
I am updating my High-dose Vitamin D summary table - any update from 2019?

Gahren (Support) <info@ahnphealth.com>
Reply-To: Support <info@ahnphealth.com>
To: Henry Lahore <hlahore@gmail.com>

Tue, Nov 16, 2021 at 12:30 PM

##- Please type your reply above this line -##

Your request (55438) has been updated. To add additional comments, reply to this email.



Gahren (Apollo Health)

Nov 16, 2021, 12:30 PM PST

Dear Henry,

Thank you for your inquiry and we apologize for the delay in response!

We at Apollo Health are administrative representatives and are unfortunately not qualified to address specific health concerns or advise regarding supplement intakes.

Our global network of trained practitioners are well versed in the protocol and can advise on your health concerns, run and interpret ReCODE Reports, make supplement recommendations and advise on dosage, help guide you through the protocol, and more.

Please review our introduction email below, **in full**, which will provide you with more information about our programs, costs, how to search for or request more information and pricing on trained practitioners near you, how to obtain contact information of trained practitioners, how to get started, and more. If you have any questions, please let us know or give us a call at (800) 450-0805 to speak directly with a representative.

Thank you!

Apollo Health provides potential hope for Alzheimer's. Thirty-plus years of medical research has put Dr. Dale Bredesen, the Chief Science Officer of Apollo Health, at the forefront of research into Alzheimer's disease prevention and memory-loss reversal. His research teams have made discoveries that changed our understanding of the fundamental nature of Alzheimer's disease leading to revolutionary treatments.

Dr. Bredesen’s groundbreaking approach that may help prevent and reverse cognitive decline, the [Bredesen Protocol](#), is a comprehensive and personalized program to improve cognition. It is designed to reverse the effects of subjective or mild cognitive impairment and early Alzheimer’s disease. Dr. Bredesen has identified 36 metabolic factors (micronutrients, hormone levels, genetic, sleep, etc.) that can trigger “downsizing” in the brain.

Apollo Health is building the first-ever brain health community around the prevention and reversal of cognitive decline; enabling patients and their caregivers to build their own care team consisting of the participant, practitioner, coach, and nutritionist with the tools and resources they need for success. Our solutions (the ReCODE and PreCODE programs) are designed to fit anyone, whether you’re already showing symptoms or merely hoping to prevent them.

The Bredesen Protocol is at the heart of Apollo Health’s two solutions:

1. ReCODE – an annual membership program that uses the ReCODE Report to identify the six subtypes and sources of your cognitive decline, which is the starting point to reverse the symptoms of Alzheimer’s Disease, MCI, and SCI. *ReCODE lab panels purchased through Apollo Health are only available to U.S. residents. If you reside outside of the U.S. ReCODE labs must be obtain through your trained practitioner.*
2. PreCODE – a monthly subscription plan, is an online community and information service for anyone interested in the prevention of cognitive decline and brain health optimization through the PreCODE program. PreCODE is intended for individuals who are asymptomatic and have a familial history of cognitive decline. **It is not intended as a replacement for ReCODE**, due to the protocol and requirements needed to reverse symptoms in those currently experiencing cognitive decline. *PreCODE lab panels purchased through Apollo Health are only available to U.S. residents. If you reside outside of the U.S., PreCODE labs must be obtained through your trained ReCODE practitioner.*

ReCODE Program Details

ReCODE, a monthly subscription plan (12 payments required), is designed for individuals who require more resources to combat cognitive decline. With our ReCODE practitioners, we can provide better and more precise outcomes of care.

The ReCODE Report is a highly individualized evaluation of your cognitive health — an

assessment based on lab results analyzed by a software program created by Dr. Dale Bredesen and his team at Apollo Health. The ReCODE Report includes information on an individual's Alzheimer's subtype, supplemental information from Dr. Bredesen's research, nutritional instruction, hormonal support, and more.

ReCODE, a subscription membership program billed monthly costs \$75 per month plus the cost of an initial mobile blood draw**, and genome test for \$945 for all but the following states: Rhode Island, New York, Pennsylvania, California, Alaska, Hawaii, or Maryland. Individuals residing in the seven states can purchase a scheduled walk-in blood draw, and test for \$780 or have a trained practitioner order the tests. Those who wish to pay for the year in advance can do so at a discounted rate of \$810 for the subscription price, \$1755 for a mobile lab draw, and \$1590 for an in-person lab test at a [Quest Diagnostics](#) facility.

In an effort to bring you the lowest possible pricing on the ReCODE blood panel, we have extended our lab costs to you — Apollo Health does not make a profit from the labs. This program requires a one-year commitment (12 payments and supports ongoing preventative treatments, which may take three months to a year to show initial reversal or improvement.

