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### **Heart and Healthy Lipids Protocol**

1. SPM Active by Metagenics (M41640) at Emerson Ecologics. Take 2 gels with food daily, 500 mg of Fractionated Marine Lipid Concentrate.
2. Nattokinase 100 mg by Allergy Research Group (NATT8). Take 1 gel at night.  
\*Contains Soy
3. Magnesium Taurate by Cardiovascular Research Ltd. (MAGT2). Take 1 to 2 caps during the day and 1 cap at night away from food, 250 mg to 375 mg Mg.
4. Hawthorne extract by Pure Encapsulations (HAW29). Take 1 cap at night, 500 mg, away from food.
5. Intrinsic B12-Folate by Metagenics (INTR). Take 1 tablet daily with food. Contains 800 mcg L-5-methyl tetrahydrofolate, 500 mcg Vitamin B12 as cyanocobalamin and 20 mg of Intrinsic Factor for absorption.
6. Co Q 10 100 mg by DaVinci Labs (CO152). Take 1 tab at night.  
\*IF over 35 please take Ubiquinol (reduced form of Co Q 10) 100 mg at night  
Pure Encapsulations (UQ16)

\*To order products with 17% discount and free shipping from Emerson Ecologics either click on the Butterfly on my home page to be directed to the new account registry page or go to [www.elevate.me](http://www.elevate.me)

Remember to check with your health care provider to monitor any heart or cholesterol problems and track with laboratory testing.

Be Well, Dr. G.