

SUPPLEMENT SCHEDULE

Kathy Succar

MORNING
Herbal Formula Vitex 40 drops First thing on empty stomach
BREAKFAST
Tresos Natal 1 tablet
Ubiquinol 1 capsule
OmegAvail 1 tab
NAC 1 tab
MyoInositol 2g
Balance Herbal Formula 40 drops

DAY
LUNCH
Balance Herbal Formula 40 drops

EVENING
DINNER
Ubiquinol 1 capsule
OmegAvail 1 tab
NAC 1 tab
MyoInositol 2g
Balance Herbal Formula 40 drops

Foundational Protocol

These supplements target, support and optimise the following:

- Overall health, energy and stress resilience
- Preconception health and fertility
- Hormone balance and regulation of menstrual cycle
- Endometrial lining, receptivity for successful implantation
- Powerful antioxidants
- Inflammation reduction
- Metabolic health and regulation of insulin pathways
- Healthy blood lipid profile
- Detoxification pathways

Daily Goals

- Three balanced meals each day
- Ensure water intake has been sufficient each day, aim for 2 litres, away from food
- Take supplements with food, do not take on an empty stomach
- Acknowledge your wins daily!
- Remember daily how amazing you are!



Sacred Sage
Apothecary