

# 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"/> <b>Berberine</b>	AMPK Activation (Metabolic Switch)	500mg (TID - 3x Daily)
<input type="checkbox"/> <b>Omega-3 (EPA/DHA)</b>	Inflammatory Modulation / Omega-3 Index	>2,000mg combined EPA/DHA
<input type="checkbox"/> <b>Vitamin D3 + K2</b>	Immune/Bone (Synergy: "Traffic Cop")	___ IU D3 / ___ mcg K2
<input type="checkbox"/> <b>Quercetin + Zinc</b>	Antiviral/Cellular (Synergy: "Ionophore")	___ mg Quercetin / ___ mg Zinc
<input type="checkbox"/> <b>Senolytic/NAD+</b>	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
<b>Intro Phase</b>	Days 1–3	_____	<input type="checkbox"/> No issues <input type="checkbox"/> Mild GI
<b>Mid Phase</b>	Days 4–7	_____	<input type="checkbox"/> No issues <input type="checkbox"/> Mild GI
<b>Clinical Dose</b>	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:

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### Next Steps:

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

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