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Guide to Nutri-Meds Adrenal Glandulars

Nutri-Meds all-natural desiccated adrenal glandular supplements have helped many regain their sense of health and well-being. We are dedicated to doing our best to support those who have struggled with adrenal issues to feel their best. We know how important it is to have fresh, high quality products because we take them, too!

Getting started: How do I know if I need adrenal support?

Fatigue is common to both thyroid and adrenal imbalances and often both must be supplemented to feel well. The good news is that adrenals can rebalance and for many this can be the final elusive step to regaining their energy. As stated in our *Guide to Nutri-Meds Thyroid Glandulars*, if your body temperature is low (97.8- 98.2, first thing in the morning, is considered normal) then you may benefit from natural thyroid support. However, if your basal temperature is not only low, but also bounces (goes up and down)--either in tenths of a degree or even up to a degree or more--it can be an indication of adrenal stress.

Take your body temperature four times a day:

1. First thing in the morning
2. Before lunch
3. Before dinner
4. Before bed

Keep a record of the results in a notebook.

Each time you take your temperature, make a note of how you feel. Try to be as specific as possible. Avoid general comments such as "I feel terrible." Instead, try to make notes that are specific enough to allow you to look back and notice even small improvements. For example, when one is exhausted, it is significant to note, "I thought about going for a walk today," a dramatic improvement for someone whose previous days were centered on "I don't feel like getting out of bed today."

Frequently Asked Questions

Q: I've taken my temperature and journaled the results. What do I take, and how do I take it?

A: We carry three different adrenal products:

Whole Adrenal Tablets: Tablets contain 80 mg of whole, desiccated bovine adrenal, with no fillers. They contain Dicalcium Phosphate (the binder that holds the tablet together) and a light pharmaceutical glaze that makes the tablet easier to swallow.

Adrenal Cortex Plus Tablets: Tablets contain 100 mg of raw adrenal cortex concentrate, 250 mg of Vitamin C, 20 mg Raw Anterior Pituitary Concentrate, and 10 mg of Raw Pineal Concentrate. Other ingredients are Dicalcium Phosphate (the binder that holds the tablet together) and a light pharmaceutical glaze that makes the tablet easier to swallow.

Adrenal Cortex Capsules: Capsules contain 250 mg of 100% raw desiccated adrenal cortex, with no other added ingredients or fillers. Our capsules are gelatin, made from the same organic animal stock as our supplements.

Although there are small amounts of other ingredients included with the Adrenal Cortex Plus Tablets, the key difference between the Adrenal Cortex Plus Tablets and Adrenal Cortex Capsules is that the Adrenal Cortex Capsules contain 250 mg of adrenal cortex and the Adrenal Cortex Plus Tablets contain 100 mg of adrenal cortex. The capsules contain 2.5 times the amount in the tablets, and not everyone needs that much.

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If you are just starting out, we suggest beginning with the Whole Adrenal, which is very supportive of the health of the adrenal glands. For some, it can feel like the ideal product to rebalance their adrenals and provide sustained energy. Adrenal Cortex Plus Tablets can be added to the Whole Adrenal if your energy is still not optimal. The Adrenal Cortex Tablets make it easy to increase by incremental amounts. If you find you need a larger amount of adrenal cortex, such as 500 mg at once, you may find it more convenient to take two 250 mg Adrenal Cortex Capsules than five 100 mg Adrenal Cortex Plus Tablets. If you would like to view the actual label of any of our products, you can do so on our website.

Q: How do I know how much to take?

A: To provide your adrenals with additional support, begin with only the Nutri-Meds Desiccated Whole Adrenal Glandular Tablets. Begin by taking one tablet only, spaced at even intervals four times a day, taking the last tablet no later than 4pm to avoid making it difficult to sleep at night. For example:

1. 7am- Upon rising, take one Nutri-Meds Desiccated Whole Adrenal Glandular Tablet. (It is fine to take the adrenal along with your thyroid supplement, and is ideally taken on an empty stomach.)
2. 10am- Take one Nutri-Meds Desiccated Whole Adrenal Glandular Tablet.
3. 1pm- Take one Nutri-Meds Desiccated Whole Adrenal Glandular Tablet.
4. 4pm- Take one Nutri-Meds Desiccated Whole Adrenal Glandular Tablet.

Continue for a minimum of three to five days at this level.

If you do not feel you are at your optimal level, increase the amount you are taking by one tablet, four times a day, and maintain that amount for at least another three to five days before increasing. Continue increasing your amount by no more than one tablet, four times a day, every 3-5 days and evaluating your progress until you feel you have reached your optimal level. If you feel you have exceeded what made you feel your best, drop back to your ideal level. Continue to journal your symptoms and body temperatures so you can track how you feel. If you have reached three Whole Adrenal Tablets, four times a day (for a total of twelve tablets per day) and still feel you need more support, it is likely that adrenal cortex is needed to help realign cortisol levels. If this is the case, we recommend adding Nutri-Meds Desiccated Adrenal Cortex Plus Tablets.

Combining Whole Adrenal and Adrenal Cortex

Begin by taking one Nutri-Meds Desiccated Adrenal Cortex Plus Tablet in addition to the Whole Adrenal at the same regular schedule of 7am, 10am, 1pm, and 4pm. Maintain that amount for at least three to five days before increasing by one tablet. If you do not feel you are at your optimal level, increase the amount of Nutri-Meds Desiccated Adrenal Cortex Plus Tablets you are taking by one tablet, four times a day, and maintain that amount for another three to five days before increasing by no more than one tablet at a time.

