

Your Treatment Plan: Follow-up Consultation

For: Raana Scott

Date: 13/11/24

Summary of consult

1. **Supplement review:** Good compliance overall. Keep up with phone reminder for those second doses of B12 and NAC, and/or move them to the to fridge so they're in sight more often.
2. **Cycle Apps** to consider: **Period Tracker, Flo, Clue, Kindara** or create a file in your Notes on phone.
3. **Collagen powder blend:** for skin health, in particular with VERISOL which supports elasticity, hydration and integrity. Also great for joints and bone health. I've added my recommendation to your script at vital.ly.

Its tasteless and need 1 serving (1 scoop) 1 x day. Can mix with water or add to your Mag Taur, or stirred into coffee/smoothie etc.

4. **Gelatin gummies:** see this [link](#) for various recipes/variations from the base gummy recipe, and feel free to search for others. Made with gelatin, which is a naturally occurring peptide found in meat, so it's high in protein and rich in the amino acid *glycine*. Glycine is supportive to the nervous system promoting relaxation and calm, as support sleep when taken at night. It's also an amino acid that makes up collagen so is also supportive for skin, hair, nails and for growing bodies, due to its role in tissue growth and repair. It also support gut health.

I've added my favourite gelatine to your script (sustainably sourced, grass-fed origin).

5. **Protein sources and amounts:** Start to aim for 80gm over the day, for example 20gm with your 3 main meals and 10gm with 2 snacks. See the '*High Protein Foods Chart*' that's been uploaded to your My Appointments account under Documents.

If you're looking for a quality and clean protein powder to help you meet your protein intake, I recommend [this one](#) (it's not available at [vital.ly](#))

6. **Essential fatty acids:** I've brought in an omega supplement to support cognitive function, brain health and function and skin health. If you can also include more fatty fish in your weekly diet (salmon, sardines, mackerel, herring) then you'll naturally need less supplementing.

Your Prescription

Please log into vital.ly to see your updated script.

Product	Why I've prescribed it	Dosage instructions	How long to take it for
Clinical Lipids 2:1	Quality, clean omega EPA/DHA combo for cognition, brain health, skin health and reduce inflammation in the body.	Take 1 capsule, 2 x day with meals. Keep in fridge once open.	Until advised.
MagTaur Xcell	Magnesium, taurine plus B vitamins to support: a healthy stress response, hormones and mood balance.	Mix 1 scoop in water, <u>1 x day.</u> Have with/after lunch.	Until advised.
ProgestaLift	Herbs and nutrients to support hormone balance (specifically progesterone levels), relieve mild anxiety and premenstrual symptoms.	Take 1 capsule, 1 x day with meals. When you're 1 week out from your expected period, increase to <u>2 x day.</u>	Until advised.
Opti Active D & K2	Bioavailable Vit D with Vit K. Vit D is essential for hormonal, immune & mental health, plus bone density long term. Also plays a role in insulin sensitivity and blood sugar balance. Works with magnesium in the body.	Take 1 capsule daily, with meal.	Review after next blood test.
Sublingual Hydroxy-B12	A highly absorbable form of vitamin B12 to support brain energy, mood, emotional balance, cognition & energy.	Dissolve 1 tablet in mouth , <u>2 x day.</u>	Review after next blood test.
Vege NAC	A precursor to the 'master antioxidant' glutathione. Supports mood via 'sheltering the nervous system' from glutamate (a stimulating neurotransmitter). Is also immune modulating & anti-inflammatory & support liver health.	Take 1 capsule, 2 x day with meals.	Until advised.

Next time

Let's look to catch up again in January after you've had your follow up blood tests done with a Follow-Up Consultation (30 min).

Please send throughout your GPs path request form before arranging your next blood test so I can review what's been requested.

Aim to get at least **Vitamin B12, Vitamin D, Iron studies** requested.

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