

Nutraceutical Synergy & Protocol Optimizer

Client Name: _____ Date: _____

Objective: To transition from a high-burden "supplement graveyard" to a targeted, synergistic protocol that maximizes bioavailability and minimizes pill fatigue.

Section 1: The "Supplement Graveyard" Audit

List the client's current supplements. Identify "lonely" nutrients (lacking synergies) or poor delivery systems (e.g., Magnesium Oxide).

| Current Supplement | Form (e.g., Capsule, Liposomal) | Purpose/Goal | Synergistic Partner Missing? |
|--------------------|---------------------------------|--------------|-------------------------------------|
| 1. | | | <input type="checkbox"/> Yes: _____ |
| 2. | | | <input type="checkbox"/> Yes: _____ |
| 3. | | | <input type="checkbox"/> Yes: _____ |
| 4. | | | <input type="checkbox"/> Yes: _____ |
| 5. | | | <input type="checkbox"/> Yes: _____ |

Section 2: Bioavailability & Interaction Safety Check

Check for High-Risk Interactions (HDNIs): * ☐ Is the client on Statins/CCBs? (Avoid Grapefruit Seed Extract) * ☐ Is the client on SSRIs? (Avoid 5-HTP/St. John's Wort) * ☐ Is the client on Blood Thinners? (Monitor Vitamin K/High-dose Omega-3) * ☐ Other medications: _____

Delivery System Optimization: * **Liposomal:** Recommended for ____ (e.g., Vit C, Glutathione, Ubiquinol) * **Chelated:** Recommended for ____ (e.g., Magnesium Bisglycinate) * **Micellar:** Recommended for _____ (e.g., Fat-soluble vitamins for gallbladder issues)

Section 3: The Optimized "Rule of 5" Protocol

Consolidate the audit into no more than 5 high-impact, synergistic interventions.

| Priority | Targeted Synergy / Combination Product | Dosing Strategy (Loading, Maintenance, or Pulse) | Timing (AM/PM, With Fat, Away from Food) |
|----------|--|--|--|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |

Section 4: Precision Dosing & Sensitivity Strategy

Client Sensitivity Profile: ☐ The "Sensitive Soul" (MCAS/MCS): Use "Start Low, Go Slow" (1/4 dose, titrate every 3 days). ☐ **Acute Deficiency:** Use "Loading Dose" for _____ weeks. ☐ **Microbiome/Antimicrobial:** Use "Pulse Dosing" (e.g., 4 days on, 3 days off).

Observation Log (To be filled by client): *Did you experience a "Herx" (die-off) reaction or increased fatigue?*

Section 5: Practitioner Reflection & Score

Protocol Efficiency Score: * Total pills reduced: _ * Synergies created (e.g., D3+K2): _ *
Estimated monthly cost savings for client: \$____

Next Steps / Re-evaluation Date:

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