

REGIMEN



PATIENT	VIRGINA ABELA
MONTH	DECEMBER - JANUARY 2014

DATE	BREAKFAST	LUNCH (12 NN)	AFTER DINNER
09 DEC - 31 JAN	<ul style="list-style-type: none"> ✓ Thyroid 0.50grain - 1 capsule upon waking up ✓ 10mg DHEA - 1 capsule ✓ Godex DS - 1 capsule ✓ Calcium D Glucarate - 1 capsule ✓ Astaxanthine - 1 softgel <p>Patient's Own: 2000IU Vitamin D3</p>		<ul style="list-style-type: none"> ✓ Lipotrienols Red Yeast Rice - 1 capsule ✓ Omega 3 Fish Oil - 1 softgel ✓ Godex DS - 1 capsule <p>BEDTIME: 50mg Progesterone capsule GABA - 1 capsule <i>may repeat at 20:00</i></p> <p>Patient's Own: 2000IU Vitamin D3 600mg Acetylcysteine <i>N-acetylcysteine capsule</i></p>

→ add to do vitamins daily
 (capsulabaker, vitc)
 → on chelation w/ Bra Cas.