



TRIGLYCERIDES LOWERING Nutritional Support Protocol

Lifestyle Recommendations:

1. Avoid stress and extra obligations.
2. Avoid alcohol consumption and smoking.
3. Participate in a regular balanced exercise program that includes wearing a pedometer to ensure that you collect steps and move more. High intensity short bursts (20-60 seconds) of activity during the day is recommended to enhance growth hormone release. Also engage in resistance training that works all major muscle groups (work each group at least 2 times a week).

Dietary Recommendations:

1. Avoid sugar and especially high fructose corn syrup. Replace sugar with the polyol sugar xylitol.
2. Limit or avoid fruit and fruit juices.
3. Limit starchy carbohydrates such as potatoes, pasta, rice, bread, crackers, etc.
4. Eat protein at every meal emphasizing salmon, mackerel, herring, and sardines.
5. Avoid hydrogenated vegetable oils and fried foods.
6. Cook with olive oil or macadamia nut oil at low heat.
7. Snack on vegetables and small amounts of nuts, olives or avocado.
8. A low carbohydrate diet is essential for lowering triglycerides.

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:

Carnitine Tartrate:	2-6 grams (1 to 2 tspns)
XanthOmega Krill Oil:	2 to 4 softgels per day with food
Niacin CRT 500mg:	1 capsule twice daily with meals
Lipotrienols RYR:	2 capsules before bedtime

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