

Your Treatment Plan: Follow-up Consultation

For: Caitlin Ellis

Date: 26/04/24

Summary of key issues discussed in consult

1. EARLY PREGNANCY - Supplement Review

Changes to prescribed supplements:

- Cease taking the Metibol Xcell
- As you have both the Tresos Natal and MagTaur Xcell, I suggest taking these on alternate days (see below).
Once you've finished them, I'll prescribe another preferred prenatal supplement, and as I'd like to still keep you on some magnesium for GDM risk, and I can do this through a separate magnesium-only supplement.
- Re: Vitamin A in pregnancy: the "upper limit is 3000ug, retinol equivalent 10,000 IU/daily" yet birth defects have been associated with cumulative doses of 25,000+ daily, so this upper limit is very safe still. I've shown the amount you're taking in supplement form below.
- Ideally iodine urinary result in preconception/pregnancy is closer to 200ug/gGR (your result was 49.2) hence why you're getting some iodine in your alternating Tresos Natal and MagTaur Xcell, plus your ThyRestore.
We can repeat the urinary iodine test in mid-late T2.

2. PREGNANCY RESOURCES

- You may find Lily Nichols' books: **Real Food for Pregnancy** and/or **Real Food for Gestational Diabetes** helpful and interesting! You can often find them at local library too.
- She's also on **Instagram**
- Here's a post I did on the **Vitamin D & GDM risk** you may find interesting

Please upload your early pregnancy blood test results to your My Appointments account, or email through.

Revised Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
BioHeme <i>Pregnancy-safe</i>	Bioavailable <u>iron</u> to increase ferritin stores for pregnancy. Iron also supports your thyroid gland.	Take 1 capsule every 2nd day with breakfast. Allow at least 1 hour from caffeine.	We'll review dose and frequency after next Iron Studies test in T2.
Vit D3 spray <i>Pregnancy-safe</i>	Highly absorbed <u>vitamin D</u> supplement for thyroid, pregnancy and metabolic health. Also indicated for increased GDM risk.	Use 1 spray, 2 x day under the tongue & hold in mouth for 30 seconds before swallowing. Take on an empty stomach (before or in between meals). <u>Keep in fridge.</u>	We'll review dose and frequency after next Vit D test in T2.
MagTaur Xcell <i>Pregnancy-safe</i>	Great combo of magnesium, taurine, zinc, glutamine, vitamin C and activated B vitamins, including <u>B12</u> , plus <u>zinc</u> . Supportive for pregnancy and healthy glucose metabolism. Contains 500mcg folate per daily dose, and also contains iodine.	1 scoop in water , every 2nd day alternating with Tresos Natal. You can add into your water bottle and drink with/after lunch/ over the afternoon.	Until bottle is finished. To be replaced by a prenatal.
Tresos Natal <i>Pregnancy-safe</i>	YOUR OWN SUPPLEMENT Contains 500ug folate per daily dose.	Take 1 tablet, every 2nd day with lunch, alternating with MagTaur Xcell.	Until bottle is finished. To be replaced by another prenatal.
ThyRestore <i>Pregnancy-safe</i>	A gentle, minimal formula suitable for thyroid support during pregnancy, contains iodine. Contains a very safe amount of Vitamin A at 600ug/2000IU (with 2 caps daily).	Take 2 capsule daily with or soon after breakfast.	Review after next full Thyroid panel test in T2.
Myo-Inositol <i>Pregnancy-safe</i>	Also indicated for increased GDM risk, also supports reduction of thyroid antibodies and decreasing risk of postpartum thyroiditis.	Add 2 level scoops into your water bottle and consume over the day. Can be mixed with MagTaur Xcell.	Continue through pregnancy
Clinical Lipids 2:1 <i>Pregnancy-safe</i>	Essential fatty acids (EPA + DHA) lacking in diet. Provides anti-inflammatory effects, supports cognition, mood, cellular membrane health. Essential fats for fetal brain and nervous system development.	Take 1 capsule, 3 x day with a meal. <u>Keep in fridge.</u>	Continue through pregnancy

Next time

Let's check in again in trimester 2; around 12-16 weeks with a [Review Consultation](#).

If you run out of any products before that time you can send me a 'request' through at [Vital.ly](#).

If you have any questions about your Treatment Plan or your products, please get in touch.
