



**Date:** 20/2/2024

**Name:** Gwendolyn Atchinson

**Prescription:**

Butyrate	As directed
Orthoplex iron	1 capsule Monday, Wednesday & Friday in AM avoid with black/green tea, coffee
RN Labs NAC	1 scoop daily
Interclinical Molyzinc	1 tablet after dinner
Interclinical Digestive Zyme	1 capsule 15 minutes before meals
RN Labs Bio-active B complete	1 capsule after breakfast

**Other:**

- Increase time in the sun, daily 30 minute walks
- Increase water intake, add some celtic sea salt to your water
- Include more tahini and parsley in your diet
- St Marys thistle tea daily
- Reassess nutrients once ceasing breastfeeding - to look at L-theanine, Glycine, higher dose of NAC
- Look at menstrual symptoms once ceasing breastfeeding
- Reassess blood work in 3 months time