

# Cardiovascular Resilience & Endothelial Support Worksheet

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Purpose:** This tool helps you and your practitioner move beyond standard cholesterol testing to target the actual drivers of heart health: the number of particles (ApoB), the health of your blood vessel lining (Endothelium), and the protection of your lipids from oxidation.

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## Section 1: Advanced Lipid & Risk Assessment

*Review your lab results and compare them to functional targets. Use the "Traffic Analogy": LDL-C is the amount of cargo; ApoB is the number of cars on the road. More cars = more chances for accidents (plaque).*

Marker	Current Value	Functional Target	Status (Low/Optimal/High)
ApoB (Particle Count)		< 80 mg/dL	
Lp(a) (Genetic Risk)		< 75 nmol/L	
TG/HDL Ratio		< 1.5	
Blood Pressure		< 120/80 mmHg	

Primary Focus Area: \_\_\_\_\_

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## Section 2: The "Endothelial Shield" Protocol

*Nitric Oxide (NO) is a gas that tells your arteries to relax. Check the strategies you will implement to support your vessel lining.*

**Vascular Relaxation Support:** - [ ] **Dietary Nitrates:** Aim for 1-2 servings of arugula, beets, or spinach daily. - [ ] **Citrulline/Arginine:** Targeted amino acid support for NO production. - [ ] **Polyphenols:** Pomegranate extract or high-quality cocoa flavanols (activates eNOS).

**The Mineral Triad & Bone-Vascular Connection:** - [ ] **Magnesium:** \_\_\_\_ mg (as Glycinate or Malate) to act as a natural calcium channel blocker. - [ ] **Potassium:** Increase intake of

avocados, potatoes, and leafy greens (Target: 4,700mg/day). - [ ] **Vitamin K2 (MK-7)**: To ensure calcium stays in bones and out of the arterial walls.

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## Section 3: Oxidative Protection & Metabolic Synergy

*Cholesterol only becomes dangerous when it is "oxidized" (damaged). Check the "Antioxidant Shields" being used:*

- [ ] **Tocotrienols (Delta/Gamma)**: Potent protection against lipid peroxidation.
  - [ ] **CoQ10 (Ubiquinol)**: Essential for cellular energy and protecting LDL carriers.
  - [ ] **Lycopene**: Found in cooked tomatoes; protects particles in the bloodstream.
  - [ ] **Metabolic Support**: Berberine (500mg 3x/day) for insulin sensitivity and LDL receptor activity.
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## Section 4: Practitioner Observations & Reflection

**Total Metabolic Syndrome Markers Present (0-5):** \_\_\_\_\_ (*Waist circ, Triglycerides, HDL, BP, Fasting Glucose*)

**Observations on Vascular Tone (e.g., cold hands/feet, BP trends):**

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### Next Steps & Follow-up:

1. **Primary Dietary Goal:** \_\_\_\_\_
  2. **Primary Supplement Goal:** \_\_\_\_\_
  3. **Re-test Labs in:** [ ] 3 Months [ ] 6 Months
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*AccrediPro Standards Institute Certified Tool*

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