



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: 16.7.21

Name: Jennine Addison

Supplement	Reason	Breakfast	Lunch	Dinner	Bedtime
Mediherb P2 detox powder	Hormone regulation, liver health, and may help with pain relief		1 hpd tsp		
Basica powder	General mineral drink for energy and may help with pain relief	1 serve in water (on rising)			
Vit D (own)	For immune support during winter, but also helps reduce pain	5000IU?			
NEW Orthoplex Ultra Buffered C	For reduction in stress, and to prevent glucose markers and cholesterol markers from climbing		½ tsp		
MTHFR B12 powder	Bloods indicate a need for more		2 scoops		
Bicozn	Bloods indicate low zinc. Zinc is needed for digestive health		X1		
Digestive enzymes (own)	For absorption of nutrients		X1 with meal	X1 with meal	
Spectrumceuticals Probiosis-5	Specific probiotics for digestive support		X1		
OPTIONAL Mutaflor	Provides beneficial e-coli for mood health, energy, sleep		X1 (as needed)		

DIET

No changes. Continue with protein and fats and veggies for lunch, whilst only having carbs with the night meal, to encourage sleep.

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