



Patient Prescription

Name	Oscar Scott.
Date	28/2/20.
Next Appointment	tbc. 19/3/20 @ 10am
Recommended investigations	n/a.

Dietary & lifestyle recommendations:

1. ↓ Dairy - try Nakula Almond/Coconut
2. Blueberries, roasted veggies - any kind.
3. Try other grain - rice, quinoa } Protein
Brown Rice }
Pro-Biotic
4. Silken TOFU in smoothie.
5. PB Co. Banana Bread / carrot cake /
choc. chip.
Sausage roll

Supplements B=Before, D=During, A= After	Breakfast	Lunch	Dinner	Bed
Orthoplex Pure				
Children's Essential				
Biocenticals Baby				
Probiotic				
Pro 4-SU				
Zinc 25mg.				

Will email supplements + link to vitality