



CARDIOVASCULAR HEALTH

90 DAY
PROTOCOL

 DOSING - PRODUCTS CAN BE TAKEN TOGETHER

 30+ minutes before meals (for liquids)

 mix the drops in a glass of at least 4 oz (120 ml)

IN THE MORNING



GLUCOMEDIX
30 drops
(start with 5 drops and increase by 5 drops until reaching 30 drops*)



VITALMEDIX
30 drops
in the morning



ANTARCTIC KRILL OIL
1 soft gel
(better after meal)



VITAMIN C
2 capsules
(better after meal)



MAGNESIUM MALATE
2 capsules



SERRAPEPTASE
2 capsules

IN THE AFTERNOON



GLUCOMEDIX
30 drops
(start with 5 drops and increase by 5 drops until reaching 30 drops*)



ANTARCTIC KRILL OIL
1 soft gel
(better after meal)



VITAMIN C
2 capsules
(better after meal)



MAGNESIUM MALATE
2 capsules



SERRAPEPTASE
2 capsules

*For **GlucoMedix**, if you are on blood glucose lowering medication, consult your physician before taking.