



NATUROPATHIC PROTOCOL

Including adjustments to previous prescriptions

Morning (7-9am)

Take with meal, away from pharmaceutical medication

- Take 1 capsule ImmunoBalance Biotic
- Take 1 capsule Green Omega 3
- Take 3 rounded tablespoons of protein powder
- Take 1/2 scoop MultiGen Powder (Nosson)
- Take 1/2 dropper Green Omega Oil (Nosson)

Later morning (9-11am)

Take 1 hour AWAY from meal

- Take 2 scoops of Myo-inositol

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 1 capsule Green Omega 3
- Take 1/2 dropper Green Omega Oil (Nosson)

Night (7-9pm)

Take 1 hour AWAY from meal

- Take 2 scoops of Myo-inositol

Build up to 1/2 scoop MultiGen Probiotic anytime during the day (Lena)