

Name

Practitioner

Date

Nutrients



Vitamins & Minerals

- Cataplex[®] D
- E-Z Mg[™]
- Ferrofood[®]
- Folic Acid B₁₂



Botanicals

- Ashwagandha 1:1 or Ashwagandha (Withania) Complex
- Turmeric Forte
- Vitanox[®]
- Cyruta[®] Plus
- St. John's Wort-IMT[™] or St. John's Wort 1.8g



Specialty

- Cellular Vitality
- Valerian Complex
- Tuna Omega-3 Oil
- Calamari Omega-3 Liquid
- Whole Food Fiber
- ProSynbiotic

Diet



Diets

- DASH diet
- Mediterranean diet
- MIND diet
- Gluten-free diet



Additions

- Include prebiotics
- Include probiotics
- Include caffeine
- Include carotenoids
- Include astaxanthin
- Include quercetin
- Include high-oleic oils



Subtractions

- Limit fatty and sugary foods
- Limit sodium intake

Lifestyle, Mind & Body



Daily Routine

- Increase exercise and physical activity
- Reduce calories
- Keep up with oral hygiene



Wellbeing

- Cultivate social support
- Practice mindfulness
- Practice meditation (includes yoga, progressive muscle relaxation, or tai chi)



Technology

- Introduce bright-light therapy
- Use sleep-monitoring devices

Continued Care



Testing

- Check homocysteine levels
- Check for inflammation and cardiovascular indicators (biomarkers)
- Monitor blood pressure
- Check blood lipid levels
- Specialized lipid panel



Assessments & Therapy

- Microbiome assessment
- Smoking cessation treatment
- Neurofeedback
- Periodontal assessment
- Diabetes risk assessment



Precautions

- Caution using medicines that lower folate levels
- Caution using substances that contain THC (e.g., marijuana or cannabis)

Additional Recommendations

Nutrients

Ashwagandha 1:1 or Ashwagandha (Withania) Complex contains herbs used traditionally as a general tonic, nerve tonic and for adaptogenic activity.*

Calamari Omega-3 Liquid supports cardiovascular health and overall well-being.*

Cataplex® D supports bone health, mineral absorption, the immune system, and cellular processes.*

Cellular Vitality contains coenzyme Q10, an enzyme that is essential for creation of energy within the mitochondria of cells and that helps protect cells from free radicals.*

Cyruta® Plus supports circulatory cholesterol transport.*

E-Z Mg™ is a plant-based, multiform magnesium designed to help fill nutritional gaps – naturally.*

Ferrofood® provides iron, which is essential for the synthesis of hemoglobin and helps deliver oxygen to red blood cells.*

Folic Acid B₁₂ supports bone health, mineral absorption, the immune system, and cellular processes.*

ProSynbiotic may be useful in maintaining a healthy gut microbial environment.*

Regenplex® provides antioxidant support and support for cellular rejuvenation for healthy skin and circulatory and digestive systems.*

St. John's Wort-IMT™ or St. John's Wort 1.8g may support the body's natural ability to cope with the changes of everyday life.*

Tuna Omega-3 Oil contains EPA and DHA omega-3 fatty acids which may reduce the risk of coronary heart disease.*

Turmeric Forte contains a combination of turmeric rhizome with fenugreek seed extracts which help to enhance absorption and improve bioavailability of curcuminoids.*

Valerian Complex may provide relief from occasional sleeplessness.*

Vitanox® contains a blend of herbs which helps support healthy antioxidant activity.*

Whole Food Fiber provides food for beneficial microorganisms in the lower gastrointestinal (GI) tract.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Diet

Astaxanthin

To improve cholesterol and cardiovascular health, eat salmon, lobster, shrimp, or crabs.

Caffeine

Include (some) caffeine in your diet. For instance, coffee or tea in the morning.

Carotenoids

Eat more carrots, peppers, squash and other foods with orange or yellow coloration.

DASH diet

(Dietary Approaches to Stop Hypertension)

- Eat vegetables, fruit, and whole grains
- Eat fat-free or low-fat dairy products, fish, poultry, nuts, beans, and vegetable oils
- Limit saturated fats from fatty meats, dairy products, and tropical oils
- Limit high-sugar foods

Gluten-free (GF) diet

- Completely avoid wheat, barley, and rye
- Only eat GF-certified oats
- Avoid cross-contamination of shared food prep areas, cooking vessels, surfaces, etc.
- Check labels to ensure prepared foods and condiments are gluten-free

High sugar/fat

Reduce or eliminate fatty and sugary foods (e.g., processed foods, sweets, and fried foods).

Mediterranean diet

- High consumption of legumes, unrefined whole grains, fruits, and vegetables
- Moderate to high consumption of fish
- Olive oil as the primary fat
- Low consumption of dairy products
- Low consumption of meat that is not fish

MIND diet

A combination of portions of the Mediterranean and the DASH diets to improve cognition and cardiovascular health.

Oleic oils

Consume oils high in oleic acid, such as avocado, almond, sunflower, and olive.

Prebiotics

Eat foods that feed healthy gut bacteria, such as dark chocolate, asparagus, garlic, bananas, and legumes.

Probiotics

Eat foods that promote digestive tract health, such as kefir, kimchi and yogurt.

Quercetin

Found in green tea and other plant sources, it may protect against LDL ("bad") cholesterol and may help lower high blood pressure.

Lifestyle, Mind & Body

Bright-light therapy

Use a light-therapy device as advised.

Calorie reduction

Cut calories by checking nutrition facts labels and eating whole, unprocessed foods.

Exercise and physical activity

Aim for 30 minutes of moderate activity 5 times per week.

Meditation

Take 15 minutes to simply breathe and concentrate on calming your mind. Even quick 3-minute meditations are beneficial in reducing stress and anxiety.

Mindfulness

Focus your awareness on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations.

Oral hygiene

Brush thoroughly and floss as directed.

Sleep monitoring

Use a sleep tracker to monitor your nightly activity and sleep quality.

Socializing

Make time to do volunteer work, community activities, or connect with friends and family. Get out there!

Continued Care

Caution using medicines that lower folate levels
May lower red blood cell count.

Caution using substances containing THC

- E.g., marijuana or cannabis

Check blood lipid levels

Keeping track of blood lipid levels to identify risk for heart disease.

Diabetes risk assessment

Blood test to detect prediabetes and insulin resistance

Homocysteine levels

High levels may lead to arterial plaque formation.

Inflammation and cardiovascular indicators (biomarkers)

May indicate risk of heart or other problems.

Microbiome assessment

Testing of the bacteria in the digestive tract may guide action for improving digestive health.

Monitor blood pressure

Healthy blood pressure may help with cognitive decline.

Neurofeedback

May help reduce high levels of stress or anxiety.

Periodontal assessment

Have your gum health evaluated by a dentist.

Smoking cessation

- Nicotine replacement therapy helps increase odds of stopping smoking
- Anti-smoking medicine reduces cravings for cigarettes
- Counseling and behavioral therapy, when combined with medication, are more effective for smoking cessation than either medication or counseling alone

Specialized lipid testing

Used as a better predictor of heart disease risk than basic lipid tests for certain individuals

GENOMIND®

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