

	Continual Support	Fast Support
Mild Symptoms	<p><b>General anxiety, immune system support, sleep/wake cycle, overall well-being</b></p> <p><b>Recommended Use:</b> Lower dose (3-10mg), with food, 1-3x per day</p>	<p><b>Situational anxiety, light soreness or pain, onset of cold-like symptoms, lack of focus</b></p> <p><b>Recommended Use:</b> Medium dose (6-20mg), without food, as needed</p>
Chronic or Acute Symptoms	<p><b>Chronic stress, severe joint pain and inflammation, mental health support</b></p> <p><b>Recommended Use:</b> Higher dose (20-30mg), with food, 1-3x per day</p>	<p><b>Acute stress or anxiety, pain from injury, occasional insomnia, nausea/abdominal pain</b></p> <p><b>Recommended Use:</b> Higher dose (20-30mg), without food, as needed</p>