

Treatment Plan

Corey Haines

Primary goals:

- Optimize hormonal profile for improving energy, recovery, physical and mental performance
- Support cardiometabolic health
- Lower inflammation

Foreword

This is a bespoke coaching plan and multi-omic precision medicine that is hyper-personalized to your individual physiology. This is your opportunity to level up in all domains – take full advantage!

Priorities 🏆

This plan is designed to help *you* reach your true genetic potential and dominate in all aspects of life.

I want you to enjoy everything we do, and I want to help you become a positive force for good in the world. I want you to go to bed at night knowing you did everything in your power to help yourself and others around you.

I want this to be a momentous shift in your outlook. You've already taken the first step by reaching out to Marek for help. Now, lean into it and build momentum.

From today forward, I urge you to lose your vices and operate at a higher frequency. There is not enough time on this earth to grow complacent.

Focus on continued education, frequent movement, high-quality nutrition, sunlight, cold/heat exposure, goal setting, meditation, skill acquisition, and challenging yourself to be better every single day.

I understand that change can be scary. Our brains are hardwired to be risk-averse, and often, we hyper-focus on costs while ignoring the return. But remember, everything has a cost.

Through first-principle thinking, we can deduce that living sub-optimally has an immeasurable opportunity cost.

I am so excited to work with you and get you moving in the right direction. This is going to be a blast!

Foreword

This is a bespoke coaching plan and multi-omic precision medicine that is hyper-personalized to your individual physiology. This is your opportunity to level up in all domains – take full advantage!

Treatments

Please read through the treatments listed in this coaching plan, then let me know which treatments you would like to move forward with. In order to help you prioritize treatments, I have added the following tags for you:

- **[★]** indicates a high-leverage therapeutic – a needle mover we strongly recommend.
- **[Essential]** indicates treatments your medical provider has indicated are essential to your health or health-related goals. If, for example, you have high blood pressure, your medical provider will not allow you to begin Testosterone Replacement Therapy without also beginning treatments to manage blood pressure.
- **[Recommended]** indicates treatments we recommend but may not be essential to your goals.
- **[Optional]** indicates treatments we thought you may benefit from but are entirely optional.

Before & After Photo

Capture your starting point, it's the first chapter of your success story.

Reference Photo

I'm a strong believer in the shirtless selfie. Not necessarily to post on Instagram, but as a reference point for you to look back on. While the scale is a great measurement, it does not account for changes in body composition – i.e., fat loss and muscle gain.

I encourage you to take a picture, upon waking, tomorrow.

You don't have to share it with me, but one day you will be glad you have it as a reference point to compare your progress to.

Check In

Help us, help you.

Monthly Check-In 📞

Description: Working with Marek Health is a commitment to frequent check-ins to ensure you are reaching your goals. We must stay up to date with you and your progress throughout the year. We believe biofeedback is incredibly important, and we will work with you to make changes as necessary to ensure you feel your best and continue progressing toward your goals.

Cost: Free.

Frequency: Please check in with me once per month via email. I want to hear how you are doing.

Note: This is going to be a blast. I cannot wait for your first check-in.

Requests:

- Please be patient. Good things take time. There may be an adaptation period of roughly 6-8 weeks. We will make adjustments based on biofeedback and follow-up lab work results.
- Keep communication open and honest. I am here to coach you toward your goals while being mindful of your health and longevity.
- Be kind. I work at Marek Health because I love helping others. I ask that you also aim to find joy by helping those around you. I want to hear about the positive impact you are making in the world. I implore you to do something kind for those around you wherever possible. You'll be surprised how good it makes you feel, and a positive affect has tremendous health benefits.

Follow-Up Lab Work

You are required to complete follow-up lab work ~8 weeks after starting treatment to assess response to therapy and at minimum every six months after.

Initial Follow-Up Lab Panel (in 8 weeks)

Description: We encourage all clients to get frequent diagnostic labs, especially soon after beginning treatment, to ensure you are responding favorably to the protocol.

We will organize your follow-up blood panel 6-10 weeks after you start your treatment plan. You will be required to do additional lab testing every 6 months after your initial follow-up lab work.

Cost: **\$250+** depending on required tests.

Note: When you are due for follow-up lab work with the medical provider's recommended lab tests, I will contact you.

Follow-Up Physician Consultation

We will require you to meet with your provider every 3-12 months.

Follow-Up Patient Exam

Description: All clients must meet with the medical provider via teleconference at minimum once every 3-12 months to renew scripts and monitor therapy.

If you wish to make any significant changes to your protocol, additional consultations may be required.

Cost: \$250.

Lifestyle Recommendations

This is the foundation that everything is built upon.

Foundation

Remember, **delivery of medications & supplements may take up to 14 business days.**

Reframe 'waiting' as an opportunity for you to start practicing lifestyle interventions and instilling long-term health habits.

Implement the morning sunlight, the cardiovascular exercise, the meditative practices, and ultimately build a foundation that allows you to fully capitalize on the pharmaceutical interventions once they arrive. Start by waking early tomorrow, challenging yourself to a cold shower, and lifting heavy shit.

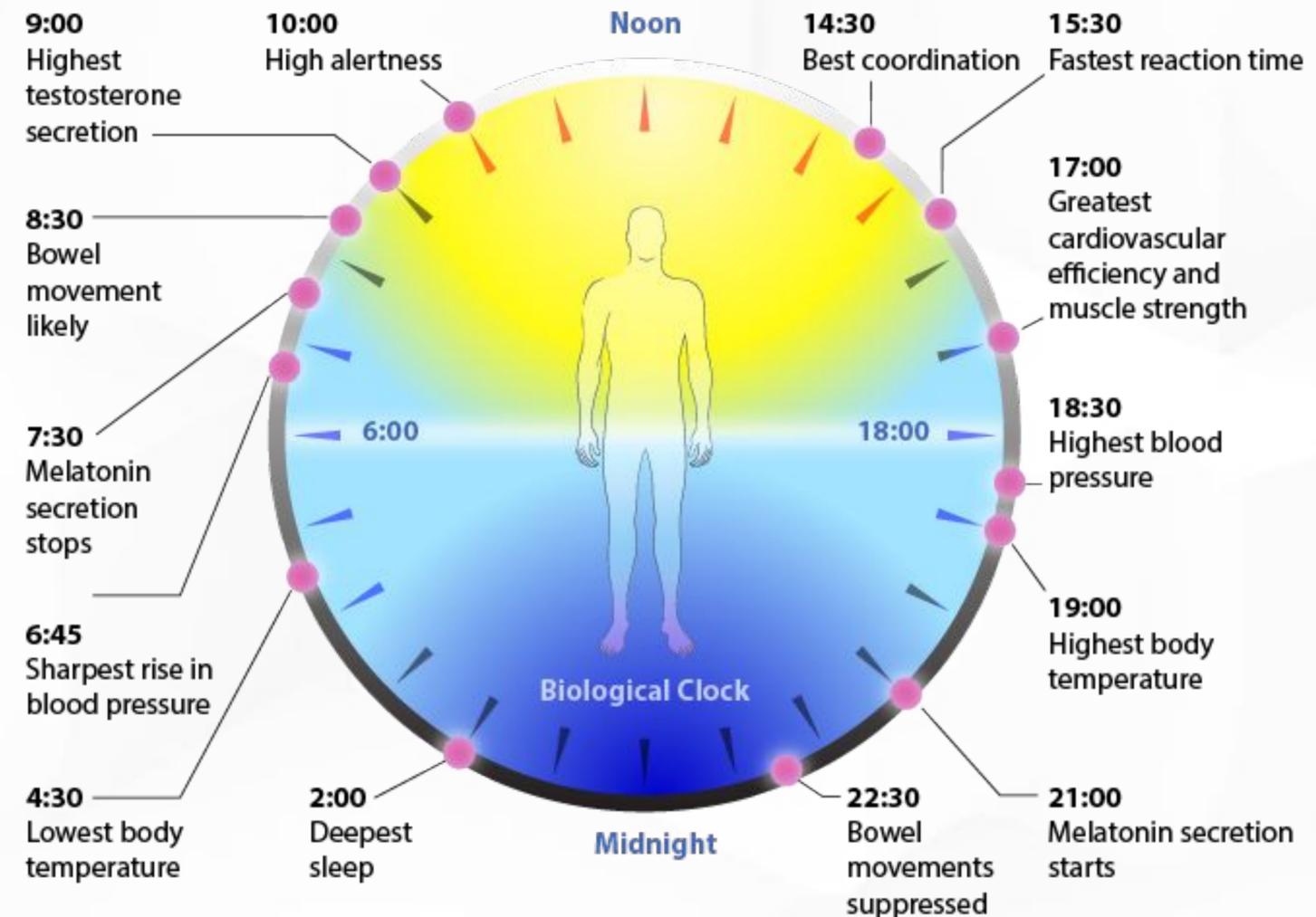
A strong foundation is necessary for long-term success.

Lifestyle Protocols

Actionable recommendations to improve well-being.

Circadian Rhythm 🕒 [Essential]

Description: Our circadian rhythm is a 24-hour cycle that regulates our body's metabolic functions and plays important roles in the sleep-wake cycle. Disruptions in the circadian rhythm are associated with a shorter lifespan, increased risk of depression, and neurodegenerative disease. Circadian dysfunction is also highly associated with poor sleep, sluggish metabolism, sleep apnea, and impaired cognitive function. Therefore, we must do everything possible to support a healthy circadian rhythm.



