



KIDNEY FAILURE

Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid all herbal remedies unless recommended by your physician.
2. Avoid all over the counter medications unless recommended by your physician.

Dietary Recommendations:

1. Follow a low protein diet as recommended by your physician or dietitian.
2. Eat organic fruits and vegetables as desired unless restricted.
3. Avoid soda and phosphorus containing beverages.

Supplement Recommendations:

In addition to the core nutrient program recommended by your Health Care Professional and/or from the results of your most recent Designs for Health Metabolic Profile:

NAC (N-Acetyl Cysteine):	1 capsule with each meal, 3 per day
Lipoic Acid Supreme:	1 capsule with each meal, 3 per day
Carnitine Synergy	
or CarniClear Liquid:	2 caps with each meal, 6 per day or 1 tspn liquid daily
Q•Avail VS 100mg:	1 softgel with breakfast or lunch
OmegAvail Ultra:	2 capsules per day
Kidney Korrekt	2 capsules 3 times per day

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