



Vessel Health Protocol

1. **Buffered Vitamin C with Bioflavonoids 1000mg by Metabolic Maintenance:** 2000mg
2x/day
Find on [iherb.com](https://www.iherb.com)
2. **Rutin 450mg by NOW Foods:** 1-2 pills per day with Vitamin C
Find on [iherb.com](https://www.iherb.com)
3. **SerraGold by Enzymedica:** 2 pills on empty stomach first thing in the morning
Find on [iherb.com](https://www.iherb.com)