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| <b>Updated 28/4/24</b>                                         |                                                          |
| <b>Supplement/Herb</b>                                         | <b>Dose/Frequency</b>                                    |
| Ultra Flora SB Dysbiosis (Metagenics)                          | 1 tablet morning                                         |
| Ultra Flora Intensive Care (Metagenics)                        | 1 night                                                  |
| Activated B Complex (Orthoplex)                                | 2 morning, 2 night                                       |
| Digestion GB (Pure Encapsulations)                             | 1 morning, 1 night                                       |
| Regenemax Plus (Xymogen)                                       | 1 morning, 1 night                                       |
| Arctic Cod Liver Oil 1000mg                                    | 2 morning, 2 night                                       |
| ATP Fuel (Researched Nutritionals)                             | 2 morning, 2 night                                       |
| Motherhood Formula- FT 1 Formula (ChinaMed)                    | 2 morning, 2 night                                       |
| LVR Formula (Pure Encapsulations)                              | 1 morning, 1 night                                       |
| Ostelin Vitamin D 7000 IU                                      | 1 every 3 days                                           |
| Zinc Picolinate (Thorne) 30mg                                  | 2 morning, 2 night                                       |
| Zeopina (Activated Clinoptilolite Zeolite Powder) (Alchemiist) | 1tsp morning, 1tsp night                                 |
| C-Max (BioMedica)                                              | 1tsp morning, 1tsp night                                 |
| CalmX (Metagenics)                                             | 1tsp morning, 1tsp night                                 |
| PHGG Partially Hydrolysed Guar Gum                             | 1tsp morning, 1tsp night when doing antimicrobials       |
| Alkamax powder (Dr Cosford)                                    | 1tsp 2 hrs after food before bed                         |
| HM Complex (Pure Encapsulations)                               | 2 morning, 2 night                                       |
| Mineral 650 (Pure Encapsulations)                              | 1 morning, 1 night                                       |
| Blackmores PPMP                                                | 1 morning, 1 night                                       |
| Magnesium Glycinate (Pure Encapsulations) 120mg                | 2 morning, 2 night                                       |
| Betaine HCL & Pepsin                                           | With food when I remember. Have not taken for a while... |
| Chromium Max (herbsofgold) 250mcg                              | 1 morning, 1 night                                       |
| Quercetin (Pure Encapsulations) 500mg                          | 2 morning, 2 night                                       |
| NAC (Thorne)                                                   | 1 morning, 1 night                                       |
| Gastro Aid (Metagenics)                                        | 1 morning, 1 night                                       |
| UltraProbioplex Capsules                                       | 2 morning, 2 night                                       |
| IM Repair powder                                               | Every second day 1tsp                                    |
| Breast Herbs (Dr Cosford)                                      | 20 drops twice daily                                     |
| Strep Sinus Herbs (Dr Cosford)                                 | 20 drops twice daily                                     |
| Strep Chest (Dr Cosford)                                       | 20 drops twice daily                                     |
| Licorice herbs (Dr Cosford)                                    | 20 drops twice daily                                     |
| Throat Herbs (Dr Cosford)                                      | 20 drops twice daily                                     |
| Brain calming and anxiety herbs (Dr Cosford)                   | 20 drops twice daily                                     |
| Strep Female Herbs (Dr Cosford)                                | 20 drops twice daily                                     |
| Strep Skin Herbs (Dr Cosford)                                  | 20 drops twice daily                                     |
| Liver support herbs (Dr Cosford)                               | 20 drops twice daily                                     |
| Migraine herbs (Dr Cosford)                                    | 20 drops twice daily                                     |
| Gut soothing herbs (Dr Cosford)                                | 20 drops twice daily                                     |

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| Antimicrobials:<br>- Allimax<br>- Pathoclear<br>- Intestaclear<br>- Phytaxil | Will discuss during appt |