The symptoms of taking too much are a wired, nervous or jittery feeling, similar to drinking too much coffee. If you feel you have exceeded what made you feel your best, drop back to your ideal level. Continue to journal your symptoms and body temperatures so you can track how you feel. Do not rush the process, and do not exceed 500 mg, 4 times a day (for a total of 20 Adrenal Cortex Plus tablets per day). If you have reached five Nutri-Meds Desiccated Adrenal Cortex Plus Tablets you might find it easier to substitute 2 capsules of Adrenal Cortex for the tablets.

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Q: How long will it take until I see results?

A: Some people report immediate results while others report more gradual improvement. It is an important part of the process to allow the body time to acclimate. In general, the lower the basal temperature, the more support one may need and the longer it may take to feel better.

Consider the following hypothetical scenario: Let's say someone will eventually require the maximum of three Whole Adrenal Tablets, taken four times per day, and the maximum five Adrenal Cortex Tablets four times a day, and they wait a week at each level to give their body time to acclimate.

- Week One: 1 Whole Adrenal tablet, four times per day
- Week Two: 2 Whole Adrenal tablets, four times per day
- Week Three: 3 Whole Adrenal tablets, four times per day
- Week Four: 3 Whole Adrenal tablets, and 1 Adrenal Cortex Plus Tablet, four times per day
- Week Five: 3 Whole Adrenal tablets, and 2 Adrenal Cortex Plus Tablets, four times per day
- Week Six: 3 Whole Adrenal tablets, and 3 Adrenal Cortex Plus Tablets, four times a day
- Week Seven: 3 Whole Adrenal tablets, and 4 Adrenal Cortex Plus Tablets, four times per day
- Week Eight: 3 Whole Adrenal tablets, and 5 Adrenal Cortex Plus Tablets (or 2 Adrenal Cortex Capsules) four times per day

As this example demonstrates, it may require a significant amount of time to allow the body to acclimate to glandular support. For this reason it is important to keep a detailed journal so gradual improvements can be noticed. Increasing the amount too quickly can result in an unbalanced or uncomfortable feeling.

Q: How much time should I leave between taking Adrenal Cortex Supplements?

A: We recommend leaving at least two hours between taking the adrenal cortex products. This should allow sufficient time for the effects of the adrenal cortex to take place and avoid experiencing uncomfortable symptoms of taking too much at once. Remember, unlike thyroid, which can be taken only once a day, adrenal supplementation is ideally spaced throughout the day for a balanced result.

Q: What if I don't wake up early enough to take it for the first time at 7am?

A: If you do not rise for the day until later, you can either set your alarm to wake up to take your adrenal supplements and go back to sleep (with the intention of realigning your sleep schedule) or you may simply take it for the first time upon rising and then every two to three hours, not taking after 4pm.

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Q: What if I wake up with a lot of energy and feel good, only to suffer exhaustion and an energy 'crash' later in the day? Should I start taking adrenals first thing in the morning?

A: Your goal is to find a level of sustained energy so you feel your best throughout the day. Sudden drops in cortisol may cause fatigue at different times of the day. In addition to the early morning, a common time of day during which many people struggle is the late afternoon, often between 4 and 6pm. Record the times when you are most fatigued in your journal. If your energy crashes at specific times of the day, you might want to try taking the supplements before you begin to feel tired. For example, if 4pm is the only time you notice a problem, try supplementing at 2:30 or 3pm to see if that maintains your energy level. If you feel better by taking the supplements at a targeted time in this manner, there should be no need to take more. If necessary, experiment to see which times work best for you. If you feel you need to take more at additional times of the day, continue to journal and use your best judgment as you slowly increase.

Q: I've been taking the Whole Adrenal/Adrenal Cortex supplements and I feel great, and I've heard it's possible to stop taking them. How do I know when and how do I do it?

A: Ideally, the adrenals will rebalance, and at some point you may no longer need support. One of the first indications of this may be that you forget to take a scheduled dose and feel no ill effects. If that happens repeatedly, consider eliminating that dose and be aware of other times that you might be able to reduce amounts. If you find that symptoms recur, simply increase the amount you are taking until you feel well. Eventually, you may be able to greatly reduce how much you are taking, if not eliminate it altogether.

Q: What are your Whole Adrenal Glandulars made of?

A: Our all-natural desiccated adrenal glandulars are made from the adrenal glands of grass-pastured, organically raised bovine stock sourced from New Zealand and Argentina, countries with no history of BSE (mad cow disease), nor proximity to any country that does.

Q: How do Nutri-Meds Whole Adrenal/Adrenal Cortex products compare to other adrenal support products on the market?

A: Our products are categorized by the FDA as whole-food dietary supplements, not drugs, either prescription or over the counter. We value our designation, and are therefore unable to make claims, medical or otherwise, for our products, and cannot address medical questions, nor make comparisons with medical products. All our adrenal glandulars are currently bovine. It is important not to directly compare the amount of the milligrams of these products with the milligrams of other adrenal products, which may differ in quality, or to prescription drugs, which are often synthetics. To compare a whole food to an extract is like eating an orange compared to taking a Vitamin C tablet. We believe that everything that is good for you cannot necessarily be quantified in an extract.

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