

# 3 Proven Supplements for Energy

Boosting your energy is an inside job. Your hormones play a huge role in regulating whether you're frazzled and fried or vibrant and vivacious. And while your main focus shouldn't be popping a pill for a quick fix, there are certain supplements that can assist in balancing your hormones, and helping you achieve the spring in your step you may be missing.

Here are three proven game-changers:

**1 Phosphatidyl serine.** This supplement is an extract from the membrane of a cell – a portion called the phospholipid component – and has been shown to reduce cortisol levels when taken in pill form. PS also helps with improved glucose utilization and enhanced neurotransmitter formation. Some older studies in men suggest that PS can buffer stress-related rises in cortisol. The optimal dosage is 400 to 800 mg per day. Buy PS supplements [here](#).

**2 Rhodiola.** One of nature's "wonder" plants for energy and endurance, rhodiola has been shown to fight off stress-related fatigue, improve mental performance and concentration, decrease cortisol levels, and stimulate the nervous system. Other reasons to love rhodiola? Taken with ginkgo, the plant may help to improve exercise endurance by increasing oxygen consumption and preventing fatigue. For my patients, I recommend 200 mg once or twice per day. Purchase rhodiola [here](#).

**3 Relora.** Relora is an herbal combination that helps to lower evening cortisol levels (which will improve your sleep cycle) and combat stress-related eating that sends your blood sugar and energy levels on a roller coaster ride. Relora can also reduce anxiety in premenopausal women. The recommended dosage is 250 mg three times per day. You can buy relora supplements [here](#).



## About Dr. Sara

Dr. Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and New York Times bestselling author of *The Hormone Cure* (Simon & Schuster, 2013). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*, and TV including *The Ricki Lake Show* and *20/20*. Known for quoting Top 40 lyrics and effortlessly blending the seriousness of women's health with playfulness and humor, Dr. Sara's mission is to help women lose weight, feel great and vital from their cells to their soul. Learn more at [www.saragottfriedmd.com](http://www.saragottfriedmd.com)

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