

AMFAS LOGO

Roadmap Summary for Patient The Enhance Protocol®

Report Date: June 02, 2025

Labs Drawn: June 02, 2025

Your Test Results

The next few pages include the results of your cognitive and blood tests. They include a short explanation of the importance of the test, along with your results. The test results are in RED on a gray background. To help you understand your next steps, follow the colored clues below.

Supplement or Medication Recommendations are highlighted in Green

Recommended homework, additional research, and opportunities to ask questions during office hours from the AMFAS Coaches or medical staff during Office Hours are highlighted in Yellow.

Your Baseline Cognitive Test Results

Each participant in The Enhance Protocol® completes a baseline cognitive test. Depending on your age and your current cognitive health, you have been asked to complete a MoCA test or a computer-based CNS VITAL SIGNS test. Your test results are summarized below, and if you would like a copy of your complete results, please email info@amindforallseasons.com and we will send you the full report.

The Enhance Protocol® is designed to help you improve brain functioning starting from your baseline. We look forward to helping you complete a retest once you have applied the recommendations in your Roadmap Report for at least a few months. Please attend one of our online Office Hours sessions and ask for guidance regarding how to understand your specific test results.

These are the results from your recent cognitive test.

or

We did not have any results from cognitive testing when we prepared this roadmap. You are encouraged to do a baseline cognitive test so we can measure your progress.

A Targeted Supplements Approach Can Improve Your Brain Health

Many individuals are using supplements on a regular basis. You may be using supplements because your healthcare provider recommended it. You may be using supplements because you saw a commercial or read an article about the benefits of one supplement over another.

APO E Genetic Profile and Your Risk for Oxidative Stress

Your APO E Genotype is E3/E4. Your APO E genetics has some predictive value for increased risk of cardiovascular and neurodegenerative disease. Your GLUTATHIONE level was [GLUT_VALUE] and many neurologists suggest the optimal range may exceed 300 µg/mL. GLUTATHIONE reflects your ability to calm oxidative stress.

You have the APO E E4 / E4 genetic variant, which DOES increase your risk for Alzheimer's Dementia, cardiovascular disease, and potentially other neurodegenerative diseases. This finding is significant. Details about each of these interventions will follow.

Your baseline Vitamin D level is 32.0.

Since your VITAMIN D was < 40, you are encouraged to supplement with 10,000 iu of VITAMIN D3 per day, and then recheck your levels in 90 days.

Your OMEGA 6:3 ratio was 12.0-to-1.

If you are not taking an OMEGA-3, consider starting a high-quality, triglyceride-based OMEGA-3 supplement. OMEGA-3's are considered to be anti-inflammatory and often help to calm systemic inflammation. You are encouraged to continue a high-potency, high-quality OMEGA-3 supplements. Recommended brands include Triple Strength OMEGA-3 FISH OIL by Sports Research (Costco), PRO-OMEGA 2000 or ULTIMATE OMEGA 2X by Nordic Naturals. The maintenance dose is 3 caps per day.

Your baseline MAGNESIUM RBC level is 4.8.

This level falls within the optimal parameters and no additional intervention is recommended. Consider starting MAGNESIUM THREONATE 2000 mg at night.

MTHFR GENETIC PROFILES: You have genetic variants - C677T: C/T, A1298C: A/A

Consider starting a methylated B complex supplement. We recommend SUPER METHYL-SP from Apex Energetics or METHYLPRO. The dosing is 1 capsule/day. We also recommend METHYLPRO B-COMPLEX + 5 mg L-METHYLFOLATE.

Your COPPER-to-ZINC RATIO is 1.5.

This ratio is elevated. Consider zinc supplementation and reducing copper exposure.