

MEDICINAL INGREDIENTS / INGRÉDIENTS MÉDICINAUX :			Each extended release tablet contains / Chaque comprimé à libération prolongée contient :		
Vitamin A (Vitamin A palmitate) / Vitamine A (Palmitate de vitamine A)	480 mcg RAE / 480 mcg EAR		Copper (Copper (II) bisglycinate) / Cuivre (Diglycinate de cuivre (II))		0.2 mg
Thiamine (Vitamin B1, Thiamine hydrochloride) / Thiamine (Vitamin B1, Chlorhydrate de thiamine)	5 mg		Selenium (Selenomethionine) / Sélénium (Sélénométhionine)		50 mcg
Riboflavin (Vitamin B2, Riboflavin 5-phosphate) / Riboflavine / Riboflavine (Vitamin B2, Riboflavine 5-phosphate, Riboflavine)	5 mg		Choline (Choline bitartrate) / Choline (Bitartrate de choline)		3.9 mg
Pantothenic acid (Vitamin B5, Calcium D-pantothenate) / Acide pantothénique (Vitamine B5, D-Pantothénate de calcium)	200 mg		para-Aminobenzoic acid (PABA) / Acide para-aminobenzoïque (PABA)		10 mg
Vitamin B6 (Pyridoxal hydrochloride, Pyridoxine 5-phosphate) / Vitamine B6 (Chlorhydrate de pyridoxal, Pyridoxine 5-phosphate)	30 mg		Citrus Bioflavonoids (Citrus limon - Fruit peel, Citrus paradisi - Fruit peel, Citrus sinensis - Fruit peel) / Bioflavonoïdes d'agrumes (Citrus limon - Pélure du fruit, Citrus paradisi - Pélure du fruit, Citrus sinensis - Pélure du fruit)		150 mg
Folate (L-5-Methyltetrahydrofolate) / Folate (L-5-Méthyltétrahydrofolate)	200 mcg		L-5-Hydroxytryptophan (L-5-HTP, Griffonia simplicifolia Seed) / L-5-Hydroxytryptophane (L-5-HTP, Griffonia simplicifolia - Graine)		10 mg
Magnesium (Magnesium ascorbate, Magnesium citrate) / Magnésium (Ascorbate de magnésium, Citrate de magnésium)	40 mg		Laminaria digitata (Horsehair kelp - Whole) / Laminaria digitata (Fruit de cerise - Entier)		10 mg
Manganese (Manganese (II) ascorbate) / Manganèse (Ascorbate de manganèse (II))	2 mg		Niacin (Vitamin B3, Inositol hexanicolinate) / Niacine (Vitamine B3, Hexanicolinate d'inositol)		26 mg
Zinc (Zinc ascorbate) / Zinc (Ascorbate de zinc)	3 mg		Mixed Tocopherols concentrate (Cycloc max - Seed) / Mélange de concentré de tocophérols (Cycloc max - Graine)		45.71 mg
Vitamin C (Magnesium ascorbate, Manganese (II) ascorbate, Zinc ascorbate, Ascorbic acid) / Vitamine C (Ascorbate de magnésium, Ascorbate de manganèse (II), Ascorbate de zinc, Acide ascorbique)	308 mg		Biotin / Biotine		200 mcg
Chromium (Chromium (III) picolinate) / Chrome (Picolinate de chrome (III))	200 mcg				

90-day
UNCONDITIONAL GUARANTEE

Exclusively distributed in Canada by:



cinden.com



Doctor Wilson's Nutrients™

Stress nutrients for energy,
HPA axis support and healthy
adrenal function*



Doctor Wilson's
Original Formulations®

Formulated by Dr. James L. Wilson

“I created Nutrients to provide an optimal combination of the specific nutrients essential to support adrenal function, promote normal adrenal hormone production and enhance energy during times of stress or adrenal fatigue. The results have been fantastic!” –Dr. James L. Wilson*

Dr. Wilson's Nutrients™

Formulated to nutritionally
replenish the glands, tissues and
systems depleted by stress*

Nutrients essential to
energy and adrenal
hormone production*

Integrated sustained
release enhances
nutrient absorption
and cellular utilization*

Bioavailable nutrient forms
in sufficient amounts for
effective support during
stress or adrenal fatigue*

