

OME-Q PROTOCOL

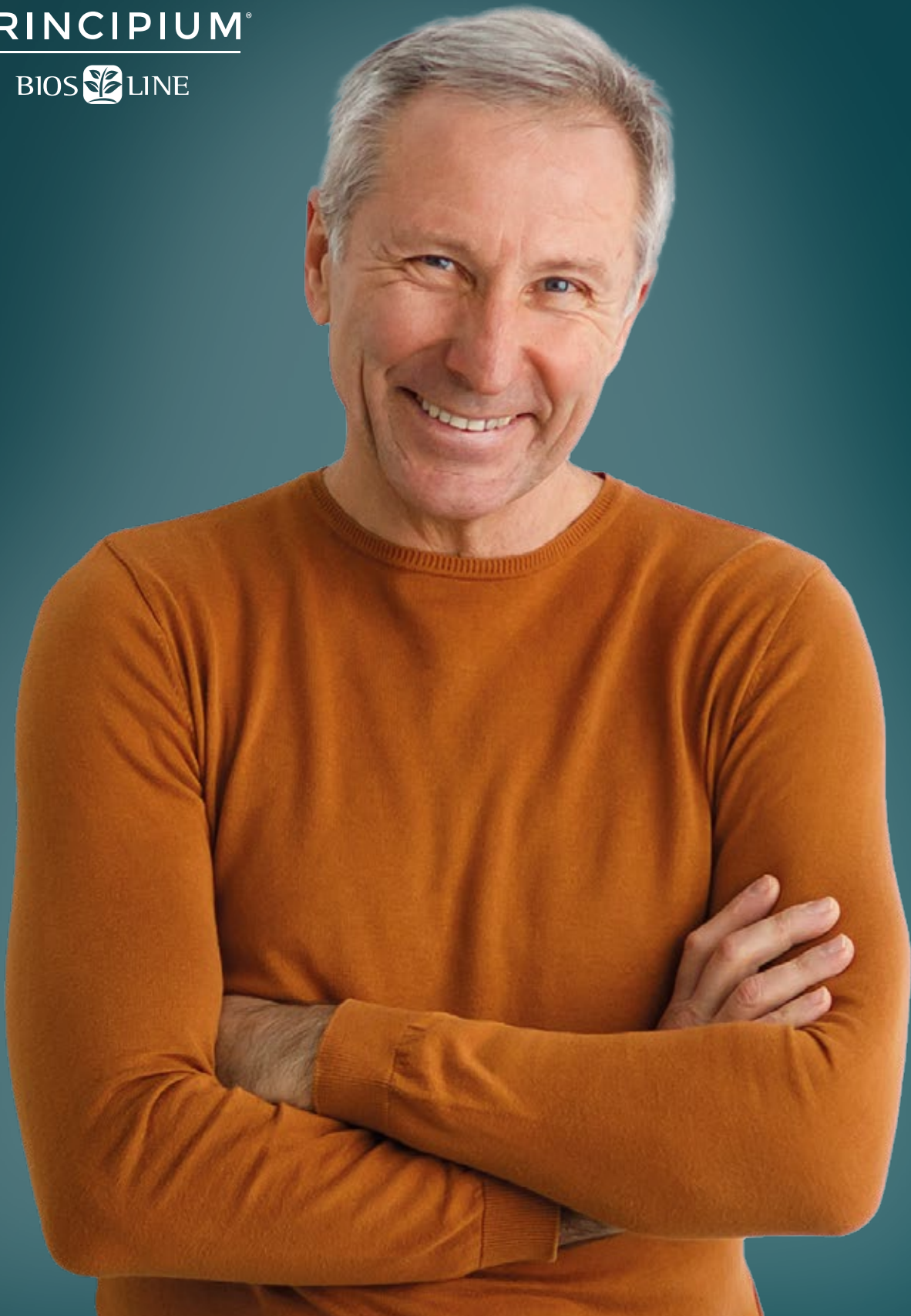
For heart health

Recommended for:

People who need to lower their blood triglyceride levels and/or are taking statins.

When is it recommended?

People who are overweight, drink excessively or have a high-fat diet may have blood triglyceride levels that are outside the normal range; this situation may also occur in people with hypercholesterolemia. Statins therapy, used for those suffering from hypercholesterolemia, also involves reduced endogenous synthesis of Coenzyme Q10, which is essential for cellular energy metabolism and whose deficiency causes cramps and muscle fatigue.



Hyperlipidaemia is a widespread problem; this protocol offers help in controlling triglycerides and, for those who use statins, counteracting the muscle problems that often accompany this therapy.

YOUR DAILY PROTOCOL

We recommend repeating 3-month cycles as needed.

**Principium
EPA-3 Fish**



To combat excess triglycerides with mini-capsules containing a high concentration of Omega 3, with no aftertaste.

**2 capsules at lunch
+ 2 capsules at dinner**

**Principium
Q10 Max**



To supplement Coenzyme Q10 deficiency caused by statin therapy.

**When used in combination with statins:
2 capsules at lunch + 2 capsules at dinner**

When used in combination with supplements containing monacolin from fermented red rice: 1 capsule at lunch + 1 capsule at dinner

Visit our store locator on the **principiumlife.com** website, enter your city and find the store nearest you.

