

FOUNDATIONAL

Developed with Dr. Jacob Teitelbaum*

Protocol Objective:

To supply key nutrients for overall foundational health.‡

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Support immune and digestive health	Dietary intake assessment of vitamins and minerals‡	Ultra Preventive® 1 Daily Formula: 202741	1 capsule daily
		Ultra Preventive® X Formula: 202331	4-8 tablets daily, with meals
QÜELL® Fish Oil EPA/DHA Plus D Formula: 200981		1 softgel daily	
Multi-Probiotic® 40 Billion Formula: 202634		1 capsule daily	
Support various systems including neurological, vision, mood, cardiovascular and joint health			
Support gastrointestinal and immune health			

Available for download at: douglaslabs.com/protocols

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

†Dr. Jacob Teitelbaum was a retained advisor for Douglas Laboratories.

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