



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: 23.07.21 Name: Charlie Pye

Supplement	Reason	Breakfast	Lunch/ After school	Dinner	Bedtime
Lifestyle Digestive Enzymes- Executive Digestive *	Enzymes for improving absorption of nutrients, and reducing reactions to foods/ reflux	X1	X1	X1	
Orthoplex D drops*	Vit D for pain reduction, mood lift during winter, protection of immunity during winter	X5 drops (if not possible then 3 or 4).			
Inulin powder (own)	As recommended for molluscum. Will assist with bowel regularity as a prebiotic fibre.				
Pentavite MV (own)	To fill in nutritional gaps			X1 (or breakfast)	
Inner Health Plus Immune Boost (own)	May assist with reducing acidity in the gut.				

*Available from www.vital.ly.com as per separate email

DIET

Introduce bone broth. All the supermarket options should be ok. Stir ¼ tsp or less through his meal (depending on size of meal), or make up a cup's worth and reheat as needed, and serve 1-2 tsps daily.

OTHER RECOMMENDATIONS

GI Map stool test for identifying all the microbes present in the gut, and digestive capacity. Email with link to come.

Pyrroles urine test for identifying if pyrrole dysregulation has led to chronic depletion of zinc, with long term effects on digestion and mood.

NEXT Appt: Friday 27th Aug 1pm online