Lifestyle Protocols

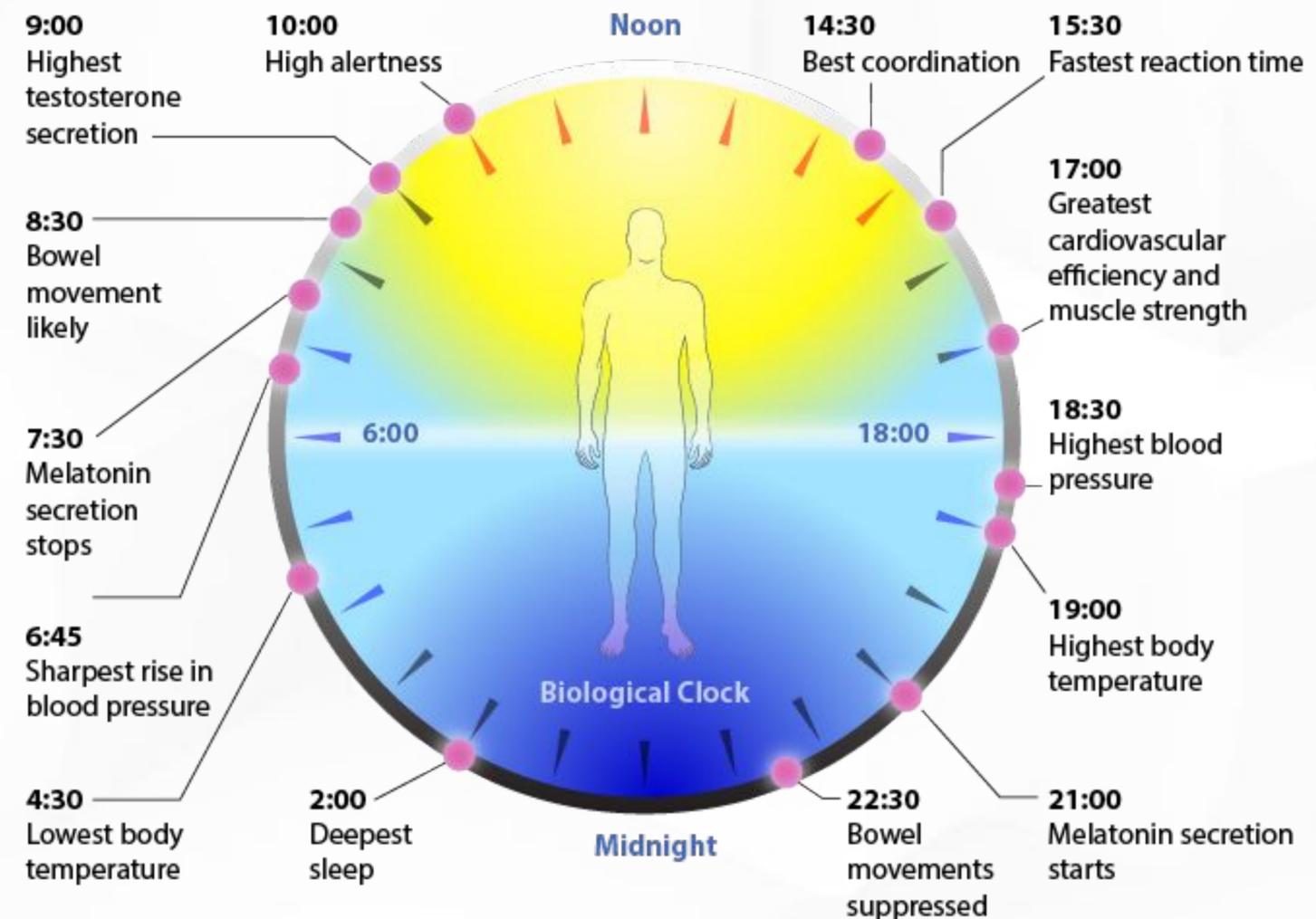
Actionable recommendations to improve well-being.

Circadian Rhythm 🕒 [Essential]

Morning Sun Light: Light plays essential roles in the regulation of our internal clocks. Light entering the retina stimulates the suprachiasmatic nuclei (SCN), the master regulators of the circadian rhythm. Spend at least 15 minutes in direct morning sunlight without sunglasses each morning. Morning light exposure potently reinforces the circadian clock.

Consistent Sleep: Set a consistent bedtime and when you wake up in the morning, assuming you have already slept 7+ hours, do not fall back asleep. Optimally fall asleep between 9-10 PM and wake up between 5-8 AM.

Wake Naturally: If possible, attempt to avoid using alarms in the morning. Instead, sleep earlier, allowing your body to wake naturally at the end of a sleep cycle in the morning. Consider using the extra time in the morning to do yoga, meditation, or journal outside in the morning sun.



Lifestyle Protocols

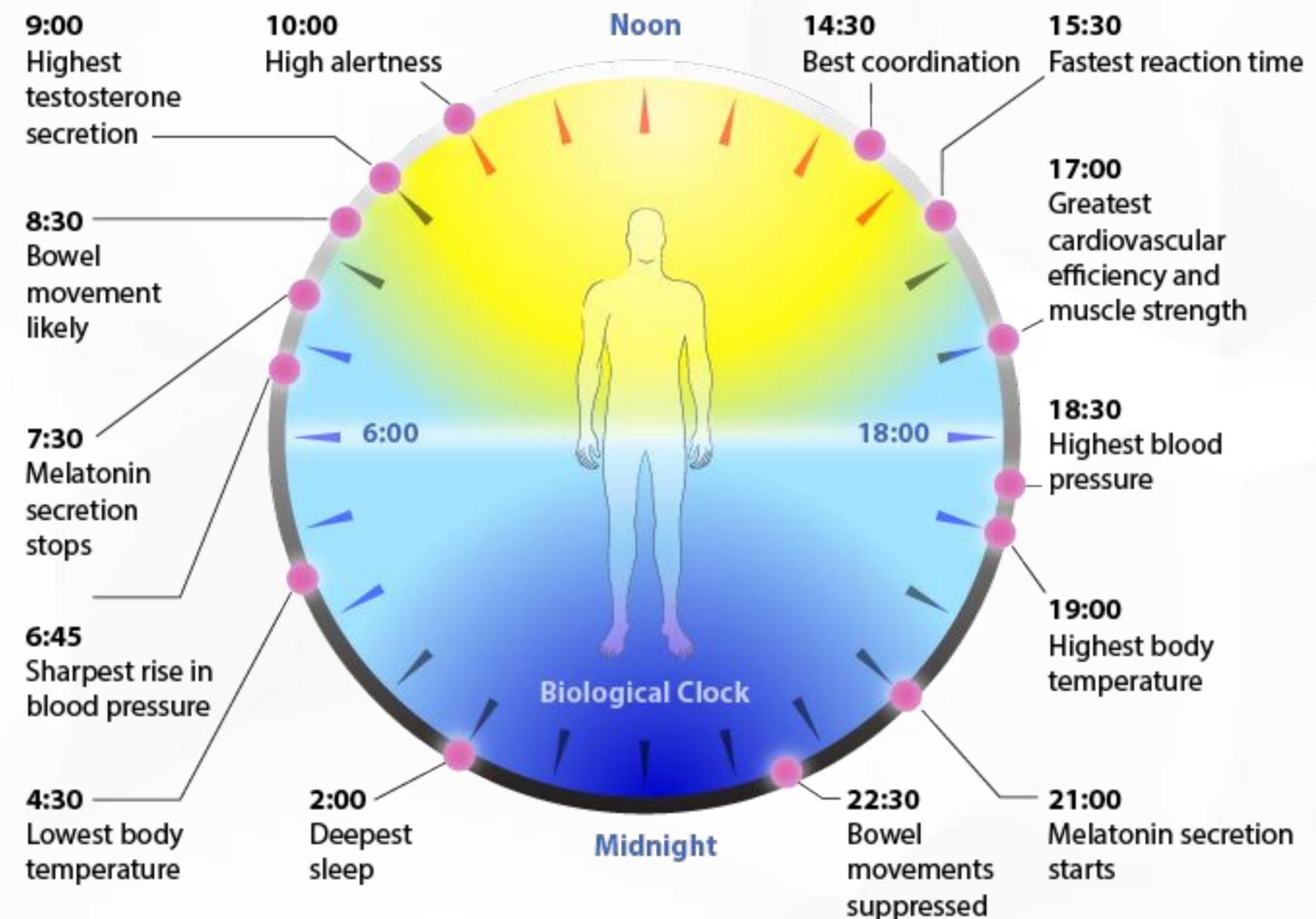
Actionable recommendations to improve well-being.

Circadian Rhythm 🕒 [Essential]

Caffeine: Avoid stimulants such as caffeine within 8 hours of bedtime. So, if you are going to sleep at 10 PM, you should avoid any caffeine after 2 PM.

Avoid Night-Time Snacks: Light is the master regulator of circadian rhythm, and food is a close second. Consumption of carbohydrates especially should be avoided late at night. Remember that melatonin, which is induced by darkness, transiently reduces insulin sensitivity. Aim to consume the majority of your carbohydrates earlier in the day. If you struggle with appetite before bed, consider drinking a casein or pea protein shake immediately after dinner to prevent hunger later in the night.

