

Treatment Plan

For: Suzie Short

Date: 28/05/25

Summary of consult:

- Discussed recent blood test results
 - Majority of markers improved and/or stable within optimal range
 - Reverse T3 reduced since last testing (Aug 2024)
 - Iron studies: stop any iron supps for now
- **Increased training demands** on your body; nutritional/caloric demand and extra 'stress' on nervous system - need to protect this and your hormones
- **Regular 'nervous system practices'** into your day. Could be 15-20min, 2 x day (pockets of time/space)
- **Changes to cycle symptoms**; fertile/wet mucus mid cycle, libido - Begin Temp Drop data collection and get baseline hormone testing
- **Blood tests for hormones:**
 - Oestrogen, FSH, LH - test these on Day 2-3 of your cycle
 - Oestrogen, Progesterone - test these 7 days prior to your predicted Day 1 of period
 - Androgen Studies (these often come together under this test name), includes: Total Testosterone, SHBG, Free Testosterone, Free Androgen Index - always good to get the 'full set' done at once for full picture
 - DHEA sulphate (adrenal hormone affecting our repro hormones)

Changes to prescriptions:

1. Return to using **MagTaur XCell**
2. Switch from **Rhodiola Complex** to **AdrEnergy**
3. Stop Iron supplementation
4. Reduce Zinc supp to 2 x week only - (especially take the day after a night of drinking alcohol)
5. Bring in **Vitamin D & K** supplement
6. Bring in Activated B Vitamins/Energy production support support - **Mito Maintain**

Your Prescriptions

Product	Why I've prescribed it	How to take it	How long to take it
MAGTAUR XCELL	Blend of magnesium, taurine, B vitamins	Mix 2 scoops in glass of water, 1 x day with either BREAKFAST or LUNCH.	Until advised
ADR-ENERGY	Adaptogen herbs to support the body stress response	Take 2 capsules with BREAKFAST or LUNCH	Until advised
MITO MAINTAIN	Contains coenzyme Q10, levocarnitine, activated B vitamins - for energy, nervous system support	Take 1 capsule, 2 x day: Take with BF & lunch, OR take 1 capsule 1-2hrs before training session and 1 capsule 2-3 hours afterwards. Just be mindful to not taken after 4-5pm as may be too stimulating??	Until advised
OPTI ACTIVE D & K	Support D & K levels in body; bone mineralisation, density, muscle function, CV/artery health, immune support	Take 1 cap daily with food	Until advised
OMEGA BRAIN PLUS	High potency omega 3s plus co-factors	Take 1 teaspoon, 2 x day. KEEP IN FRIDGE.	Until advised
ZINC PROTECT	2 forms of zinc plus vit C, E and B6, with manganese, selenium and micro-algae extract	Take 1 tablet, 2 x week only. Especially take the day after a night of drinking alcohol, as processing alcohol in the liver needs lots of zinc!	Finish the bottle off.
MAG CALM	Mag, glycine and taurine plus relaxant herbs Passionflower & Lemon Balm to support sleep and stress response	Mix 2 scoops into water, 1-2 hours before bed.	Until advised

Your script has been created at Rener Health.

Next time

Let me know if/when you have the hormone blood testing done and we'll go from there regarding the next follow up.

If you have any questions about your Treatment Plan or products between now and your next appointment, please email me.
