



Please note: recommendations are not intended to be permanent. Unless specifically told otherwise, these guidelines are not to be continued for longer than 1 month.

Date: 9.7.21 Name: Hannah Low

Supplement	Reason	Breakfast	Lunch	Dinner	Bedtime
NEW Biomedica Biomatrix	Proteins for repairing the gut lining and reducing food sensitivities	1 heaped tsp in juice or water		1 heaped tsp in juice or water	
RN labs 5HTP	Useful for reducing hypersensitive pain points, also gives a mood lift, and encourages good sleep			250mg (4 scoops)	
Magnesium-own (Swisse powder)	Can assist sleep, helps with energy and mood			1.5 scoops	
Orthoplex Hydrozyme	Digestive support	X1	X1	X1	
Seeking Health oxbile	Digestive support	X1	X1	X1	
OPTIONAL Biogaia probiotic	Supportive of gut health	X1			

DIET

Send me a week's diet diary for review

Continue with GAPS diet

OTHER RECOMMENDATIONS

NEXT Appt:

MPublicHlth, BHSc (Comp Med) Adv Dip Nutr Med Adv Dip WHM TAE Cert IV MATMS MCMA

Hunter Valley NSW 2321

Ph. 0425 301 485 | ruth@ruthfellowes.com.au | www.ruthfellowes.com.au