Avoid Night Time Blue Light: Blue light at night can trick the body into thinking it's the morning, causing alertness and difficulty sleeping. Dim the lights at night and turn on the night shift on your electronic devices. Consider wearing [blue-blocking glasses](#) after sundown to prevent blue light from entering the SCN.



Lifestyle Protocols

Actionable recommendations to improve well-being.

Daily Sunlight 🌞 [Essential] ★

Description: Sunlight is far more than simply Vitamin D. It's a powerful exchange of photons through our skin and bone, deep into our mitochondria, where it plays essential roles in mitochondrial function, genomic expression, and overall health.

Protocol: Download the 'Dminder' app on your phone. It's free and allows you to track your Vitamin D exposure from the sun.

Expose your skin to the sun's rays until you achieve at least 2000iu of Vitamin D per day directly from the sun. This is in addition to the recommended oral Vitamin D3/K2 intake.

Protip: If you struggle to find time for daily sunlight, think about how to move your daily habits outside. For example, are you able to eat your breakfast/lunch outside? Instead of walking on a treadmill, could you walk through a park?

Bonus: If you are already outside soaking up the sun, remove your shoes, and ground yourself into the earth. Experience the full quantum biology experience; exchange photons with the sun and electrons with the earth.

Lifestyle Protocols

Actionable recommendations to improve well-being.

Breathwork 🫁 [Recommended]

Description: Breathing is autonomous, but it's surprising how many of us get it wrong.

Nasal Breathing: Nasal breathing is the preferred breathing method for health and longevity. Breathing through the nose lowers sympathetic drive (fight or flight), helps to filter out dust and allergens and increases oxygen uptake. Often we struggle to nasal breathe due to chronic nasal congestion. If you suspect nasal congestion consider using a neti pot with salt water to rinse the nasal passage.

Belly Breathing: It's essential that we not only breathe through the nose but also into the belly. Focus on breathing deeply, fully expanding the diaphragm.

Tip: Because breathing is autonomous, it can be challenging to adhere to these recommendations if you aren't already accustomed to them. We recommend that you [save this image as your wallpaper](#) on your phone for the next three months to serve as a frequent reminder to focus on the breathing techniques outlined above. It will soon become your body's new default, and you can revert your wallpaper back to pictures of your puppy.

Snoring: If you snore, consider the following potential fixes:

- Alter sleeping position.
- Tape the mouth at night. We recommend the [Hostage Tape](#).
- Inclined bed therapy.
- Explore the possibility of snoring caused by allergies, deviated septum, recessed jaw, sleep apnea, or narrow palette with a medical provider and treat accordingly.

Bonus: If this topic interests you and you want to explore it further, consider reading the various works by Wim Hof or Breath by James Nestor. Alternatively, consider finding a local kundalini yoga instructor.

Lifestyle Protocols

Actionable recommendations to improve well-being.

Cold Therapy (Cold Shock Proteins) [Recommended]

Description: Similar to heat exposure, cold exposure also stimulates a hormetic response, a short exposure to stress causes the body to upregulate health-promoting cascades, including FOXO3, HSPs, and NRF2. Cold exposure is associated with longer life, increased health span, enhanced immune function, improved fertility, neurogenesis, improved circulation, and reductions in inflammatory markers. Multiple studies have also shown cold exposure to cause an acute antidepressant effect.

Beginner – Cold Shower Protocol: To start, simply turn the water cold for the last 60 seconds of your daily shower. Over time, challenge yourself to simply stop using hot water altogether. Hot water can strip the skin and hair of healthy oils resulting in dull skin and split ends.

Advanced – Cold Plunge Protocol: Take 10 deep breaths before stepping into the unit. Once inside, continue rhythmic deep breaths and stay submerged in the cold water for up to 3 minutes. Over time, reduce the temperature each week by 1°F until you reach 40°F.

We recommend [The Plunge by Plunge](#). Use discount code: MAREK150 for \$150 off.

Exercise Prescription

The only bad workout is the one that didn't happen.

Cardiovascular Exercise [Essential]

Description: We recommend zone 2 cardiovascular exercise. Zone 2 could be defined in many ways, we refer to the biological definition: the highest level of output you can produce while keeping below the lactate threshold (2mmol/L). Now, unless you are willing to check your lactate while exercising, which can be expensive, a good approximation is steady-state cardio at 85% of your maximum heart rate.

It should be challenging to hold a conversation however, if you can't speak at all, you are likely pushing things too hard. For most, this is a brisk walk or light jog. Find a pace that is sustainable but challenging.

Min. Frequency: **45 minutes four times per week.**

Novice Protocol: Walk leisurely for 10 minutes after meals, three times daily.

Beginner Protocol: Speed walk uphill for 45 minutes, four times weekly.

Intermediate Protocol: Jog moderately for 45 minutes, four times weekly.

Advanced Protocol: With a vest weighted at 20% of your body weight, walk uphill for 45 minutes, four times a week.

Note: Many men worry that cardiovascular exercise will impair muscle growth. This is not true. Cardiovascular training will improve recovery time in between sets and sessions, thus allowing you to increase total volume – the largest driver for muscle hypertrophy. Further, you can't get jacked if you are dead – do your cardio.

Exercise Prescription

The only bad workout is the one that didn't happen.

Resistance Exercise [Essential]

Description: Resistance exercise and the associated muscle tissue accrual is an undervalued tool for health and longevity. Consistent training with a focus on progressive overload will allow you to safely gain strength and muscle mass leading to reduced cardiovascular disease risk and frailty-related accidents in old age. Muscle mass also serves not only as an important sink for glucose, therefore, improving insulin sensitivity, but also as metabolically demanding tissue that increases resting energy expenditure.

Resistance exercise is associated with a 21% lower risk of all-cause mortality, and a 40% lower risk when combined with aerobic exercise.

Min. Frequency: **25-60 minutes three times per week.**

Programming: Unless you have aspirations to be the second coming of Ronnie Coleman, programming does not have to be complicated.

Step #1: Progressively add volume and intensity while hitting each muscle group at least twice per week.

Step #2: Once recovery becomes difficult, deload by reducing weight by 40%.

Step #3: Repeat steps #1 and #2 for decades.

Synergy: Static stretching for 5-15 minutes after resistance training can improve muscle tissue accrual and strength. Use this time to focus on the breath and return to a parasympathetic state.

Exercise Prescription

The only bad workout is the one that didn't happen.

Sauna (Heat Exposure) [Recommended]

Description: The sauna acts as an exercise mimetic, stimulating the heart similar to cardiovascular exercise. It also stimulates a hormetic response, a short exposure to stress causes the body to upregulate health-promoting cascades, including FOXO3, HSPs, and NRF2. Sauna use is associated with longer life, increased health span, improved lipid parameters, improved fertility, reductions in inflammatory markers, neurogenesis, and significant reductions in Alzheimer's disease risk. Sauna use has also been shown in multiple studies to cause an acute antidepressant effect that lasts up to six weeks. Endocrine and health-disrupting chemicals such as heavy metals, BPA's, PCBs, and phthalates that accumulate in the human body are excreted via sweat induced by sauna use.

Temperature: **Aim for at least 174°F.**

Duration: **20-25 minutes 4-7 times per week.** Consider starting at 5 minutes and increasing the duration over time, you will slowly become heat acclimatized, and it will become easier to tolerate the prescribed 20-25 minute duration.

Hydration: Stay hydrated before and after sauna use. The average person loses approximately 1lb of fluid as sweat in a 20-minute sauna session. In the sweat, you will also lose electrolytes so ensure that you are meeting your cronometer goals to prevent deficiencies.

Bonus: Consume an NRF2 activator such as sulforaphane from broccoli sprouts or moringa powder before sauna use to maximize heat shock protein expression. Heat shock proteins help support the function of androgen receptors, the receptors in which androgens (such as testosterone) bind to exert their effect.

Meditation

Alpha is a state of mind.

Guided Meditation [Recommended]

Description: Mindfulness meditation is the practice of focusing attention on the present moment. It is a skill, like any other, that requires repetition to achieve results. Every time you meditate, you train the pre-frontal cortex to produce alpha-brain waves, which are responsible for feelings of calmness, creativity, and focus. Studies show mindfulness meditation can help relieve symptoms of depression and reduce the size of the amygdala, a part of the brain associated with the fear response. In addition, regular meditation may prevent age-related decline in areas of the brain associated with attention, interception, and sensory processing.

Meditation cultivates discipline, self-discovery, and gratitude. Hold yourself accountable to the continued practice of meditation each morning, even if for just a few minutes.

For a beginner, guided meditation is an excellent way to get introduced to meditative practices.

Instructions: Go to bed a little earlier to make time for meditation the following day. Find a comfortable space to sit, free of distractions – the couch is fine, just get comfortable. When you first start with meditation, completing a guided meditation, such as the one linked below, can be helpful. Close your eyes. Be present. Don't get frustrated if your mind wanders, this is a new skill, and it would be unreasonable for you to be good at it from day one. When the mind wanders, acknowledge where it went and simply re-focus on the present.

Guided Meditation Video: [Alan Watts - Guided Meditation \(Awakening the Mind\)](#) (runtime: 14:44).

Recommended frequency: Daily.

Recommended time of day: Upon waking.

Protip: Supplementation with L-Theanine can also help support alpha-brain waves but is additive to, not a replacement for, meditation. L-Theanine is included in Gorilla Mind Smooth.

Continued Education

Knowledge is power.

Clinical Webinar: Marek Health 🎓

Marek Health hosts a free private live webinar via Zoom focused on clinical education and better living through science. It's a group where men and women alike congregate and hold each other accountable to taking massive action. At the end of each presentation, you will have the ability to participate in a live Q&A with the host.

