



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Probiome Plus		1 cap				1 cap	
Magnesium citrate		2 caps				2 caps	
Niacinamide		1 cap					
Folinic Acid		3 caps					
Sublingual B12		1 chewable					
Bacto-candi		1 cap				1 cap	Finish bottle then stop
Zinc picollinate						2 caps	
Phosphatidylserine		1 cap		1 cap		1 cap	
Sun Fiber		1 scoop				1 scoop	
Iodoral	½ tab						Every third day
MedicineTree Adrenostress spray		4 sprays				4 sprays	Under tongue twice a day (doesn't matter when)

COMPOUNDS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Dermal GSH						1ml/wrist before bed	
Magneasium (magnesium gel)		2 pumps				2 pumps	Wrists and behind knees