

Protocols

Product & Ingredient	Dosage	Features	Reference
<p><b>Vitaline® CoQ10</b>  <a href="#">76153</a> – 30 chewable wafers, Maple Nut flavor, 200mg  <a href="#">76150</a> – 30 chewable wafers, Maple Nut flavor, 200mg  <a href="#">76173</a> – 30 chewable wafers, Chocolate flavor, 200mg  <a href="#">76183</a> – 30 chewable wafers, Maple Nut flavor, 300mg  <a href="#">76186</a> – 60 chewable wafers, Maple Nut flavor 300mg  <a href="#">76196</a> – 60 chewable wafers, Maple Nut flavor, 300mg</p> <p>Coenzyme Q10 (CoQ10)                      (ubiquinone)                      High purity                      Natural form</p>	<p>Take 200-300 mg daily, in chewable form.</p>	<ul style="list-style-type: none"> <li>• Clinically shown to support cardiovascular health*<sup>1-5</sup></li> <li>• Restores the CoQ10 depleted by Cholesterol lowering (statin) drugs*<sup>2,3</sup></li> <li>• Supports healthy blood pressure levels already within normal limits*<sup>4</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Singh RB, et al. Randomized, double-blind placebo-controlled trial of coenzyme Q10 in patients with acute myocardial infarction. <i>Cardiovasc Drugs Ther.</i> 1998;12(4):347-53.</li> <li>2. Folkers K, et al. Lovastatin decreases coenzyme Q levels in humans. <i>Proc Natl Acad Sci.</i> 1990;87:8931-8934.†</li> <li>3. Mortensen SA, et al. Dose-related decrease of serum coenzyme Q10 during treatment with HMG-CoA reductase inhibitors. <i>Aspects Med.</i> 1997;18(Suppl):S137-S144.</li> <li>4. Burke BE, et al. Randomized, double-blind, placebo-controlled trial of coenzyme Q10 in isolated systolic hypertension. <i>South Med J.</i> 2001 Nov;94(11):1112-7.</li> <li>5. Caso G, et al. Effect of coenzyme q10 on myopathic symptoms in patients treated with statins. <i>Am J Cardiol.</i> 2007 May 15;99(10):1409-12.</li> </ol>
<p><b>UBQH™ ubiquinol</b>  <a href="#">770026</a> – 60 softgels</p> <p>QH (Ubiquinol) (reduced form coenzyme Q10)</p>	<p>Take 1 softgel with a glass of water, twice daily.                      Each softgel contains:                      100 mg</p>	<ul style="list-style-type: none"> <li>• Alternative to CoQ10</li> <li>• Increases total CoQ10 serum levels 2 times higher than ubiquinone alone*<sup>1</sup></li> <li>• Approximately 30-50% of the population have the gene that impairs conversion of ubiquinone to ubiquinol*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Unpublished data. Kaneka Corporation. October 22, 2003.†</li> <li>2. Miles MV, et al. LPL and NQO1 genotypes are associated with decreased Coenzyme Q10 redox ratio. <i>International Congress of Clinical Chemistry and American Association for Clinical Chemistry Annual Meeting,</i> July, 2005.</li> </ol>

