



Heart Healthy Supplement Protocols

From *Metabolic Cardiology*

By Dr. Stephen Sinatra

These are the supplement protocols of Dr. Stephen Sinatra as described in his book ***Metabolic Cardiology***. Dr. Sinatra, a board certified cardiologist, integrates conventional medicine with complementary nutritional therapies.

PREVENTION

Multi-Vitamin
Fish Oil: 1 gram
CoQ10: 90-150 mg.
L-Carnitine: 250-750 mg.
D-Ribose: 5 grams
Magnesium: 400 mg.

HIGH BLOOD PRESSURE

Multi-Vitamin
Fish Oil: 3 grams
CoQ10: 180-360 mg.
L-Carnitine: 500-1000 mg.
D-Ribose: 5-10 grams
Magnesium: 400-800 mg.
Nattokinase: 100 mg.
Garlic: 1 gram
Hawthorne Berry: 1000-1500 mg.

STABLE ANGINA PECTORIS

Multi-Vitamin
Fish Oil: 1 gram
CoQ10: 180-360 mg.
L-Carnitine: 1000-2000 mg.
D-Ribose: 10-15 grams
Magnesium: 400-800 mg.
Vitamin K2: 150 mcg. (MK7)
Green Tea

CARDIAC ARRHYTHMIA, PREMATURE CONTRACTIONS, PREMATURE ATRIAL CONTRACTIONS, INTERMITTENT ATRIAL FIBRILLATION

Multi-Vitamin
Fish Oil: 3-4 grams
CoQ10: 180-360 mg.
L-Carnitine: 1000-2000 mg.
D-Ribose: 7-10 grams
Magnesium: 400-800 mg.

CONGESTIVE HEART FAILURE

Multi-Vitamin
Fish Oil: 1 gram
CoQ10: 300-360 mg.
L-Carnitine: 2000-2500 mg.
D-Ribose: 10-15 grams
Magnesium: 400-800 mg.

SEVERE CONGESTIVE HEART FAILURE, DILATED CARDIOMYOPATHY, PATIENTS AWAITING HEART TRANSPLANT

Multi-Vitamin
Fish Oil: 1 gram
CoQ10: 360-600 mg.
L-Carnitine: 2500-3500 mg.
D-Ribose: 15 grams
Magnesium: 400-800 mg.
If Needed:
Hawthorne Berry: 1500 mg.
Taurine: 2-3 grams

MITRAL VALVE PROLAPSE

Multi-Vitamin
Fish Oil: 1 gram
CoQ10: 90-150 mg.
L-Carnitine: 500-1000 mg.
D-Ribose: 5 grams
Magnesium: 800 mg.

FIBROMYALGIA, CHRONIC FATIGUE, MITROCHONDRIAL CYTOPATHIES

Multi-Vitamin
Fish Oil: 1 gram
CoQ10: 300-360 mg.
L-Carnitine: 2000-3000 mg.
D-Ribose: 15 grams
Magnesium: 400-800 mg.

COUCH POTATO

Multi-Vitamin
Fish Oil: 1 gram
CoQ10: 90-150 mg.
L-Carnitine: 1000-1500 mg.
D-Ribose: 5 grams (before and after activity)