

# Vascular Health Protocol

OvationLab and Fullscript have partnered to create positive change in the world of healthcare—making personalized, integrative medicine more accessible and effective than ever before. This protocol, similar to our Post-Viral Recovery Protocol, is one of the many ways in which OvationLab and Fullscript are helping practitioners prescribe evidence-based, high-quality integrative care.

This protocol combines proprietary and foundational supplement ingredients for supporting vascular health and optimizing cardiovascular outcomes.

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## Key supplement ingredients included in the protocol

### Proprietary ingredients (for targeted vascular support)

#### Arterosil HP®

- Proprietary blend of *Monostroma nitidum* (green seaweed extract), green tea extract, and fruit and vegetable extracts to promote normal circulation and arterial function
- Dosing: 900 mg daily

#### Vascanox HP®

- Proprietary blend of black garlic, beetroot, and berry extracts, plus supportive vitamins and minerals, to support natural endothelial function and healthy nitric oxide processes
- Dosing: 700 mg daily

### Foundational ingredients (for ongoing maintenance)

#### Magnesium

- One of the most critical minerals in the human body involved in hundreds of enzymatic reactions associated with optimal cardiovascular and metabolic health
- Dosing: Up to 1,000 mg daily, preferably in malate, glycinate, or citrate (not oxide) form

#### Coenzyme Q10 (CoQ10)

- A lipid-soluble antioxidant that plays an important role in cellular energy processes and may be helpful in supporting cardiac muscle, healthy inflammatory processes, and free radical neutralization
- Dosing: 300 mg daily or up to a blood level of 3.0 ug/mL







#### Omega-3 fatty acids (EPA/DHA)

- Polyunsaturated fatty acids such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) may support a healthy lipid balance, inflammatory response, and endothelial function
- Dosing: 2,000 mg daily combined EPA and DHA in triglyceride (ethyl ester-free) form

#### Multivitamin high in polyphenols and antioxidants

- Designed to support cardiac, vascular, and metabolic health
- Dosing: Variable based on product selection

# Suggested products and directions for use

Product		Key ingredients	Directions
<b>Arterosil HP®</b> Calroy Health Sciences		Two capsules contains 900 mg proprietary blend of <i>Monostroma nitidum</i> (green seaweed extract), green tea extract, and fruit and vegetable extracts.	1 capsule, twice daily
<b>Vascanox HP®</b> Calroy Health Sciences		Two capsules contains 700 mg proprietary blend of black garlic, beetroot, and berry extracts, plus supportive vitamins and minerals.	2 capsules, once daily
<b>Magnesium Malate</b> Designs for Health		Two capsules contains 360 mg of magnesium (as di-magnesium malate).	2 capsules, twice daily
<b>CoQ10 300 mg</b> Ortho Molecular Products		One softgel contains 300 mg coenzyme Q10, plus 20 mg (30 IU) of vitamin E (as d-alpha-tocopherol), and 15 mg of mixed tocopherols.	1 softgel, once daily
<b>OmegaGenics® EPA-DHA 1000</b> Metagenics		One softgel contains 1,400 mg of marine lipid concentrate in triglyceride form (including 710 mg EPA and 290 mg DHA).	1 softgel, twice daily
<b>VasculoSirt®</b> Biotics Research		The mixed multivitamin and mineral contains polyphenols and antioxidants such as green tea extract, acetyl-L-carnitine, quercetin, lutein, lycopene, resveratrol, and R-alpha-lipoic acid.	2 capsules, twice daily



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