

Hydrocortisone Dosing



Purpose

The intention when using Hydrocortisone (bio-identical cortisol) is to reproduce the natural rhythm of cortisol production in the body. It has been prescribed for you because of a cortisol deficiency, so a small physiological dose is recommended to support your adrenal function.

Dosage

The body normally produces 40-50 mg of cortisol per day. Each hydrocortisone tab contains bio equivalency of 2.5 mg of cortisol. Unless directed otherwise, the maximum supplementation should not exceed 10 pills or 25 mg.

This chart will guide you to gradually increase doses in order to find the optimum for you. Begin low and increase slowly every week or two. If you feel too agitated or experiencing headaches or other symptoms, cut back the dose to the last effective amount which gave you benefit but no adverse effects.

It is important to follow a rhythm of taking it, either by the times suggested below or in advance of the time of day when you already know your deficiency will manifest in symptoms such as fatigue, mental fog or other symptoms.

Some persons find that taking a 4th evening dose helps them sleep. Others find that an evening dose disturbs their sleep. You just might have to experiment on a weekend night to find out how it works for you.

	Week 1-2	Week 2-3	Week 3-4	Week 4-5	Week 5-6
Upon Waking	1 pill	2 pill	2 pill	2 pill	3 pill
9:00am-12:00pm	1 pill	1 pill	2 pill	2 pill	2 pill
12:00pm-3:00pm	1 pill	1 pill	1 pill	2 pill	2 pill
6:00pm-8:00pm	0	0	0	1 pill	1-2 pill

Maximum dose is 10 pills a day unless instructed otherwise. It is a good idea to have 2 or more bottles, or carry some with you, so you can have it at work, or when away from home.