

[Developed by Dr. Jacob Teitelbaum]⁺

Protocol Objective:

To support healthy energy production.[‡]

Clinical Objective [‡]	Assessment	Select from the Following Recommendations [*]	Dosing
Optimize overall nutritional support	Needs foundational nutrition support [‡]	Ultra Preventive [®] X	4-8 tablets daily, with meals
Support energy production and cardiovascular health	Fatigued, lacks energy	Ubiquinol-QH	1 softgel daily
Support healthy energy production	Fatigued, lacks energy	D-ribose powder Corvalen [®]	1 scoop, twice daily, with breakfast and lunch
Optimize iron levels	Keep ferritin over 60 mcg/dL	Ferronyl [®] Iron	1-2 tablets daily
Support energy production, metabolism and methylation pathways	Fatigued	Methyl B12 Plus	1 lozenge daily
Support muscle, heart and nerve function	Fatigued or wishes to support muscle comfort [‡]	Magnesium Glycinate	1 tablet, 1-2 times daily

^{*}Please note that patients may not require all supplements listed.

⁺Dr. Teitelbaum is a retained consultant for Douglas Laboratories.

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

Available for download at douglaslabs.com/tu-protocol-energy



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[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.