



EASY SUPPLEMENT GUIDE A

Use this version until you run out of the Mood FX and Progest Fortify

With Breakfast	Vitamin D - 2 capsules VegeNAC - 2 capsules Clinical Lipids - 2 capsules Ubiquinol - 1 capsule Mood FX- 1 capsule Progest Fortify - 1 capsule Prenatal - 1 capsule		
With Dinner	VegeNAC - 2 capsules Clinical Lipids - 2 capsules Progest Fortify - 1 capsule Prenatal - 1 capsule		
Before Bed	Silymarin - 2 tablets		

If at any point you think you are pregnant - stop taking all supplements except NaturoBest Preconception Multi for Woman and BioCeuticals Bioactive Ubiquinol (this includes psyllium husk and dandelion tea). We are not going to take any chances.

If you have any questions regarding your treatment plan, please email me at wellness@janayakarlocinaturopath.com.au.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.



EASY SUPPLEMENT GUIDE B

Use this version when you order NaturoBest PMS Support & Antioxidant and Give Back Health Clinic MagRegulate.

With Breakfast	Vitamin D - 2 capsules VegeNAC - 2 capsules Clinical Lipids - 2 capsules Ubiquinol - 1 capsule NaturoBest PMS Support & Antioxidant - 1 capsule NaturoBest Prenatal - 1 capsule		
With Dinner	VegeNAC - 2 capsules Clinical Lipids - 2 capsules NaturoBest PMS Support & Antioxidant - 1 capsule Prenatal - 1 capsule		
30 minutes Before Bed	Silymarin - 2 tablets MagRegulate - 1 scoop mixed with water		

If at any point you think you are pregnant - stop taking all supplements except NaturoBest Preconception Multi for Woman and BioCeuticals Bioactive Ubiquinol (this includes psyllium husk and dandelion tea). We are not going to take any chances.

If you have any questions regarding your treatment plan, please email me at wellness@janayakarlocinaturopath.com.au.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.