



REVISED AS AT 16 APRIL

Supplement Recommendations following appointment on 25 March

1. BioMedica VegeNAC (same)

Dose - Take 2 @ breakfast & 2 @ dinner.

2. Metagenics P-Lift (same)

Dose - Take 1 @ breakfast

OR - Don't take both of these at the same time

2. MediHerb Chaste Tree (new)

This replaces P-Lift this month as our supplier is out of stock. Chaste Tree is the main ingredient in P-Lift for your needs.

Dose - Take 2 @ breakfast & 2 @ dinner

3. Metagenics Adaptan (same)

Dose - Take 2 @ breakfast & 2 @ lunch/when you get home from work (but with something to eat)

4. Metagenics Silymarin IC (same)

Dose - Take 1 @ breakfast & 1 @ bedtime.

5. Orthoplex White Mito Pro (Same)

Dose: 1 rounded scoop (8g) once daily in 250 mL water; consume immediately at breakfast.

Reminder this will replace the BioCeuticals Mega B, I prescribed last time and your original magnesium supplement.

7. MTHFR Folate B 400mcg Drops (new)

Dose: 1 drop once daily at breakfast.

This is just an extra boost of folate as Mito Pro doesn't have quite enough for your current needs.

See you again for your treatment plan review at 12pm on Wednesday, 1 May. Don't forget to send through your new blood tests before this appointment.

If you have any questions regarding your treatment plan, please email me at
wellness@janayakarlocinaturopath.com.au.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.