

COGNITIVE AND MEMORY

Protocol Objective:

To support factors related to healthy brain aging and cognitive function.‡

Also refer to the Sleep Support Protocol, Neuro-Endocrine Support Protocol, Cardiometabolic Protocol, Hormone Specific™ Formula Protocols and GI Support Protocol.‡

CLINICAL OBJECTIVE*	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Foundational support for memory and cognitive function	Subjective memory recall, episodic and verbal recognition tests	Optimized Curcumin with Neurophenol® Formula: 202524	2 capsules daily
Maintain healthy cytokine balance	Lab Analysis: Omega-3 fatty acid Index; Hs-CRP < 1.0 mg/dL; A/G ratio > 1.8, albumin > 4.5 g/dL	QÜELL® Fish Oil Ultra EPA/DHA Formula: 200981	2 softgels daily with food
		Wobenzym® Plus Formula: 201910	2 tablets twice daily without food
Provide brain fuel; support ketogenesis; support cerebral blood flow	Subjective brain fog, memory recall and recognition Measure ketone levels, target ketosis 0.5-4 mmol/L; Ketogenic diet or intermittent fasting diet	MCT/Butyrate Liquid with SunButyrate™ Formula: 57689	1 tbsp. 3 times daily or as needed
Support SIRT1 activity	Subjective memory recall	Acetyl-L-Carnitine 500 mg Formula: 82730	1-4 capsules daily
Supports healthy brain aging by activating SIRT1	No assessment	Resveratrol Formula: 200244 OR Methylated Resveratrol Plus Formula: 202557	1 capsule daily with food
Optimize mitochondrial function and antioxidant status	Oxidative stress Organic Acids Test	Juvenon Pro Cognitive Formula: 201308	3 capsules daily
		Ubiquinol-QH Formula: 201899	1-2 softgels daily
		PQQ Plus with BioPQQ® Formula: 200559	1-2 capsules daily
		Selenium Plus Formula: 81802	1 capsule daily with food

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

**Valid in USA and for online orders only. Cannot be combined with other promotions.

CLINICAL OBJECTIVE†	ASSESSMENT	PRODUCT RECOMMENDATIONS*	DOSING
Optimize Cu:Zn ratio	Lab Analysis: Supplement if zinc < 80 or copper:zinc > 1:3 Vitamin C target level 1.3-2.5	Zinc Picolinate Formulas: ZNP, 7440	1 tablet or capsule daily
		C-1000 Formula: 202744	1 capsule daily
Optimize healthy methylation, B ₁₂ , homocysteine metabolism	Lab Analysis: Target levels: Homocysteine < 7 Vitamin B ₁₂ > 500 Folate 10-25 Vitamin B ₆ 60-100	Methyl B12 Plus Formula: 202273	3 capsules daily
		Liquid B₁₂ Formulated with Methylcobalamin Formula: 200159	1 ml daily
Optimize Vitamin D levels	Lab Analysis: Target 25OH-D ₃ = 50-100 ng/ml	K₂-D₃ With Astaxanthin Formula: 202114	1 capsule daily
		Liquid Vitamin D₃ Formula: 57738	1-10 drops daily
Support healthy insulin function	Lab Analysis: Target fasting insulin < 7; HgbA1c < 5.5	Berberine Balance Formula: 201131	1 capsule twice daily
		Chromium Picolinate 250mcg Formula: 7417	1 tablet daily
Support the body's natural detoxification process	Lab Analysis: Evaluate mercury, lead, arsenic, cadmium; mycotoxins	Liposomal Glutathione Formula: 202466	1 softgel twice daily
		N-Acetyl-L-Cysteine 750 mg Formula: 202749	1 capsule daily
Optimize sleep	Assess: Sleep quality- 8 hours of restful sleep	Melatonin PR 3 mg Formula: 83199	1/2 - 1 tablet before bed

REFERENCES

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*Please note that patients may not require all supplements listed.
 The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.