

# Treatment Plan

**DATE:**

5<sup>th</sup> July 2025

**NAME**

Kate Fryer

**DURATION**

4 weeks

**OBJECTIVE**

*Stress, methylation support, glutathione support, replete B vitamins, zinc, magnesium*

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Supplement	On Rising	Before Breakfast	After Breakfast	Before Lunch	After Lunch	Before Dinner	After Dinner	Between Meals	Before Bed
MagTaur Xcell		1/4- 1/2 scoop							
NAC		1 scoop					1 scoop		
S.Bifido Biotic		1							
Zinc Picolinate									
Spatone/Liver		everyot herday					1 scoop		

**DIET & LIFESTYLE**

Gluten, dairy and sugar free

Mediterranean Diet

Include protein and good fats with every meal and snack

Sunshine Daily

**NEXT APPOINTMENT**

Reassess in 3-4 weeks