Previous hosts have included Stan Efferding, Derek of MPMD, and Dr. Eric Serrano, MD.

As the newest member of the Marek Health community, I strongly recommend that you join these bi-monthly clinical webinars. They are a fantastic learning resource.

I will ensure you are invited to future live webinars – look out for my future emails to pre-register.

Continued Education

“A man who does not read has no advantage over a man who can not read.” – Mark Twain

Book: Vertical Diet eBook

Authors: Stan Efferding & Damon McCune

Description: Stan Efferding’s Vertical Diet ebook lays an important framework for diet optimization for health and performance. Learn about the importance of micronutrients as cofactors for optimal thyroid health, simple lifestyle habits that create real change, and the importance of digestive health. Focus on whole foods, gut health, hormone balance, and nutrient intake to improve health, energy, stamina, endurance, and recovery.

Source: The Vertical Diet ebook is available [here](#).

Note: Available at a discounted price with code: **MAREK**

Book: The Circadian Code

Authors: Dr. Satchin Panda

Description: Dr. Satchin Panda shares his views on how sleep disruption has led to a significant rise in chronic diseases. The modern lifestyle may bring convenience, but Dr. Panda believes it has also greatly damaged our sleep-wake cycle.

Source: The Circadian Code is an ‘easy’ book to comprehend. Thus we recommend listening to it via Audible.

Continued Education

Knowledge is power.

Podcast: Longevity Drugs

Host & Guest: Tim Ferriss & Dr. Peter Attia

Source: <https://www.youtube.com/watch?v=aMyJvxE59DU>

Note: We are incredibly excited about the buzz around **Rapamycin** and **Canagliflozin**. We have seen tremendous benefits in clients using these medications.

Paper: Pharmacology of doping agents – mechanisms promoting muscle hypertrophy

DOI: 10.3934/molsci.2018.2.131

Source: <https://www.aimspress.com/fileOther/PDF/Molecular/molsci-05-02-131.pdf>

Neuroplasticity Drivers

Bespoke neuroplasticity protocol to drive frontal cortex capacity.

Semax Nasal Spray [Optional] ★

Description: Semax is a neuroprotective peptide and nootropic with neurogenic and neurorestorative properties. Semax rapidly elevates the levels and expression of the brain-derived neurotrophic factor (BDNF) and its signaling receptor TrkB in the hippocampus. Semax has potent anxiolytic and pro-mood effects. Semax is prescribed for numerous conditions like anxiety, memory improvement, nerve regeneration, stroke, ADHD, Parkinson's, ALS, and Alzheimer's.

Anecdotally Semax is known to improve libido in both men and women.

Cost: **\$240** for ~90 day supply (*1x6mL Nasal Spray applicator - 7500mcg/mL*).

Protocol: **After cleaning the inside of your nostril, apply 1 spray each morning five days per week.**

Storage: Store inside the refrigerator away from heat and light.

Notes: Contact us if you experience excessive itchiness – this can occur due to the potent increase in brain growth factors such as BDNF especially on days 1-3.

 **Note:** Due to high-demand, the turnaround time on this peptide is ~30 days. It will arrive separately to other medications.

Dietary Advice

Let food be thy medicine.

Cronometer: Nutrition Tracker [Optional]

Description: Cronometer is a nutrition-tracking app that provides valuable insights into not only macronutrients but also micronutrients. What gets measured, gets managed.

Cost: **Free**

Set up: We recommend you adjust the following targets within Cronometer to the following evidence-based nutrient goals:

- **Choline:** 550mg (choline is not tracked by default, must manually be added in settings)
- **Copper:** 3mg
- **Zinc:** 15mg
- **Vitamin C:** 300mg
- **Vitamin E:** 15mg
- **Vitamin K:** 400ug
- **Magnesium:** 800mg
- **Potassium:** 7500mg
- **Glycine:** 7500mg
- **Protein:** 180g

Dietary Advice

We strongly recommend meal prepping. Studies show it's one of the most impactful strategies for long term success. If you are time poor, consider a meal prep service. We recommend Icon Meals, but there are lots of great options.

Meal Prep: Icon Meals 🏆 [Optional]

Description: Icon Meals offers heat-and-eat meals delivered fresh to your door.

Diet Phase: We recommend the [lean box](#) if you are in a diet phase.

Building Phase: We recommend the [bulk box](#) if you are in a muscle-building phase.

Discount: Use discount code: **MAREK** for 15% off.

Digestive Health

Rest and digest.

Get Parasympathetic 😊 [Recommended]

Description: We always want to eat while in a parasympathetic state, also known as “rest & digest.” This is opposite to a sympathetic or “fight/flight” response, which many of us are perpetually stuck in due to external stressors such as work pressure, artificial lights, environmental toxins, and stimulant (ab)use. However, we can take charge of our physiology and make conscious decisions to allow our bodies to relax, rest and digest. Thus improving our overall digestion, nutrition absorption, bowel movements, and intestinal health.

Protocol: Sit down and repeat the following nasal breathing exercise:

- 2-second inhale, 1-second exhale
- 2-second inhale, 2-second exhale
- 2-second inhale, 3-second exhale
- 2-second inhale, 10-second exhale
- 5-second inhale, 10-second exhale
- 10-second inhale, 10-second exhale
- Return to normal nasal breathing

Alternate Protocol: Singing is an excellent way to relax the body into a parasympathetic state. Simply sing along to your favorite song while you cook your food or while driving home from your workout.

Tip: Try both of the above protocols to find what works best for you. You should feel a feeling of deep relaxation wash over you. If you sigh, that’s a good sign.

Bonus: I find this especially important after heavy resistance training. Not only will getting into a parasympathetic state after a workout help improve your digestion, but it will also help kickstart numerous anabolic and anti-catabolic cascades.

Digestive Health

Rest and digest.

Practice Mindful Eating 🙏 [Recommended]

Description: Eat mindfully using all of your physical and emotional senses to experience and enjoy the food choices you make. This helps to increase gratitude for food, which can improve overall health, happiness, and digestion.

Tactics: ♟️

- **Practice gratitude** – this doesn't have to mean prayer, it could be as simple as thanking the cook or acknowledging the animal from which your meal came
- **Eat with others** – we are communal eaters who drive dopaminergic cascades from social interaction
- **Take your time** – slow down and enjoy your meal; there is no rush
- **Be present** – eat without distractions; don't eat at your desk, turn off the TV, leave your phone in another room
- **Chew thoroughly** – when we chew, not only do we help breakdown the food, but we also stimulate digestive enzymes necessary for optimal digestion and assimilation of nutrients

Bonus: Schedule a once-weekly get-together with friends to share a meal and unwind. If you usually track your food, let this meal remain untracked – do not binge, but enjoy yourself. This can help improve dietary adherence throughout the week by giving you something to look forward to.

Digestive Health

Rest and digest.

Bone Broth Protein [Optional]

Description: Bone Broth Protein is a novel protein powder made from homemade bone broth that contains collagen (type II), glucosamine, chondroitin, hyaluronic acid, and 19 amino acids that may support digestion, a healthy gut, collagen synthesis, muscle growth, joint health, immune function, and help balance methionine intake from muscle meats. Bone broth is rich in glycine, which helps support sleep architecture, glutathione synthesis, and longevity.

Each scoop contains 22.3g of protein from bone broth concentrate.

Cost: **\$60** (493 grams of Bone Broth Protein – Vanilla).

Protocol: **Take one scoop (included) mixed into 12 ounces of liquid as twice per week.**

Storage: Store away from heat and light.

Bonus: If you like the effects of the bone broth protein, I challenge you to make it yourself. There's an excellent [recipe here](#).

Foundational Nutrients

Unfortunately, our soils have been robbed by modern invasive agricultural methods. Don't allow vitamin deficiency to be the rate-limiting enzymatic step in reaching your full genetic potential.

RDAs are the minimum amount you need to keep from getting sick — not to live optimally. Athletic individuals have higher enzymatic requirements than the general population.

Multivitamin Capsule [Optional]

Description: This is a well-formulated multivitamin providing active and bioavailable vitamins, minerals, and other nutrients that meet or exceed the Recommended Dietary Allowance (RDA) for nearly every single ingredient where an RDA exists. Helps support enzymatic cascades.

Cost: **\$60** for 120 days of supplementation (240x *Multivitamin capsules*).

Protocol: **Take two capsules each night with dinner.**

Storage: Store away from heat and light.

Ingredients: *Each serving contains: 5000iu Vitamin A, 470mg Vitamin C, 2000iu Vitamin D3, 67mg Vitamin E (with 20mg natural mixed tocopherols providing gamma, delta, alpha, beta), 67mg Thiamine (B1), 50mg Riboflavin (B2), 50mg Niacin (B3), 67mg Vitamin B6, 400mcg 5-MTHF (Folate), 300mcg Methylcobalamin (B12), 300mcg Biotin, 50mg Vitamin B5, 150mcg Iodine, 100mg Magnesium, 25mg Zinc, 200mcg Selenium, 2mg Manganese, 200mcg Chromium (from Shilajit), 100mcg Molybdenum, 50mg Inositol, 25mg Alpha Lipoic Acid, 5mg Quercetin, 5mg Apigenin, 3mg Boron, 1mg Lypocene.*

Note: This is not a replacement for a good diet. This is a safety net to ensure you get sufficient micronutrients to support optimal physiology.

