



# Supplement Schedule

## Kathy Succar



### MORNING

Enhance & Support Herbal Formula  
40 drops diluted in small amt of water

Tresos Natal 1 tablet

Ubiquinol 1 capsule

OmegAvail 1 tablet

NAC 1 capsule

Myoinositol 2g

### DAY

Homeopathics: Calc Carb 30C  
3-5 drops Mon, Wed, Fri  
\*Refer instruction sheet for further  
instruction

### EVENING

Enhance & Support Herbal Formula  
40 drops diluted in small amt of water

Cup of Calm Herbal Tea  
1 cup nightly

Tresos Natal 1 tablet

Ubiquinol 1 capsule

OmegAvail 1 tablet

NAC 1 capsule

Myoinositol 2g

Soundful Sleep Herbal Formula  
20 drops prior to bed  
10 drops if needed during the night

## Summary

- Support and enhance overall health alongside Preconception Care Protocol
- Calm, balance and nourish nervous system
- Enhance stress resilience
- Optimise endometrial lining and receptivity
- Reduce inflammation and enhance antioxidant status
- Improve and support sleep

## Daily Goals

- Three balanced meals each day
- Take tablets supplements with food, do not take on an empty stomach
- Be gentle with yourself
- Take big deep breathes throughout the day to calm your nervous system
- Walk barefoot outside to ground and centre yourself

