

Ann Knowles 31.03.21

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
S.Bifido biotic		1				1			
Probiotic		1							
Herbal		7mls		7mls		7mls			7mls
Mag tau Xcell		½ scoop		½ scoop					
Melatonin									1-2 chew

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

Gluten free

Eat 4-5 smaller meals always including protein (egg, avocado, cheese, nuts, seeds, lentils, beans vegan or whey proteins

Increase water to 1.5-2 litres per day

Good sleep hygiene → stay off technology at least 2 hours before bed,

GP → Full bloods, Iron studies, B12, folate, zinc

Record diet, symptoms and blood pressure

Your Next Appointment: 3 weeks



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