (as ascorbate)	1 mg	< 1%
Chromium (as trivalent chromium chloride)	200 mcg	167%
Proprietary Blend	150 mg	‡
Citrus Bioflavonoids, L-5 Hydroxytryptophan (5-HTP), Choline Bitartrate, Kelp, PABA (potassium para-aminobenzoic acid), Alfalfa Juice		

‡ Daily Value not established

Other Ingredients: Stearic Acid, Dicalcium Phosphate, Magnesium Stearate, Cellulose, Inulin, Pharmaceutical Glaze

Adrenal C Formula®		
Serving Size 1 caplet	Servings Per Container 150	
	Amount per Serving	% Daily Value
Vitamin C (as magnesium, zinc, manganese, potassium and sodium ascorbates)	580 mg	967%
Magnesium (as ascorbate)	42 mg	10%
Zinc (as ascorbate)	7.5 mg	50%
Copper (as bisglycinate)	0.5 mg	25%
Manganese (as ascorbate)	3.75 mg	188%
Sodium (as ascorbate)	5 mg	< 1%
Potassium (as ascorbate)	1 mg	< 1%
Citrus Bioflavonoids	300 mg	‡

‡Daily Value not established

Other Ingredients: Stearic Acid, Dicalcium Phosphate, Cellulose, Magnesium Stearate, Inulin, Pharmaceutical Glaze

Herbal Adrenal Support Formula®		
Serving Size 15 drops	Servings Per Bottle 72	
	Amount per Serving	% Daily Value
Proprietary Blend of Organic Plant Root Extracts	0.83 ml	‡
Siberian Ginseng, Ashwagandha, Licorice, Maca		

‡Daily Value not established

Other Ingredients: Purified Water and Alcohol (25%) from tinctures

Adrenal Rebuilder is a **DAIRY-FREE** natural product. It contains **NO** milk, egg, sugar, salt, wheat, gluten, nuts, yeast, corn, soy, or artificial coloring, flavoring or preservatives. **Super Adrenal Stress Formula, Adrenal C Formula, Herbal Adrenal Support Formula** are **DAIRY-FREE** and **VEGAN** products. They contain **NO** animal products, milk, egg, sugar, salt, wheat, gluten, nuts, yeast, corn, soy, or artificial coloring, flavoring or preservatives.