

E. JOHN R. SAMUEL, M.D., P.A.

Cardiology

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Board Certified in Cardiovascular Diseases . Board Certified in Internal Medicine

Heart Healthy Coronary Cocktail

(Use only after discussing with your physician)

Take the following QD (once daily):

- **Aspirin 162 mg**
- **Vitamin C 500mg. chew.**
- **Folic Acid 800ug (Homocysteine Reducer)**
- **Multivitamin (without iron)**
- **Grapeseed Extract 50mg.**

OPTIONAL:

- **Vitamin D3 2,000 units (twice a day)**
- **Omega 3**
- **Co-Q-10, 50-100 mg. daily**