



Cardiovascular Support Protocol*

Objective	Product Recommendation	Dosage	Key Ingredients
Supports vascular elasticity and strength with a daily vitamin formula of fat-soluble nutrients*	A•D•K2 Cardio Health™	1 softgel daily, or as recommended by a healthcare practitioner.	Vitamin A (as retinyl palmitate), Vitamin D3 (as cholecalciferol), Vitamin K2 [as menaquinone-7 (MK-7 as Mena Q7®)]
Provides a traditional botanical compound for metabolic and cardiovascular support, including healthy cholesterol, blood sugar, and triglyceride levels**	Berberine 500 mg Berberine Ultra Absorption (with GammaSorb® gamma cyclodextrin)	1 capsule three times daily, or as recommended by a healthcare practitioner. 1 capsule daily, or as recommended by a healthcare practitioner.	Berberine [from Indian Barberry (<i>Berberis aristata</i>) Bark and Root Extract]
Replenishes CoQ10 depleted by use of statins and supports cellular energy for the heart*	CoQ10 Chewable 100 mg (with GammaSorb® for 8 times higher absorption [^])	1 chewable tablet daily, or as recommended by a healthcare practitioner.	Coenzyme Q10 (ubiquinone)
Provides bioidentical omega-3s, phospholipids, and peptides to support vascular strength and elasticity, and healthy cholesterol and triglyceride levels**	EurOmega-3®	Adults: 1-2 tablets daily. Children (6 years old and up): 1 tablet daily, or as recommended by your healthcare practitioner.	Omega-3 Phospholipid Peptide Complex Featuring Phospholipids, Omega-3 [DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)] and bioactive peptides extracted from Atlantic Salmon (<i>Salmo salar</i>), in a balanced ratio as found in salmon; not chemically altered or artificially spiked with DHA/EPA
Supports healthy triglyceride levels and overall cholesterol balance, and boosts HDL levels**	Healthy Cholesterol and Triglycerides**	2 capsules daily, or as recommended by a healthcare practitioner.	Amla (<i>Emblica officinalis</i>) Fruit Extract (25:1) standardized to contain ≥35% polyphenol content
Supports overall cardiovascular health with readily absorbed, chelated magnesium and a bioavailable form of vitamin B6*	Magnesium + P-5-P (pyridoxal-5-phosphate)	Adults: 1 capsule, may be taken up to 4 times daily. Children (6 years old and up): 1 capsule per day, or as recommended by your healthcare practitioner.	Vitamin B6 (as pyridoxal-5-phosphate), Magnesium (from magnesium bisglycinate chelate), Zinc (from TRAACS™ zinc bisglycinate chelate)

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Mena Q7® is a trademark of NattoPharma ASA, Norway. †Supports healthy levels already within the normal range. ^Compared to standard CoQ10. TRAACS™ is a trademark of Albion Laboratories, Inc.

*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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