

# Travel & Circadian Rhythm Protocol<sup>‡</sup>

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol was designed with our clinician partners to help you deliver the most effective care and support for your patients. Included are recommendations to support foundational health and focused interventions to address common clinical objectives.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational supplements to support overall health and well-being:<sup>‡</sup>

- [O.N.E.™ Multivitamin](#) (ONE1 / ONE6 / ONE3)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)

## FOCUSED SUPPORT

The products in this category support common clinical objectives related to travel and circadian rhythm.

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS <sup>‡</sup>	SUGGESTED USE
<b>Immune Support</b>	Throat and nose discomfort	<b><a href="#">PureDefense w/NAC Travel Pack</a></b> (Order Code: PDNB2) Supports immune function and upper respiratory health <sup>‡</sup>	2 capsules, twice daily, with meals
<b>GI Comfort</b>	Occasional diarrhea and GI discomfort	<b><a href="#">PureGG 25B</a></b> (Order Code: PGG6 / PGG3) Shelf-stable; highly researched probiotic to support abdominal comfort, bowel motility and occasional diarrhea <sup>‡</sup>	1 capsule daily, with or between meals
<b>Digestion</b>	Occasional bloating and gas	<b><a href="#">Digestive Enzymes Ultra</a></b> (Order Code: DEU1 / DEU9) Comprehensive blend of vegetarian digestive enzymes to support protein, carbohydrate, fat, fiber and dairy digestion <sup>‡</sup>	2 capsules with each meal

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<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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## FOCUSED SUPPORT (CONTINUED)

Choose from the options listed below:‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS‡	SUGGESTED USE
<b>Stress &amp; Mood</b>	Occasional stress and/or mood disturbances	<p><b>Cortisol Calm</b> (Order Code: COR1 / COR6)</p> <p>Designed to maintain healthy cortisol response and support relaxation, restful sleep, and positive mood during times of occasional stress‡</p>	1 capsule in the morning and 1 capsule in the evening, with meals
<b>Sleep</b>	Occasional delayed sleep onset	<p><b>Best-Rest Formula</b> (Order Code: BRF1 / BRF6)</p> <p>Promotes the onset of sleep as well as healthy sleep quality‡</p> <p>Also available as <b>Best-Rest Gummy</b> (Order Code: BRG6)</p>	2 capsules, 30-60 minutes before bedtime
<b>Energy Reserves</b>	Occasional fatigue	<p><b>Phyto-ADR</b> (Order Code: PHY1/ PHY6)</p> <p>Supports the health and activity of the adrenal glands and supports optimal energy reserves‡</p>	1 capsule daily, between meals
<b>Glucose Homeostasis</b>	Insulin, HbA1c	<p><b>Metabolic Xtra</b> (Order Code: MX29)</p> <p>Support insulin receptor function and healthy glucose metabolism‡</p>	1 capsule, 1-3 times daily, with meals

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The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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