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<p><b>Eskimo-3®</b> fish oil  <a href="#">72190</a> – 105 ml  <a href="#">72297</a> – 105 softgels  <b>Eskimo® PurEFA™</b>  <b>1000mg</b> fish oil  <a href="#">72622</a> - 150 softgels</p> <p>Omega-3 Fatty Acids            14-18% EPA**            8.3-11.7% DHA**            Pharmaceutical grade            High purity            Naturally stable</p> <p>**EPA=eicosapentaenoic acid            **DHA=docosahexaenoic acid</p> <p><i>Eskimo-3® is a registered trademark of Cardinova Aktiebolag.</i></p>	<p>Take up to 5 g daily with meals in the form of:</p> <ul style="list-style-type: none"> <li>– 3 original softgels (1.5 g) 3 times daily</li> <li>– 1 teaspoon liquid (5 mL)</li> <li>– 5 PurEFA softgels (5 g)</li> </ul> <p>Each daily serving contains 1.5 – 5 g fish oil and provides:            210-900 mg EPA            125-580 mg DHA</p>	<ul style="list-style-type: none"> <li>• Clinically shown to support heart health*</li> <li>• Helps block the absorption of dietary cholesterol and inhibits cholesterol biosynthesis*<sup>1</sup></li> <li>• Helps support a healthy lipid profile*<sup>1,2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Nestel PJ. Fish oil and cardiovascular disease: lipids and arterial function (abstract). <i>Am J Clin Nutr</i> 2000;71:228S-31S.</li> <li>2. Haglund O, et al. <a href="#">Effects of a new fluid fish oil concentrate, Eskimo-3, on triglycerides, cholesterol, fibrinogen and blood pressure.</a> <i>J Intern Med.</i> 1990 May;227(5):347-53.†</li> </ol>
<p><b>Garlitrin 4000®</b> garlic extract  <a href="#">78503</a> – 30 tablets  <a href="#">78501</a> – 100 tablets            Enteric Coated Garlic Providing            5000 mcg of allicin</p>	<p>Take 1 tablet daily with food. Each tablet contains:            320 mg</p>	<ul style="list-style-type: none"> <li>• Provides antioxidant protection for the heart*<sup>1</sup></li> <li>• Maintains healthy cholesterol levels that are already within the normal range by acting as a HMG-CoA reductase inhibitor*<sup>2</sup></li> <li>• Supports healthy blood pressure levels already within normal ranges by enhancing smooth muscle relaxation and vasodilation*<sup>3</sup></li> <li>• Enteric coating ensures dissolution in the small intestine and maximum allicin production</li> </ul>	<ol style="list-style-type: none"> <li>1. Banerjee SK, et al. Chronic oral administration of raw garlic protects against isoproterenol-induced myocardial necrosis in rat. <i>Comp Biochem Physiol C Toxicol Pharmacol.</i> 2003 Dec;136(4):377-86.</li> <li>2. Qureshi AA, et al. <a href="#">Suppression of avian hepatic lipid metabolism by solvent extracts of garlic: impact on serum lipids.</a> <i>J Nutr</i> 1983;113:1746-55.</li> <li>3. Pedraza-Chaverri J, et al. <a href="#">Garlic prevents hypertension induced by chronic inhibition of nitric oxide synthesis.</a> <i>Life Sci.</i> 1998;62:71-7.</li> </ol>

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<p><b>Cardi-E™</b> <a href="#">306005</a> – 90 softgels</p> <p>Full Spectrum Mixed Tocopherols: Gamma-tocopherol Delta-tocopherol Alpha-tocopherol 5:2:1 ratio</p> <p><i>Cardi-E™ is a trademark of Cardinova Aktiebolag.</i></p>	<p>Take 1 softgel twice daily with food. Each softgel contains: 195 mg</p> <p>45 mg 15 mg 7 mg</p>	<ul style="list-style-type: none"> <li>Mixed tocopherols provide greater support for healthy platelet activity than alpha-tocopherol alone*<sup>1,2</sup></li> <li>Gamma tocopherol, in particular, may be even more supportive of cardiac health than alpha*</li> <li>Supports healthy cholesterol and healthy blood pressure levels already within normal limits*<sup>1-4</sup></li> </ul>	<ol style="list-style-type: none"> <li>Liu M, et al. <a href="#">Mixed tocopherols inhibit platelet aggregation in humans: Potential mechanisms</a>. <i>Am J Clin Nut.</i> 2003;77:700-706.†</li> <li>Saldeen T, et al. Different effects of alpha- and gamma-tocopherol on platelet aggregation, arterial thrombosis and endogenous superoxide dismutase activity. <i>Hygiea.</i> 1998;107(1):350.†</li> <li>Li D, Saldeen T, Mehta JL. Gamma-tocopherol decreases ox-LDL-mediated activation of nuclear factor- kappaB and apoptosis in human coronary artery endothelial cells. <i>Biochem Biophys Res Commun.</i> 1999;259:157-61.†</li> <li>Noguchi T, et al. <a href="#">Effects of vitamin e and sesamin on hypertension and cerebral thrombogenesis in stroke-prone spontaneously hypertensive rats</a>. <i>Clin Exp Pharmacol Physiol.</i> 2004 Dec;31 Suppl 2:S24-6.</li> </ol>

