



# CARDIO PROTOCOL

## GENERAL CARDIOVASCULAR HEALTH

We all understand the importance of heart health. The heart is a powerhouse, and we need it to perform, which requires certain nutrients. The cardiovascular system demands them: from the collagen formation process for our vessels' strength to the balance of cholesterol in our blood, nutrients are key factors.

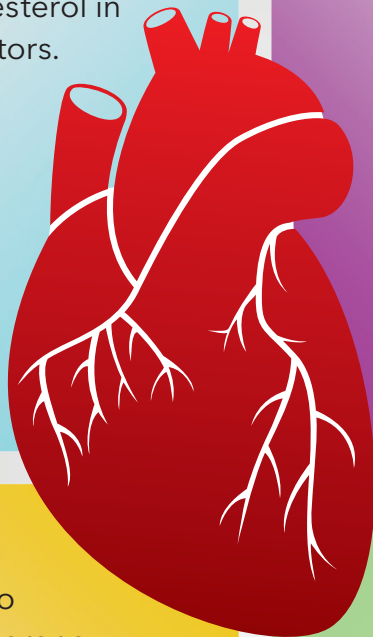
### KEY NUTRIENTS

#### Coenzyme Q10:

Our heart muscles contain highest concentration  
Statin drugs deplete levels of this nutrient  
Supports normal blood pressure\*

#### Omega 3 fatty acids EPA and DHA:

Support healthy blood pressure and cholesterol levels\*



## CHOLESTEROL

Supporting healthy cholesterol levels does not just support the heart itself. It also helps support other systems such as the Endocrine and Neurological systems.

The Cytochrome P450 enzymes convert cholesterol to the master steroid hormone, pregnenolon, from which the other steroid hormones, mineralcorticoids, glucocorticoids, androgens, estrogens, progestagens and vitamin D, are derived. Cholesterol is also used in the production of our cells.

## BLOOD PRESSURE

Our heart health is connected to hormones in many ways. Aldosterone, a hormone produced by the Adrenal Cortex, affects blood pressure and volume. Lack of this hormone can lead to rapid blood pressure drops. High blood pressure, on the other hand, rarely has obvious, acute causes, and is typically seen as a long-term development, the culmination of many risk factors.

## HOMOCYSTEINE

An amino acid by-product of protein metabolism and an intermediate nutrient that acts as a diagnostic marker, homocysteine can build up in the blood.

Some theories suggest that homocysteine may destroy endothelial cells, leading to the idea that plaque may attempt to fill in the damaged areas of the arteries once damage has occurred. Other theories suggest that homocysteine may oxidize low-density lipoproteins, promoting buildup.

Both theories, along with several others, describe reasoning for the correlation between arterial aging and elevated homocysteine levels.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# CARDIO PROTOCOL: GENERAL

This protocol is designed for anyone who has a family history of cardiac issues and/or anyone over the age of 40.

\*\*The Cardio Benefits product was designed to be used with any patient currently on any cardiovascular medication.

## PRIMARY SUPPORT

Metabolic Multi or  
Daily Best™ Ultra  
Cardio Benefits  
Phyto Benefits™

## SECONDARY SUPPORT

Methyl Benefits™  
Ubiquinol 100  
Mega Probiotic-ND™

## TERTIARY SUPPORT

A•D•K  
Tri Mag 300  
Spectra Reds™

**Metabolic Multi:** 3 capsules twice daily  
**Daily Best™ Ultra:** 1 capsule daily  
**Cardio Benefits:** 3 capsules daily  
**Phyto Benefits™:** 1-2 capsules daily

**Methyl Benefits™:** 1-2 capsules daily  
**Ubiquinol 100:** 1 softgels daily  
**Mega Probiotic-ND™:** 3 capsules daily

**ADK:** 1 capsule daily  
**Tri Mag:** 3 capsules daily  
**Spectra Reds™:** 1 scoop daily

### CONSIDER THESE TESTS TO SUPPORT CARDIO HEALTH:



- CBC • CMP
- hs-CRP • Homocysteine
- Fibrinogen • Vitamin D (25 OH)
- NMR instead of regular lipid panel
- Cortisol • DHEAs • Insulin
- B12 • Folate

# CARDIO PROTOCOL: CHOLESTEROL

If altered cholesterol levels exist, underlying cause should be investigated and addressed, at which point a transition to the General Cardio Protocol should take place.

