

Andrew Simpson 4.01.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Gut RX		1 heaped scoop				1 heaped scoop			
S. Bifido biotic		1		1		1			
Ultrabiotic 500		½ tsp							
Estro-sense		1							
Herbal		7.5mls		7.5mls		7.5mls			
In 7 days time add									
G-Tox express		2 scoops				2 scoops			
Glutathione (hold in mouth)		2 sprays				2 sprays			
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

No alcohol, coffee, red meat, sugar, refined carbohydrates

Regular meals/snacks 4-6 daily

**Drink purified/alkaline 3 litres/days**

Your Next Appointment: 4 weeks

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