



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: Thomas Addison

Supplement	Reason	Breakfast	After school	Dinner
Metagenics Omega Brain Care OR Ethical Nutrients High Strength Omega-3 fresh mint	Brain health, mood health, anti inflammatory, gut health, energy, sleep	1 tsp		
Cod Liver Oil	For Vit A and D. Vit A as an antioxidant supports health of red blood cells and white blood cells		3/4 dspn	
Vit D (own)	For immune support during winter	?		
NEW Orthoplex Ultrabuffered C	Vit C to assist with blood sugar regulatin	¼ tsp		
MTHFR B12 powder	Deficiency as per bloods. Needed for concentration, focus, energy, and sleep.	2 scoop (option to do 3 scoops at once for a few weeks to see what difference it makes)		
Vital Greens	For extra antioxidants and nutrients	1 serve	1 serve	
Fulhealth Colloidal minerals	Minerals support enzyme function throughout the body		10ml (2 tsp)	
L glutamine	For sugar cravings	¼ to 1/3 tsp (Approx. 750mg – 1000mg)	¼ tsp (to limit snacking after school)	¼ tsp (to limit snacking after dinner)

DIET

Bring in MCT oil- found at supermarkets usually in the oil aisle. Drizzle over meals for increased fats that may help regulate insulin and regulate weight gain. Can be mixed into the morning smoothie if preferred.