

Alycia Lang 14.10.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Gut RX (start after IM Repair)		1 scoop							
S.Bifido biotic		1							
Probiotic → Multiflora		1							
Multigest Enzymes		2		2		2			
Fish oil → Ethical nutrients Hi-strength fish oil		2				2			
Herbal → Inflammation intensive care		2				2			Extra if needed
Pain X		1 scoop							
Arthex (Long term)	1 scoop								
Iron sustain			1						
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

Strictly Gluten, dairy and soy FREE

Lemon in warm water first thing in morning (½ lemon) 1-2 tsp apple cider added

Phase out current turmeric, B12, magnesium until phase out (will look at streamlining these)

Iron test in 2-3 months

Trial protein, no grains or legumes for 5 days → watch for +/- changes in gut

Watch for reactions to MSG, monosodium glutamate, 620, 621, yeast extract, spice and herb extract, flavour enhancer

Your Next Appointment: telehealth consult in 4 weeks

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