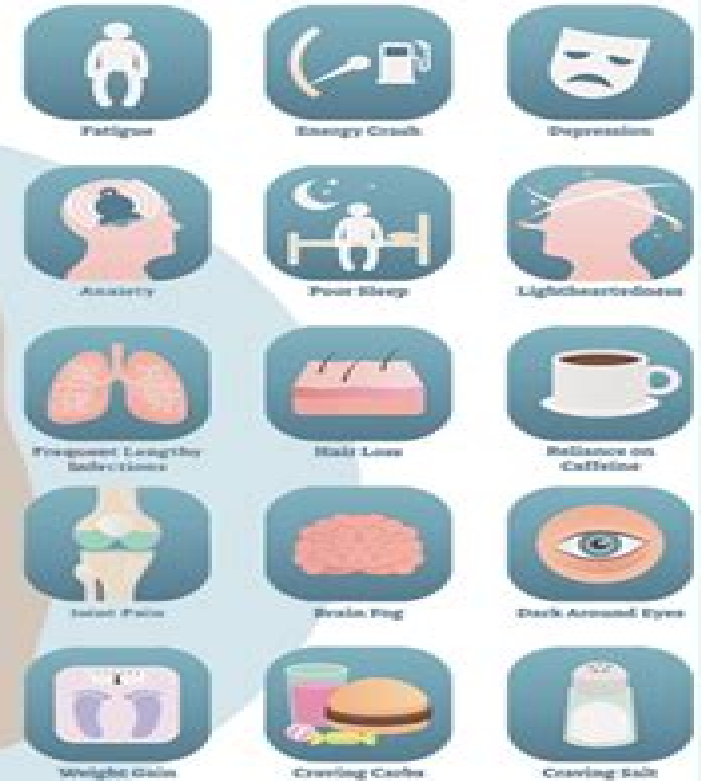
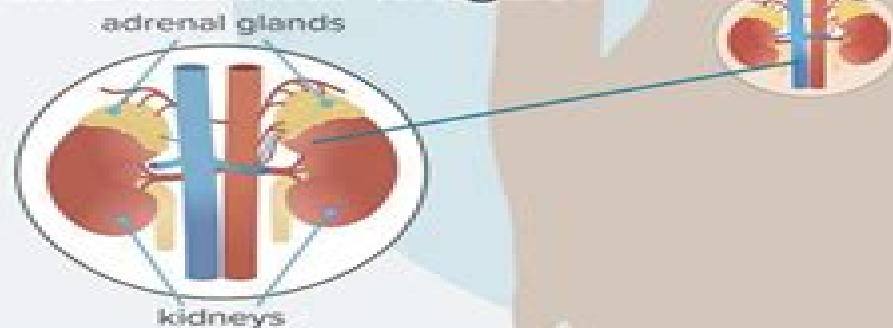


Adrenal fatigue

The adrenal glands produce cortisol and other hormones to regulate the body's stress response.

Chronic stress leads to excess cortisol production and symptoms of adrenal imbalance and adrenal fatigue.



SUPPORT YOUR ADRENALS

- Sleep & rest
- Gentle exercise
- Targeted supplements
- Avoid caffeine & sugar



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