

# Center for **Cardiovascular** Health

*Preventing and reversing cardiovascular disease*

*"Empowering patients in the pursuit of optimal health by providing compassionate cardiovascular care addressing the Causes, Prevention, Treatment, and Reversal of the Disease."*

Nutraceuticals that we recommend and why:

**CoQ10/Ubiquinol**- Statin medications deplete this valuable nutrient.

It is vital to our survival. Has shown to help hypertension, migraine, Parkinson's, diabetes and cancer. Our greatest concentration of CoQ10 is in the heart. The depletion can contribute to Congested Heart Failure, Hypertension, angina, and cardiac rhythm. Some Statin medications can cause muscle cramp or pain that may be related to the depletion of CoQ10.

### **Recommended dose**

100mg twice a day or up to 300mg a day. Don't take too late in the day because it is energizing.

**Omega 3 Fish Oil**- for cardiovascular health. Can help with heart disease by working on cholesterol and inflammation.

Increase risk of bleeding can be associated with fish oil. Fish Oil should not taste fishy or "burp" up a fishy taste- if this happens- your supplement could be rancid (throw away or return), had for too long- shelf life ~ 1yr, or you are not digesting fats in a normal healthy way.

### **Recommended dose**

1200-2000mg per day with food

2000-4000mg per day for known heart disease

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**Vitamin D3**- Almost everyone without supplementation is deficient in Vitamin D- vital hormone

Promotes better absorption of calcium into the bones. Deficiency is associated with many autoimmune diseases: Rheumatoid Arthritis, Lupus, Irritable bowel syndrome, Multiple sclerosis, and Hashimoto's. May contribute to insulin resistance- excess body fat makes Vitamin D, which is stored in adipose tissue, less available for use by the body. Depletion of Vitamin D as impact on cardiovascular disease and Hypertension.

We want Vitamin D3 serum levels to be 50-100.

**Recommended dose \*\*\*\* without any renal disease**

5000-10000IU per day

**Alpha Lipoic Acid (ALA)**- powerful antioxidant.

Can neutralize unstable dangerous free radicals. It has been found that ALA improves neuropathic symptoms. This is a great supplement for lowering blood sugar. To boost the effect of ALA- take it with a high quality fish oil supplement that contains DHA.

**Recommended dose**

200mg 2-3 times per day with food to enhance absorption

- Need to monitor blood sugar if taking insulin, Metformin, glyburide or other diabetic medication
- Can also boost thyroid hormone- may need thyroid medication adjusted- **DON'T TAKE IF YOU HAVE GRAVE'S DISEASE OR TAKING METHIMAZOLE**

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**Magnesium**- most drugs deplete this mineral

Stabilizes heart rhythms, blood pressure, muscle cramps, helps reduce depression, migraines and pain, and helps form thyroid hormone.

### **Recommended dose**

Magnesium Glycinate or Chelate (easily absorbed) or Magnesium Malate

100-200mg twice a day

\*too much magnesium will cause nausea, diarrhea or weakness

**Methylated B vitamins- B1, B3, B6, B9 and B12**- helps the body convert carbohydrates into glucose to be burned for energy. Essential for breakdown of fats and proteins.

- *B1-thiamine*- Essential for glucose metabolism and insulin production by pancreatic beta-cells
- *B3- niacin*- lowers cholesterol, triglycerides, increases HDL and inhibits the oxidation of LDL cholesterol- all important risk factors in Metabolic Syndrome
- *B6- pyroxidine*- low B6 induces abnormal glucose intolerance. Shown to reduce blood pressure
- *B5- pantothenate*- "anti-stress" vitamin- enhances the activity of the immune system and improve the body's ability to withstand stressful conditions.
- *B9- folate*- helps the body produce and maintain new cells and helps prevent changes to DNA that may lead to cancer.
- *B12- cobalamin*- maintains healthy nerve cells and aids in production of DNA and RNA- works with Folate to regulate the formation of red blood cells and helps iron function better in the body
- *B12, B6, B9*- work closely together to control blood levels of the amino acid homocysteine

### **Recommended dose**

Podiappn- medical food 1 capsule 1-2 times per day

Methyl CPG- 1-2 capsules per day

- Buy capsules over tablets- capsules are easier for your body to absorb and not as many fillers in the capsule to “hold” the powder together
- If you have chronic medical conditions and take a lot of medications or have GI issues, choose liquids or powdered supplements
- It’s best to buy supplements that have certifications- GMP certification (Good Manufacturing Practices) or TGA (Therapeutic Goods Administration)- this has to be paid by the company to ensure the quality. A GMP logo or a TGA certification means a superior company by most standards. You are getting what you are paying for.
- Introduce 1 supplement at a time- this will help determine tolerance
- Take the “active” form- example- CoQ10’s active form is Ubiquinol- easily absorbed

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Drugs that deplete certain nutrients:

## **Vitamin D:**

Acid reducing  
drugs  
Antacids  
Laxatives  
Steroids

## **Vitamin B12:**

Acid blockers  
Most  
Antibiotics  
Metformin  
Colchicine  
Potassium  
Chloride  
Steroids

## **CoQ10**

### **(Ubiquinol):**

Statins  
Beta blockers  
Diabetes Meds  
Some Diuretics  
Acid blockers  
Most  
Antibiotics

## **Calcium:**

Acid reducers  
Digoxin  
Diuretics  
Laxatives  
Steroids  
Triamterene/H  
CTZ

## **Magnesium:**

Most Blood  
pressure  
medications  
Hydrochloro-  
thiazide (HCTZ)  
Doxycycline  
Furosemide  
Steroids

## **Vitamin C:**

Aspirin  
Dexamethasone  
Estrogen-  
containing drugs  
Fluticasone  
(Flonase)  
Furosemide  
Steroids  
Torsemide  
Metformin

## **Vitamin B9**

### **Folate:**

Aspirin  
Metformin  
Glyburide  
Most Acid  
blockers  
Triamterene/  
HCTZ  
Most anti-  
inflammatory  
drugs-  
Naproxen,  
Ibuprofen and  
Steroids