

16.01.24

Acute Treatment Plan for Jennifer Segail

Herbs & Supplements	On Rising	Breakfast		Lunch		Dinner		Away from Meals	Bed-time
		Before	After	Before	After	Before	After		
Herbal		5mls		5mls		5mls			5mls
L-Lysine		2gms		2gms		2gms			2gms

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

Please use Mediherb where possible

Herbal 200mls
Withania 60
St John's Wort hi-grade 70
Echinacea Premium 70