Foundational Nutrients

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Grass-Fed Beef Liver Capsule 👑 [Optional]

Description: Liver is King! Beef liver is a micronutrient-dense powerhouse. A valuable source of bioavailable Vitamin A, B12, Iron, Folate, and Choline. It is also a valuable source of trace minerals, including copper, zinc, and chromium.

Cost: **\$135** for 90 days of supplementation (*360x Grass-Fed Beef Liver capsules*).

Protocol: **Take two capsules each day with breakfast and dinner.**

Storage: Store away from heat and light.

Note: This is not a replacement for a good diet. This is a safety net to ensure you get sufficient micronutrients to support optimal physiology.

Foundational Nutrients

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Zinc Lozenge [Optional]

Description: Zinc is an essential mineral that plays important roles in hormone production, immune function, metabolism, neurotransmitter balance, and wound healing. Zinc deficiency is associated with atherosclerosis and heart failure. Zinc is necessary for preventing copper excess, copper excess can lead to estrogenic symptoms such as acne and depression. Zinc is essential for the function of immune cells, deficiency is associated with an increased risk of infections.

Unfortunately, zinc absorption is impaired by food, hence to improve bioavailability, we recommend zinc is taken sublingually via a lozenge upon waking.

Zinc has also been shown to reduce ApoB – a protein involved in lipid metabolism and is a robust predictor of cardiovascular disease risk.

Cost: **\$25** for ~120 days of supplementation (*120x 18.75mg zinc lozenges*).

Protocol: **Take one zinc lozenge sublingually each morning.**

Storage: Store away from heat and light.

Notes: Contact us if you experience nausea.

Bonus: Zinc prevents the rhinovirus (common cold) from multiplying. As soon as you begin to experience common cold symptoms, we recommend taking an additional zinc lozenge. Zinc supplementation within the first 24 hours has been shown to cause a significant reduction in common cold symptoms and decrease the duration of symptoms.

Continuous Glucose Monitor (CGM)

Real-time feedback to help you make informed decisions on diet and lifestyle.

FreeStyle Libre (14-day sensor) 🎓📊 [Recommended]

Requires a modern smartphone (iPhone 7 or later) with bluetooth connectivity.

Description: A continuous glucose monitor (CGM) is one of the first bio-wearable devices to give you real-time feedback on the complex processes happening within your body when you create and burn energy. The FreeStyle Libre is a small device that attaches to your body (usually your upper arm) that takes ongoing measurements of your circulating glucose levels. This data is sent to your smartphone via the FreeStyle Libre app, providing real-time diagnostic insight into your individual response to medications, diet, or lifestyle interventions.

Goals: Aim to keep your fasting blood glucose below 90mg/dL and postprandial (after meal) blood glucose below 140mg/dL.

Cost: **\$150** per sensor. Each sensor lasts ~14 days. We recommend at least one sensor.

Notes: We recommend that all patients use the continuous glucose monitor for at least 14 days so they can make informed decisions about their diet, lifestyle, and medications moving forward. Learn the effect sleep quality has on your glucose levels, see in real-time the effect of a walk after lunch, or how different combinations of foods can help or hinder your metabolic health.

Synergy: Consider purchasing a CGM patch such as [this](#) to ensure the FreeStyle Libre stays firmly on the skin.

Continuous Glucose Monitor (CGM)

Real-time feedback to help you make informed decisions on diet and lifestyle.

How to apply your Freestyle Libre:

- Choose your application site, we recommend the back of your upper arm.
- Prepare the skin with an alcohol pad and wait until dry.
- Open the sensor pack by peeling the lid off completely.
- Line up the dark mark on the sensor applicator with the dark mark on the sensor pack. Using a hard surface, press firmly down on the sensor applicator until it comes to a stop.
- Lift the sensor applicator out of the sensor pack.
- Place the sensor applicator over the prepared skin and push down firmly to apply the sensor to your body.
- Gently pull the sensor applicator away from your body.
- The sensor should now be attached to your skin. Ensure the sensor is secure.
- Discard sensor applicator.
- Download the free 'FreeStyle Libre' app on your smartphone to sync.

Reports:

- Once you have used the sensor for 14-days, log into: <https://www.libreview.com/glucosereports>
- Click on your 'Glucose reports'.
- Select 'Print/Save PDF' on the bottom right.
- Forward your care team a copy of your glucose report.
- This will help your medical team make more informed decisions on pharmaceutical, exercise, and dietary recommendations moving forward.

Sex Hormone Optimization

Baseline hormone optimization protocol to provide symptom relief, and optimize health & performance.

Tadalafil (Cialis) Tablet [Essential] ★

Description: Tadalafil is a PDE5 inhibitor that was originally designed as a blood pressure medication and later re-purposed to treat erectile dysfunction. It works by increasing blood flow to the entire body including the brain so not only does it improve erection quality but also pumps in the gym and cognition. Tadalafil improves mood and is a potent antioxidant. Tadalafil reduces aromatase expression, the enzyme that converts testosterone to estrogen, hence tadalafil can help improve the T:E ratio. Tadalafil also increases androgen receptor density, allowing you to maximize the effect of your testosterone.

Tadalafil can increase both sexual desire and satisfaction as well as prevent and reverse benign prostate hyperplasia.

We recommend that most patients use Tadalafil.

Cost: **\$150** for ~80 days of medication (*20x 20mg Tadalafil Tablets - 400mg*).

Protocol: **Take 5mg (1/4 Tablet) orally upon waking every day.**

The beneficial effects of Tadalafil are cumulative and will improve with continued use.

Storage: Store away from heat and light.

Notes: Contact us if you experience persistent headaches or nasal congestion.

Sex Hormone Optimization

Baseline hormone optimization protocol to provide symptom relief, and optimize health & performance.

L-Carnitine Injection [Recommended]

Description: L-Carnitine is an amino acid required in fatty acid oxidation, aiding the reduction of body fat and increasing energy and stamina. L-Carnitine also upregulates androgen receptor density, the receptors where testosterone and other androgens bind to and exert effect.

Additionally, L-Carnitine helps cholesterol move into the inner mitochondrial membrane, where it can be converted into beneficial neurosteroids.

Cost: **\$150** for 90 days of medication (*1x30mL 500mg/mL vial - 15000mg*)

Protocol: **Inject 500mg (1mL = 100 units) intramuscular in the morning or pre-workout 4-5 days per week.**

Storage: Store away from heat and light.

Notes: Absorption of L-Carnitine is enhanced by insulin. Hence we recommend you administer it after eating a carb-rich meal or doing your injection pre-workout, as the resulting glycolysis from exercise will stimulate insulin release.

Further reading: If you want to learn more about L-Carnitine we recommend Alex Kikel's 'L-Carnitine eBook'.

Sex Hormone Optimization

Optimize Free Testosterone levels by modulating SHBG.

Boron Glycinate Capsules [Essential]

Description: Boron is an element that is naturally found in the earth. Our soils and hence foods were once rich with boron but levels of boron in the soil are quickly depleting around the world. Boron helps to lower SHBG production as well as bind to SHBG in place of other hormones, which helps increase free testosterone levels. Boron helps improve AR binding affinity and constant, leading to enhanced anabolic and ergogenic action. Boron also plays important roles in preventing bone mineral density loss, improving Vitamin D status, lowering inflammatory markers such as C-Reactive Protein (CRP), and balancing Testosterone:Estrogen ratios.

Cost: **\$60** for 90 days of supplementation (*180x 2mg capsules*).

Protocol: **Take one 2mg capsule twice per day, with or without food.**

Storage: Store away from heat and light.

Further reading: There is a fantastic free paper on the benefits of Boron aptly titled 'Nothing Boring About Boron' by L. Pizzorno, MD [here](#).

Neurosteroid Optimization

Steroids for your brain. Influence your neural networks and improve mood, memory, libido, and drive.

DHEA + Pregnenolone (SR) Capsule [Essential]

Description: DHEA is a neurosteroid that provides protective effects on the brain. DHEA helps to improve immune function, enhance mood, increase bone mineral density, reduce visceral fat, and improve insulin sensitivity. Sufficient levels of DHEA may be protective against diabetes, cancer, insulin resistance, and heart disease.

Pregnenolone is also a neurosteroid associated with cognition, memory, and mood. Sufficient levels of Pregnenolone may be protective against Alzheimer's disease.

SR indicates sustained release. We recommend this combined sustained-release version to prevent large spikes in these hormones and associated rises in estrogen.

Cost: **\$135** for 90 days of medication (*90x 10mg sustained release DHEA + 25mg sustained release Pregnenolone.*)

Protocol: **Take one capsule upon waking with food.**

Storage: Store away from heat and light.

Notes: Contact us if you experience oily skin, acne, or breast tenderness.

Synergy: Consider combining with Semax, a potent nootropic that potentiates the benefits of DHEA.

Prolactin Control

Excessive prolactin can impair hormone production, mood, energy, and libido.

P5P (active Vitamin B6) Capsules [Recommended]

Description: P5P, the active form of Vitamin B6, plays important roles in dopamine synthesis. Dopamine, also known as Prolactin Inhibiting Hormone, combats prolactin excess by inhibiting the secretion of Prolactin in the pituitary.

Additionally, P5P can help support sleep quality and reduce sleep latency, hence we recommend taking it before bed.

Cost: **\$45** for 90 days of supplementation (*180x 50mg capsules*).

