

Angela Conte 11.06.20

Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bedtime
		Before	After	Before	After	Before	After		
Hydrozyme		1		1		1			
Multigest enzymes		1		1		1			
S.Bifido Biotic		1				1			
Herbal		5mls		5mls		5mls			
Withania Complex		2				2			
Lysine 1000mg (increase with outbreak)		1							
Mag Taur Xcell		1 scoop							
Biocentials Liposomal methyl B12	1 spray								
Pyrrole Protect							1		
HOG calcium K2 D3			1						1
Ultraclean EPA/DHA			1				1		
Do Not exceed recommended dosage. Take supplements strictly as directed. If you have any questions, please consult your practitioner									

Strictly avoid gluten, dairy, refined sugars and carbohydrates and alcohol

Add Flaxseed/hempseed oil to salads, smoothies or take off spoon and follow with water few times a week

Increase water intake maintaining min 2 litres daily away from meals by min 30 minutes

*Herbal Cream → apply to affected area with sanitized hands. Be careful not to contaminate cream (May stain clothes and sheets)

Your Next Appointment: 6 weeks

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