

ENERGY PROTOCOL OBJECTIVE

Developed with Dr. Jacob Teitelbaum*

Protocol Objective:

To support healthy energy production.‡‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Optimize overall nutritional support	Dietary adequacy of vitamins and minerals	Ultra Preventive® X Formula: 202331	4-8 tablets daily, with meals
Support cellular energy production and cardiovascular health	Cardiovascular assessment	Ubiquinol-QH Formula: 201899	1 softgel daily
		Corvalen® Formula: 57451P	1 scoop, twice daily, with breakfast and lunch
Optimize iron levels	Serum ferritin	Amino Iron Formula: FEC	1 tablet daily
Support energy production, metabolism and methylation pathways	Serum cobalamin (vitamin B12) or methylmalonic acid (MMA); serum homocysteine	Methyl B₁₂ Plus Formula: 202273	1 lozenge daily
Support muscle, heart and nerve function	Dietary magnesium intake (RDA: 400-420 mg daily for men 310-320 mg for women)	Magnesium Glycinate Formula: 202733	1 tablet, 1-2 times daily

Available for download at: douglaslabs.com/protocols

*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.