Protocol: **Take two 50mg capsules before bed.**

Thyroid Health

Restore youthful metabolism and energy levels through thyroid optimization.

Additionally, thyroid hormones such as T3 increase LDL receptor expression leading to reduced levels of atherogenic proteins such as ApoB and Lp(a) – optimizing thyroid function may help to lower heart disease risk.

Thyroid Support Complex [Essential]

Description: Thyroid Support Complex is a pharmaceutical dietary supplement that supports healthy thyroid function and health. It is a blend of essential micronutrient factors such as Zinc, Selenium, and Iodine that are necessary for optimal thyroid function. It also includes other ingredients such as Vitamin B12, Tyrosine, and Bacopa to relieve fatigue and improve cognitive function. It also has botanicals such as Forskolin and Commiphora to further support optimal thyroid function, metabolism, and energy levels.

Cost: **\$90** for 120 days of medication (240x capsules).

Protocol: **Take two capsules orally with breakfast.**

Storage: Store away from heat and light.

Ingredients: *Each serving contains: 5mg Riboflavin, 25mg P5P, 400mcg Folate (as [6S]-5-methyltetrahydrofolic acid from 800 mcg of Quatrefolic®), 225mcg Iodine, 10mg Zinc Glycinate, 50mcg Selenomethionine, 500mcg Copper Glycinate, 5mcg Manganese Glycinate, 50mcg Chromium, 500mg L-Tyrosine, 200mg Bacopa Monnieri Extract, 100mg Commiphora Mukul Extract, 100mg Coleus Forskohlii Extract.*

Thyroid Health

Restore youthful metabolism and energy levels through thyroid optimization.

Additionally, thyroid hormones such as T3 increase LDL receptor expression leading to reduced levels of atherogenic proteins such as ApoB and Lp(a) – optimizing thyroid function may help to lower heart disease risk.

Natural Desiccated Thyroid (Armour®) (NDT) [Recommended if thyroid markers don't improve from thyroid support complex] ★

Description: NDT, or Natural Desiccated Thyroid, is a natural way to boost your thyroid hormone levels. It's an oral medication derived from porcine thyroid glands. Replicating our ancestors who would eat the entire animal including the glands, NDT allows you to consume the thyroid hormones and associated co-factors you need to drive your metabolism.

Cost: **\$270** for 90 days of medication (90x 120mg Armour® tablets).

Protocol: **Take one tablet orally immediately upon waking, do not eat or drink for 30 minutes.**

Storage: Store away from heat and light.

Notes: Contact us if you experience excess sweating, increased heart rate, trembling, insomnia, palpitations, or fatigue.

Synergy: L-Carnitine plays important roles in the regulation of thyroid hormone receptor sites. We recommend you also supplement with injectable L-Carnitine.

Thyroid Health

Restore youthful metabolism and energy levels through thyroid optimization.

Additionally, thyroid hormones such as T3 increase LDL receptor expression leading to reduced levels of atherogenic proteins such as ApoB and Lp(a) – optimizing thyroid function may help to lower heart disease risk.

Liothyronine (T3) + Levothyroxine (T4) Capsule [Recommended if thyroid markers don't improve from thyroid support complex] ★

Description: Liothyronine (T3) is the active thyroid hormone, it directly stimulates thyroid hormone receptors to drive metabolism. Levothyroxine (T4) is the inactive thyroid hormone, it is converted into T3 as needed by the body. This combination leads to sustained energy levels throughout the day. T3 and T4 work together to help regulate your body's metabolism, energy levels, and overall health. Optimizing thyroid function is associated with improvements in energy and mood, and reductions in fatigue, weight gain and brain fog.

Cost: **\$180** for 90 days of medication (*90x 18mcg T3 + 76mcg T4 sustained-release capsules*).

Protocol: **Take one capsule orally immediately upon waking, do not eat or drink for 30 minutes.**

Storage: Store away from heat and light.

Notes: Contact us if you experience excess sweating, increased heart rate, trembling, insomnia, palpitations, or fatigue.

Synergy: L-Carnitine plays important roles in the regulation of thyroid hormone receptor sites. We recommend you also supplement with injectable L-Carnitine.

Adrenal Health

Adrenal support.

Please also refer to the circadian rhythm and meditation protocols earlier in this treatment plan.

Cortrex Adrenal Support Capsule [Recommended]

Description: Chronic stress and/or stimulant abuse overworks the adrenal glands, leading to dysfunction. Stress negatively affects the ability of the adrenal glands to produce cortisol, which is important in maintaining healthy blood sugar levels, immune function, reproductive function, and overall physical and mental stamina. The adrenal glandular tissue extracts in Cortrex, as well as other nutrients and botanicals in it, help support healthy adrenal function and restore cortisol levels, thereby helping to maintain immune function and a feeling of energy.

Cost: **\$100** for 120 days of supplementation (*240x Cortrex Adrenal Support capsules*).

Protocol: **Take one capsule twice daily with food.**

Storage: Store away from heat and light.

Notes: Contact us if you experience gut distress.

Ingredients: *Each capsule contains: 125mg Adrenal (Bovine), 30mg Adrenal Cortex (Bovine), 75mg Licorice (Root), 10mg Thiamin (Vitamin B1), 5mg R5P (Vitamin B2), 50mg Pantothenic Acid (Vitamin B5), 5mg P5P (Vitamin B6), 50mg Vitamin C, 10mg Zinc Bisglycinate.*

Insulin Sensitivity

Insulin resistance may lead to type II diabetes, atherosclerosis, gout, fatty liver disease, and fatigue.

Goals:

- Reduce HbA1c (an estimation of your recent blood glucose levels) to below 5.1%
- Reduce fasting insulin level to below 5 uIU/mL
- Maintain a body fat percentage between 8-14%
- Reduce triglyceride levels to below 80 mg/dL
- Reduce HOMA-IR score to below 1
- Optimize metabolic flexibility and support mitochondrial biogenesis
- Support optimal muscle growth potential
- Support stable energy levels

Tactics:

- Utilize high-leverage therapeutics such as Metformin and Berberine to improve insulin sensitivity
- Complete 10-minute walks after meals to improve blood glucose control
- Wear a continuous glucose monitor (CGM) for at least 14 days to gather insights into your personal biological response to food, sleep, movement so you can make more informed decisions
- Eat at least 180g of protein per day and do resistance training at least 3 times per week in order to drive and support muscle tissue growth – muscle acts as a sink for glucose, thereby reducing blood glucose levels
- Reduce intake of processed foods – consider a meal prep service to reduce reliance on processed fast food

Insulin Sensitivity

Insulin resistance may lead to type II diabetes, atherosclerosis, gout, fatty liver disease, and fatigue.

Berberine Capsule [Essential] ★

Description: Berberine is a natural plant alkaloid offering multiple health benefits, including improving blood sugar levels and insulin sensitivity, GI microbial balance, and supporting healthy metabolism.

Berberine improves blood sugar regulation via the inhibition of DPP IV; inhibition of this protein may potentiate endogenous HGH and IGF-1 levels, thereby enhancing fat loss and sleep quality.

Moreover, berberine is a naturally occurring PCSK9 inhibitor that has been shown to potently lower *bad cholesterol* such as LDL, ApoB, and Lp(a), reducing cardiovascular disease risk.

Cost: **\$150** for 90 days of supplementation (240x 500mg Berberine HCl capsules).

Protocol: **Take one capsule orally daily with lunch and dinner.**

Storage: Store away from heat and light.

Notes: Contact us if you experience gut distress.

Heart Disease Risk Prevention

Our mission is to help you live longer.

We are interested in helping you live longer by reducing your lifetime risk of heart disease. 

Atherosclerosis is the number one cause of death, despite being a modifiable risk factor.

Cardiovascular disease is responsible for 1/3rd of male deaths.

Do not become a statistic – take actionable steps today.

Atherosclerosis is the buildup of cholesterols, fats, and other products in the artery walls. The arterial walls can become calcified, and macrophages present can decrease stability. The plaque that builds up can obstruct blood flow. Atherosclerosis often has no symptoms until a plaque ruptures or the build-up is severe enough to block blood flow and cause a stroke. Chronically elevated lipids, glucose, blood pressure, and inflammation can contribute to the development of atherosclerosis and associated heart disease risk.

Goals:

- Reduce ApoB to below 70 mg/dL
- Reduce Triglycerides to below 80 mg/dL
- Reduce inflammatory markers such as C-Reactive Protein to below 0.75 mg/L
- Limit oxidation of LDL and reduce risk of plaque deposition/rupture
- Reduce and reverse the calcification of arteries by reducing oxidative stress and ensuring healthy calcium flux

Heart Disease Risk Prevention

Our mission is to help you live longer.

Omega 3 Ethyl Esters (EPA/DHA) Capsule [Essential] ★

Description: High-dose pharmaceutical-grade EPA/DHA with low levels of mercury. EPA/DHA helps lower heart disease risk, resolve inflammation and improve immune function. High-dose prescription omega 3's can reduce triglycerides and reduce the risk of major cardiovascular events such as heart attacks by 25%. These Omega 3 fatty acids can also help to increase HDL (good) cholesterol and support brain health.

Omega 3's are direct pre-cursors to 'specialized pro-resolving mediators' (SPMs), that act locally at sites of inflammation or damage to restore normal cellular function. Hence, they are one of the few compounds able to *resolve* inflammation.

Having low omega-3 levels ranks among the top six causes of preventable death – right up there with smoking, high blood pressure, and obesity.

