

Your Treatment Plan: Follow-up Consultation

For: Mackenzy Burnett

Date: 20/09/24

29 weeks pregnant (EDD 04/12/24)

Summary of key issues discussed in consult

1. Review of recent blood test results:

a) Haemoglobin 121, Ferritin 12

Bring in an iron supplement to maintain/support. Test again 35-36 weeks and ask for Iron Studies, not just ferritin to access the other iron markers as these provide additional information around absorption and transport of iron. We definitely want to maintain this haemoglobin level above 115, and ferritin above 20 as much as possible. Beef liver powder or capsules provide good co-factors for iron utilisation in the body, can add into cooking.

b) High MCV 101

MCV (mean cell volume) is like the 'size tag' of your red blood cells. Macrocytic means they are larger than normal, this is often related to insufficient/low vitamin B12 (and folate). B12 is also needed to support healthy platelet count. Basic reference range is 80-98, whereas the optimal range is 88-95.

Try other strategies to remember to take your Vitamin B12 lozenges 2 x day - perhaps set an alarm on your phone? These are your best bet for increasing your B12 level. Adequate B12 is also needed to support healthy platelet count as you get closer to full term. Retest your Vitamin B12 and Vitamin D level 35-36 weeks.

2. Iron supplement:

Use **IronBiotic** - take 2 caps 1 x day, either in morning with breakfast OR last thing at night before bed. Separate dose away from calcium-rich foods (eg lots of dairy products) and black tea/coffee.

Whilst waiting for this to arrive, get any of the following from a health food store or good pharmacy and take 2 capsules/tablets 1 x day as mentioned above.

- Ethical Nutrients MEGA IRON
- Bioceuticals IRON SUSTAIN
- Herbs of Gold IRON MAX

Your prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
Pure Natal	Prenatal multivitamin & multimineral supp.	Take 1 capsule, 1 x day with a meal. <u>Keep in fridge</u>	Continue through pregnancy and postpartum.
Liposomal D3	Highly absorbed Vit D for thyroid, pregnancy and metabolic health.	Pump 1 spray on the inside of each cheek (total 2 sprays). Hold in mouth for 30 seconds before swallowing. Take on an empty stomach (before or in between meals). <u>Keep in fridge</u>	Until retest at 35-36 wks.
Sublingual Hydroxy-B12	Highly absorbable Vit B12 supplement.	Dissolve 1 lozenge in mouth, 2 x day, before meals. Take before or between meals.	Until retest at 35-36 wks.
Liquid iodine	Additional iodine to support your thyroid health and baby's neurodevelopment.	Place <u>1 drop</u> into water, and take 1 x day.	Continue through pregnancy and postpartum.
DHA + Choline	Contains DHA fatty acid plus choline - specific for brain, eyes, nervous system development in baby. Also supports maternal brain health during pregnancy.	Take 1 capsule, 3 x day with meals. <u>Keep in fridge</u>	Continue through pregnancy.
Ultra Flora Mother +Baby	Specific probiotic strains to support mother and baby's gut microbiome immune system.	Take 1 capsule, 1 x day <u>Keep in fridge</u>	Continue through pregnancy.
Ultra Flora GI Regulate	Probiotic + prebiotic blend for bowel function.	Dissolve 2.5 teaspoons (5gm) in a cup of water 1 x day <u>Keep in fridge</u>	Continue through pregnancy.
Iron Biotic from <i>The Natal Naturopath</i>	Highly absorbed Iron supp with cofactors.	Take 2 capsules, 1 x day (either with breakfast or last thing at night before bed).	Continue through pregnancy.

Next time

Please send through your results from your next lot of blood tests - ask for **Iron Studies, Vitamin B12 and Vitamin D, and full blood count**. Mention you have issues with absorbing B12.

If you have trouble getting these all requested let me know and I can request for you.

Remember to do your test fasted first thing in the morning and stop taking these supplements - Pure Natal, Iron, Vitamin B12 and Vitamin D3 - for 3 days prior to blood draw.

If you have your Group B Strep swab done before your next appointment, make a note of the result for me.

Let's check in again with a Follow Up Consultation (30min), we'll discuss your recent results and chat about labour/birth prep support.

If you run out of any products before that time you can send me a request through at [Vital.ly](https://vital.ly).

If you have any questions about your Treatment Plan or your products, please get in touch.
