

Stress Management



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

HPA Adapt

Take 2 capsules twice a day (total of 4 capsules daily).

Assists to maintain stress hormonal balance and a healthy stress response.

NeuroMag

Take 3 daily. Supports cognitive abilities and decrease common age-related memory decline.

B-Complex Plus

Take 1 capsule twice a day (total of 2 capsules daily).

Essential for the proper functioning of the nervous system.

Cortisol Manager Allergen Free

Take 2 daily at night. Supports balanced cortisol and a healthy stress response and helps with sleep.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.