

Lynette Blake 10.06.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Mag Taur Xcel		1 scoop							
Tresos B plus (take until finish 4 bottles)			1						
Fe BioActiv			1						
NuroSAME Plus		1							
Herbal		8mls				8mls			
S.Bifido Biotic (take until finish)		1				1			
Multiflora (take until finish)			1						
Zinc Max							1		
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

Gluten Free

Reduce refined carbohydrates and Sugars

Increase water

Phase out Nexium in one week.

GP → full bloods including ferritin, iron, B12, folate, WBC, haemoglobin, liver enzymes, CRP, zinc

Your Next Appointment: as needed

Please give 24 hrs notice if you need to reschedule your appointment, to enable others the allocation of this time.