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<b>Pantethine Plus™</b> <a href="#">75519</a> – 90 tablets  Pantethine Phytosterols	One tablet three times daily, with or immediately before each meal. Each tablet contains: 200 mg 400 mg	<ul style="list-style-type: none"> <li>Helps retain healthy cholesterol levels that are already within normal limits*<sup>1,2</sup></li> <li>Pantethine (600 mg) acts at the synthesis stage in the liver to help support healthy cholesterol production*<sup>1</sup></li> <li>Phytosterols (1,200 mg) work in the intestines to help impede the body's ability to absorb cholesterol from foods*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>Arsenio L, et al. <a href="#">Effectiveness of long-term treatment with pantethine in patients with dyslipidemia.</a> <i>Clin Ther</i> 1986;8:537-544.</li> <li>Moruisi KG, et al. <a href="#">Phytosterols/stanols lower cholesterol concentrations in familial hypercholesterolemic subjects: a systematic review with meta-analysis.</a> <i>J Am Coll Nutr.</i> 2006 Feb;25(1):41-8.</li> </ol>
<b>HDL Rx™*</b> <a href="#">72922</a> – 120 tablets  Niacin Blend of Hawthorn, Taurine, Garlic, Grape, N-Acetylcysteine (NAC), Soy, Alpha Lipoic Acid, and Tocotrienols CoQ10 Policosanol	Take 2 tablets twice daily. Two tablets contain: 20 mg 388 mg  25 mg 7 mg	<ul style="list-style-type: none"> <li>Policosanol supplementation increases HDL cholesterol by up to 14 percent over an 8-week period (clinical study)*<sup>1</sup></li> <li>Shown in a clinical study conducted at Scripps Memorial Hospital to raise HDL (good cholesterol) levels by up to 23%*<sup>2</sup></li> <li>Shown to reduce homocysteine levels, which is important for heart health*<sup>2</sup></li> <li>By reducing C-reactive protein levels, HDL Rx helps support the body's natural anti-inflammatory response*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>Varady KA, et al. <a href="#">Role of policosanols in the prevention and treatment of cardiovascular disease.</a> <i>Nutr Rev.</i> 2003 Nov;61(11):376-83.</li> <li>Goodman DA. A novel nutraceutical formula raises HDL and lowers triglycerides. Poster Presentation. Scripps Integrative Medical Center's 4<sup>th</sup> Annual Natural Supplement Conference. La Jolla, CA. January 19, 2007.†</li> </ol>

