

TRIGLYCERIDE PROTOCOL



Like cholesterol, triglycerides are common types of fats that are essential for good health when present in normal amounts. They account for about 95 percent of the body's fatty tissue. Triglycerides are present in food as well as manufactured by the body. Abnormally high triglyceride levels are associated with a number of diseases and conditions, such as cirrhosis of the liver, hypothyroidism, diabetes and pancreatitis.

High triglyceride levels are also associated with known risk factors for heart disease, such as low levels of HDL cholesterol, high levels of LDL cholesterol and obesity. Additionally, triglycerides may contribute to a type of thickening of artery walls, a physical change believed to be a predictor of hardening of the arteries (atherosclerosis).

At the very least, high triglyceride levels are a warning sign that a patient's heart health may be at risk. In response, physicians may be more likely to stress the importance of losing weight, getting enough exercise, quitting smoking, controlling diabetes and other strategies that patients can use to protect their own cardiovascular health.

WAYS OF LOWERING TRIGLYCERIDES

There are several strategies recommended for lowering triglyceride levels, all of which are heart-healthy and many result in an improved cholesterol ratio. These strategies include:

- Decrease the amount of saturated fat in the diet.
- Eat a balanced, heart-healthy diet in which carbohydrates are eaten in proportion with proteins, vitamins and minerals, essential fatty acids and fiber.
- Take steps to raise the HDL level.
- Favor complex carbohydrates over simple carbohydrates. Simple carbohydrates, such as sugar, are absorbed quickly and can cause a sudden rise in insulin production (which in turn can increase triglycerides).
- Limit alcohol use. Even small amounts of alcohol can lead to large changes in triglyceride levels.
- Start a regular exercise program.
- Achieve and maintain a healthy weight.
- Control diabetes.
- Control high blood pressure.

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There are several nutritional supplements that can help to complement the above listed strategies and yield further benefits to lowering triglyceride levels. Below is an example of a triglyceride protocol that would be recommended for an average patient:

RECOMMENDATIONS

All of these supplements play an integral role in lowering triglyceride levels. It is helpful to note the importance of taking Co-Enzyme Q10 as a supplement while on a statin drug, as Co-Enzyme Q10 levels are significantly reduced in the body as a result of this drug.

The supplements in the above listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists have the ability to customize each supplement (or even add/delete) to a patients' unique nutritional requirements. While monitoring the patients triglyceride levels through various lab work, either the practitioner or CustomVite has the ability to change dosage levels from one order to the next. The CustomVite nutritional supplement program can help improve your patients overall nutritional status.

SUPPLEMENT	DOSAGE
Niacin (Niacinamide) (Vitamin B3)	600 mg
Folic Acid	2000 mcg
Methylcobalamin (Vitamin B12)	2000 mcg
Pantothenic Acid (Vitamin B5)	100 mg
Co-Enzyme Q-10	100 mg
Magnesium (Amino Acid Chelate)	600 mg
Zinc (Chelazome Amino Acid Chelate)	25 mg
Policosanol	20 mg
Gugulipid	100 mg
L-Carnitine (Fumarate)	1000 mg
DL-Methionine	500 mg
Chromium (Picolinate)	300 mcg
L-Arginine	2000 mg
L-Lysine	2000 mg
Fish Oil	1000 mg

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