Supports cortisol
production integral to
energy generation*

The nutrient fuel in
Dr. Wilson's Adrenal
Fatigue Protocol®*

Promotes optimal
adrenal function and
stress resilience*

Designed for people experiencing
adrenal fatigue, stress depletion,
stress overdrive and the metabolic
consequences of a high stress load*

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

Stress and adrenal hormones

Your body has the same physiological response to every stress, whether the stressor is outside, like rush-hour pollution, or inside, like anxiety about being on time. This response energizes and prepares you for physical action – even though you can seldom use physical action to deal with most modern day stressors. Although your adrenal glands produce many hormones, your physiological stress response relies primarily on epinephrine and cortisol, which affect every process in your body, including energy production, immune activity, cellular maintenance and repair, gastrointestinal and cardiovascular function, sleep cycles, menstruation, libido, mood and mental focus. With every stress response, your adrenals must produce the right amounts of hormones to generate energy, gear up your body for action and biochemically adjust the activity of almost every other physiological system. When stress is frequent or prolonged, your adrenal glands must work hard to manufacture adequate hormones to help you cope with stress and maintain homeostasis. If your adrenals become depleted and cannot produce adequate stress hormones, various biochemical changes occur that can rob you of energy and negatively affect other systems in your body. Adrenal resilience, i.e., the ability of your adrenals to rebound from stress and continue making adequate amounts of hormones, is vital to your overall wellbeing.

Nutrients and adrenal hormones

Stress uses up nutrients needed by glands, organs and systems throughout your body, but especially your adrenal glands. Making adrenal hormones is a complicated sequence and every step requires exact amounts of particular vitamins and minerals in precise ratios. If even one nutrient is deficient or missing, your adrenal glands cannot manufacture and secrete the

necessary quantities of hormones to maintain optimum stress resilience, energy and homeostasis. The average diet may not supply large enough quantities of these specific nutrients to balance stressful lifestyles.* Dr. Wilson's Nutrients is formulated to make it as easy as possible to get the nutrients your adrenals need to function well, even during stress and adrenal fatigue.* Every nutrient is delivered in its optimal form and ratio for use in adrenal hormone production.* When your adrenal glands are properly nourished and supported, you are better able to rebound from adrenal fatigue and are more resilient to ongoing stress.* The capacity of your adrenals to produce balanced amounts of stress hormones is essential for maintaining health and energy, especially in stressful times.

Energy without stimulants



People often feel energized when taking Dr. Wilson's Nutrients because it nutritionally enhances energy in several ways.* It supplies optimal ratios of B vitamins essential for the metabolism of carbohydrates into glucose (the cellular fuel for physical and mental energy)*. It also supports cortisol production, and it is primarily cortisol that raises blood sugar to give you energy during stress.* Stimulants like caffeine may make you feel temporarily better, but they can overwork your adrenals, use up their nutrient reserves and eventually wear them down. Dr. Wilson's Nutrients does not contain any stimulants because it is designed to support adrenal health and naturally promote steady energy.*

Suggested Use



1 caplet 3-6 times a day (1 upon rising, 1 at noon and 1 before bed; 1 additional caplet may be taken up to 3 times throughout the day, if desired). The sustained- release caplets are designed to break down in the digestive tract over approximately four hours, gradually delivering the nutrients for optimal absorption, so spreading the caplets out throughout the day helps

ensure a continuous supply of nutrients.* People typically notice a difference within a few days of taking Dr. Wilson's Nutrients regularly.* For more information about using Dr. Wilson's Nutrients in combination with other supplements formulated by Dr. Wilson for adrenal fatigue and stress, see Dr. Wilson's Adrenal Fatigue Protocol®.

Quality you can trust



Expertly formulated by a physician, Dr. Wilson's Nutrients contains only high quality ingredients and is manufactured in accordance with the FDA's Good Manufacturing Procedures (cGMP) to assure purity, potency and quality. from adrenal fatigue and are more resilient to stress.

“I am a user of Dr Wilson’s products for about four and half months now. I do feel they are valued supplements, especially Dr. Wilson’s Nutrients. Thank You.”

—Anne N.

Companion Products
by Dr. Wilson

got stress?
we've got the solution.®

DURING STRESS AND ADRENAL FATIGUE: Dr. Wilson's Nutrients works optimally with *Dr. Wilson's Vitamin C Complex™*.

