

Alycia Lang 23.09.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
IM Repair		1 tsp				1 tsp			
S.Bifido biotic		1				1			
Probiotic → Multiflora		1							
Multigest Enzymes		2		2		2			
Fish oil → Ethical nutrients Hi-strength fish oil		2				2			
Herbal		5mls		5mls		5mls			
Mag TaurXcell	1 scoop								

Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner

Strictly Gluten and Soy FREE

Lemon in warm water first thing in morning (½ lemon) 1-2 tsp apple cider added

Phase out current turmeric, B12, magnesium until phase out (will look at streamlining these)

Stop iron tablets

GP → full bloods to include Iron, ferritin, zinc, B12, folate.

Your Next Appointment: 3 weeks

Please give 24 hrs notice if you need to reschedule your appointment, to enable others the allocation of this time.