Cardiometabolic Health Protocol

DEVELOPED IN COLLABORATION WITH OUR SCIENTIFIC AND MEDICAL ADVISORS

This protocol includes product recommendations to support foundational well-being and cardiometabolic health.

FOUNDATIONAL SUPPORT

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

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

FOCUSED SUPPORT

The products in this category support common clinical objectives related to cardiometabolic health. Choose from the options listed below:

<table>
<thead>
<tr>
<th>CLINICAL OBJECTIVE</th>
<th>ASSESSMENT</th>
<th>PRODUCT RECOMMENDATIONS</th>
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</table>
| Glucose Homeostasis | Insulin, HbA1c | **Metabolic Xtra** *(Order Code: MX29)*  
Berberine, chromium, alpha lipoic acid and resveratrol support insulin receptor function and healthy glucose metabolism² | 1 capsule, 1-3 times daily, with meals |
| Lipid Metabolism | Advanced lipid profile | **CholestePure Plus**³ *(Order Code: CHP31)*  
A unique blend of phytosterols, enhanced bioavailable berberine phytosome and clinically studied bergamot extract to support healthy lipid metabolism² | 2 capsules, 1-2 times daily, with meals |
| Healthy Blood Flow | Asymmetric dimethylarginine | **Vascular Relax** *(Order Code: VR21)*  
A combination of extracts from plants plus magnesium support healthy vascular relaxation and circulatory function² | 2 capsules, 2 times daily, with meals |

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

¹These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
# ADDITIONAL CONSIDERATIONS

The products in this category offer added support for cardiometabolic health and nutritional status. Choose from the options listed below.

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| Satiety            | Self-reported occasional cravings | **PureLean® Satiety**  
(Order Code: PLS6)  
Chromium picolinate, clinically researched DNF-10® yeast hydrolysate and Sensoril® Ashwagandha support glucose metabolism, satiety, and relaxation | 1 capsule, 1-2 times daily, with meals |
| Vitamin K/D Status | 25-hydroxy vitamin D | **PureHeart® K2D**  
(Order Code: PHK26)  
A combination of vitamin D₃ and K₂ (as MK-7) to help maintain healthy vascular calcium homeostasis and support cardiovascular function | 1 capsule, 1-2 times daily, with meals |

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

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*DNF-10® is the property of Fytexia  
Sensoril® 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  
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