



Energy and Brain Fog Protocol

"I wake up exhausted. I crash after lunch. My brain feels like static."

"This is the protocol I reach for most often. Fatigue and cognitive fog are almost always rooted in mitochondrial dysfunction, oxidative stress, and adrenal depletion — not just poor sleep. These five products address all three pathways simultaneously. I recommend starting with Glutathione, MitoForce, and Adrenal together, then adding NADH and Opti Brain once the body has adjusted."

— **Dr. Michele Benoit, DC** · Applied Kinesiology & Functional Nutrition

SUPPLEMENT STACKS

Glutathione

MASTER ANTIOXIDANT · FOUNDATION

Reduces the oxidative stress that drives both physical fatigue and cognitive fog. The essential anchor of this protocol.

Adrenal

HPA AXIS · CORTISOL REGULATION

Adrenal fatigue silently underlies most energy complaints. Without addressing it, other energy support is incomplete.

Mito Force

MITOCHONDRIAL SUPPORT · ATP PRODUCTION

This is what "energy from the inside out" actually means — fueling your cells' own power plants.

Opti Brain

BRAIN & COGNITIVE SUPPORT

Focus, mental clarity, and sustained concentration. Pairs synergistically with MitoForce for the fatigue-fog combination Dr. Benoit sees most in practice.

NADH / DIM

CELLULAR ENERGY COENZYME

NADH is the rate-limiting coenzyme in cellular energy production. Critical for patients with chronic fatigue or those who haven't responded to other energy supplements.

WHO THIS PROTOCOL HELPS

- Tired despite adequate sleep
- Brain fog, poor concentration, word-finding difficulty
- Afternoon energy crashes or post-meal fatigue
- Chronic fatigue syndrome presentations
- High stress loads or demanding careers
- Recovering from long illness or burnout

HOW TO START

STEP 1 · CORE TRIO

- Glutathione + MitoForce + Adrenal together from Day 1

STEP 2 · COGNITIVE UPGRADE

- Add Opti Brn for mental clarity and focus support

STEP 3 · ADVANCED SUPPORT

- Add NADH/DIM for persistent, unresolved fatigue

LIFESTYLE FOUNDATIONS

- Prioritize 7–9 hours of sleep — no supplement replaces this
- Protein with every meal to stabilize blood sugar and prevent crashes
- Limit caffeine after noon — it masks adrenal depletion
- 20-min outdoor walk daily supports cortisol rhythms
- Address chronic stress — it consumes more nutrients than any deficiency

— Dr. Benoit Add On

"Consider MagnaStem as a longevity add-on for patients over 45 or those focused on long-term cellular renewal alongside energy recovery."