

Brain CARE

Concussion ♦ Assessment ♦ Recovery ♦ Education

The Omega Protocol

You should have purchased two 120-count bottles of Nordic Naturals ProOmega®2000-D

- This omega-3 fish oil is molecularly distilled, pharmaceutical grade, triglyceride form (not ethyl esters), and meets European Pharmacopeia standards. It exceeds all safety standards.
- *These highest quality, concentrated softgels contain 1000mg EPA+DHA combined per softgel.*
- Begin taking your omega-3 softgels as soon as possible. Sometimes this is immediate, sometimes it may be weeks, months, or even years later. The process is the same.

PHASE 1: LOADING DOSE (FIRST BOTTLE)

- **TAKE THREE (3) SOFTGELS THREE (3) TIMES A DAY (Breakfast-Lunch-Dinner or Morning-Afternoon-Night).**
- ***THIS IS A TOTAL OF NINE [9] SOFTGELS PER DAY and WILL LAST YOU JUST OVER 13 DAYS PER BOTTLE.***

PHASE 2: TAPER DOWN OR CONTINUE AT THE HIGHER DOSE (SECOND BOTTLE)

- If you are significantly improved at the end of the first bottle, you should decrease the daily amount of fish oil consumed starting with the second bottle.
- Some people choose to continue to take nine softgels a day for the second bottle.
- Others like to decrease to six softgels for a while (three in the morning and three later in the day).
- Some feel so good, they go to three softgels in the morning, the recommended maintenance dose.
- You have to find the right amount for you.

IMPORTANT NOTE:

If you are not yet back to where you think you should be, strongly consider staying at Phase 1 for a longer period until you achieve the results you believe you should achieve.

PHASE 3: CONTINUE A MAINTENANCE DOSE TO MAINTAIN OPTIMAL BRAIN HEALTH

- **CONTINUE TO TAKE THREE SOFTGELS EVERY DAY ONGOING.**
- **Purchase more omega-3 supplements at <https://fullscript.com>**

The journey to regain brain health is often long and convoluted. I look forward to walking the labyrinth with you to achieve the optimal brain health deserved. For a paid consultation, you can contact me through www.braincare.center.

To your health,



Michael Lewis, MD, MPH, MBA, FACPM, FACN
Colonel (Retired), U.S. Army

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. The FDA classifies omega-3 fatty acids (EPA+DHA) as up to 3 grams as "Generally Recognized As Safe" (GRAS). The use of this protocol is voluntary by the user and does not constitute a doctor-patient relationship. It does not imply, explicitly or implicitly, any knowledge of your condition. When using higher amounts of omega-3s, it is important to do so under the supervision of a healthcare provider.

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