

Foundational Health Support Protocol

Clinical Protocol to Support Foundational Health*



Supporting Healthy Physiology

Optimizing overall health and cellular function requires an integrative approach that considers various lifestyle factors, including environment, diet, physical activity, stress, sleep, and interpersonal relationships. To enhance healthy physiological function, prevent functional decline, and help protect against the prospect of disease, providers should apply prophylactic measures to ensure patient wellness. As such, the delivery of a general protocol with evidence-based practices and nutritional recommendations provides prudent clinical support for patients striving to maximize health.

This protocol consists of lifestyle strategies and nutritional inputs with substantial evidence of their positive effect on human health. This clinical protocol is designed to help support healthy physiology and overall wellness.*

Diagnostic Biomarkers and Clinical Indicators of Foundational Health

- Comprehensive Metabolic Panel
- Complete Blood Count with Differential
- Cholesterol Panel
 - Total Cholesterol
 - LDL-C
 - HDL-C
 - Triglycerides
 - LDL particle size (LDL-P)
- 25-OH vitamin D
- C-Reactive Protein
- RBC Magnesium
- Homocysteine
- GI-MAP Comprehensive stool assay
- Comprehensive Thyroid Panel
 - TSH
 - Free T4
 - Free T3
 - Reverse T3
 - TBG
 - Thyroid antibodies (TPO, Tg)
- Iron Panel
 - Serum iron
 - Transferrin
 - Total iron-binding capacity (TIBC)
 - Unsaturated iron-binding capacity (UIBC)
 - Transferrin saturation
 - Serum ferritin

Therapeutic Diet and Nutritional Considerations

- Advise high intake of vegetables and fruits: 7-9 servings per day¹
- Guide patients to reduce sugar intake (no more than 10% of an adult's daily calories — ideally less than 5%)²
- Recommend limiting alcohol intake to moderate consumption (up to one drink per day for women and up to two drinks per day for men)²
- Guide patients to achieve recommended dietary fiber intake of 25 to 35 g per day¹

Lifestyle Interventions

- Recommend at least 150 to 300 minutes per week of moderate-intensity aerobic physical activity or 75 to 150 minutes per week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.³
- Counsel patients in optimizing sleep hygiene by maintaining a consistent sleep-wake schedule, moderating bedroom temperature, reducing exposure to blue light in the evenings, and interacting with outdoor light upon rising.
- Encourage patients to implement stress management practices.
- Educate patients on reducing toxic burden by choosing natural cleaning agents and hygiene products, remediating mold, reducing heavy metal exposure, and opting for organic and pesticide-free food when possible.
- Support patients in achieving a healthy BMI (18.5 to 24.9).



Supplement Protocol

Primary Support:



Primal Multi™

Dose	4 capsules per day
Duration	Ongoing
Formula Highlights	Primal Multi™ is a first-of-its-kind multivitamin, mineral and phytonutrient blend specifically formulated to mimic the nutrient intakes found in an optimal evolutionary human diet. The levels of nutrients provided by Primal Multi™ were devised based on the concept of evolutionary adaptation of human physiology and correspond to a whole food, nutrient-dense diet. The ingredients in Primal Multi™ have been sourced to be naturally occurring or bioidentical. In addition to key vitamins and minerals, this formula includes select phytonutrients proven to have beneficial effects for health* (such as lutein, lycopene, resveratrol, wild blueberry, broccoli seed/sprout, citrus bioflavonoids and more), which were likely consumed in greater quantities in the evolutionary past than they are in the modern diet.

OmegAvail™ TG1000

Dose	1-2 capsules per day with a meal based on patient 25-OH D status
Duration	Ongoing
Formula Highlights	OmegAvail™ TG1000 is a highly potent, non-GMO fish oil, containing an impressive 1,000 mg of omega-3 oils per softgel, making it an ideal choice for therapeutic dosing. Each softgel contains 662 mg of EPA and 250 mg of DHA, along with other omega-3 fatty acids. As with all Designs for Health fish oil products, OmegAvail™ TG1000 contains the triglyceride (TG) form for superior absorption and bioavailability.

ProBioMed™ 50

Dose	1 softgel per day with a meal
Duration	Ongoing
Formula Highlights	A shelf-stable combination of 50 billion live probiotic strains from 10 specific probiotic species known for their ability to directly support intestinal health.

Vitamin D Supreme

Dose	1 capsule per day with a meal based on patient 25-OH-D status
Duration	Ongoing
Formula Highlights	Vitamin D Supreme provides clinically useful amounts of vitamin D ₃ and vitamin K (both K1 and K2 [as MK-4]), along with geranylgeraniol (GG), a substance produced naturally in the body to promote optimal bone and arterial health, and to maintain the immune system in proper balance.* The amount of vitamins D and K in this formula may be beneficial for those who do not receive adequate sun exposure and/or dietary sources of these vitamins. Vitamins D and K work synergistically, thus, increasing vitamin D increases the need for vitamin K.*

Adjunct Support:

Annatto-E™ 300

Dose	1 softgel per day
Duration	Ongoing
Formula Highlights	Annatto-E™ 300 is a unique tocopherol-free, tocotrienols-only product, featuring tocotrienols sourced from the annatto tree. Annatto is the richest known source of tocotrienols, containing 100% tocotrienols (90% delta-isomers and 10% gamma-isomers), with no tocopherols. Annatto-E™ 300 contains 300 mg per softgel of delta/gamma tocotrienols. Commercial vitamin E supplements are typically rich in tocopherols and low or absent in tocotrienols; however, tocotrienol fractions have unique beneficial effects across a variety of tissues that make them desirable for supporting many aspects of health. Research indicates that tocopherols — especially alpha-tocopherol — may interfere with key clinical effects of tocotrienols, so it may be best to take tocotrienols alone, without tocopherols.

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---foundational-health-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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