

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	Select from the following Recommendations*	Dosing
Foundational support for memory and cognitive function‡	Subjective memory recall, episodic and verbal recognition tests; Brain imaging; ApoE4 genetic variant Biomarkers: amyloid-beta protein, plasma catalase, salivary amylase, sICAM-1	Ultra Preventive® 50+ and Optimized Curcumin with Neurophenol®	2 tablets daily with food 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 Clinical Strength DHA	1-3 softgels daily with food
		Wobenzym® Plus	2 tablets twice daily without food
Support brain energy and ketogenesis‡	Measure ketone levels, target ketosis 0.5-4 mmol/L; Ketogenic diet or intermittent fasting diet	C8 Max MCT Powder	1 scoop 3 times daily or as needed
		MCT/Butyrate Liquid with SunButyrate™	1 tbsp. 3 times daily or as needed
		Keto Metabolic™	1 scoop daily or as needed
Support cognitive performance‡	Acetylcholine function, cholinergic function/nerve growth factor (NGF), synaptic function	Acetyl-L-Carnitine 500 mg	1-4 capsules daily
		Brain Memory	1 capsule twice daily
Supports healthy brain aging by activating SIRT1‡	Sirtuin 1 (SIRT1) SNP (rs3758391 T-allele); ApoE4 allele	Resveratrol or Methylated Resveratrol Plus	1 capsule daily with food
Optimize mitochondrial function and antioxidant status‡	Lab Analysis: Organic Acids Test; Vitamin E target level 12-20	Juvenon Pro Cognitive	3 capsules daily
		Ubiquinol-QH	1-2 softgels daily
		PQQ Plus	1-2 capsules daily
		Tri-En-All	1 softgel daily with food
		Selenium Plus	1 capsule daily with food
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	1 tablet or capsule daily
		C-1000	1 capsule daily

*Please note that patients may not require all supplements listed.
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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	Homocystrol+TMG	3 capsules daily
		Liquid B₁₂	1 ml daily
Optimize Vitamin D levels [‡]	Lab Analysis: Target 25OH-D ₃ = 50-100 ng/ml	K₂-D₃ with Astaxanthin	1 capsule daily
		Liquid Vitamin D₃	1-10 drops daily
Support healthy insulin function [‡]	Lab Analysis: Target fasting insulin < 7; HgbA1c < 5.5	Berberine Balance	1 capsule twice daily
		Chromium 1 mg	1 tablet daily
Support the body's natural detoxification process [‡]	Lab Analysis: Evaluate mercury, lead, arsenic, cadmium; mycotoxins	Liposomal Glutathione	1 softgel twice daily
		N-Acetyl-L-Cysteine 750 mg	1 capsule daily
		Detoxification Pack	1 pack twice daily
Optimize sleep [‡]	Assess: Sleep quality- 8 hours of restful sleep	Melatonin 1 mg	1/2 - 1 tablet before bed
		Rest Reset™	1 capsule, 30-60 minutes before bed, without food

REFERENCES

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[‡]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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