

Your Treatment Plan - Follow-up consultation

For: Monika Frkovic

Date: 04/11/23

Summary of key issues discussed in consult

1. Blood test review showed:

- Low level of Vitamin D
- Low level of Vitamin B12
- Low/normal thyroxine production (T4) from thyroid gland
- Low iron stores (ferritin), low serum iron
- Low/normal haemoglobin (Hb)
- Low magnesium
- Low/normal zinc

2. Agreed to supplementation to support these identified areas (see Prescription below)

3. Encouraged closer tracking/recording of premenstrual/menstrual symptoms for future reference

4. Aim to address the following areas once energy levels have improved:

- Review/improve daily protein and healthy fats/omega 3
- Review/improve blood sugar balance over day, as may be contributing to symptoms
- Review macros/calories are sufficient for output, especially on workout days
- Digestion/bowel: Stool #6 - may be digestion/gut, and/or food related
- Review luteal phase symptoms (premenstrual phase of cycle) and provide support

Prescription

Please log in to your [Vital.ly](https://vital.ly) account to see your personalised prescription.

All dosage instructions are shown within your online prescription and are also explained below.

Purchase your products directly from [Vital.ly](https://vital.ly) and they'll be posted to you.

Product	Why I've prescribed it	Dosage instructions
MagTaur Xcell	A bioavailable magnesium, with taurine and activated B vitamins (including B12) and zinc: for energy, muscle health, mood, adrenal and nervous system support.	Add 1 level scoop into water, 1 x day with lunch. Perhaps take a smaller container of the product with you to work for convenience.
Liposomal D3	A readily absorbed & utilised vitamin D3 to support Vitamin D levels in body. Magnesium & Vit D need each other to work in the body. Vit D needed for thyroid health, mood, energy, immune function.	Use 2 x day; before breakfast & dinner. Use 2 sprays in the mouth between cheek and gums. Hold for 1 minute before swallowing. Best taken on an empty stomach, 10 minutes before meals.
Organic Iron Complete	A bioavailable form of iron plus co-factors and B12 and zinc. Needed for energy, red blood cell production and function. Iron also supports thyroid health.	Take 1 capsule 1 x day with a meal. Take away from tea/coffee, by at least 1 hour, and don't take with a heavy calcium meal (e.g yoghurt, milk)
ThyRestore	A herbal & nutritional support supplement for healthy thyroid gland function and hormone production.	Take 2 capsules a day with food (perhaps breakfast).

Next time

We'll discuss how you're feeling since starting on your products, and begin to work through the other key issues identified.

Please book a 'Follow-Up Consultation' after taking all your products for 4 weeks.