

# Cardiometabolic Health Protocol<sup>†</sup>

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS



This protocol includes product recommendations to support foundational well-being and cardiometabolic health.<sup>‡</sup>

## FOUNDATIONAL SUPPORT

In addition to a healthy diet and lifestyle, consider the following foundational products to support overall health and well-being:<sup>‡</sup>

- [O.N.E.™ Multivitamin](#) (ONE1 / ONE6 / ONE3)
- [O.N.E.™ Omega](#) (ONO6 / ONO3)
- [Probiotic G.I.](#) (PG16)
- [PureLean® Fiber](#) (PLFX3)
- [Magnesium \(glycinate\)](#) (MG1 / MG3 / MG9)

CLINICAL OBJECTIVE <sup>‡</sup>	ASSESSMENT	PRODUCT RECOMMENDATIONS	DOSING
FOCUSED SUPPORT			
Glucose Homeostasis	Insulin, HbA1c	<b>Metabolic Xtra</b> (Order Code: MX29) Berberine, chromium, alpha lipoic acid and resveratrol support insulin receptor function and healthy glucose metabolism <sup>†</sup>	1 capsule, 1-3 times daily, with meals
Lipid Metabolism	Advanced lipid profile	<b>CholestePure Plus<sup>‡</sup></b> (Order Code: CHP31) A unique blend of phytosterols, enhanced bioavailable berberine phytosome and clinically studied bergamot extract to support healthy lipid metabolism <sup>†</sup>	2 capsules, 1-2 times daily, with meals
Healthy Blood Flow	Asymmetric dimethylarginine	<b>Vascular Relax</b> (Order Code: VR21) A combination of extracts from plants plus magnesium support healthy vascular relaxation and circulatory function <sup>†</sup>	2 capsules, 2 times daily, with meals
ADDITIONAL CONSIDERATIONS			
Satiety	Self-reported occasional cravings	<b>PureLean® Satiety</b> (Order Code: PLS6) Chromium picolinate, clinically researched DNF-10 <sup>®</sup> yeast hydrolysate and Sensoril <sup>®</sup> Ashwagandha support glucose metabolism, satiety, and relaxation <sup>†</sup>	1 capsule, 1-2 times daily, with meals
Vitamin K/D Status	25-hydroxy vitamin D	<b>PureHeart® K<sub>2</sub>D</b> (Order Code: PHK26) A combination of vitamin D <sub>3</sub> and K <sub>2</sub> (as MK-7) to help maintain healthy vascular calcium homeostasis and support cardiovascular function <sup>†</sup>	1 capsule, 1-2 times daily, with meals

Available for download at [PureEncapsulationsPro.com/Protocols](https://PureEncapsulationsPro.com/Protocols)

DNF-10<sup>®</sup> is the property of Fytexia

Sensoril<sup>®</sup> is a registered trademark of Natreon, Inc. and is protected under U.S. Patent No. 7,318,938 and CA Patent No. 2,508,478

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship.

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<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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