

ENERGY

Developed with Dr. Jacob Teitelbaum*

Protocol Objective:

To support healthy energy production.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Optimize overall nutritional support	Needs foundational nutrition support‡	Ultra Preventive® X Formula: 202331	4-8 tablets daily, with meals
Support cellular energy production and cardiovascular health	Fatigued, lacks energy	Ubiquinol-QH Formula: 201899	1 softgel daily
		Corvalen® Formula: 57451P	1 scoop, twice daily, with breakfast and lunch
Optimize iron levels	Keep ferritin over 60 mcg/dL	Ferronyl® Iron Formula: 7035	1-2 tablets daily
Support energy production, metabolism and methylation pathways	Fatigued, 5-MTHFR testing	Methyl B₁₂ Plus Formula: 202273	1 lozenge daily
Support muscle, heart and nerve function	Fatigued or wishes to support muscle comfort‡	Magnesium Glycinate Formula: 202559	1 tablet, 1-2 times daily

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

+Dr. Jacob Teitelbaum is a retained advisor 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/protocols