

SoMedication & Dosage:

Herbs/Supplement	Breakfast			Lunch			Dinner			Bed time	Away from Meals/med	Comments/ Rationale
	Before	During	After	Before	During	After	Before	During	After			
Mediherb Ubiquinol 150mg		1			1							Support energy and mitochondria
MitoXcell		1										Mitochondria, mood, energy
Thorne BPP/Digestive Enzymes		1			1			1				Support digestive enzymes, bile production and GIT support.
Enduracell Pomgenex		1										Support gut and detox
Basica					1							Support electrolytes and alkaline
Spectrumceuticals Probiosis 5/SB Pro (NOT ORDERED)										1		Support gut microbiome and gut mucosa secretions
GI detox						1			1		yes	Binder, detox. DO NOT take this if have constipation.
Calcium Xcel					1			1				Oxalate regulation
Calcium -d glucurate		1										Support estrogen metabolism
My beauty collagen		1										Support collagen structures
Iodine		1										Support insufficiencies
Metagenics Resveratrol ageing (Oborne – currently out of stock)		1										Reduce histamine and inflammation
Herbal Medicine Formula #1 – ANS support		3mls			3mls							Support stress response, mood, nervous system, liver support.
Vitamin D		1										Support insufficiencies
DFH Liposomal Glutathione – every 2-3 day								1				Reduce oxidative stress and detox
Xlear nasal spray (NOT ORDERED)	1									1		Support nasal congestion and pathogens
Elete Electrolytes – 10 drops in 1 L water – sip throughout the day (STOPPED)												
Amitriptyline hydro												Taking 10 mg at bed time since

Name: Vera Zadniprovska

Date: Sept 2021



												Aug
Sodium Cromoglycate												Taking on and off, usually 2x a day since July
PEA												Looking to start
Comments:												
Ariya												

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