

Foundational Health - Liquid Formulations Protocol

Clinical Protocol to Support Foundational Health*



Supporting Healthy Physiology

Optimizing overall health and cellular function requires an integrative approach considering various lifestyle factors, including environment, diet, physical activity, stress, sleep, and interpersonal relationships.¹ Providers should implement proactive measures that promote patient wellness to support healthy physiological function, mitigate functional decline, and reduce the risk of disease. The Designs for Health supplemental formulations featured in this protocol are available in liquid or powder form (to be mixed with liquids), making them ideal for patients who have difficulty swallowing softgels/capsules, have dysphagia, or prefer these options for better compliance.² This clinical protocol is designed to promote healthy physiology and overall wellness through evidence-based lifestyle, dietary, and nutrient interventions.*

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
- Essential Fatty Acid Profile (FAPEP)
- 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
- Functional Wellness Testing: [GI Spotlight](#) for an in-depth look at the gut microbiome, [Genomic Spotlight](#) for insights into a patient's genomics, and [Metabolomics Spotlight](#) to analyze the function and efficiency of a patient's biochemistry and metabolism

Therapeutic Diet and Nutritional Considerations

- Recommend a foundational prophylactic dietary plan emphasizing polyphenols, antioxidants, and essential micronutrients essential for optimal physiological health.
- Optimize omega-3 fatty acid composition to support balanced immune function, brain health, and healthy inflammatory responses.³ Rich food sources include cold-water fish (e.g., salmon and sardines), seafood, walnuts, and flaxseed.
- Support the patient's protein status (a minimum of 0.8 g/kg of body weight per day, according to the Recommended Dietary Allowance [RDA]).⁴ Emerging research suggests that aiming for a protein range of 1.2 to 1.6 g/kg of body weight per day supports optimal health.⁴⁻⁷ Certain populations, such as the elderly, athletes, and immunocompromised individuals, have been shown to require more than the RDA of protein.^{5,8-10}
- Advise a minimum intake of 2.5 cups/day of vegetables and 2 cups/day of fruit.¹¹
- Guide patients to reduce sugar intake (no more than 10% of an adult's daily calories — ideally less than 5%).¹¹
- Recommend limiting alcohol intake to moderate consumption (up to one drink per day for women and up to two drinks per day for men).¹¹
- Guide patients under 50 to maintain at least a dietary fiber intake of 25 to 28 g/day for women and 31 to 34 g/day for men. For patients 51 and older, achieve at least 22 g/day for women and 28 g/day for men.¹¹

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.¹²
- 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.¹³
- Educate patients on reducing toxic burden by choosing simple 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).¹⁴
- Encourage stress management techniques. Consider meditation, breathwork, and biofeedback.
- Provide resources for smoking cessation.

Supplement Protocol

Primary Support:



EssentiaGreens™ and Reds	
Dose	Mix 10 grams (approx. one scoop) in 8 oz of water per day
Duration	Ongoing
Formula Highlights	
EssentiaGreens™ and Reds is a great-tasting powder combining a proprietary blend of greens, vegetables, and fruits to provide many nutrients, enzymes, and bioactive phytochemicals, supporting nutrient status and overall physiological health.* It also features an oxygen radical absorbance capacity (ORAC) proprietary blend to support antioxidant status in the body, along with prebiotics to promote gut health.* EssentiaGreens™ and Reds comes in three flavor options (unflavored, strawberry-kiwi, and chocolate) and mixes easily into beverages. Each serving contains densely packed superfoods supporting antioxidant status, sustained energy, digestive health, mental clarity, healthy immune responses, and overall well-being.* Plus, the Strawberry Kiwi and Unflavored options feature digestive enzymes for extra GI support.*	

Whole Body Collagen®	
Dose	Mix 13 grams (approx. one scoop) in 8 oz of water per day
Duration	Ongoing
Formula Highlights	
Whole Body Collagen® contains a unique blend of three patented, hydrolyzed collagen peptides to support collagen production, bone strength, joint health and integrity, skin elasticity, and more.* Collagen is a special type of protein that accounts for as much as 30% of the body's total protein. In particular, it's a primary structural component of connective tissue. The amino acid compositions of dietary collagens are very similar to those in human collagens, making dietary collagen peptides ideal for supporting normal body collagen turnover and renewal.* Many individuals — the elderly, in particular — do not consume adequate protein. Even among those with a higher protein intake, the richest sources of collagen — animal skins, bone broth, and tendons — are not typically part of the modern Western diet. Whole Body Collagen® can be incorporated into shakes, smoothies, and other foods and beverages, making it convenient to ensure the adequate intake of collagen's unique amino acids.	

OmegAvail™ Hi-Po Liquid	
Dose	Take 5 mL (approx. one teaspoon) per day with a meal; or more based on essential fatty acid status
Duration	Ongoing
Formula Highlights	
OmegAvail™ Hi-Po Liquid is our highest concentration omega-3 fatty acid formula in liquid form, providing 1,500 mg eicosapentaenoic acid (EPA) and 1,500 mg docosahexaenoic acid (DHA) per 1-teaspoon serving in a 1:1 ratio. This formula is optimal for long-term supplementation to support the foundational needs of omega-3 fatty acid status, which promotes brain, skin, and heart health, along with a healthy inflammatory response.* A balanced 1-to-1 ratio of EPA to DHA is similar to that found naturally in seafood.	

Emulsi-D3 Synergy™	
Dose	Take 1 mL per day with a meal. Titrate up if needed based on 25-OH vitamin D status
Duration	Ongoing
Formula Highlights	
Emulsi-D3 Synergy™ is a concentrated, highly bioavailable liquid vitamin D formulation offering 50 mcg (2,000 IU) per 1 mL (one full dropper), along with 200 mcg of vitamin K1 and 40 mcg of vitamin K2. This is a convenient, pleasant-tasting, and easily mixable formula. Both vitamins D and K are essential for bone and arterial health and for maintaining immune function.* Vitamins K1 and K2 support the deposition of calcium into the bone instead of soft tissue, such as the arterial walls and kidneys.*	

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

<https://www.designsforhealth.com/api/library-assets/literature-reference---foundational-health-liquid-formulations-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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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.