



Treatment Plan- Jenessa Mitrevski

29/07/2025

The following recommendations aim to address the main focus of our consultation today which was to review your current supplements, in particular iron given your recent blood test results.

Recommendations- Suggested Supplements:

Pure Natal (by Orthoplex)- continue taking this preconception formula which contains active forms of vitamin B6, vitamin B12 and folate along with other valuable vitamins and minerals.

Dosage: Take 1 capsule daily with food (at lunch).

Hemagenics Iron Advanced (by Metagenics to replace BioHeme)- containing a highly absorbable form of iron along with vitamin C & B vitamins to enhance absorption.

Dosage: 1 capsule every second day on an empty stomach (on waking). However, if preferred continue daily as per Dr Hope's recommendation.

Lipoic Acid (by Metagenics)- high strength Alpha Lipoic Acid which is a potent antioxidant and may assist to enhance ovarian function and egg quality.

Dosage: Take 1 tablet daily with food (at lunch)

VegeNAC (by Biomedica)- An important precursor to the antioxidant glutathione. Glutathione is essential for the immune system's proper functioning and is vital in building and repairing tissue. NAC has shown to have immunomodulating and anti-inflammatory effects.

Dosage: 1 capsule daily (away from food, once completed anti-histamines)

Zinc Citrate (by Orthoplex)- contains bioavailable zinc which is an essential nutrient involved in numerous processes related to fertility and pregnancy.

Dosage: Take 1 capsule daily with food (with dinner and away from iron).

Recommendations- Other

- Request further blood tests from GP (or IVF clinic) to understand current thyroid function (T4, T3 & antibodies) given recent high TSH result.

In addition, it would be worth including active B12, serum folate, serum copper, active vitamin D (was low in Dec 24), serum insulin

- Ask Gynaecologist (or Dr Hope) to review current bloods given high oestrogen, low progesterone and high LH to FSH ratio (not seen on previous Dec bloods). Do androgens or DHEA need to be tested too? Also, I'm presuming an iron infusion may be required prior to IUI if Ferritin hasn't increased.

- Continue incorporating self-care practices (e.g. massage), rest when possible and find time to enjoy regular activities just for you.

Other Considerations:

- It would be good to determine why you have chronically low iron (at present Ferritin). This may be something to discuss with your GP to rule out possible causes. This may include testing for both coeliac antibodies, identifying other gastrointestinal dysfunction, nutrient deficiencies or other possible causes. Happy to assist further with this if needed.
- Maintain a wholefood approach to eating and avoid processed foods to assist in maintaining energy levels. Include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds), oily fish where possible (e.g. sardines, salmon), protein and wholegrains (limit). Where possible choose organic or non- GMO options.

Good protein sources- eggs, handful of nuts/seeds, legumes such as lentils and chickpeas, lean meat, Greek yoghurt, fish/shellfish

Good healthy (unsaturated) fat sources- fatty fish (sardines, wild caught salmon), olives/olive oil, avocado, raw nuts (e.g. almonds, pistachios, cashews), seeds (e.g. pumpkin seeds, sunflower seeds, chia seeds, sesame seeds), tahini paste.

Future Considerations:

Monitor current zinc supplementation (included in prenatal and additional supplement) as not designed for long term use.