

# Prescription

ID: 653414/03/2023



ReMed Natural Medicine  
Clinic

ABN: 74 143 728 107

Patient Details:

Pattie Jeffers

Client Note

Activated B6 to help with mood

Supplement	Breakfast			Lunch			Dinner			Bedtime
	Dose			Dose			Dose			
	Before	During	After	Before	During	After	Before	During	After	
METAGENICS GLUTAGENICS LEMON LIME 230 G		2 scoop						2 scoop		
ORTHOPLEX WHITE GIT IMMUNOBIOTIC POWDER 150G		1 tsp								
NO GST Orthoplex MultiGen Biotic 60C		1 capsule								
BIOMEDICA BIOACTIVATED B 60C		1 capsule								

Additional Information

Dietary Advice

Avoid ALL sugar, including honey  
Start on bone broth again

Lifestyle Advice

Walking on strand every second day for half a lap, or daily if you feel you can.

Practitioner

Vera Dahlstrom

Next Appointment

When test results are back - will call