

CARE PLAN - Amended 17/9/25

For: Alana Dascanio

Date: 17/09/25

- Please note, the shaded areas of Prescription Table denote changes. Otherwise, all other prescriptions are the same.
- Script for P-Balance has been created at Rener Health for you.
- Note: once your **BioHeme** is finished, move onto **IronBiotic** ([purchase here](#))
The dosage/directions are the same as BioHeme.

Product	Why I've prescribed it	Dosage instructions	How long to take it
P-BALANCE	Blend of herbs & nutrients for preconception progesterone support	Take 1 capsule at breakfast	Preconception phase
SELENIUM DROPS*	To decrease thyroid antibodies, support thyroid hormone production and conversion, and modulate TSH levels.	Take 6 drops into water/ liquid, 2 x day Total 272ug daily	Preconception phase
MYO-INOSITOL*	Reduces thyroid antibodies and TSH levels.	Mix 2 level scoops into water/liquid 2 x day. Total 4gm daily	Preconception phase
IRON BIOTIC (Naternal Vitamins)	Bioavailable iron supp with co-factors	Take <u>1 capsule</u> before bed every 2nd night.	To review after next blood test