

Prescription

ID: 591231/01/2023



ReMed Natural Medicine Clinic

ABN: 74 143 728 107

Patient Details:

Pattie Jeffers

Client Note

Horsechestnut complex: support varicose veins and reduce discomfort in legs
PHGG: support healthy bowel movements
Herbal Tincture: support immune system and adrenals.
EnergyX: magnesium and B vitamins with adrenal support

Supplement	Breakfast			Lunch			Dinner			Bedtime
	Dose			Dose			Dose			
	Before	During	After	Before	During	After	Before	During	After	
MEDIHERB HORSECHESTNUT COMPLEX 60T	1 tablet			1 tablet			1 tablet			
METAGENICS ENERGYX TROPICAL 200 G Two level scoops in the morning.	2 scoop									
ARIYA PURITY PARTIALLY HYDROLYZED GUAR GUM (PHGG) 200G One teaspoon daily with breakfast		1 tsp								

Additional Information

Dietary Advice

Avoid ALL sugar, including honey
Start on bone broth again

Lifestyle Advice

Walking on strand every second day for half a lap, or daily if you feel you can.

Practitioner

Vera Dahlstrom

Next Appointment

When test results are back - will call