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Date: 20/04/2024
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Personal Goals:

- 1 Reduce gut pain and discomfort, bloating and flatulence
- 2 Reduce tiredness during the day
- 3 Lose weight

Nutrition Goals:

- 1 Find foods that don't cause stomach upset and reduce overwhelm

Functional Testing To Order:

MetaXplore Gut Microbiome Profile \$369 Retest in August 2024

Referrals

See your GP to retest faecal calprotectin in August 2024

Supplement Prescription:

Supplement	Dose	Reason
BioGaia Protectis	Chew 1 tablet with breakfast, lunch and dinner.	Reduce methane producing microbes,
Nutra-Life Probiotica Kids Daily	Chew 1 tablet with breakfast, lunch and dinner.	Reduce LPS producing microbes, improve gut transit time, relieve constipation
Designs for Health Curcum-Evail	1 capsule daily	High calprotectin, intestinal inflammation, inflammation, antioxidant, supports healthy digestion
Ariya Health GOS	Drop your dose from one scoop to half a scoop. If reflux still occurs reduce by another half. If after this reduction you still have reflux discontinue this product.	Relieve constipation, enhances immune system function, inhibits bad bacteria colonization (E.Coli) including LPS bacteria, and improves nutrient absorption.
Bioceuticals Multigest Enzymes	Take 1 capsules once daily with water.	Swapped from GP prescribed folic acid which cannot be metabolised into the active form of folate that your cells need.
Bioceuticals Multigest Enzymes	Take 1 capsule at breakfast, lunch and dinner - especially if eating a fatty meal.	Digestion of fats, proteins, carbohydrates and lactose, relieve digestive discomfort, indigestion, bloating, flatulence

The above supplements in highlighted in RED are to be taken for the next 3 - 6 months to see improvements with blood and gut markers.

Nutrition Prescription

Recommendation	Reason
Continue with your current nutrition prescription - kiwi fruit intake, fatty fish 2 - 3 times per week and avoiding gluten / continue with low fructose foods.	

Sour lolly alternatives from woolies - keep in mind they may not be low fructose (which are hard to find)



Lifestyle Recommendations:

Continue exercising 2 - 3 times per week - focus on strength training to target fat loss