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<p><b>Cal-Mag-K Chela-Max™</b> <a href="#">206007</a> – 90 UltraCaps™</p> <p>Magnesium Potassium Calcium</p>	<p>Take 1 to 2 UltraCaps three times daily with meals. Two UltraCaps contain: 117 mg 140 mg 65 mg</p>	<ul style="list-style-type: none"> <li>Magnesium, Potassium, and Calcium support health systolic and diastolic blood pressure levels already within normal ranges*<sup>1-3</sup></li> </ul>	<ol style="list-style-type: none"> <li>Motoyama T, et al. <a href="#">Oral magnesium supplementation in patients with essential hypertension</a>. <i>Hypertension</i>. 1989 Mar;13(3):227-32.</li> <li>Haddy FJ, et al. <a href="#">Role of potassium in regulating blood flow and blood pressure</a>. <i>Am J Physiol Regul Integr Comp Physiol</i>. 2006 Mar;290(3):R546-52.</li> <li>Whelton PK, et al. <a href="#">Efficacy of nonpharmacologic interventions in adults with high-normal blood pressure: results from phase 1 of the trials of hypertension prevention (TOHP)</a>. <i>Trials of Hypertension Prev (TOHP) Collab Res Group</i>. <i>Am J Clin Nutr</i>. 1997;65:652S-60S.</li> </ol>
<p><b>HTN Complex</b> <a href="#">256015</a> – 90 UltraCaps</p> <p>Hawthorn (<i>Crataegus laevigata</i>) Parsley (<i>Petroselinum crispum</i>) Dandelion (<i>Taraxacum officinale</i>) Forskohlii (<i>Plectranthus barbatus</i>)</p>	<p>Take 1 to 2 UltraCaps 3 times daily. 2 UltraCaps contain: 200 mg 100 mg 200 mg 50 mg</p> <p>Take 3 times daily.</p>	<ul style="list-style-type: none"> <li>Hawthorn supports healthy diastolic blood pressure levels already within normal limits*<sup>1</sup></li> <li>Parsley supports increases in renal blood flow*<sup>2</sup></li> <li>Dandelion supports healthy fluid retention*<sup>3</sup></li> <li>Forskolin promotes increased production of cyclic-AMP (cAMP), which causes calcium channels to open and intracellular calcium concentrations to increase*<sup>4</sup></li> </ul>	<ol style="list-style-type: none"> <li>Schussler M, et al. <a href="#">Myocardial effects of flavonoids from Crataegus species</a>. <i>Arzneimittelforschung</i>. 1995;45(8):842-45.</li> <li>Racz-Kotilla E, et al. <a href="#">The action of Taraxacum officinale extracts on the body weight and diuresis of laboratory animals</a>. <i>Planta Med</i>. 1974;26:212-7.</li> <li>Racz-Kotilla E, et al. <a href="#">The action of Taraxacum officinale extracts on the body weight and diuresis of laboratory animals</a>. <i>Planta Med</i>. 1974;26:212-7.</li> <li>Lindner E, et al. The action of forskolin on muscle cells is modified by hormones, calcium ions and calcium antagonists. <i>Arzneimittelforschung</i>. 1983;33(10):1436-41.</li> </ol>

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<b>Methyl-Max®</b> <a href="#">256006</a> – 90 UltraCaps™  Vitamin B6 Folic Acid Vitamin B12 Trimethylglycine	Take 2 UltraCaps daily with meals. Two UltraCaps contain:  60 mg 500 mcg 1 mg 1 g	<ul style="list-style-type: none"> <li>• Homocysteine is an amino acid found in the blood that plays an important role in cardiovascular health*</li> <li>• In combination, vitamins B6, B12 and Folate reduce homocysteine levels by up to 25%*<sup>1</sup></li> <li>• TMG lowers blood homocysteine levels within 2 hours of administration up to 8%*<sup>2</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Schnyder G, et al. <a href="#">Effect of homocysteine-lowering therapy with folic acid, vitamin B12, and vitamin B6 on clinical outcome after percutaneous coronary intervention: the Swiss Heart study: a randomized controlled trial.</a> <i>JAMA</i>. 2002 Aug 28;288(8):973-9.</li> <li>2. Schwuab U, et al. Orally administered betaine has an acute and dose-dependent effect on serum betaine and plasma homocysteine concentrations in healthy humans. <i>J Nutr</i>. 2006 Jan;136(1):34-8.</li> </ol>
<b>Vitamin C with Quercetin &amp; Citrus Bioflavonoids</b> <a href="#">216011</a> – 90 UltraCaps  Quercetin Vitamin C Bioflavonoids Bromelain	Take 1 UltraCaps, 1-3 times daily. Each UltraCap contains: 250 mg 450 mg 125 mg 50 mg	<ul style="list-style-type: none"> <li>• Antioxidants protect arterial health by neutralizing free radicals*<sup>1</sup></li> <li>• Ascorbic acid enhances vascular health*<sup>2,3</sup></li> <li>• Bromelain promotes healthy platelet activity and supports the body's natural anti-inflammatory response*<sup>4</sup></li> <li>• Bioflavonoids supports healthy vascular integrity*<sup>5</sup></li> </ul>	<ol style="list-style-type: none"> <li>1. Aviram M, et al. <a href="#">Human serum paraoxonase (PON 1) is inactivated by oxidized low density lipoprotein and preserved by antioxidants.</a> <i>Free Radic Biol Med</i>. 1999 April;26(7-8):892-904.</li> <li>2. Das S, et al. <a href="#">Effect of ascorbic acid on prevention of hypercholesterolemia induced atherosclerosis.</a> <i>Mol Cell Biochem</i>. 2006 Apr;285(1-2):143-7.</li> <li>3. Fuhrman B, et al. Anti-atherogenicity of nutritional antioxidants. <i>Drugs</i>. 2001 Jan;4(1):82-92.</li> <li>4. Whelton PK, et al. <a href="#">Efficacy of nonpharmacologic interventions in adults with high-normal blood pressure: results from phase 1 of the trials of hypertension prevention (TOHP).</a> <i>Trials of Hypertension Prev (TOHP) Collab Res Group.</i> <i>Am J Clin Nutr</i> 1997;65:652S-60S.</li> <li>5. Lagiou P, et al. <a href="#">Flavonoid classes and risk of peripheral arterial occlusive disease: a case-control study in Greece.</a> <i>Eur J Clin Nutr</i>. 2006 Feb;60(2):214-9.</li> </ol>

