

## TREATMENT PLAN

**For:** Alana Dascanio

**Date:** 28/05/25

### Summary of consult:

- Gut Protocol - Move to Stage 3 - "Maintenance" (see separate prescription table)
- Continue with gluten-free and prebiotic foods (from last Treatment Plan)
- Check supplements for safety in pregnancy (July 2025 onwards) - see updated prescription table
- Check/switch out supplements out for pregnancy safe options:

Finish off your current supply of:

**Hemidesmus Complex**  
**MagDuo Adapt**  
**NeuroEnhance**  
**RejuvaCalm**

I have removed these from your Prescription Table in this Treatment Plan, and replaced with pregnancy-safe alternatives.

The shaded areas of Prescription Table denote all changes.

- **Next blood tests**

Please also add "Serum Selenium" to your pathology request (will be good to check in on these levels).

See Blood Test Guide for prep and timing tips before you plan your blood test (email attachment).

For **FSH, LH** - test these on Day 2-3 of your cycle (ie. on your period)

Avoid testing other markers whilst on your period, aim to do other tests in last week of cycle.

PRESCRIPTIONS - for thyroid function/antibody reduction, hormone support, preconception

Product	Why I've prescribed it	Dosage instructions	How long to take it
<b>SELENIUM DROPS*</b>	To decrease thyroid antibodies, support thyroid hormone production and conversion, and modulate TSH levels.	<u>3 drops</u> into water, in AM <u>2 drops</u> into water, in PM (Total 190mcg daily)	<b>Until advised</b> <b>Safe in pregnancy at this dose</b>
<b>MYO-INOSITOL*</b>	Reduces thyroid antibodies and TSH levels.	Mix <b>1 level scoop</b> into water/liquid 2 x day (Total 2gm daily)	<b>Until advised.</b> <b>Safe in pregnancy at this dose.</b>
<b>NAC* (N-Acetyl Cysteine)</b>	For thyroid autoimmunity, gut health, and antioxidant	Mix <b>1/2 scoop</b> into water/liquid 2 x day (Total 1gm daily)	<b>Safe in pregnancy up to 1gm daily</b>
<b>CLINICAL LIPIDS</b>	EPA/DHA combination to support healthy gut bacteria populations and support gut wall healing.	Take 1 capsule, 2 x day with meals <i>*Keep in fridge*</i>	<b>Pause.</b> <b>Until advised.</b>
<b>P-BALANCE</b>	Blend of herbs & nutrients for progesterone support; eases heavy periods, supports ovulation and luteal phase	Take 1 capsule at breakfast.	<b>STOP TAKING AT THE LAST PERIOD YOU HAVE BEFORE YOU BEGIN YOUR CONCEPTION ATTEMPTS</b>
<b>BIO-HEME</b>	Bioavailable iron supp.	Take 2 capsules before bed every 2nd night.	<b>Until advised.</b> <b>Will review after next blood test.</b>
<b>BIOENHANCED METHYL-B</b>	Activated B-complex, with 500mcg activated folate and 500mcg vitamin B12.  An iodine-free 'prenatal' substitute.	Take 1 capsule daily, with breakfast OR lunch.	<b>Until advised.</b> <b>Safe in pregnancy at this dose.</b>
<b>MAGRELAX</b>	Blend of magnesium and glycine to support nervous system and restful sleep. Also preconception support.	Mix 1 scoop with water, 1-2 hours before bed.	<b>Until advised.</b> <b>Safe in pregnancy at this dose.</b>

*\*You can mix your Selenium drops, Myo-inositol and NAC doses together in same drink.*