

TARGETED NUTRACEUTICAL INTERVENTION PLAN

Client Name: __ Date: __ Primary Goal: ____

Section 1: Evidence-Based Selection

Based on meta-analytic data and your clinical markers (e.g., HbA1c, hs-CRP, Vitamin D levels).

Proposed Intervention	Targeted Mechanism	Evidence-Based Dosage Goal
<input type="checkbox"/> Berberine	AMPK Activation (Metabolic Switch)	500mg (TID - 3x Daily)
<input type="checkbox"/> Omega-3 (EPA/DHA)	Inflammatory Modulation / Omega-3 Index	>2,000mg combined EPA/DHA
<input type="checkbox"/> Vitamin D3 + K2	Immune/Bone (Synergy: "Traffic Cop")	__ IU D3 / ____ mcg K2
<input type="checkbox"/> Quercetin + Zinc	Antiviral/Cellular (Synergy: "Ionophore")	__ mg Quercetin / ____ mg Zinc
<input type="checkbox"/> Senolytic/NAD+	Cellular Repair (Longevity/Sustain)	_____

Section 2: "Start Low, Go Slow" Titration Schedule

To ensure gastrointestinal tolerance and identify your specific therapeutic window.

Phase	Duration	Dosage Instructions	Notes/Tolerance
Intro Phase	Days 1–3	_____	<input type="checkbox"/> No issues <input type="checkbox"/> Mild GI
Mid Phase	Days 4–7	_____	<input type="checkbox"/> No issues <input type="checkbox"/> Mild GI
Clinical Dose	Day 8+	_____	<input type="checkbox"/> Optimized

Section 3: Safety & Interaction Screening

Diligence check for herb-drug interactions (CYP450 system).

- ☐ **Medication Review:** Are you currently taking blood thinners (Warfarin), birth control, or antidepressants?
- ☐ **Interaction Check:** Professional database (Natural Medicines/ConsumerLab) consulted?
- ☐ **Contraindications:** Does the client consume grapefruit or St. John's Wort?
- ☐ **Safety Warning:** Discontinue use 2 weeks prior to any scheduled surgery.

Section 4: Client Progress & Reflection

To be completed at the 4-week follow-up.

Symptom/Marker Changes: 1. Energy Levels (1-10): _ (Before: _) 2. Brain Fog/Focus (1-10): _ (Before: _) 3. Digestive Tolerance: _____

Practitioner Observations:

Next Steps:

- ☐ Re-test lab markers (HbA1c / hs-CRP) in _____ weeks.
- ☐ Move from "Target" phase to "Sustain" phase (Longevity support).
- ☐ Schedule follow-up for: _____

AccrediPro Standards Institute Certified Tool Disclaimer: This plan is for nutritional support and education. It does not replace medical advice. Consult your physician before starting high-potency interventions.
