

CLINICAL PROTOCOLS

CARDIOVASCULAR HEALTH

A Suggested Nutritional Protocol for Cardiovascular Support

C.V. Support Formula™

A comprehensive multivitamin mineral base with additional ingredients targeted specifically for cardiovascular health, including hawthorn, ginkgo, lecithin, garlic and CoQ10.

Suggested usage: *Two tablets twice daily with meals.*

Wobenzym® N

Wobenzym® N is a combination of plant and animal based enzymes that assist the body in balancing Th1 and Th2 cytokines, which helps support the circulatory system by promoting vein health.

Suggested usage: *Three to four tablets, three times daily, 45 minutes before a meal or 1.5hrs after.*

OR

Wobenzym® PS

Wobenzym® PS is very effective in decreasing the pain, edema and trophic ulcers often seen in thrombophlebitis and post-thrombophlebitis syndrome. Studies show improvement of blood flow with increased blood fibrinolytic activity and inhibited platelet function.

Suggested usage: *Three tablets, twice daily, 45 minutes before a meal or 1.5hrs after.*

Ubiquinol-QH 100mg (Pure Encapsulations)

Ubiquinol-QH is the active antioxidant form of coenzyme Q10. Ubiquinol may be especially important for older individuals who may be experiencing greater levels of oxidative or physical stress.

Suggested usage: *One to two softgels daily, with meals.*

OR

Opti-Omega Q Plus™

A synergistic combination of molecularly distilled liquid fish oil, plant sterols and coenzyme Q10 in a convenient tasting orange-citrus flavoured liquid supplying 2638mgs of Norwegian source fish oil per teaspoon.

Suggested usage: *One teaspoon twice daily with meals.*

Tri-En-All 400

Contains natural-source mixed tocopherols with a minimum guaranteed amount of the d-alpha, d-beta, d-gamma and d-delta tocopherols, as well as additional mixed tocotrienols.

Suggested usage: *One softgel daily.*

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Krill Plex (Pure Encapsulations)

Krill oil provides an ideal essential fatty acid balance for healthy cardiovascular and platelet function, in part by maintaining healthy prostaglandin function. A prospective phase II randomized, double blind, clinical trial suggested that krill oil helps support healthy lipid, triglyceride and glucose metabolism.

Suggested usage: *2 softgels per day with breakfast for one month and one softgel thereafter or as directed by a health professional.*

NSK-SD™ Nattokinase (Pure Encapsulations)

Promotes healthy fibrinolytic activity for healthy blood flow and cardiovascular function. Each vegetarian capsule contains 50mgs of nattokinase.

Suggested usage: *Take two vegetarian capsules daily 12 hours apart, with meals or between meals.*

