

---

## JULIE LANDON NUTRITION

0423 363012

[julie@julielandonnutrition.com](mailto:julie@julielandonnutrition.com)



**Client Name:** Susan Woolley

**DOB:** 01/12/1960

15 March 2023

### **PRESCRIPTION**

Supplement	Breakfast	Lunch	Dinner	Before Bed	Before/With/ After Food
BioMedica BioTress*	1 tablet	1 tablet			With food
BioMedica BioActiv Magnesium*		1 tablet	1 tablet		With food
BioMedica OmegaEase			2 tablets		With Food
Eagle Vegie Digestaid	1 capsule	1 capsule	1 capsule		With Food (10-15 mins prior if possible)

*Script valid for 3 months. Do not exceed recommended dosage. Take supplement strictly as directed. Please inform Julie Landon if there are any changes to your health or changes to medication/treatments from another health practitioner. If you have any issues or questions, please consult with Julie Landon.*

### **Additional Information**

- Take starred (\*) supplements 3 hours away from hypertension medications.
  - Stop taking any other self-prescribed nutritional supplements, unless previously discussed with me.
  - Not recommended to take BioMedica BioTress later than lunch time.
-