

Heart Health



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

Omega-3 Rejuvenate

Take 2 daily. Support for heart & cardiovascular health.

Turiva

Take 2 capsules daily. Anti-inflammatory and anti-cancer effects. It also enhances brain recovery after injury and may have direct anti-viral activity.

CoQnol 200

Take 2 capsules daily. Supports cardiovascular, nervous system, and immune health.

Vitamin D Supreme

Take 1 daily. Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation (especially during the winter months).

Arterosil HP

Take 1 capsule twice a day (2 in total). Promotes a healthy heart, strengthening and maintaining the artery wall's protective barrier while supporting normal circulation and nitric oxide production.

HTB Rejuvenate

Take 2 daily. Supplies phytonutrients (found in fruits), health-promoting effects on immunity, metabolism, and cellular rejuvenation, and has a wide range of benefits including decreasing viral growth.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.