

HPA-D Protocol Matrix

High Cortisol Protocol

INTERVENTION	DOSAGE/COMMENTS
HPA Balance (Vital Plan)	Contains Relora, Sensoril, L-theanine; take 1 capsule BID or TID
Phosphatidylserine	PS dose: 100-200 mg TID
Acetyl-CH (Apex Energetics), 5-HTP, melatonin	Acetyl-CH contains pantothenic acid, alpha-GPC, N-acetyl L-carnitine, and huperzine A. As needed if circadian rhythm/sleep/mood disrupted, melatonin is low (often is in high cortisol states)
Metabolic Synergy & GlucoSupreme (Designs for Health)	Use for elevated blood glucose; Metabolic Synergy dose 2 caps TID; GlucoSupreme 2 caps BID
Boswellia, curcumin & fish oil	Only if significant inflammation present
CBD	Consider for severe anxiety or other conditions indicating use

Low Cortisol Protocol

INTERVENTION	DOSAGE/COMMENTS
Vital Adapt (Natura Health Products)	Contains eleuthero, rhodiola, schisandra, ashwagandha, cordyceps, reishi, ginseng, licorice
Adrenal glandulars (Dr. Ron's)	Optional; some patients with low cortisol do well with them. Three capsules taken in the morning or in divided doses morning and early afternoon.

Licorice	Patients with very low cortisol may benefit from additional licorice; Vital Adapt contains 10 mg of glycyrrhizin per 2 mL dose; patients with low cortisol can safely take up to 100 mg/d
Acetyl-CH, 5-HTP, melatonin, L-theanine	As needed if circadian rhythm/sleep/mood disrupted, melatonin is low
Boswellia, curcumin & fish oil	Only if significant inflammation present
CBD	Consider for severe anxiety or other conditions indicating use

Disrupted Diurnal Rhythm

INTERVENTION	DOSAGE/COMMENTS
Gaia Adrenal Support	Contains rhodiola, holy basil, ashwagandha, oats milky seed, schisandra
Acetyl-CH, 5-HTP, melatonin, L-theanine	As needed if circadian rhythm/sleep/mood disrupted, melatonin is low
Relora, and/or PS	If cortisol is high at night
Metabolic Synergy & GlucoSupreme	Used for elevated blood glucose; Metabolic Synergy dose 2 caps TID; GlucoSupreme 2 caps BID
Boswellia, curcumin & fish oil	Only if significant inflammation present
CBD	Consider for severe anxiety or other conditions indicating use

High Free, Low Total Cortisol

INTERVENTION	DOSAGE/COMMENTS
Acetyl-CH, 5-HTP, melatonin, L-theanine	As needed if circadian rhythm/sleep/mood disrupted, melatonin is low

Relora	Take at night before bed if cortisol is high at night and/or sleep is disrupted
Boswellia, curcumin & fish oil	Only if significant inflammation present

Low Free, High Total Cortisol

INTERVENTION	DOSAGE/COMMENTS
HPA Balance	Contains Relora, Sensoril, L-theanine; take 1 cap BID or TID
Vital Adapt	Contains eleuthero, rhodiola, schisandra, ashwagandha, cordyceps, reishi, ginseng, licorice
Phosphatidylserine	PS dose: 100-200 mg TID
Acetyl-CH, 5-HTP, melatonin	As needed if circadian rhythm/sleep/mood disrupted, melatonin is low (often is in high cortisol states)
Metabolic Synergy & GlucoSupreme	Used for elevated blood glucose; Metabolic Synergy dose 2 caps TID; GlucoSupreme 2 caps BID
Boswellia, curcumin & fish oil	Only if significant inflammation present

High DHEA

INTERVENTION	DOSAGE/COMMENTS
HPA Balance	Contains Relora, Sensoril, L-theanine; take 1 cap BID or TID
Vital Adapt	Contains eleuthero, rhodiola, schisandra, ashwagandha, cordyceps, reishi, ginseng, licorice
Circadian nutrients (melatonin, L-theanine, etc.)	If sleep or circadian rhythm is disrupted

