



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: 16.07.21 Name: Kami Akkary

Supplement	Reason	Breakfast	Lunch	Dinner
NEW Orthoplex MagTaurXcell	Manage stress levels, support bile production for absorption of iron	X1 tsp in water or juice		
NEW Orthoplex Hydrozyme	For production of stomach acid for absorption of iron	X1 with meal	X1 with meal	X1 with meal
Naturobest	Preconception care	X1		X1
Mediherb Echinacae premium	Alternative to St Johns Wort for energy and immune health	X1		
Maltofer	Iron deficiency evident- iron is needed for energy	X1 every second day (or for simplicity- mon/wed/fri)		
Free Spirit Algae oil	High strength DHA oil for preconception care and pregnancy	0.5 dropper		
Biomedica Adalase  TO FINISH OFF	Vit A tablets- to increase iron absorption, immune health, thyroid health	X1 chewable ONCE A WEEK		

\*Note: we will set GABA aside during preconception

DIET

#### OTHER RECOMMENDATIONS

Full thyroid screen to complete

NEXT Appt: as needed