



Lipoprotein Particle Testing - Therapeutic Guidelines

| Lipoprotein Abnormality | Lifestyle Changes (diet & exercise) | Statins | Niacin | Fibrates | Oral Estrogens | Resins | Absorption Inhibitors | Omega-3's EPA & DHA | Alcohol (moderate) |
|-------------------------|-------------------------------------|---------|--------|----------|----------------|--------|-----------------------|---------------------|--------------------|
| VLDL (Triglycerides) | ♥ | ♥ | ♥♥ | ♥♥ | ✕ | ✕ | ♥ | ♥♥ | ■ |
| RLP (IDL) | ♥ | ♥ | ♥ | ♥ | ✕ | ✕ | ♥ | ♥♥** | ■ |
| LDL I & II Buoyant | ♥ | ♥♥ | ♥ | ♥ | ♥ | ♥ | ♥ | ♥** | ■ |
| LDL III - Dense | ♥ | ♥** | ♥♥ | ♥ | ♥♥ | ♥ | ♥ | ■ | ■ |
| LDL IV - or Lp(a) | ■ | ■ | ♥♥ | ■ | ♥ | ■ | ■ | ■ | ■ |
| HDL 2b - Buoyant | ♥♥ | ♥ | ♥ | ♥ | ♥ | ■ | ■ | ■ | ♥ |
| HDL 2a & 3 | ♥ | ♥ | ♥♥ | ♥ | ♥ | ■ | ■ | ■ | ♥ |

♥♥ Therapeutic ♥ Beneficial ■ Little or No Effect ✕ Negative Effect

*These guidelines provide some of the treatment options available to modify abnormal lipoprotein results determined by the LPP™ test.

**SpectraCell Laboratories observed response to treatment.

The National Cholesterol Education Program (NCEP) guidelines provide dosage information on the treatment options.

REFERENCES AVAILABLE ON REVERSE

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References

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