



Cardiac Smoothie

This smoothie is helpful for the reversal of arterial wall damage associated with Cardiovascular and Kidney Diseases.

You can use this as a meal replacement if the protein content is at least 20-25gm. Any type of protein powder can be used, Whey protein is preferred unless there is a dairy sensitivity. This smoothie can be taken once or twice daily.

1 serving of Berries

1 tsp Tumeric

1Tbsp fresh ground golden flax seed

1Tbsp Chia seeds

3gm L-Carnitine (twice daily preferred)

5 gm D-Ribose (3-4 times daily preferred)

100mcg K2-MK7 or 1000mg of K2-MK4 daily

3gm Taurine (twice daily preferred)

2gm of Omega 3 twice daily – does not need to be in the smoothie, take by mouth.