

CARE PLAN

For: Alana Dascanio

Date: 30/07/25

Summary of consult:

- 5 weeks pregnant - review Prescriptions
- Discussed need to establish iodine status - to test Urinary Iodine (through Nutripath)
- Reviewed blood tests (June 2025) - noted Vitamin D low (60), incomplete thyroid markers
- Gut Protocol - Move to a 'modified maintenance' phase (2 products only!)
- Discussed next blood tests, added extra tests onto Abbey's path form and reminder to revisit the **Blood Test Guide** for preparation/tips.
- Discussed dosing of supplements: it's better to take a lower dose 2 x day, over a 1 larger dose once a day.
- Continue with gluten-free and prebiotic foods where possible (from past Treatment Plan)
- If you have any **ProbioSpore** left, you can continue taking this 1 x day until it's finished.
- Let me know if you need any refills of products.
- Please note, the shaded areas of Prescription Table denote changes.

** I will be in touch - if needed - after your next blood results are through.*

PRESCRIPTIONS - Thyroid / autoimmunity and pregnancy support

| Product | Why I've prescribed it | Dosage instructions | How long to take it |
|------------------------------------|--|--|---|
| SELENIUM DROPS* | To decrease thyroid antibodies, support thyroid hormone production and conversion, and modulate TSH levels. | <u>3 drops</u> into water, in AM <u>2 drops</u> into water, in PM (Total 190mcg daily) | Until advised Safe in pregnancy at this dose |
| MYO-INOSITOL* | Reduces thyroid antibodies and TSH levels. | Mix 1 level scoop into water/liquid <u>2 x day</u> (Total 2gm daily) | Until advised. Safe in pregnancy at this dose. |
| NAC* (N-Acetyl Cysteine) | For thyroid autoimmunity, gut health, and antioxidant | Mix 1/2 scoop into water/liquid <u>2 x day</u> (Total 1gm daily) | Safe in pregnancy up to 1gm daily |
| CLINICAL LIPIDS | EPA/DHA combination to support healthy gut bacteria populations and support gut wall healing. | Take 1 capsule, 1 x day with food *Keep in fridge* | Until advised. Safe in pregnancy at this dose. |
| BIO-HEME | Bioavailable iron supp. | Take <u>1 capsule</u> before bed every 2nd night. | Will review after next blood test |
| BIOENHANCED METHYL-B | Activated B-complex, with 500mcg activated folate and 500mcg vitamin B12. An iodine-free 'prenatal' substitute. | Take 1 capsule daily, with breakfast OR lunch. | Until advised. Safe in pregnancy at this dose. |
| MAGRELAX | Blend of magnesium and glycine to support nervous system and restful sleep. Also preconception support. | Mix 1 scoop with water, 1-2 hours before bed. | Until advised. Safe in pregnancy at this dose. |
| RAPID D | Active form of Vitamin D to replenish your levels quickly. | Take 1 tablet. Take with your magnesium as they work together. | Will review after next blood test |

*You can mix your **Selenium drops**, **Myo-inositol**, **NAC** doses together in same drink.

PRESCRIPTIONS - Gut Protocol - Modified Maintenance

| Product | Why I've prescribed it | Dosage instructions | How long to take it |
|---------------------|--|---|--|
| PALEO FIBRE | <p>Prebiotic fibres plus PHGG to help feed the probiotics (good bacteria). May also help offset any pregnancy-related constipation.</p> <p>Add 30ml Pomegranate juice (optional)</p> | Mix 1 scoop, 1 x day in water | Until advised |
| PROBIOMED 50 | Probiotic species blend | <p>Take 1 capsule daily. Have at same time as the Paleo Fibre.</p> <p><i>*Keep in fridge*</i></p> | Finish off the bottle/s you have, then I may switch to a different probiotic blend |