

2.01.24

Treatment Plan for Kym Chilton

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal	5mls 5 x daily after food								
Mega Zinc 40mg + Vit C	½ tsp 2 x daily after food								
Do not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, consult your practitioner									

Herbal – Andrographis 40, Echinacea 40, Mullein 50, Licorice 30, thyme 30, Ginger 10