



Patient : **Jennifer Harsh**
Date of Birth : **Mar 30, 1983**
Provider : **Emily Sugars**

Record Id : **Jac2385**
Age / Gender : **37 / F**
Date of Visit : **Mar 09, 2021**

Supplements

Supplement	Directions	Details
Vital Nutrients Aller-C[Manufactured]	1 cap(s) Twice a day	
Innate Adrenal Response[Manufactured]	2 tab(s) Once a day With Breakfast	
Pure Encapsulations DIM Detox[Manufactured]	2 cap(s) Once a day With Meals	
L-Glutamine powder[Manufactured]	5 gram Twice a day	
Healthy Fiber PHGG[Manufactured]	0.25 teaspoon Once a day	Comment : Take with glutamine
Quicksilver Scientific Micellized Pure PC[Manufactured]	10 ml Twice a day Before Meals	Comment : on an empty stomach - finish up
Pure Encapsulations Digestive Enzymes Ultra with Betaine HCl[Manufactured]	2 cap(s) 3 times a day With Meals	Comment : replaces Enzymedica Digest Gold enzymes
Pure Encapsulation Folate 5000 plus[Manufactured]	1 cap(s) Once a day With Meals	
Solgar Advanced Multi-Billion Dophilus[Manufactured]	1 cap(s) Twice a day With Meals	Comment : Order here: https://au.iherb.com/pr/Solgar-Advanced-Multi-Billion-Dophilus-60-Vegetable-Capsules/14215 Continue for another 4 weeks

Instructions

Please make an appointment with Alexandra Middleton to move forward with management of hormonal health/endometriosis. You can make an appointment on her website here:
<https://www.alexandramiddleton.com.au/clinic/>

I have touched base with Alex and briefly mentioned my referral but will discuss your case with her in more detail once you have made an appointment.