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<b>Vitaline® L-Carnitine</b> <a href="#">226004</a> – 30 caplets  L-Carnitine	Take 1 caplet daily. Each caplet contains:  500 mg	<ul style="list-style-type: none"> <li>• Transports fatty acids into cell for energy production*<sup>1</sup></li> <li>• Clinically shown to support heart health*<sup>1</sup></li> </ul>	1. Azevedo VM, et al. <a href="#">The role of L-carnitine in nutritional status and echocardiographic parameters in idiopathic dilated cardiomyopathy in children.</a> <i>J Pediatr (Rio J)</i> . 2005 Sep-Oct;81(5):368-72.
<b>Hawthorn Phytosome™</b> <a href="#">18446</a> – 60 UltraCaps™  Hawthorn extract bound to phosphatidylcholine for enhanced absorption and bioavailability	Take 2 UltraCaps 3 times daily. Two UltraCaps contain: 200 mg	<ul style="list-style-type: none"> <li>• Enhances the force of coronary contraction and lengthens the refractory period*<sup>1</sup></li> <li>• Also supports healthy coronary blood flow and cardiac output*<sup>1</sup></li> </ul>	1. Schwinger RH, et al. <a href="#">Crataegus special extract WS 1442 increases force of contraction in human myocardium cAMP-independently.</a> <i>J Cardiovasc Pharmacol</i> 2000;35:700-7.
<b>Ginkgo Phytosome™</b> <a href="#">78426</a> – 60 UltraCaps <a href="#">78422</a> – 120 UltraCaps <a href="#">78420</a> – 240 UltraCaps  Ginkgo Biloba extract bound to phosphatidylcholine for enhanced absorption and bioavailability	Take 1 UltraCaps 3 times daily. One UltraCap contains:  80 mg	<ul style="list-style-type: none"> <li>• Enhances blood flow to capillaries*<sup>1</sup></li> <li>• Supports healthy heart contractility and coronary blood flow*<sup>1</sup></li> </ul>	1. Campos-Toimil M, et al. <a href="#">Inhibition of type 4 phosphodiesterase by rolipram and Ginkgo biloba extract (EGb 761) decreases agonist-induced rises in internal calcium in human endothelial cells.</a> <i>Arterioscler Thromb Vasc Biol</i> . 2000;20:34-40.

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