



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: 02.08.21 Name: Patsy Rowe

Focus is on restoring iron levels for energy, mood, concentration, sleep; for IBS symptoms; and for immune support.

Supplement	Reason	Breakfast	Lunch	Dinner	Bedtime
NEW Orthoplex glutamine complex tablets Or Healthwise glutamine powder	Glutamine is a key protein for repairing the gut lining	X1 X1 tsp			
Inulin powder	Prebiotic to encourage growth of healthy gut bacteria. Helpful for gut health, immunity, sleep	1 tbsp	1 tbsp	1 tbsp	
EN IBS support Continue until finished, then repeat only once more	Probiotic specific for improving IBS symptoms	X1			
Maltofer tablets. Continue until iron levels are adequate	For iron levels.	X1			
Nutraorganic Collagen powder	To provide proteins that will help repair the gut wall and minimize iron malabsorption and loss	1-2 tbsp/ daily			
RN labs sublingual B12	For mood health and energy	X1			
Omegavail	Fish oil for gut health, liver health, mood health, energy	X1			
Thompsons Cod Liver oil	Cod liver oil for natural sources of Vit A and D- gut health and immune health	X2			
Vit D and K2 (own)	For bone health, plus Vit D is important for immune health and mood	3 drops			

***Note- all nutrients listed as morning doses, can be taken at any meal.**

DIET

Bone broth daily to work alongside collagen and inulin for gut health, and immune health, and encourage absorption of iron

IMMUNE CARE

2 weeks pre-vaccine and 2 weeks post-vaccine:

Add to the above, 1 tsp sulfurophane twice a day for liver support, to encourage clearance of unwanted compounds.