

[ Developed by Dr. Jacob Teitelbaum ]<sup>+</sup>

## Protocol Objective:

To optimize heart vessel health and heart muscle energy production.<sup>‡</sup>

Clinical Objective <sup>‡</sup>	Assessment	Select from the Following Recommendations <sup>*</sup>	Dosing
Support healthy blood lipids, glucose and insulin homeostasis	Labs: Glycosylated hemoglobin, fasting insulin (keep <10), blood lipids	Cardio MetX™ w/ GlucoPhenol®	1 capsule, twice daily, before meals
Support healthy blood sugar and cardiovascular health		Berberine Balance	1 capsule, 2-3 times daily. Reduce if digestive upset occurs
Support healthy aging and cardiovascular health		Ubiquinol-QH	1 softgel daily
Support the heart and body's natural energy production		D-ribose powder Corvalen®	1 scoop, twice daily, with morning and evening meals
Support healthy heart function and blood flow		Magnesium Glycinate	1 tablet, 1-2 times daily. Reduce if GI upset occurs
Optimize heart energy metabolism		Acetyl L-Carnitine 500 mg	1 capsule, 1-2 times daily for 3 months
Support cardiovascular health and biomarkers		QÜELL® Fish Oil Clinical Strength DHA	1 softgel, 1-3 times daily

\*Please note that patients may not require all supplements listed.

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

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<sup>‡</sup>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.