** ReCODE lab panels purchased through Apollo Health are only available to U.S. residents.

ReCODE Program Features:

- ReCODE Report with Personalized Nutrition
- ReCODE Supplement Recommendations
- Practitioner Locator Tool and Direct Integration with a Practitioner Account
- Curated Guides
- ReCODE Mobile App
- Complimentary BrainHQ
- Monthly Town Halls
- Forums
- Monthly CNS Vital Signs Assessments to your progress over time

Why ReCODE?

- Join a community dedicated to your health and wellness.
- The Practitioner Locator Tool provides ReCODE participants with full access to a network of ReCODE coaches, physicians, and nutritionists who can provide

guidance while practicing the Bredesen Protocol.

- Identify the specific subtypes and source of your cognitive decline, and check for the ApoE4 gene type (genome test).
- Recommendations on supplements based on your subtype(s) of cognitive decline found in the ReCODE Report.
- The ReCODE Mobile App provides subscribers with a convenient way to access all of the available resources for the program, such as nutritional and lifestyle guides, forums where you can post and read messages from other community members, view your data and progress, access cognitive testing, and a complimentary BrainHQ account for brain training exercises.

Program	Subscription Price	With Labs (Mobile Draw) *	With Labs (Quest) *
ReCODE Annual Membership (Billed Monthly)	\$75 Monthly	\$75 Monthly + One-time Payment of \$945	\$75 Monthly + One-time Payment of \$780
ReCODE Discounted Annual Membership (Billed Annually)	\$810	\$1755	\$1590

***The glutathione test is temporarily unavailable, so this will be omitted from the walk-in lab draws made by Quest and the mobile blood draws at this time. Because of this, we are offering a \$75 discount on the price of the labs.**

Please note that you may need additional tests recommended and performed by a physician, and that could lead to additional costs.

The ReCODE Test Panel List can be found [here](#).

* Due to regulatory restrictions, a mobile blood draw option is not available in the following seven states: Rhode Island, New York, Pennsylvania, California, Alaska, Hawaii, or Maryland. Individuals from these states will need to purchase and schedule a walk-in blood draw from [Quest Diagnostics](#).

PreCODE Program Details

Please Note: PreCODE is only intended for individuals who are asymptomatic and have a familial history of cognitive decline. It is not intended as a replacement for ReCODE, due to the protocol and requirements needed to reverse symptoms in those currently experiencing cognitive decline.

Currently, the capability to purchase PreCODE, with labs, is only available in the U.S.. However, if you reside outside of the U.S., you may enroll in the PreCODE Program or ReCODE Program (described above) and work with one of our ReCODE practitioners to order the labs (not through Apollo Health) and generate your PreCODE Report (for PreCODE participants) or ReCODE Report (for ReCODE participants).

PreCODE is designed to support your brain health optimization journey and prevent cognitive decline. The personalized treatment recommendations from the protocol consist of metabolic and lifestyle changes requiring long-term interventions to show improvement. These changes need to be continued on to maintain an effective reversal and prevention of cognitive decline.

PreCODE, a subscription membership program billed monthly costs \$39.95 USD per month. Those who wish to pay for the year in advance can do so at a discounted rate of \$449.99 for the subscription price.

PreCODE program features:

- Practitioner Locator Tool to build your prevention team.
- A PreCODE Report, generated through Apollo Health's lab partner or a trained ReCODE Practitioner (The option to purchase labs through Apollo Health is only available to U.S. residents and is not included in the cost of the program.)
- Custom curated content & Guides.
- Complimentary [BrainHQ](#) account for brain stimulation workouts.
- Online support forums.
- Nutrition summary – Apollo Health's KetoFLEX 12/3 diet.
- iPhone, Apple Watch, and iPad apps.
- Quarterly Town Hall videos.
- Monthly Cq Assessments to track your progress over time

Why PreCODE?

- The PreCODE Report provides you with a personalized set of information that identifies your specific contributors to cognitive decline.
- The Practitioner Locator tool provides PreCODE subscribers with full access to a network of Bredesen–certified coaches, physicians, and nutritionists who can provide guidance as you embrace brain health optimization.
- The ReCODE Mobile App provides PreCODE subscribers a convenient way to access all of the available resources for the program, such as nutritional and lifestyle guides, forums where you can post and read messages from other community members, view your data and progress, and access cognitive testing.
- Complimentary BrainHQ account for brain–training exercises.

Program	Subscription Price	With Labs (Mobile Draw) *	With Labs (Quest) *
PreCODE Annual Membership (Billed Monthly)	\$39.95 Monthly	\$39.95 Monthly + One-time Payment of \$420	\$39.95 Monthly + One-time Payment of \$259
PreCODE Discounted Annual Membership (Billed Annually)	\$449.99	\$869.99	\$708.99

The PreCODE Test Panel List can be found [here](#). Please note that option to purchase the labs directly through Apollo Health are only available to U.S. residents. For international participants, please contact a ReCODE Practitioner to order the labs for you and generate your PreCODE Report.

