

Lyn Blake 27.07.22

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal			10mls		10ml				
Mito Xcell		1 scoop							
Clinical lipids			2						
NAC		1 level scoop							
Bioenhanced methyl B			1						
Rapid D			1 every other day						
Spatone		1 every other day							
Melatonin									1 suck
<b>Anti-Viral regime</b> → start supps below at the start of any relapsing symptoms (fatigue, lack of motivation, weakness, mental tiredness, scratchy throat) Can stop a day or two after symptoms subside again.									
Anti-viral herbal	5mls 4 x day								
Vitamin A <small>To be taken 5 consecutive days only at a time</small>	Take at same time	Chew 3 caps							
Liposomal C		1 scoop							
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

- ☒ Mediterranean diet
- ☒ include daily avocado, nuts, almonds\*, brazil nuts\* seeds, bok/pak\* choy, berries
- ☒ daily collagen berry smoothie in milk alternative or coconut water. Can add cacao powder, coconut etc
- ☒ 5 meals/snacks daily, even if only small portions, Eating min every 3 hours always including protein (meat, poultry, seafood, fish, Yopro yoghurt, legumes/beans, whey protein, collagen smoothies, nuts, seeds, avocado, cheese, paleo muesli)
- ☒ 2 litres purified water daily.
- ☒ Refined carbohydrates and sugars