Dr. Dale's
WELLNESS CENTER

HEAL • OPTIMIZE • THRIVE
A HEALTHIER TOMORROW, NATURALLY

# Chronic Fatigue & Adrenal Reset 90 Day Protocol

**PROTOCOL PACK • 3 BOTTLES OF EACH PRODUCT**

**RESTORE NATURAL ENERGY • SUPPORT ADRENAL HEALTH • IMPROVE RESILIENCE • FEEL LIKE YOU AGAIN**

## PROTOCOL OVERVIEW

The Chronic Fatigue & Adrenal Reset Protocol is a 90-day program designed to rebuild natural energy from the cellular level up: supporting adrenal function, ATP production, oxygenation and full-spectrum mineral repletion.

## KEY BENEFITS

- ✓ Supports adrenal health and stress resilience
- ✓ Promotes cellular energy and ATP production
- ✓ Supports oxygen delivery and circulation
- ✓ Replenishes essential minerals
- ✓ Comprehensive daily nutrient foundation

## WHAT'S INCLUDED




**Optimal Multi Pro**
Comprehensive daily multivitamin foundation.




**Adaptogen Pro**
Supports stress adaptation and adrenal function.




**ATP Max**
Supports cellular energy and ATP production.




**Oxygen Pro**
Supports oxygen delivery, circulation and cellular energy.




**Nano-Ionic Multi w/Silica (Full Spectrum Minerals)**
Replenishes ionic minerals for cellular function.

## DAILY DOSAGE SCHEDULE

| PRODUCT | AM (Upon Rising) | BREAKFAST (With Meal) | MID-MORNING (Between Meals) | LUNCH (With Meal) | MID-AFTERNOON (Between Meals) | DINNER (With Meal) | BEFORE BED | NOTES |
|---|---|---|---|---|---|---|---|---|
| **Optimal Multi Pro** | | 2 capsules | | | | | | Take with breakfast. |
| **Adaptogen Pro** | | 2 capsules | | 2 capsules | | | | Take with meals. |
| **ATP Max** | | | 2 capsules | | | | | Take when energy is lowest (AM or PM). |
| **Oxygen Pro** | 20 drops | | 20 drops | | 20 drops | | | In 16 oz well-salted water with electrolytes. |
| **Nano-Ionic Multi w/Silica (Full Spectrum Minerals)** | 30 drops | | | | | | | In water. May share Oxygen Pro water. |

## PROTOCOL NOTES

- Oxygen Pro must be taken in well-salted water with electrolytes added. We suggest Baja Gold Sea Salt and your favorite hydration or electrolyte packets.
- Multi-Minerals may be taken in the same water as Oxygen Pro.
- Take ATP Max when energy is lowest, morning or afternoon.
- Prioritize consistent sleep and gentle movement during the reset.

### JOIN OUR SKOOL COMMUNITY

For education and ongoing protocol support, join the Diana M Drake Natural Medicine Community on Skool.

**JOIN NOW**

NOURISH • BALANCE
RESTORE • LIVE WELL

**PURCHASE PROTOCOL**

*Wellness Starts Within*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Consult the product label for full ingredient and usage information.