



VibeWell Health Targeted Supplement Protocol (EXAMPLE)

Client Overview: Jane Smith

Age: Female, 42

Primary Concerns: Weight gain, low energy, sleep disruption, mild mood swings

Diagnosed: None

Current Prescriptions: None

Notable Supplements: Occasional multivitamin, no consistent regimen

Current Symptoms: Difficulty losing weight, lighter but irregular cycles, occasional night sweats, mild anxiety, brain fog, fatigue

Key Lab Highlights from uploaded files:

- **Hemoglobin: 12.3 g/dL (low-normal)** could suggest borderline iron or B12 insufficiency
- **MCV: 99 fL (high-normal)** may indicate suboptimal B12 or folate absorption
- **WBC: $4.2 \times 10^3/\mu\text{L}$ (low-normal)** may reflect mild immune stress or micronutrient depletion
- **Platelets: $160 \times 10^3/\mu\text{L}$ (normal)** stable clotting, no major concerns

Interpretation: These mild shifts suggest potential nutrient depletion (especially B12 or iron), which may relate to fatigue, mood changes, and cognitive symptoms. No critical findings but room to support cellular energy and immunity. Hormone panel should be completed soon.

Supplement Protocol (A link will be sent to you for the below supplements):

1. Hormonal Support

- a. **Myo-Inositol + D-Chiro Inositol** 2000 mg / 50 mg, 1 scoop or 2 capsules in the morning with food. Supports ovulation rhythm, insulin sensitivity, and cycle regulation.
- b. **Chaste Tree (Vitex)** 225–450 mg daily in the morning (avoid during luteal phase if breast tenderness occurs) gently balances progesterone during perimenopause.

2. Energy & Mood Support

- a. **Adaptogen Blend (Ashwagandha, Rhodiola)** 1–2 capsules in the morning or with lunch (as directed on label) adrenal support for stress, fatigue, and mood resilience
- b. **Methylated B-Complex** 1 capsule daily with breakfast supports brain energy, stress modulation, and hormone detox
- c. **Magnesium Glycinate** 300–400 mg in the evening before bed for muscle relaxation, sleep support, and mood

3. Inflammation & Detoxification

- a. **Curcumin 500–1000 mg/day with food** anti-inflammatory and liver-supportive

- b. **Milk Thistle or NAC** 300–600 mg/day, preferably in the morning or with lunch gentle liver detox support if histamine issues, PMS, or sluggishness present

4. Gut & Nutrient Support

- a. **Probiotic** 1 capsule on an empty stomach in the morning or before bed) balances mood, digestion, and immunity
- b. **Omega-3 1000–2000 mg total EPA+DHA** anti-inflammatory and supports mood & hormones
- c. **Methyl B12 + Folate (if labs not improving)** Methyl B12 (1000 mcg) + Methyl Folate (400–800 mcg) targets high MCV and hemoglobin concerns

What you should avoid:

1. **Iron (unless prescribed):** May worsen oxidative stress unless deficiency is confirmed
2. **High-Dose Vitamin A or Copper:** Can interfere with hormone and thyroid balance
3. **Non-methylated B vitamins:** Less effective in clients with potential methylation issues
4. **High-stimulant energy formulas (with caffeine, yohimbe, etc.):** May aggravate anxiety and hormone imbalance
5. **Hormone-altering herbs not mentioned here (e.g., Black Cohosh, Dong Quai):** May not be suitable during perimenopausal fluctuation without supervision

Personalized Macro Nutrition Guidelines for Weight Loss

Option 1: Moderate-Carb, Balanced Hormone Support (Best for Cortisol & Cycle Support)

- Calories: ~1800/day
- Macros:
 - Protein: 30% = ~135g
 - Fat: 40% = ~80g
 - Carbohydrates: 30% = ~135g

Why this works: Supports cortisol balance, prevents over-restriction, and is easier to maintain long term. Helpful for women with irregular sleep, elevated stress, or thyroid concerns.

Option 2: Lower-Carb, Fat Loss Acceleration (Best for Insulin Resistance or Plateau)

- Calories: ~1800/day
- Macros:
 - Protein: 35% = ~158g
 - Fat: 45% = ~90g
 - Carbohydrates: 20% = ~90g

Why this works: Prioritizes lean mass retention and fat loss. Ideal for women who have tried calorie restriction or dieting without success or show signs of blood sugar imbalance.

Tracking Tip: Use a macro-tracking app such as Cronometer, Carb Manager, or MyFitnessPal (enable custom macro settings)

Additional Guidelines:

- Protein with every meal (20–30g minimum)
- Avoid processed snacks and sugar between meals
- Drink at least 2–3L of water daily

- Trial intermittent fasting (12:12 or 14:10) as tolerated with cycle tracking
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Recommended Follow-Up Labs (within 6 months):

- Basic hormone panel (estradiol, progesterone, DHEA-S, FSH, LH)
 - TSH, Free T3, Free T4
 - Fasting insulin and glucose
 - Repeat CBC to monitor MCV and hemoglobin after B-vitamin support
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Recommended Talking points with your doctor:

- Perimenopausal symptom tracking and support options
 - Discuss mild energy/mood changes and test for thyroid/adrenal markers
 - Labs to assess metabolism and insulin sensitivity
 - Review CBC nutrient-related markers (MCV, hemoglobin) for B-vitamin strategy
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Next Steps:

- Begin supplement protocol gradually over 1–2 weeks. Start with one supplement and wait a few days before adding in the next
 - Reassess symptoms at 4 weeks, 8 weeks, and 12 weeks
 - Order follow-up labs with provider or integrative clinic
 - Adjust protocol based on symptom response and lab results
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General Guidelines for Taking Supplements:

- Will be added on your supplement guide
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Ordering Your Supplements

You will receive a customized link to order all recommended supplements directly through my professional store. Orders placed through this link receive a special client discount and ensure high-quality, practitioner-grade products.

Disclaimer

These supplement recommendations are intended for informational and educational purposes only and are not a substitute for medical advice, diagnosis, or treatment. Always consult with your healthcare provider before starting any new supplement, especially if you are pregnant, nursing, have a medical condition, or are taking medications.

Thank you for trusting VibeWell Health to support your wellness journey!

As a reminder, your package includes a round of questions based on the info above and a 2-3 week email check-in (initiated by you if needed)

SAMPLE