

Follow-up Consult - TREATMENT PLAN

For: Tash Bird

Date: 29/08/25

Summary of consult:

- Discussed progress/completion of **Gut Protocol - Stage 2**. Move onto Maintenance - Stage 3. See separate page for this.

- Discussed **blood test** results, noting the following:

Vitamin D - 66 (LOW) optimal is 125+ **to action**

Vitamin B12 - 355 (SUBOPTIMAL) optimal is 600+ **to action**

Ferritin - 32 (SUBOPTIMAL) optimal is 70-80 maintained. Haemoglobin stable at 139

Folate - 25 (SUBOPTIMAL) optimal is 35-40 **to action**

TSH - 7.23 (HIGH) optimal is 0.5-1.5

T4 - 15.0 (OK) optimal is 15-17

T3 - 5.3 (OK) optimal is 5.5-6

aTPOII (Anti-thyroid peroxidase) - 383.9 HIGH

aTGII (Thyroglobulin antibodies) - 310.6 HIGH

- Discussed that this flare in TSH and thyroid antibodies could be nutrient-related (eg. low Vitamin D, and not reaching therapeutic doses of various supps) - Will trial switching those prescribed at twice daily dosing to once daily dosing.
- Maintained positive shifts with menstrual loss and some relief premenstrually.
- Experiencing generalised fatigue lately. I have introduced activated Vitamin D and active B-complex.
See Prescription table. Your script has been created in Vital.ly
- Next consult (30min Follow-Up Consultation) in 3-4 months time after blood tests to include:
Full thyroid profile (TSH, T4, T3, Thyroid antibodies), Iron studies, Vit D, Vit B12, Folate, Fasting insulin, Fasting glucose, CRP

Please send though photo of your path request form first.

Your Prescriptions - energy, hormones, nervous system, thyroid, nutrient repletion

Product	Why I've prescribed it	Dosage instructions	How long to take it for
RAPID D	An active form of Vit D, raises levels 3x quicker than standard Vit D. Supports mood, energy, autoimmunity, thyroid health, hormones. Works with magnesium in body.	Take 1 x day with Meta Relax for 4 weeks. After 4 weeks, reduce to taking just 2 x week (e.g Tues & Thurs)	Until advised.
BIOENHANCED METHYL-B	Activated B-complex, with B12 and folate (both activated)	Take 1 x day, with breakfast OR lunch (with meal).	Until advised.
Meta Relax (new name for CalmX)	Magnesium, taurine, glutamine, plus B vitamins to support: a healthy stress response, hormones and mood balance.	Mix 2 scoops in water, <u>1 - 2 x day</u> . Have with/after lunch. You may esp like to have it 2x day in 1-2 weeks leading up to your period.	Until advised.
P-Balance (new name for ProgestaLift)	For hormone balance, specifically progesterone. Calms nervous system, relieves stress, supports mood.	Take <u>1 x day*</u> with meal. *Mindful of Vit B6 doses across a few supps.	Until advised.
NAC (N-Acetyl-Cysteine)	A precursor to the 'master antioxidant' glutathione, s supports mood, autoimmunity, gut, liver health, hormones and is anti-inflammatory.	Add <u>1 scoop</u> into MetaRelax, 1 x day (Total 1gm/day)	Until advised.
Selenium Drops	Essential for thyroid hormone production and reducing autoimmune response in body.	Mix <u>8 drops</u> into MetaRelax, 1 x day (Total 385ug/day)	Until advised.
Myo-inositol	For thyroid autoimmunity and cellular health.	Mix <u>4 level scoops</u> into MetaRelax 1 x day. (Total 4gm/day)	Until advised.
Iron Biotic From <u>Naternal Vitamins</u>	Bioavailable iron + cofactors to increase your ferritin levels to more of an optimal level. For energy, mental clarity, mood, thyroid health.	Take 1 cap every 2nd day (before bed). <i>Try leaving near toothbrush or in bathroom to help remind you.</i>	Until advised.