



## REVISED AS AT 27 MARCH

### *Supplement Recommendations following appointment on 25 March*

1. **BioMedica VegeNAC (same)**

Dose - Take 2 @ breakfast & 2 @ dinner.

2. **Metagenics P-Lift (same)**

Dose - Take 1 @ breakfast

3. **Metagenics Adaptan (same)**

Dose - Take 2 @ breakfast & 2 @ lunch/when you get home from work (but with something to eat)

4. **Metagenics Silymarin IC (same)**

Dose - Take 1 @ breakfast & 1 @ bedtime.

5. **Orthoplex White Mito Pro (Same)**

Dose: 1 rounded scoop (8g) once daily in 250 mL water; consume immediately at breakfast.

Reminder this will replace the BioCeuticals Mega B, I prescribed last time and your original magnesium supplement.

6. **MediHerb Chaste Tree (new)**

This replaces P-Lift this month as our supplier is out of stock. Chaste Tree is the main ingredient in P-Lift for your needs.

7. **MTHFR Folate B 400mcg Drops (new)**

Dose: 1 drop once daily at breakfast.

This is just an extra boost of folate as Mito Pro doesn't have quite enough for your current needs.

**See you again for your treatment plan review at 12pm on Wednesday, 1 May. Don't forget to send through your new blood tests before this appointment.**

If you have any questions regarding your treatment plan, please email me at  
wellness@janayakarlocinaturopath.com.au.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.