

1. What are the key benefits of taking PLUS?

Amazingly, our desires and needs are largely driven by our endocrine system and hormones. But did you know life's traumas, stressors, injuries, and environmental factors can affect how hormones are released throughout our bodies?

PLUS caplets help support foundational adrenal function to help your body's natural recovery processes from things like physical stressors and "Adrenal Fatigue."* If you feel tired and worn out despite a good night's sleep or experience signs of feeling gray or a lack of energy along with a craving for salty foods, you may benefit from added adrenal support.*

- Formulated to support optimal endocrine health.*
- Supports the health of the immune, nervous and cardiovascular systems.*
- Supports breast, prostate, bone and colon health.*
- A source of plant sterols.
- Includes amino acids that play important roles in protein synthesis, the functioning of the immune system, the nervous system and the cardiovascular system*

2. How much PLUS can I take a day?

Take one caplet with 8 oz of water or juice three times per day.

3. Why is endocrine health important?

The endocrine system includes glands and organs throughout the body, which all play a vital role in controlling and regulating many of the body's functions. This system uses chemical messengers called hormones, that are produced, stored, and released by glands, to travel through the bloodstream to various organs to tell them what to do and how to function.¹

4. Why was wild yam extract used in PLUS?

Used in American natural medicine, wild yam root can help support healthy hormone balance as well as helping improve energy, vitality, mood, and calmness for both men and women.*

5. What are some of the features PLUS offers?

Our formula which contains naturally-sourced ingredients is free from gluten, dairy, artificial colors and preservatives. It is kosher and vegan friendly.

6. Who is PLUS ideal for?

Individuals 40+ who would like to support a healthy hormone balance as well as improve energy, vitality, mood, and calmness.*

¹<https://www.healthline.com/health/the-endocrine-system>

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.