

# Dyslipidemia Treatment Matrix

Presentation	Diet	Supplements
<b>High LDL-P / Lp(a)-P</b> without <b>inflammation</b>	Mediterranean Paleo	Tocotrienols, pantethine, RYR, fiber, probiotics; niacin & L-carnitine (Lp(a)-P)
<b>High LDL-P / Lp(a)-P</b> with <b>inflammation</b>	Mediterranean Paleo	Tocotrienols, pantethine, RYR, fiber, probiotics, CoQ10, curcumin, glutathione; niacin & L-carnitine (Lp(a)-P)
<b>High LDL-P / Lp(a)-P</b> with <b>metabolic syndrome</b>	Low-carb Paleo	Tocotrienols, pantethine, RYR, fiber, probiotics, CoQ10, curcumin, glutathione; niacin & L-carnitine (Lp(a)-P)
<b>Normal LDL-P / Lp(a)-P</b> with <b>inflammation</b>	Paleo	CoQ10, curcumin, glutathione