



Treatment Plan- Sarah Moffat (Follow up)

08/03/2025

The recommendations below are a continuation of the treatment plan we designed following your initial consultation and subsequent follow up appointment.

Continued Supplements/Herbal Treatment

Naturobest Preconception Multi for Women

Dosage: Take 2 capsules daily with food (preferably morning)

Magnesium Glycinate

Dosage: Take 2 capsules twice daily (preferably morning and night)

Herbal tincture (change in dose)

Dosage: Increase to 7.5 mls 2x per day after food (preferably lunch and night)

Other Continued Recommendations

- Continue monitoring your menstrual cycle
- Continue walks on the beach and gym sessions (perfect for physical and mental/emotional health)
- Continue making small improvements to your diet (in particular reducing processed foods high in sugar and fat)
- Make an appointment with psychologist once you receive details from your GP