Sufficient omega-3 intake is associated with an additional five-year lifespan.

Cost: **\$270** for 90 days of medication (360x 1000mg EPA/DHA capsules).

Protocol: **Take two capsules orally with lunch and dinner**

Storage: Store inside the refrigerator away from heat and light.

Notes: Contact us if you experience gut distress.

Heart Disease Risk Prevention

Our mission is to help you live longer.

Ezetimibe Tablet [Recommended if lipids don't improve on follow up labs] ★

Description: Ezetimibe is the modern lipid-lowering agent of choice, it is distinct from other medications such as statins as it does not inhibit cholesterol synthesis. Ezetimibe works by selectively inhibiting the intestinal absorption of cholesterol. It is very well tolerated and has been shown to significantly decrease markers associated with cardiovascular disease such as LDL-C (bad cholesterol), apolipoprotein B, lipoprotein(a), and triglycerides. It also significantly increases HDL-C, or good cholesterol. It also may have protective effects against non-alcoholic fatty liver disease and lower stroke risk. Additionally, Ezetimibe has been shown to cause significant reductions in inflammatory markers such as CRP.

Cost: **\$135** for 90 days of medication (*90x 10mg tablets*).

Protocol: **Take one tablet orally each morning.**

Storage: Store away from heat and light.

Notes: Contact us if you experience gut distress.

Heart Disease Risk Prevention

Our mission is to help you live longer.

Vitamin D3 + Vitamin K2 Capsule [Optional] ★

Description: Vitamin D is not just a vitamin but a hormone that controls more than 900 genes in the body, which is ~5% of the protein-encoding genome. Sufficient levels of Vitamin D help support immune function, protect from diabetes, lower cancer incidence, regulate blood pressure, and reduce inflammatory markers. Vitamin K2 is essential for blood clotting and synergizes with Vitamin D to coordinate calcium metabolism, ensuring calcium is directed towards bone and away from other tissues. A combination of Vitamin D3 and Vitamin K2 may help prevent and reverse arterial calcification and reduce heart disease risk.

Additionally, Vitamin D can help improve circadian and neurological cascades improving sleep quality and alertness.

Cost: **\$45** for 90 days of supplementation (*90x 5000iu Vitamin D3 + 180mcg Vitamin K2 capsules*).

Protocol: **Take one capsule orally with breakfast or lunch.**

Vitamin D is fat-soluble, so take it alongside a meal to enhance bioavailability.

Storage: Store away from heat and light.

Synergy: To optimize Vitamin D retention and metabolism, ensure you have sufficient levels of Magnesium. We recommend supplementing with 360mg of Magnesium Glycinate daily before bed.

Heart Disease Risk Prevention

Our mission is to help you live longer.

Magnesium Glycinate Capsule [Recommended] ★

Description: Magnesium Glycinate is a highly bioavailable magnesium chelate. Magnesium plays essential roles in metabolism and is essential for the correct utilization of carbohydrates, amino acids, and fats. Magnesium also is important for sleep architecture, cardiac health, blood pressure control, and absorption of other important micronutrients such as Vitamin D.

Cost: **\$80** for 120 days of supplementation (*360x 120mg Magnesium Glycinate capsules*).

Protocol: **Take three capsules (360mg) orally before bed.**

Storage: Store away from heat and light.

Heart Disease Risk Prevention

Our mission is to help you live longer.

CoQ10 (Ubiquinol) Softgel [Optional]

Description: CoQ10 is a nutrient found in the mitochondria of cells. CoQ10 provides support against oxidative stress and plays an important role in the body's production of cellular energy. CoQ10 is particularly supportive for the cells of the heart, liver, brain, kidney, and muscles. As a person ages, the level of CoQ10 in the body declines. The level of CoQ10 can also be depleted by certain medications such as Rosuvastatin. CoQ10 promotes healthy aging by enhancing mitochondrial function – important for cardiovascular, immune, neurological, and ovarian function, as well as optimal skin health.

Cost: **\$100** for 120 days of medication (*120x softgels w/ 100mg Ubiquinol + 60mg Trans-Geranylgeraniol*).

Protocol: **Take one tablet orally with dinner.**

Storage: Store away from heat and light.

Heart Disease Risk Prevention

Our mission is to help you live longer.

Nattokinase Softgel [Optional]

Description: Nattokinase is a naturally occurring enzyme that is derived from natto, recently shown to have potent fibrinolytic activity, meaning that it can dissolve blood clots by breaking down fibrin, a protein that plays a key role in blood clot formation. The ability of nattokinase to dissolve blood clots has led to its use as a potential preventative and therapeutic agent for cardiovascular diseases, such as heart attack and stroke. By reducing the formation of blood clots, nattokinase may help to improve blood flow and prevent blockages in the arteries, which can reduce the risk of cardiovascular events. In addition, nattokinase has been shown to help reduce blood pressure, reduce LDL cholesterol, reduce triglycerides, and may even reverse atherosclerosis.

Cost: **\$240** for 90 days of supplementation (360x 100mg (2000 FU) Nattokinase softgels).

Protocol: **Take two softgels orally each morning and night, away from food.**

Storage: Store away from heat and light.

Notes: Contact us if you experience gut distress.

Heart Disease Risk Prevention

Our mission is to help you live longer.

Fenofibrate Tablet [Recommended in future if lipids don't improve]

Description: Fenofibrate is the premier drug in its class. Fibrates are medications used to lower the levels of fats in the blood. Fenofibrate is very effective at lowering Triglycerides, with human studies showing reductions of 46+%, therefore, reducing pancreatitis and heart disease risk.

Fenofibrate shines in the reduction of fibrinogen, a protein that is involved in the formation of clots within the body.

Fenofibrate also has beneficial effects on reducing inflammatory markers such as C-Reactive Protein (CRP), reducing LDL/apoB (bad cholesterol), and increasing HDL (good cholesterol). Additionally, Fenofibrate can lower Uric Acid levels, a toxic metabolite associated with high blood pressure and gout.

Cost: **\$90** for 90 days of medication (*90x 145mg Fenofibrate tablets*).

Protocol: **Take one tablet daily with food.**

Storage: Store away from heat and light.

Notes: Contact us if you experience unexplained cramps or painful, tender muscles.

Liver support and Longevity Agents

Novel therapies that may increase health span and life span.

Glutathione (Liposomal) [Lemon–Peppermint Flavor] [Recommended for Liver support]

Description: Glutathione is part of the body's endogenous antioxidant system, unfortunately, as we age, our levels decline. By middle age our glutathione levels are halved. Injectable glutathione can help restore antioxidant status and reduces oxidative stress, has potent anti-aging effects, and improves insulin sensitivity. Glutathione is a detoxifying agent and may help fight against neuroinflammation.

Glutathione is also a potent liver tonic and can help prevent and reverse liver damage.

Cost: **\$100** for ~100 days of supplementation (*2x50mL 100mg/mL Liposomal Glutathione (10,000mg) bottle*).

Protocol: **Apply 2 pumps (1mL) sublingually, hold in mouth for 30 seconds before swallowing, each morning.**

Storage: Store inside the refrigerator away from heat and light.

Notes: Contact us if you experience gut distress.

Injury Healing

Restorative peptide therapies to accelerate your comeback, à la Wolverine.

BPC-157 [Optional]

Description: BPC-157 is a sequence of body protection compounds naturally produced to enhance healing. It's been demonstrated to accelerate the healing of wounds, tendons, and ligaments. This peptide has also been known to exhibit effects on pain, and those who suffer from discomfort due to muscle sprains, tears, or damage may benefit.

Cost: **\$375** (1x 5mL 3000mcg/mL vial (15,000mcg)).

Protocol: **Inject 300mcg (10 units) subcutaneously near the site of injury before bed for 50 days.**

Reconstitution: Reconstitute with 5mL of BAC water.

Storage: After reconstitution, store inside the refrigerator away from heat and light.

Synergy: We recommend combining with TB-500 for a synergistic healing effect.

 **Note:** Due to high-demand, the turnaround time on this peptide is ~30 days. It will arrive separately to other medications.

Injury Healing

Restorative peptide therapies to accelerate your comeback, à la Wolverine.

TB-500 [Optional]

Description: TB-500 is a mimetic of TB-4, a hormone secreted by the thymus and plays a vital role in the repair, protection, regeneration, and remodeling of damaged tissues. TB-500 is often prescribed to enhance healing after acute injury, surgery, or for athletes prophylactically. It may have a beneficial effect on hair growth and restoring hair pigmentation.

Cost: **\$375** (1x 5mL 3000mcg/mL vial (15,000mcg)).

Protocol: **Inject 300mcg (10 units) subcutaneously near the site of injury before bed for 50 days.**

Reconstitution: Reconstitute with 5mL of BAC water.

Storage: After reconstitution, store inside the refrigerator away from heat and light.

Synergy: We recommend combining with BPC-157 for a synergistic healing effect.

 **Note:** Due to high-demand, the turnaround time on this peptide is ~30 days. It will arrive separately to other medications.

Cognitive Enhancement & Nootropics

Hacking your brain and maximizing your potential.

Selank Nasal Spray [Optional] ★

Description: Selank is a peptide frequently prescribed for anxiety and depression due to its potent anxiolytic and mood-boosting properties. However, it has also been effective in many other treatments related to immune function, PTSD, ADHD, and metabolic dysfunction. Selank shines as a neuropsychotropic and anti-stress drug that receives anxiety and fear. Selank also has nootropic effects, improving the formation of memory and learning. It's also been used to enhance fat loss and improve insulin sensitivity.

