



NATUROPATHIC PROTOCOL

Morning (7-9am)

Including adjustments to previous prescriptions

Take with meal, away from pharmaceutical medication

- Take 1 teaspoon C Max
- Take 1 x Biome Iron Probiotic
- Take 1 x Rapid D

Meals (Breakfast, Lunch, Dinner)

Take 15 minutes before, or as starting meals

- Take 1 x Enterozyme, 3 x day

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 1 teaspoon C Max
- Take 2 capsules Opti Epa/DHA until finished bottle **THEN** take 1/4 scoop of Gut-R

Night (7-9pm)

- Take 1-2 scoops of MagCalm

Diet & Lifestyle

- 30/30/30
- Increase Prebiotic Fibre