

Health **Improvement** Plan

A personalized roadmap to guide you in your path to optimal health.



Prepared for

Male Sample

59 year old male born Nov 1, 1966



Requested by

Courtney Johnson

The Mangrove Regenerative Health



Treatment Date

Jun 24, 2026

Powered By

OptimalDX

What's Inside?

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Courtney Johnson's Notes Report

This report highlights the notes made about the Health Improvement Plan.

REPORT

I've created this Health Improvement Plan to outline the key steps that will support your overall health goals. This plan includes a set of product recommendations along with clear instructions on how to use them.

In addition to the listed products, I encourage you to view this plan as a broader roadmap. Consistency and follow-through will be important, and your feedback will help us refine and adjust the plan as needed.

Please review the recommendations carefully, follow the instructions provided, and reach out if anything is unclear. Your active participation is crucial to this process, and I'm here to support you throughout.

Please note that zinc is best taken with a meal as you might feel nauseous if you take it on an empty stomach.

I also recommend drinking plenty of water throughout the day.

Supplements

Embarking on a unique journey to optimal health requires a tailored approach. This report outlines the specific nutritional supplements your practitioner has chosen for you, aiming to restore and maintain balance within your body's systems.

Through precise supplementation, we seek to address any deficiencies and enhance your overall well-being. These selections are crafted based on your individual health needs, ensuring you receive the best support on your path to wellness.



Digestzymes™

Designs For Health

Dosage and Directions

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

DIGESTIVE SUPPORT



Lipid-Sirt®

Biotics Research

Dosage and Directions

Four (4) capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.

LIPID SUPPORT

Details

Lipid-Sirt® supplies specific nutrients which have been shown to modify the production of cholesterol in the liver by reacting with hepatic enzymes, support cholesterol excretion via the bile, manage cholesterol uptake from the intestine, and support levels of HDL.*



Mag Glycinate

Metagenics

Dosage and Directions

Take one tablet three times daily or as directed by your healthcare practitioner.

MAGNESIUM SUPPORT

Details

Mag Glycinate features a revolutionary magnesium amino acid chelate designed to enhance absorption and intestinal tolerance. Magnesium is an essential mineral that acts as a cofactor in many metabolic processes. Magnesium also supports muscle relaxation and nervous system health.*



TestoPlex Plus™ 60 Capsules

Xymogen

Dosage and Directions

Daily: take 1

TESTOSTERONE SUPPORT

Details

TestoPlex Plus™ is a powerful vitality support formula for men and women that combines the patented and extensively studied adaptogens LJ100® Eurycoma longifolia, also known as longjack and tongkat ali, and PrimaVie® shilajit. This formula supports healthy testosterone and sex hormone-binding globulin (SHBG) levels, libido, performance, endurance, physical strength, and cognition.*



Ultimate Antiox Full Spectrum

Designs For Health

Dosage and Directions

Take 3 capsules per day with meals or as directed by your health-care practitioner.

ANTIOXIDANT SUPPORT



Ultra B12-Folate

Designs For Health

Dosage and Directions

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

VITAMIN B12 SUPPORT



Zinc Chelate

Standard Process

Dosage and Directions

Take one tablet per day, or as directed.

ZINC SUPPORT

Details

Zinc Chelate, an excellent source of zinc, is used for support of healthy immune system response function and skin health.*

Product Summary

To assist you in maintaining consistency with your wellness journey, we've created a concise supplement plan. This streamlined list includes the specific supplements you should take, along with their dosage and timing.

Designed for convenience, you can easily print this reminder to keep on hand. By adhering to this schedule, you'll ensure you're receiving the optimal benefits from each supplement, supporting your path to optimal health.

PRODUCT	DOSAGE
 Digestzymes™ Designs For Health	Take 1 capsule per day with a meal or as directed by your health-care practitioner.
 Lipid-Sirt® Biotics Research	Four (4) capsules two (2) times each day as a dietary supplement or as otherwise directed by a healthcare professional.
 Mag Glycinate Metagenics	Take one tablet three times daily or as directed by your healthcare practitioner.
 TestoPlex Plus™ 60 Capsules Xymogen	Daily: take 1
 Ultimate Antiox Full Spectrum Designs For Health	Take 3 capsules per day with meals or as directed by your health-care practitioner.
 Ultra B12-Folate Designs For Health	Take 1 capsule per day with a meal or as directed by your health-care practitioner.
 Zinc Chelate Standard Process	Take one tablet per day, or as directed.

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Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Report in regards to your symptoms or medical condition. Always consult your physician before beginning a new treatment, diet, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call for emergency medical assistance or your doctor immediately.