



## EASY SUPPLEMENT GUIDE

With Breakfast	Vitamin D - 2 capsules VegeNAC - 2 capsules Clinical Lipids - 2 capsules Ubiquinol - 1 capsule NatuuroBest PMS Support & Antioxidant - 1 capsule NatuuroBest Prenatal - 1 capsule		
With Dinner	VegeNAC - 2 capsules Clinical Lipids - 2 capsules NatuuroBest 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 NatuuroBest Preconception Multi for Woman, Clinical Lipids and BioCeuticals Bioactive Ubiquinol. 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](mailto: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.