* Due to regulatory restrictions, a mobile blood draw option is not available in the following seven states: Rhode Island, New York, Pennsylvania, California, Alaska, Hawaii, or Maryland. Individuals from these states will need to purchase and schedule a walk-in blood draw from [Quest Diagnostics](#).

Which Program is Right for me?

Are you wondering which Apollo Health solution is best for you? The chart below lists the benefits of each.

Product Comparison

PRE·CODE RE·CODE

PreCODE or ReCODE Report†

Sample PreCODE & ReCODE Report



Personalized Instructions



Multiple Biomarkers Analyzed

66+ Markers

112+ Markers

Nutrition and Lifestyle Guidelines



Personalized Nutrition Plan

Coming Soon

Subtypes Identified

Key contributors to cognition



Laboratory Testing††

Not included with subscriptions

\$420

\$945

Practitioner Locator Tool



Integration with Practitioner Account



Personalized Supplement Recommendations



Comprehensive Personalized Supplement Recommendations



Q & A Opportunities with Dr. Bredesen

Quarterly

Monthly

Town Hall Videos

Quarterly

Monthly

Community Forums



ReCODE Mobile App



Cognitive Assessments

MoCA



Advanced Cognitive Assessments

AQ-21 & CNS Vital Signs



BrainHQ Brain Training



Library of Written & Video Instructions



KetoFLEX 12/3 Recipes



Annual Membership**

Billed monthly

\$39.95

\$75

Annual Membership**

Billed annually

\$449.99

\$810

Enroll Now

Enroll Now

*Due to regulatory restrictions, Individuals from these states (Rhode Island, New York, Pennsylvania, California, Alaska, Hawaii, or Maryland) will be provided the option to purchase a walk-in lab draw through Quest Diagnostics as part of your PreCODE or ReCODE labs. These need to be ordered through your PreCODE or ReCODE subscription for automatic data analysis. Walk-in lab draws for PreCODE labs cost \$259 and ReCODE labs cost \$780. Scheduling instructions will be provided once your order has been generated. (This walk-in option is not available to those in other states.)

#Follow-up testing is recommended approximately every six months to track progress under the ReCODE program.

**The personalized treatment recommendations for our programs consist of lifestyle changes to improve metabolic and other biomarkers that require a long-term intervention to show improvement. It's important to make at least a one-year commitment for the best outcome.

If you have questions about LifeSeasons supplements, please contact:

LifeSeasons ReCODE Customer Support

Phone: (833) 393-8500

recodesupport@lifeseasons.com

PRACTITIONER LOCATIONS

All ReCODE practitioners listed below are currently accepting new participants.

We do not have an open referral system, which means we cannot share practitioner names and contact information without an active ReCODE or PreCODE account.

Please click on the link below to locate practitioners near you using our practitioner locator tool.

If you'd like practitioner pricing for any of the locations you find, please let us know **which specific ones** and we'll request this information on your behalf.

<https://www.apollohealthco.com/practitioner-locator/>

* = Telemedicine Practitioners

PRACTITIONER TYPES

MD= Medical Doctor

DO= Doctor of Osteopathic Medicine

NMD, ND= Naturopathic Medicine Doctor, Naturopathic Doctor

DC= Doctor of Chiropractic

DOM, OMD, DAOM= Doctor of Oriental Medicine, Oriental Medicine Doctor, Doctor of Acupuncture and Oriental Medicine

PA, PA-C= Physician Assistant, Physician Assistant-Certified
NP, DNP, FNP, FNP-BC, ARNP, CRNP= Nurse Practitioner, Doctor of Nurse Practitioner, Family Nurse Practitioner, Family Nurse Practitioner-Board Certified, Advanced Registered Nurse Practitioner, Certified Registered Nurse Practitioner
RN, APRN= Registered Nurse, Advanced Practitioner Registered Nurse
RDN= Registered Dietitian Nutritionist
CCN= Certified Clinical Nutritionist
NTP= Nutritional Therapy Practitioner
DPT= Doctor of Physical Therapy
FMCHC= Functional Medicine Certified Health Coach
NBC-HWC= National Board Certified Health & Wellness Coach

Practitioner Training:

If you have a physician (medical degree) to whom you'd like to recommend practitioner training, we now offer a live-stream option that requires no travel. Please ask your physician to contact us at training@ahnphhealth.com for details.

