

## SUPPLEMENT PROTOCOL/REGIMEN

### Primary Support:

<b>Primal Multi™</b>	
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.

<b>OmegAval™ TG1000</b>	
Dose	1 softgel per day
Duration	Ongoing
Formula Highlights	OmegAval™ TG1000 is a highly potent, non-GMO fish oil, containing an impressive 1,000 mg omega-3 oils per softgel, making it an ideal choice for therapeutic dosing. Each softgel contains 662 mg EPA and 250 mg DHA, along with other omega-3 fatty acids. As with all Designs for Health fish oil products, OmegAval™ TG1000 contains the triglyceride (TG) form for superior absorption and bioavailability.

<b>ProbioMed™ 50</b>	
Dose	1 capsule per day
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.



1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <https://health.gov/our-work/food-and-nutrition/2015-2020-dietary-guidelines/>.
3. Guideline: Sugars intake for adults and children. Geneva: World Health Organization; 2015

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 around herb/nutrient-drug interactions, please refer to reliable, evidence-based resources such as Natural Medicine Database or Stargrove, M. B., Treasure, J., & McKee, D. L. (2008). *Herb, nutrient, and drug interactions: Clinical implications and therapeutic strategies*. St. Louis, Mo: Mosby Elsevier.

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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.