## PRIMARY SUPPORT

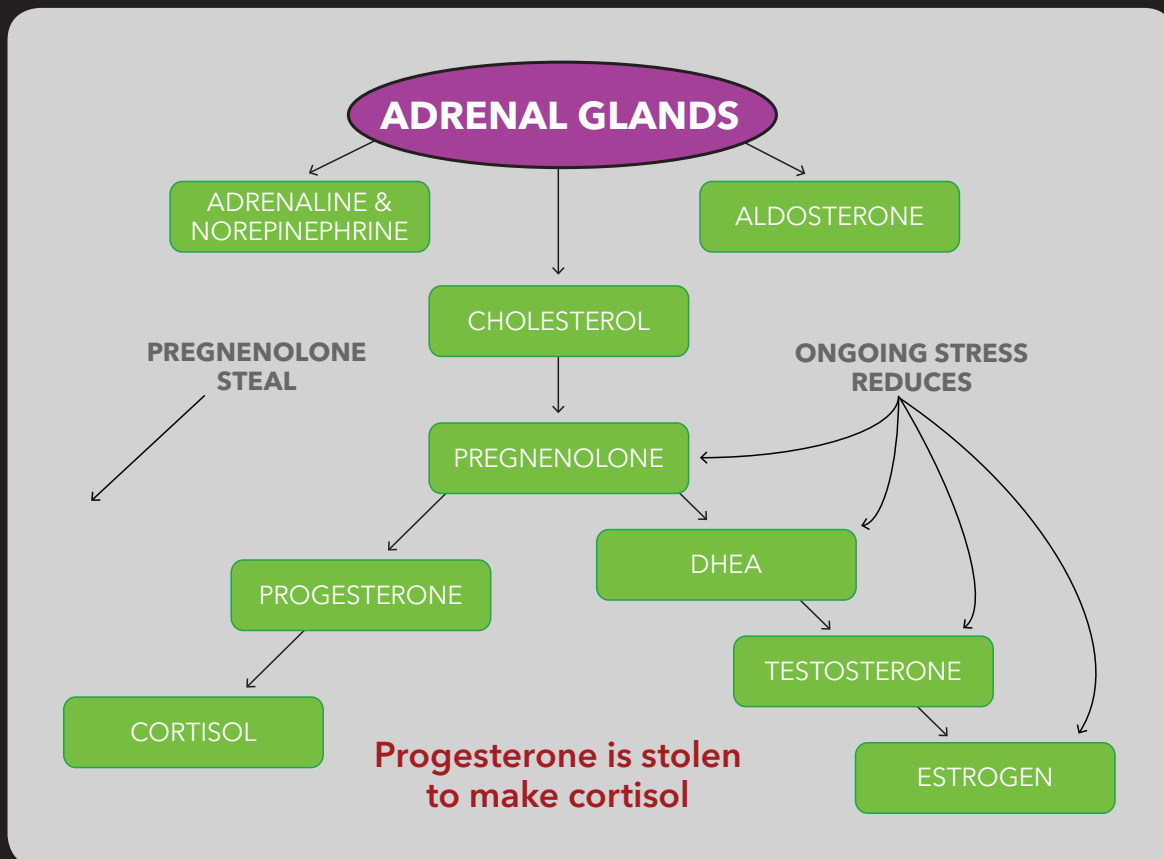
Metabolic Multi or  
Daily Best Ultra™  
Omega 3 HP-D  
Cholestsure  
Mega Probiotic-ND™

**Metabolic Multi:** 3 capsules twice daily  
**Daily Best™ Ultra:** 1 capsule daily  
**Omega 3 HP-D:** 2-4 softgels daily  
**CholestSure™:** 3 capsules daily  
**Mega Probiotic-ND™:** 3 capsules daily

## SECONDARY SUPPORT

Ubiquinol  
Cocoa GHG  
Liposomal C  
Garlic-Eze®

**Ubiquinol 100:** 1-2 softgels daily  
**Cocoa GHG:** 1-2 scoops daily  
(Away from food to maximize absorption)  
**Liposomal C:** 2-4 tsp daily  
**Garlic-Eze®:** 2-4 capsules daily



## CARDIO PROTOCOL: BLOOD PRESSURE

If altered blood pressure levels exist, underlying cause should be investigated and addressed at which point a transition to the General Cardio Protocol should take place.

### PRIMARY SUPPORT



**Metabolic Multi:** 3 capsules twice daily  
**Daily Best™ Ultra:** 1 capsule daily  
**BP Elite™:** 2-4 capsules daily  
 \*\*If desired substitute  
**Tri Mag:** 3 capsules daily

### SECONDARY SUPPORT



**Pycnogenol®:** 1-2 capsules daily  
**Hawthorn:** 1-2 capsules daily  
**Garlic-Eze®:** 2-4 capsules daily

## CARDIO PROTOCOL: HOMOCYSTEINE/VASCULAR

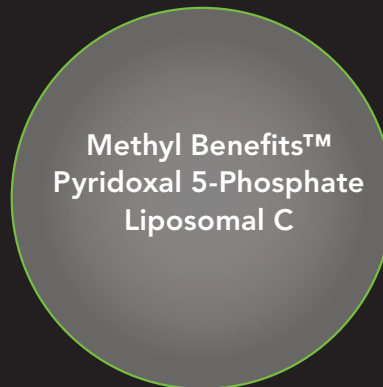
Restoring and maintaining healthy homocysteine levels and vascular health should be an ongoing process for patients with a family history of cardiovascular issues and who have experienced cardiac stress themselves. For these patients, this would be their 'General Cardio' Protocol.

### PRIMARY SUPPORT



**Metabolic Multi:** 3 capsules twice daily  
**Daily Best™ Ultra:** 1 capsule daily  
**Cardio Benefits™:** 3 capsules daily  
**Nattokinase Plus™:** 4 capsules for 30 days, then transition to 2 capsules ongoing

### SECONDARY SUPPORT



**Methyl Benefits™:** 1-2 capsules daily  
**Pyridoxal 5-Phosphate:** 1-2 capsules daily for 60 days  
**Liposomal C:** 2-4 tsp daily