

Protocol Synergy & Consolidation Worksheet

Client Name: _____ Date: _____

Section 1: Polypharmacy Audit (Current Inventory)

Use this section to identify "symptom chasing," redundant fillers, or "pill fatigue" (15+ supplements).

Current Supplement	Dosage/Frequency	Primary Goal (Symptom)	Practitioner Note (Keep/Consolidate/Cut)

Polypharmacy Red Flags: - [] Client taking >10 individual agents. - [] Overlapping minerals (e.g., multiple sources of Zinc or Selenium). - [] Monthly cost exceeds \$300-\$400 with diminishing returns. - [] Compliance is below 70%.

Section 2: Synergistic Stack Design

Transition from "Green Pharmacy" to "Biological Engineering." Identify the mechanism of your new stack.

Primary Clinical Target (Node): _____

Stacking Mechanism (Select at least one): - [] Bioavailability Enhancement: (e.g., Piperine with Curcumin, Fats with Vitamin D) - [] Pathway Redundancy: (e.g., B12 + Folate + B6 for Methylation) - [] Network Cross-Talk: (e.g., Magnesium + Ashwagandha for HPA/GABA)

The Proposed Synergistic Stack:

Nutrient/Agent	Role (Transporter, Fuel, Catalyst)	Timing (AM/PM/Food)
1.		
2.		

Nutrient/Agent	Role (Transporter, Fuel, Catalyst)	Timing (AM/PM/Food)
3.		
4.		

Section 3: Genomic & Safety Buffers

Adjust the stack based on the client's "blueprint" and prepare for paradoxical reactions.

Genomic Considerations: - [] **COMT (Slow):** Avoid high-dose methyl donors or stimulants initially. - [] **MTHFR:** Use methylated vs. non-methylated forms. - [] **VDR:** Higher D3 dosage required (Target: 80-100 ng/mL).

The "Buffer" Protocol (To prevent Herxheimer/Paradoxical reactions): - [] **Binder:** (e.g., Charcoal/Zeolite) _____ - [] **Hydration/Electrolytes:** _____ - [] **Liver/Glutathione Support:** _____

Section 4: Implementation Schedule

Follow the "Start Low, Go Slow, Aim High" rule.

Phase	Duration	Instructions
Intro Phase	Days 1-7	Introduce Agent #1 and #2 only. Monitor for reactions.
Integration	Days 8-14	Add Agent #3. Increase hydration.
Full Stack	Day 15+	Full protocol. Assess for "Biological Resonance."

Section 5: Practitioner Reflection & Observations

The "Key and Lock" Analogy shared with client? [] Yes [] No

Observations (21-Day Follow-up):

Next Steps: - [] Consolidate remaining single agents into multi-nutrient formulas. - [] Re-test serum markers (e.g., Vitamin D, RBC Magnesium) in 90 days.

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