



Health **Improvement** Plan

A personalized roadmap to guide you in your path to optimal health.



Prepared for

Male Sample
57 year old male born Nov 01, 1966



Requested by

Mr. Kendrick McCarty
Inception Telehealth & Wellness



Treatment Date

Jun 07, 2023

Powered By

Optimal **DX**

What's Inside?

Your Health Improvement Plan is a personalized blueprint designed to guide you on your path to optimal wellness.

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Mr. Kendrick McCarty's Notes Report

This report highlights the notes made about the Health Improvement Plan.

REPORT

I'm glad we could connect and develop a treatment plan for you based on the unique findings from your latest blood test.

Below you can find the products I think will be best suited to help. Please follow the instructions I've added and reach out if you have any questions.

Please note that zinc is best taken on with a meal as you might feel nauseous if you take it on an empty stomach.

I also recommend that you drink plenty of water throughout the day.

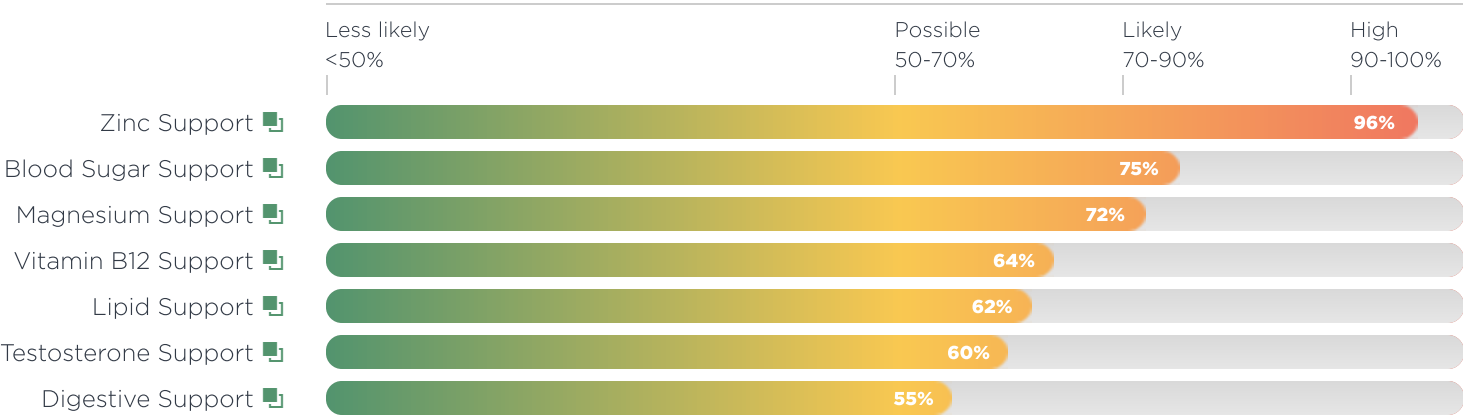


Health Improvement Plan

Your Health Improvement Plan is a personalized blueprint designed to guide you on your path to optimal wellness. Crafted after meticulous evaluation of your health profile, it outlines tailored strategies, including recommended supplements and their precise dosages.

Think of this plan as your daily roadmap: a tool to help navigate your health journey with clarity and confidence. By following this plan, you're taking a proactive step toward achieving and maintaining your best health.

NEEDS SUPPORT



Health Improvement Details

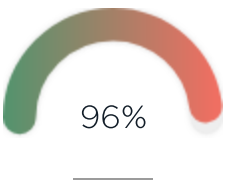
This section provides clearer details about the findings from the Health Improvement Plan. Additionally, it offers specific information about the nutritional supplements your practitioner chose for you, including the brand and recommended dosage, to help balance and improve your body’s overall health.

ZINC SUPPORT

The results of your blood test indicate that your zinc levels might be lower than optimal and shows a need for zinc supplementation.

Rationale

Zinc - Serum ↓, Zinc - RBC ↓



Product Name

Zinc Chelate

Brand

Standard Process

Dosage and Directions

One tablet per day, or as directed.

Details

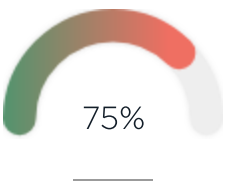
Zinc Chelate, an excellent source of zinc, is used for support of healthy immune system response function and skin health.*

BLOOD SUGAR SUPPORT

The results of your blood test indicate a tendency towards blood sugar dysregulation and a need for blood sugar support.

Rationale

Glucose Fasting ↑, Triglycerides ↑, Insulin - Fasting ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, DHEA-S - Male ↓



Product Name

ALAmax™ CR 60 Tablets

Brand

Xymogen

Dosage and Directions

Daily: take 1

Details

ALAmax™ CR is a whole-body, multifunctional antioxidant that helps to maintain healthy, well-functioning cells. ALAmax CR is designed to neutralize free radicals. ALAmax CR has the ability to destroy free radicals in both the water-based and lipid-based portion of cells, making it the ideal whole-body antioxidant. In addition, ALAmax CR helps the body synthesize glutathione, the body’s own master detoxifier. ALAmax CR also “recharges” other important antioxidants, such as vitamins C and E, and CoQ10, giving them the ability to continue fighting free radicals for extended periods of time. In addition, biotin supports the function of alpha-lipoic acid in regulating glucose metabolism.*

MAGNESIUM SUPPORT

The results of your blood test indicate that your magnesium levels might be lower than optimal and shows a need for magnesium supplementation.

