



ASPEN **INTEGRATIVE**  
MEDICINE

## Vessel Health Protocol

- 1. Buffered Vitamin C with Bioflavonoids 1000mg by Metabolic Maintenance:** 2000mg  
2x/day  
Find on Amazon
- 2. Rutin 450mg by NOW Foods:** 1-2pills per day with Vitamin C  
Find on iherb.com
- 3. SerraGold, High Potency Serrapeptase by Enzymedica:** 2 pills on empty stomach first  
thing in the morning  
Find on iherb.com