

Preventive Medical Clinics of the Desert
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Supplements Used to Strengthen the Heart and Repair the Cardiovascular System

For Individuals with High Blood Pressure, High Cholesterol and Hyperlipidemia

Beta-Carotene	15,000 IU qd
Calcium	1,500-2,000 mg qd, in divided dosages, after meals and qhs
Vitamin A	25,000 IU qd
Vitamin B complex	50 mg tid
Vitamin B1	500 mg tid
Vitamin B3	300 mg qd (start 100mg in 4-6 weeks increase to 1.5-3 g/d)
Folic Acid	400 mcg qd
Pantethine (B5)	900 mg/d
Vitamin B12	2,000 mcg qd
Vitamin C	1,500-4,000 mg bid
Vitamin D	400 mg qd
Vitamin E	400-800 IU qd
Magnesium	750-1,000 mg qd, in divided dosages, after meals and qh
Selenium	300 mcg qd
Zinc	50 mg qd
CoQ10	50 mg 2-3 times daily
Policosanol	10-20 mg/day
Stanols or sterols	2 g/d
Garlic/Onion	10mg/alliin
Grape seed	25 - 150 mg of a standardized extract (40 - 80% proanthocyanidins or 95% OPC value), 1 - 3 times daily.
Pine Bark	40 to 80mg daily
Fish Oil Supplements	1000mg combined EPA and DHA
Omega-3 Fatty acids (alpha linolenic acid)	3000-10,000 mg/day
Ginko Biloba (24% flavonglycosides 6% terpenoids)	
Mediterranean Diet, high fiber, low glycemic load diet	