Rationale

Magnesium - Serum , Magnesium - RBC 



Product Name

Mag Glycinate

Brand

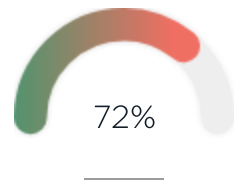
Metagenics

Dosage and Directions

Take two tablets twice daily.

Details

Mag Glycinate features a revolutionary magnesium amino acid chelate designed to enhance absorption and intestinal tolerance. Magnesium is an essential mineral that acts as a cofactor in many metabolic processes. Magnesium also supports muscle relaxation and nervous system health.*



VITAMIN B12 SUPPORT

The blood test results indicate that your vitamin B12 levels might be lower than optimal and that vitamin B12 supplementation may be needed.

Rationale

Vitamin B12 , Methylmalonic Acid , Homocysteine , MCV 



Product Name

Methylfolate Plus™

Brand

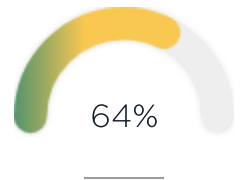
Biotics Research

Dosage and Directions

½ tab daily

Details

Methylfolate Plus™ supplies folate, in the active form of (6S)-5-Methyltetrahydrofolic acid, glucosamine salt. Methylfolate is a highly absorbable, activated form of folate, which does not require enzymatic conversion to 5-methylfolate in the body. The glucosamine salt form utilized in Methylfolate Plus™ is more stable than other forms of methylfolate often used.

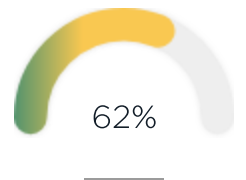


LIPID SUPPORT

The results of your blood test indicate that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia), which is associated with an increased risk of cardiovascular disease. There is a need for cardiovascular support, especially support to help lower excessive blood fats.

Rationale

Cholesterol - Total , Triglycerides , LDL Cholesterol 



**Product Name**

Lipid-Sirt®

Brand

Biotics Research

Dosage and Directions

1 – 2 caps, 3 times daily

Details

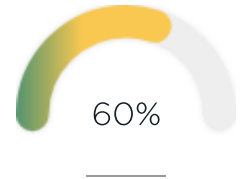
This plant-sterols-based product, with selected nutrients (pantethine, green tea extract, vitamin E delta-tocotrienol) is known to lower blood fats*.

TESTOSTERONE SUPPORT

The results of your blood test indicate a trend towards testosterone deficiency and a need for testosterone metabolism support.

Rationale

Testosterone Total - Male ↓ , Testosterone Free - Male ↓

**Product Name**

TestoPlex™ Plus 60 Capsules

Brand

Xymogen

Dosage and Directions

Daily: take 1

Details

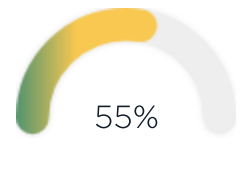
TestoPlex™ Plus features two safe, clinically-tested, standardized, and patented ingredients designed to support vitality and general physical and mental well-being in men and women. Numerous studies have demonstrated that PrimaVie® shilajit and LJ100® *Eurycoma longifolia* support healthy androgen biosynthesis, which includes modulating the influence of sex hormone-binding globulin.[†]

DIGESTIVE SUPPORT

The results of your blood test indicate a tendency towards hypochlorhydria, a condition of low stomach acid, and a need for digestive support.

Rationale

Protein - Total ↓ , Globulin - Total ↑ , Albumin ↓ , MCV ↑ , Iron - Serum ↓ , Gastrin ↓

**Product Name**

Digestzymes™

Brand

Designs For Health

Dosage and Directions

Take 1 capsule per day with a meal.

Details

Digestzymes™ is comprised of a proprietary blend of digestive enzymes along with betaine HCL to support optimal digestion of proteins, fats, and carbohydrates. This product contains the special protease DPP IV (dipeptidyl peptidase IV), which aids in the breakdown of casomorphin (from casein) and gluteomorphin (from gluten). Digestzymes™ also includes the enzyme lactase, which helps break down the dairy sugar lactose. The use of Digestzymes™ before meals may be helpful when patients experience gas and bloating after eating, constipation, or a feeling of fullness after eating only a small quantity of food.

Product Summary

To assist you in maintaining consistency with your wellness journey, we've created a concise supplement plan. This streamlined list includes the specific supplements you should take, along with their dosage and timing.

Designed for convenience, you can easily print this reminder to keep on hand. By adhering to this schedule, you'll ensure you're receiving the optimal benefits from each supplement, supporting your path to optimal health.

PRODUCT SUMMARY

DOSAGE

ALAMax™ CR 60 Tablets



Digestzymes™



Take 1 capsule per day with a meal.

Lipid-Sirt®



1 – 2 caps, 3 times daily

Mag Glycinate



Take two tablets twice daily.

Methylfolate Plus™



½ tab daily

TestoPlex™ Plus 60 Capsules



PRODUCT SUMMARY

Zinc Chelate



DOSAGE

One tablet per day, or as directed.

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