

Alma Schwarcz 4.11.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Bioenhanced methyl B			1						
Magnesium			1				1		
Heme Synergy + vitamin C			1						
Zinc picolinate			1				1		
Tyrosine + glutamine (2gm of each)	In juice					In juice			
Withania Complex			2				2		
Nevaton Forte			2				2		
S.Bifido biotic		1				1			
Vitamin D (every other day)			1						

Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner

Daily sun on face for min 10 mins before 10am

No gluten and dairy

Record diet, cycle and symptoms

Your Next Appointment: 2-3 weeks

Please give 24 hrs notice if you need to reschedule your appointment, to enable others the allocation of this time.