How to sign up for the ReCODE or PreCODE monthly program and start the Bredesen Protocol:

1. Visit app.apollohealthco.com/logins/new. Complete the registration page, *noting the password requirements and required information*. If the phone number you provide is mobile, check that box and a Verification Code will be sent to your phone as described in Step 2 below.
2. Once you click the **“Register”** button, you'll be directed to a Verification Code screen. If you designated “Mobile” for your phone type, a Verification Code will be sent by text (SMS) to your phone. OR, you can click “Send Email Instead” to receive the Verification Code by email.
3. **Enter the 6-character Verification Code** (that you received via text or email) into the box and click the “Validate” button.
4. **You'll then see a screen with two options.** For the “ReCODE” monthly program, click the “Select” button for that option or for the “PreCODE” monthly program, click the “Select” button for that option.
5. On the next screen, you'll be guided through the **payment process**. *On the next screen, you'll be guided through the payment process. Apollo Health does not offer ReCODE or PreCODE account cancellations for the monthly program until the 12-payment commitment is met. Please consider your commitment carefully.*
6. Once logged in to your ReCODE or PreCODE account, click “Find a Practitioner or Coach” and search for ReCODE practitioners and Coaches located near you. If

you would like practitioner locations before subscribing, please email info@ahnphhealth.com and let us know your CITY and STATE/COUNTRY. *Please expect a response within four to five business days, due to the high volume of inquiry.*

7. **Before clicking “Select Practitioner” or “Select Coach,”** *first call and make an appointment with the practitioner or Coach to discuss their fees*—as health insurance only covers about 7 minutes of a physician’s time, and your new practitioner will need approximately one to two hours for the first appointment. Each practitioner and Coach has a different set of fees.
8. After your first appointment is scheduled, please click the **“Select Practitioner”** or **“Select Coach”** button located below the map to give your new RECODE practitioner access to medical information support with Dr. Bredesen—and the ability to generate ReCODE Reports or PreCODE Reports for you.
9. We recommend reading through the **Nutrition Guidelines**. Please check with your physician before changing your diet, especially if you’re on any medications.
10. As a ReCODE or PreCODE participant, you are automatically signed up for a complimentary BrainHQ account. To access your BrainHQ benefits, please follow the steps below:
 - Login to your ReCODE or PreCODE account at app.apollohealthco.com/logins/new.
 - Click the BrainHQ Exercise button on the home page.
 - Click the “Sign Up” button on the top or bottom of the page.
 - Complete the BrainHQ Sign Up Process.

FACEBOOK VIDEOS

- [The First Survivors of Alzheimer's](#)
- [How to Prevent Alzheimer's](#)
- [Making the Protocol Accessible](#)
- [Can You Age Backwards?](#)
- [The Bredesen Protocol: A Family Affair](#)
- [The Paradox of Alzheimer's and Fasting](#)

- [The Power of Ketosis](#)
- [Exercise](#)
- [The Wake-up Call About Sleep](#)
- [Brain Stimulation: How and Why it Works so Well](#)
- [Plasmalogens and Alzheimer's](#)
- [Hormones, Misconceptions, and Cognition](#)
- [Infections & Alzheimer's: Who Knew](#)
- [LDN \(Low Dose Naltrexone\) - Why It Works So Well](#)
- [Misconceptions About Alzheimer's and It's Treatment](#)
- [A Revolution in Brain Health and Assisted Living](#)
- [COVID-19 Surprises](#)
- [Special Considerations for ApoE4 Carriers](#)
- [Special Considerations for ApoE4 Carriers Part 2](#)
- [What does aducanumab mean for Alzheimer's?](#)
- [Alzheimer's trial provides most positive results to date](#)

Please visit our website at <https://www.apollohealthco.com> for more information on these programs and more!

If you have any other questions, please email customer support at info@ahnphealth.com or call (800) 450-0805 to speak directly with a representative. Thank you!

We look forward to hearing from you soon.

The Apollo Health Team

Disclaimer: The ReCODE program is a comprehensive, personalized program that may improve cognition and reverse the cognitive decline of Alzheimer's disease. The program is intended to provide ongoing preventative treatments and support for all participants; however, Apollo Health does not guarantee results as they may vary based on an individual's biomarkers, health history, and adherence to the program.

The ReCODE Report works best when it is administered by a team of professionals working together to ensure that users are getting all aspects of the program and the best care possible.

The ideal team would encompass a Physician (MD, DO or ND), a Nutritionist and/or a Health Coach. There are many aspects to the protocol and it is essential that they all be included for optimal success. We strongly urge you to seek the care of the whole team and if you need help we are here to offer guidance.

Although we train our practitioners extensively, we can't control how they choose to treat their participants. Apollo Health is not liable for the consequences of our practitioners not following the program and or using our recommendations for The Bredesen Protocol and products.

Apollo Health
(800) 450-0805
www.apollohealthco.com

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Henry Lahore

Nov 9, 2021, 8:38 AM PST

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