



Supplement schedule

Taylor Shannon



MORNING

Biome Eczema Probiotic 1 sachet

GIT Regenex 2 teaspoons in
water/smoothie

*Take away from medication

OmegAvail 1250 1 capsule

Summary

These supplements aim to:

- Reduce symptoms and occurrence of eczema
- Relieve overall inflammation eg: gut and skin inflammation
- Improve overall gut health
- Support a healthy digestive system

DAY

Refer Homeopathic Instruction
Sheet for following:

Homeopathic Remedy #1 Every
Mon, Wed, Fri

Homeopathic Remedy #2 Every
Tues, Thurs, Sat

Daily Goals

- A small breakfast each day prior to your coffee

EVENING

GIT Regenex 2 teaspoons in water
*Take away from medication

OmegAvail 1250 1 capsule

