

Morning – Energy, Focus, Stress Resilience

Time	Supplement	Form / Standardization	Dose	Purpose / Effects
07:30 AM (with breakfast)	Rhodiola rosea	Standardized extract (SHR-5 or WS 1375) – 3 % rosavins / 1 % salidroside	200–400 mg once daily	Supports alertness, stamina, stress resilience; reduces fatigue.
Optional	B-Complex / adaptogen blend	B5, B6, B12, Vitamin C	—	Cofactor support for adrenal & mitochondrial function.

 Take earlier in the day to avoid sleep interference.  Avoid doubling the dose on stressful days; consistency beats spikes.

Midday – Maintenance & Modulation

Time	Supplement	Form	Dose	Purpose
1:00 PM (optional)	Rhodiola (micro-dose)	Same extract as AM	100–150 mg	Optional boost if mental fatigue reappears after long focus sessions. Skip if jittery or sleep-sensitive.

Evening – Calm, Recovery, Sleep Quality

Time	Supplement	Form / Standardization	Dose	Purpose / Effects
8:00 PM (after dinner / before bed)	Ashwagandha (Withania somnifera)	KSM-66 (root-only 5 % withanolides) → calmer Sensoril (root + leaf 10 % withanolides) → stronger anti-stress	300–600 mg nightly	Reduces cortisol, promotes relaxation, enhances sleep depth & quality.
Optional	Magnesium glycinate + L-theanine	Mg 200–400 mg + Theanine 100–200 mg	—	Enhances parasympathetic tone; complements Ashwagandha's calming profile.

 Choose **KSM-66** if you want smooth daytime energy carry-over.  Choose **Sensoril** if stronger evening calming is needed.

Cycling Guidelines

Duration	Practice	Rationale
5 days on / 2 days off	Take weekends / low-stress days off	Maintains receptor sensitivity & prevents habituation

Duration	Practice	Rationale
8 weeks on / 2 weeks off	Medium-term cycle	Evaluate effectiveness & reset response
Reassess every 3 months	Review stress, sleep, productivity metrics	Ensures proportional benefit & adjusts dose/timing

💡 Expected Subjective Results Over Time

Timeframe	Rhodiola Effect	Ashwagandha Effect	Combined Outcome
First 3–5 days	Noticeable alertness & motivation	Calmer evenings & easier sleep onset	Balanced circadian rhythm emerging
2–4 weeks	Reduced afternoon energy dip	Lower stress, improved recovery	Smooth energy + better resilience
6–8 weeks	Sustained focus & mental endurance	Deeper sleep & morning freshness	Optimal “calm energy” equilibrium

⚠️ Precautions

- Avoid combining with other strong adaptogens (ginseng, eleuthero, licorice) unless supervised.
- Monitor if using **SSRIs, thyroid medication, or immunosuppressants**.
- Both herbs modulate cortisol—overuse can cause fatigue / low BP.
- Not recommended during **pregnancy or breastfeeding**.
- Choose high-quality standardized extracts from reputable manufacturers.

GREEN Daily Summary Card

Goal	Morning	Midday	Evening	Key Effect
Focus & Stress Balance	Rhodiola 200 mg	(optional 150 mg boost)	Ashwagandha 300–600 mg	Energy ↑ • Focus ↑ • Calm ↑ • Recovery ↑