

Your Care Plan: Initial Consultation

For: Chloe Hines

Date: 24/02/2025

27 weeks pregnant

Summary of key issues discussed in consult

1. History of iron deficiency in this pregnancy

13/02/25 - Blood test results (cited 24/02/25)

Haemoglobin (Hb) 120 g/L
Ferritin 7 ug/L, Saturation 12%, TIBC 82 umol/L, serum iron 10 umol/L
RCC 3.9
MCV 93

Please see **Your Prescriptions** for recommended supplement regime to support/increase your ferritin levels and maintain/increase your haemoglobin.

2. Comprehensive blood testing

If you're to have more blood tests done next week, please ask that the following are included on the request form. This allows me to get a greater understanding of your nutritional needs and metabolic health during this pregnancy.

- Full blood examination & Iron Studies
- Vitamin B12 & Folate
- Vitamin D
- Full thyroid panel - TSH, T4, T3, Thyroid antibodies

Please ask for a copy of your results to be sent/emailed to you also. Then send copies through to me.

3. Pregnancy nutritional supplementation

I use an online dispensary service (NSW based) to prescribe through. I have added you to my 'clinic', so you should receive an email from vital.ly to create your account, then log in to view your prescriptions. Simply purchase through [vita.ly](https://vital.ly) and they are posted to you.

If you have any questions, please let me know.

Your Prescriptions:

| Product | Why I've prescribed it | Dosage instructions | How long to take it for |
|--|---|---|--|
| Pure Natal <i>3 months supply (90 caps)</i> | An excellent prenatal (multivitamin/mineral) supplement | Take 1 capsule, 1 x day with any meal. Try taking it half way through your meal. <u>Keep in fridge</u> | I typically continue this through to postpartum/breastfeeding. |
| Bio Heme | A very well absorbed iron supplement | Take 2 caps <u>every second night</u> before bed. You can take this at the same time as your beef liver/spleen caps. | Until next iron test |
| <i>(Your own)</i> Cell Squared Beef liver capsules | Beef liver + cofactors | Take 3 capsules with dinner, then 3 capsules before bed. | <u>Finish off the bottle</u> then move into Organic Beef Spleen & Liver capsules (below) |
| Cell Squared <u>Organic Beef Spleen & Liver capsules</u> (Not available on vital.ly) | Beef liver, spleen + cofactors for optimal absorption and utilisation of iron | Take 2-3 capsules with dinner, then 2-3 capsules before bed. | Until next iron test |