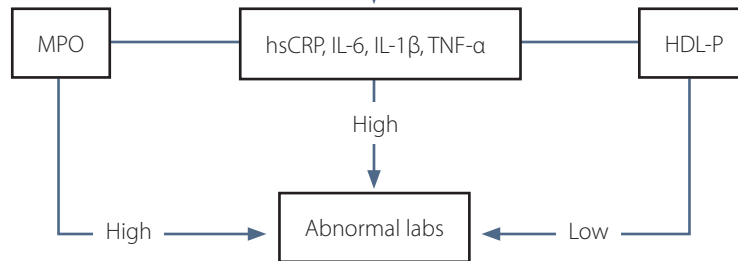


HDL Assessment by Mark Houston, MD

a companion to: HDL dysfunction protocol

HDL dysfunction concern (e.g. cardiovascular symptoms, autoimmunity, chronic inflammation, e.c.) and/or HDL-C abnormal (< 31 women/men; > 85 women; > 60 men)



Repeat HDL-P to confirm

Intervene to address HDL status and function

- Lifestyle factors:**
- Stop smoking
 - Exercise
 - Decrease body and visceral fat
 - Mediterranean diet

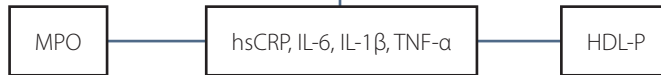
Add:
Targeted bioactives + additional support

Core bioactives

3 months

3 months

Follow-up lab assessment



Improvement?

Yes No

Yes, and dramatic improvements in body composition/fitness/function

Continue previous treatments and...

Repeat HDL-P to confirm

Disclaimer: For educational purposes only. For professional use only. This algorithm should not be relied on for diagnosis or treatment.