Selank has an advantage over traditional anxiety treatments, such as benzodiazepines, as it has no sedating or negative cognitive side effects and no associated addiction or withdrawal problems.

Cost: **\$240** for ~60x doses (*1x6mL Nasal Spray applicator (7500mcg/mL)*).

Protocol: **After cleaning the inside of your nostrils, apply 1 spray into nostril as needed.**

Storage: Store inside the refrigerator away from heat and light.

Notes: Contact us if you experience excessive itchiness. This can occur due to the potent increase in brain growth factors such as BDNF.

 **Note:** Due to high-demand, the turnaround time on this peptide is ~30 days. It will arrive separately to other medications.

Methylation Support

Support healthy methylation for healthy heart, brain, and bones.

Elevated homocysteine levels are associated with coronary artery disease, Alzheimer's, dementia, Parkinson's, blood clots, cancer, and stroke.

Goals:

- Reduce serum Homocysteine to below 9 $\mu\text{mol/L}$
- Address micronutrient deficiencies that may be contributing to impaired methylation
- Reduce heart disease and neurodegenerative risk

Genetic Analysis for MTHFR [Recommended]

Description: Elevations in Homocysteine may indicate impaired methylation status. Often this is caused by MTHFR mutations.

We recommend screening for MTHFR mutations, which may impair your ability to break down homocysteine and are associated with an increased risk of heart disease. Genotyping is available via Marek through LabCorp.

Cost: \$193.

Methylation Support

Support healthy methylation for healthy heart, brain, and bones.

Homocysteine Support Complex [Recommended]

Description: We recommend supplementing with specific forms of B12 (methylcobalamin), Folate (6S]-5-methyltetrahydrofolate), Vitamin B2 (Riboflavin), and Vitamin B6 (P5P) to support healthy methylation. These vitamins are included at efficacious doses in the Homocysteine Support Complex vitamin blend and are clinically proven to reduce Homocysteine levels.

Cost: **\$110** for 120 days of supplementation (*240x capsules*).

Protocol: **Take two capsules orally with breakfast.**

Storage: Store away from heat and light.

Methylation Support

Support healthy methylation for healthy heart, brain, and bones.

Creatine Monohydrate [Recommended] ★

Description: Creatine supplementation does more than just pump up your muscles. It can lower the demand for methylation and help to increase the methyl pool leading to reduced Homocysteine production and reducing CVD risk.

Additionally, creatine may help improve cognitive performance and improve short- and long-term memory.

Cost: **\$40** for 90 days of supplementation (*16 ounces of Creatine Monohydrate powder*).

Protocol: **Take one scoop (5 grams) daily with 8oz of water.**

Storage: Store away from heat and light.

Injection Supply Kit

We opt for insulin syringes with smaller gauges to reduce scar tissue risk.

27g (Easy Touch) 0.5" 1cc Insulin Syringe

Description: These are the premier insulin syringes at an optimal gauge and length for ease of use and minimal scar tissue risk.

Quantity: 100x

Alcohol Swabs

Description: Individually wrapped alcohol swabs for skin cleansing before injection.

Quantity: 100x

Sharps Container

Description: 3.5L leak-proof and puncture-resistant container for safe, convenient disposal of used sharps.

Quantity: 1x

Total cost: **\$55** (for 100x injections).

Note: You can find your state's needle disposal rules and regulations [here](#).

Instructional Videos

Must watch videos on best practices.

How to receive and store medications ▶

Link: <https://www.youtube.com/watch?v=FoIETmbJmVA>

How to measure your individual dose ▶

Link: <https://www.youtube.com/watch?v=ncIFYJXX3rE>

How to self-administer injections ▶

Link: <https://www.youtube.com/watch?v=O86w9JwV1MU>

Note: You can find your state's needle disposal rules and regulations [here](#).

How to reconstitute and administer peptides ▶

Link: <https://www.youtube.com/watch?v=tcEWjyQfDLc>

Note: You can find your state's needle disposal rules and regulations [here](#).

How to apply topical creams ▶

Link: <https://www.youtube.com/watch?v=mkkAiDLEYYs>

Understanding Insulin Syringes

Instructions on how to read your insulin syringe.

Insulin syringes are marked with 'units':

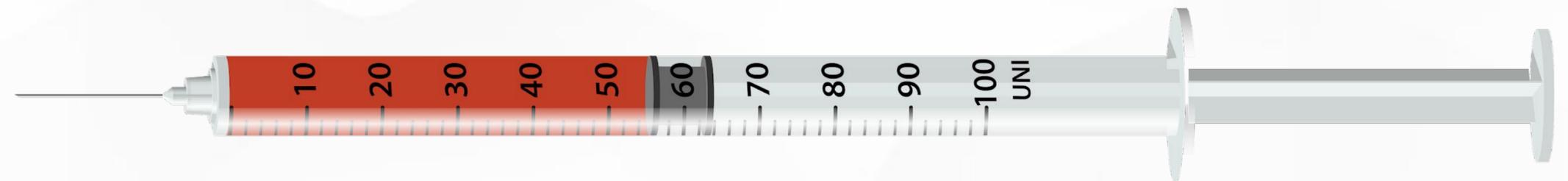
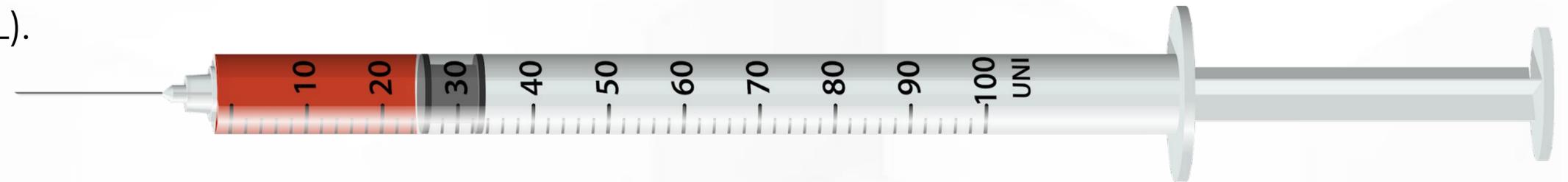
- 1 unit is equivalent to 0.01mL.
- 10 units is equivalent to 0.1mL
- 100 units is equivalent to 1mL.

Each line on the insulin syringe is known as a 'tick':

- 1 tick represents 2 units (0.02mL).

See the examples [→](#)

- The first syringe contains 25 units.
- The second syringe contains 55 units.



Travelling with Medications

Please follow these instructions when traveling domestically or internationally.

Travel Instructions:

All medications prescribed are fulfilled by FDA-approved pharmacies from within the USA. 

The prescription information will be attached to all your medications on the bottle, box, or packaging. The prescription information will include your name, dosing instructions, and the prescribing physician's name. Injection supplies ordered through Marek Health will also contain a prescription attached to the box. Please keep all medicines inside their original packaging with the prescription information attached when traveling domestically or internationally.

Safety Instructions

Please follow these steps to ensure safety.

Addressing Post Injection Pain 🥲

Post-injection pain is common after intramuscular injections. Especially the first few times that you inject into a muscle. This can feel like a dull ache or soreness that can last for hours to a few days. Over time the pain should subside. Pain can be mitigated by rotating injection sites and massaging the area after injection.

Post Injection Inflammation 🚧

Post-injection inflammation is a common injection reaction that can occur with both intramuscular and subcutaneous injections. It is characterized by swelling, redness, irritation, and bruising at the injection site. Symptoms may begin 1-2 days after injection and usually subside within 4-5 days.

You may feel a hard nodule when massaging the area. This palpable nodule can be more common with subcutaneous injections. Treatment includes cold compress and over-the-counter pain relievers as needed.

Complications ⚠️

Minor discomfort or bruising after an injection is typical; however, more severe complications can arise. Seek medical advice if any of the following occurs:

- Redness, swelling, and warmth at the injection site
- Severe pain at the injection site
- Tingling and numbness at the injection site
- Prolonged or excessive bleeding
- Trouble breathing or any other signs of an allergic reaction
- Any other emergency

Storing Medications

How to safely store your medications to maintain their potency.

Refrigerated Shipping

While your medication may arrive with ice packs, don't worry if the ice packs aren't frozen upon arrival.

Refrigeration is preferred, not required.

Lyophilized (freeze-dried) medications are heat-stable.

Heat Stress

Most medications are highly resilient to heat stress. However, certain peptides (specifically HCG, FSH, MOTs-C, and HGH) are sensitive to heat stress once reconstituted. Please ensure that these peptides are refrigerated after reconstitution.

Protect From Light

Keep all medications out of light.

Store inside a dark cupboard or within the cardboard box they were packaged in.

Don't Freeze Medications

Do not store any medications in the freezer.

Freezing medications may impair their stability and reduce their potency.

Safety Instructions

Please follow these steps to ensure safety.

Medication Instructions

Please refer to this treatment plan for all dosing instructions.

The instructions listed on your prescription medications may differ from your treatment plan.

Please ensure that you follow dosing, administration, and storage recommendations listed in this treatment plan document. Consider saving this treatment plan to your phone for quick reference.

**DO NOT ADMINISTER ANY MEDICATION IF
YOU ARE UNSURE OF DOSING.**

I'm here to help. Please contact me.

I will always endeavor to get back to you within 24-48 business hours.