



MRB PROTOCOL

Against stress caused by overload

Recommended for:

People with a hectic lifestyle, an unbalanced diet and poor sleep quality.

When is it recommended?

A constantly full diary, mounting responsibilities, overlapping thoughts: when commitments become excessive, even the simplest tasks can become a challenge and fuel that feeling of overload that is difficult to manage.

This is called “overload stress”. To create a protocol that will support you during the most hectic moments of the day, we have combined three principles that work in synergy to guarantee effective support.
A protocol tailored to this need.

YOUR DAILY PROTOCOL

We recommend 30-day cycles

Principium Magnesio Completo



To reduce fatigue and tiredness and help you sleep better

1 sachet or 2 tablets in the morning + 1 sachet or 2 tablets in the evening before bedtime; always between meals

Principium Rodiola Gold



For its tonic-adaptogenic action and effect on mood

1 tablet in the morning at breakfast + 1 tablet before lunch

Principium Complesso B Forte



To boost energy metabolism

1 capsule per day, between meals

Visit our store locator on the [principiumlife.com](https://www.principiumlife.com) website, enter your city and find the store nearest you.



Suitable for
vegans



Gluten
free



Lactose
free