

PROTOCOL: Cardiometabolic Health

Assessment		
Health history	☐ Prediabetes/insulin resistance/diabetes/metabolic syndrome ☐ Hypertension ☐ Dyslipidemia ☐ Hypothyroidism	
Symptoms	☐ Weight gain/overweight/obesity ☐ Poor stress resilience ☐ Palpitations	☐ SOB ☐ Angina ☐ Fatigue
Physical signs	☐ BIA/anthropometrics ☐ Edema ☐ Arrhythmias ☐ Hypertension ☐ Elevated resting HR	
Labs	☐ Serum: fasting glucose and insulin or 2-hour glucose challenge test ☐ Hemoglobin A1C ☐ CBC ☐ Inflammatory makers (CRP, homocysteine, fibrinogen, methylmalonic acid) ☐ Serum B ₁₂ ☐ RBC magnesium ☐ 25-Hydroxyvitamin D	☐ Genetic testing: MTHFR ☐ LFTs (ALT/GGT) ☐ Thyroid panel ☐ Omega-3 index ☐ Oxidative stress markers (GSH, GSSG, SOD, lipid peroxidation) ☐ Lipid panel (TC, TG, LDL, HDL) ☐ Bone density ☐ Comprehensive digestive stool analysis
Rx/OTC directions	☐ Metformin ☐ Diuretics ☐ Calcium channel blockers/ACE inhibitors ☐ Statins	
Other considerations	Increased risk with: ☐ Use of medications (NSAIDs, antidepressants) ☐ Smoking ☐ Inactivity	Comorbidities: ☐ Depression ☐ Diastolic dysfunction
Notes:		

Foundational				
Focus	Nutritional Recommendations	Quantity	Frequency	Notes
Foundational	☐ Improve dietary quality and quantity; macro profile 40% carb, 30% fat, 30% protein ☐ Low GI, high fiber ☐ Consider time-restricted feeding such as 16/8 ☐ Consider medical food for insulin sensitization ☐ Quality protein, BCAAs ☐ Phytonutrients			
Lifestyle	☐ Smoking cessation support ☐ Reduce alcohol consumption ☐ Polarized training			
Targeted nutrients and bioactives	☐ Omega-3 fatty acids ☐ Vitamin D ☐ Berberine ☐ Alpha-lipoic acid ☐ Folate and vitamin B ₁₂ ☐ Magnesium ☐ Phytosterols ☐ Xanthohumol ☐ Leucine ☐ IMO ☐ CoQ10 ☐ Niacin ☐ L-arginine ☐ Policosanol ☐ Taurine ☐ NAC ☐ Chromium ☐ Rhaponticin ☐ Choline ☐ Curcumin ☐ Probiotics			

Other Herbal Support Considerations

Focus	Nutritional Recommendations	Quantity	Frequency	Notes
	☐ Cinnamon (<i>Cinnamomum</i> species)			
	☐ Hawthorn (<i>Crataegus monogyna</i>)			
	☐ Arjuna (<i>Terminalia arjuna</i>)			
	☐ Horse chestnut (<i>Aesculus hippocastanum</i>)			
	☐ Green tea (<i>Camellia sinensis</i>)			
	☐ Fenugreek seed (<i>Trigonella foenum-graecum</i>)			
	☐ Gymnema leaf (<i>Gymnema sylvestre</i>)			
	☐ Bitter melon fruit (<i>Momordica charantia</i>)			
	☐ Broccoli seed extract (<i>Brassica oleracea</i> L. var. <i>italica</i>)			

References

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