

HEART

Developed with Dr. Jacob Teitelbaum*

Protocol Objective:

To optimize heart vessel health and heart muscle energy production.‡

CLINICAL OBJECTIVE‡	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support healthy blood sugar and cardiovascular health	Labs: Glycosylated hemoglobin, fasting insulin (keep <10), blood lipids	Berberine Balance Formula: 201131	1 capsule, 2-3 times daily. Reduce if digestive upset occurs
Support healthy aging and cardiovascular health		Ubiquinol-QH Formula: 201899	1 softgel daily
Support the heart and body's natural energy production		Corvalen® Formula: 57451P	1 scoop, twice daily, with morning and evening meals
Support healthy heart function and blood flow		Magnesium Glycinate Formula: 202559	1 tablet, 1-2 times daily. Reduce if GI upset occurs
Optimize heart energy metabolism		Acetyl L-Carnitine 500 mg Formula: 82730	1 capsule, 1-2 times daily for 3 months
Support cardiovascular health and biomarkers		QÜELL® Fish Oil EPA/DHA Plus D Formula: 200981	1-2 softgels daily

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

+Dr. Jacob Teitelbaum is a retained advisor for Douglas Laboratories.

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Available for download at: douglaslabs.com/protocols