

Name: Sambodhi Prem
Date: 29.6.25

Product	Breakfast	Lunch	Dinner	Before bed	
Ubiquinol	1				
Thorne B complex	1 after				
Magnesium glycinate				3	
Adrenoplex Oral spray	4 sprays	4 sprays	4 sprays	4 sprays 5	
Rizol Kappa	10 drops	10 drops	10 drops		See note
Selenium	1				5x weekly
EnduraCell – broccoli sprout powder	2 tsp	2 tsp		2 tsp	
GIT ImmunoBiotic	1 tsp			1 tsp	

- Note:
- Take Magnesium at least 1 hr away from Digoxin
 - The rizols can be used orally: a little water in a glass, add the rizol which will float on the surface, then add more water from a height so that the turbulence emulsifies the oils and a milky, almost pleasant tasting fluid results.
- Diet:
- Low Histamine diet
 - Include Brazil nuts, macadamias
 - Milk alternative: Coco Almond Quench or Tiger Nut milk – both don't have seed oils as thickeners.