Metabolic Synergy & GlucoSupreme	Used for elevated blood glucose; Metabolic Synergy dose 2 caps TID; GlucoSupreme 2 caps BID
Boswellia, curcumin & fish oil	Only if significant inflammation present

Low DHEA

INTERVENTION	DOSAGE/COMMENTS
HPA Balance	Contains Relora, Sensoril, L-theanine; take 1 cap BID or TID
Vital Adapt	Contains eleuthero, rhodiola, schisandra, ashwagandha, cordyceps, reishi, ginseng, licorice
Circadian nutrients (melatonin, L-theanine, etc.)	If sleep or circadian rhythm is disrupted
Metabolic Synergy & GlucoSupreme	Used for elevated blood glucose; Metabolic Synergy dose 2 caps TID; GlucoSupreme 2 caps BID
Boswellia, curcumin & fish oil	Only if significant inflammation present

Low Melatonin

INTERVENTION	DOSAGE/COMMENTS
HPA Balance	Contains Relora, Sensoril, L-theanine; take 1 cap BID or TID
Acetyl-CH, 5-HTP, melatonin, and/or Doc Parsley's Sleep Cocktail	As needed if circadian rhythm/sleep/mood disrupted, melatonin is low (often is in high cortisol states)

High Melatonin

INTERVENTION	DOSAGE/COMMENTS
Neuroflam NT (Apex Energetics)	Contains curcuminoids, rutin, baicalin (skullcap), apigenin (chamomile), luteolin (chrysanthemum); dose is 1 capsule TID
Phyto-Brain E (Apex Energetics)	26:1 ratio of DHA to EPA. Each teaspoon includes 60 mg of phosphatidylcholine and more than 100% of the recommended daily value for vitamin E. Dose is 1 teaspoon daily.

Elevated C.A.R.

INTERVENTION	DOSAGE/COMMENTS
HPA Balance (Vital Plan)	Contains Relora, Sensoril, L-theanine; take 1 cap BID or TID
Phosphatidylserine	PS dose: 100-200 mg TID
Acetyl-CH (Apex Energetics), 5-HTP, melatonin	As needed if circadian rhythm/sleep/mood disrupted, melatonin is low (often is in high cortisol states)
Metabolic Synergy & GlucoSupreme (Designs for Health)	Use for elevated blood glucose; Metabolic Synergy dose 2 caps TID; GlucoSupreme 2 caps BID
Boswellia, curcumin & fish oil	Only if significant inflammation present
CBD	Consider for severe anxiety or other conditions indicating use

Low C.A.R.

INTERVENTION	DOSAGE/COMMENTS
Vital Adapt (Natura Health Products)	Contains eleuthero, rhodiola, schisandra, ashwagandha, cordyceps, reishi, ginseng, licorice

Adrenal glandulars (Dr. Ron's)	Optional; some patients with high cortisol do well with them. 3 capsules in the morning
Licorice	Patients with very low cortisol may benefit from additional licorice; Vital Adapt contains 10 mg of glycyrrhizin per 2 mL dose; patients with low cortisol can safely take up to 100 mg/d
Acetyl-CH, 5-HTP, melatonin, L-theanine	As needed if circadian rhythm/sleep/mood disrupted, melatonin is low
Boswellia, curcumin & fish oil	Only if significant inflammation present
CBD	Consider for severe anxiety or other conditions indicating use

Normal HPA lab results/subjective HPA dysfunction

INTERVENTION	DOSAGE/COMMENTS
Adaptogens	Either HPA Balance, Vital Adapt, or Gaia Adrenal Support, depending on presentation
Adrenal glandulars (Dr. Ron's)	Optional; some patients with high cortisol do well with them. 3 capsules in divided doses in the morning and early afternoon.
Acetyl-CH, 5-HTP, melatonin, L-theanine	As needed if circadian rhythm/sleep/mood disrupted
Relora, and/or PS	If sleep is significantly disturbed, may want to consider taking one or both of these before bed
Metabolic Synergy & GlucoSupreme	Use for elevated blood glucose; Metabolic Synergy dose 2 caps TID; GlucoSupreme 2 caps BID
Boswellia, curcumin & fish oil	Only if significant inflammation present