

Name Thomas Date 24/8/18.**MEDICATION AND DOSAGE**

| SUPPLEMENT | BREAKFAST | | | LUNCH | | | DINNER | | | BEDTIME | AWAY FROM MEALS | |
|------------------------------|-----------|-------------------|-------|--------|------|-------|--------|-----------|-------|----------------------------|-----------------|--|
| | Before | With | After | Before | With | After | Before | With | After | | | |
| Progest sachets | | → as instructed . | | | | | | | | | | |
| Floralite Iron | | 1 tsp | | | | | | 1 tsp. | | | | |
| Sunthione | | 1 scoop | | | | | | 1 scoop. | | | | |
| Liposomal (liquid) curcumin. | | 1/2 tsp | | | | | | 1/2 tsp . | | | | |
| Phyta D | | 1 spray per day . | | | | | | | | | | |
| Enzymendica | | 1 | | | 1 | | | 1 | | 5-10 min pre before food . | | |
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Dietary / Lifestyle Advice:

- Alex will email details of cranial specialist for kids in Balgownie.
- No gluten also for Thomas.

Short Term Goals: _____

Long Term Goals: _____

Your Prescription: Do not exceed recommended dosage. Take medications strictly as directed. If you have any issues, please consult your practitioner.