

Lyn Blake 1.06.22

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Herbal			10mls		10ml				
Betavit <i>one course only</i>			1						
Mito Xcell		1 scoop							
Gut RX		1 scoop							
Clinical lipids			2				2		
Liposomal C <i>one course only</i>		½ tsp				½ tsp			
NAC		1 level scoop				1 level scoop			
Bioenhanced methyl B			1						
Rapid D			1						
Spatone		1 Sachet							
Zinc Picolinate							1		
Melatonin									1 suck
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