

Your Treatment Plan: Follow-up Consultation

For: Mackenzy Burnett

Date: 06/06/24

14 weeks pregnant (EDD 04/12/24)

Summary of key issues discussed in consult

1. *Review of 1st trimester blood test results:*

Haemoglobin (133) and Ferritin (iron stores - 150) - good. To review again ~28 weeks.

Suboptimal **Vitamin D** - 73 *optimal is 120-150*

Suboptimal **Vitamin B12** - 255 *optimal is 600+*

Suboptimal **Folate** - 8 *optimal is 13-16 ug/L*

Suboptimal **Zinc** - 14.2 *optimal is 16-17*

Suboptimal thyroid function results (esp for increasing demands of pregnancy)

T4 - 13 - *optimal is 15-17* (the inactive/storage thyroid hormone, needs to convert to T3)

T3 - 4.7 - *optimal is 5.5-6* (the biologically active thyroid hormone, converted from T4)

2. *Create a nutritional supplementation regime, specific to your needs.*

I've created your script in vital.ly, my online dispensary service. You'll receive an 'invite email' from them so please follow their prompts to create your account. Then log in and you'll see my prescription for you.

Purchase your products directly from vital.ly and they'll be posted to you. I've added additional 'repeats' on products so you can purchase again outside of a consultation if need be.

See next page for your products, explanations, directions for use etc. All are pregnancy-safe.

3. *Digestive support during pregnancy.*

The evidence around the safety of Iberogast in pregnancy is limited so in this case it's always best to steer on the side of caution. Here's a blog I wrote on [constipation in pregnancy](#). You may find some helpful tips in here. Even if you just start with 1/2-1 cup of prune juice daily - see the options for what you are happy to try out. You may find the probiotic (Ultra Flora Mother & Baby) helps, but if you're still having issues I have also prescribed you **Ultra Flora GI Regulate** and **Biome Lax Probiotic** as other *options*. The GI Regulate is a powder you mix with water, whilst the Lax Probiotic is a capsule. I would pick one to start with, although you can have both if need be. I've added these two products to your script so you have the option to get these at any point if you're still having issues around this.

Your prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
Pure Natal <i>3 months supply (90 caps)</i>	Excellent prenatal multivitamin & multimineral supplement.	Take 1 capsule, 1 x day with a meal. <u>Keep in fridge</u>	I typically continue this prenatal through to postpartum/breastfeeding.
Liposomal D3 <i>1 bottle is 4 months supply</i>	Highly absorbed <u>vitamin D</u> supplement for thyroid, pregnancy and metabolic health.	Pump 1 spray on the inside of each cheek (total 2 sprays). 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 Vitamin D test in 3 months.
Sublingual Hydroxy-B12 <i>1 bottle is 2 months supply</i>	Highly absorbable Vitamin B12 supplement.	Dissolve 1 lozenge in mouth, 2 x day, before meals. Do so before meals	We'll review dose and frequency after next Vitamin B12 test in 2-3 months.
Liquid iodine <i>1 bottle is at least 12 months supply</i>	Additional iodine to support your thyroid health and for fetal neurodevelopment.	Place <u>1 drop</u> into water, and take 1 x day.	Continue through pregnancy. We will test your iodine in 3 months.
DHA + Choline <i>1 month supply</i>	Contains DHA fatty acid plus choline - specific for brain, eyes, nervous system development in baby. Also supports maternal brain health during pregnancy.	Take 1 capsule, 3 x day with meals. <u>Keep in fridge</u>	Continue through pregnancy.
Ultra Flora Mother and Baby <i>2 months supply</i>	Specific pregnancy probiotic strain, supporting both mother & baby's gut microbiome and immune system.	Take 1 capsule, 1 x day <u>Keep in fridge</u>	Continue through pregnancy.
OPTIONAL: Ultra Flora GI Regulate	A tasteless, powdered probiotic and prebiotic food for bowel function.	Dissolve 2.5 teaspoons (5gm) in a cup of water 1 x day <u>Keep in fridge</u>	
OPTIONAL: Biome Lax Probiotic	2 specific strains of probiotic to help bowel function	Take 1 capsule before breakfast, 1 x day.	

Next time

Let's check in again with a Review Consultation after you've been taking your supplements for 6 weeks.

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.
