

REGIMEN



PATIENT	ANA ABAD SANTOS
MONTH	JANUARY – MARCH 2014

DATE	BREAKFAST	LUNCH (12 NN)	DINNER
28 JAN – 31 MAR	<ul style="list-style-type: none"> ✓ 10mg DHEA – 1 capsule ✓ Vitamin B12 Folate – 1 capsule 	<ul style="list-style-type: none"> ✓ Tryptochron – 1 tablet <i>w/ meal</i> 	<ul style="list-style-type: none"> ✓ 5HTP – 1 capsule ✓ Lipotrienols Red Yeast Rice – 1 capsule ✓ 100mg Progesterone – 1 capsule at bedtime (Day 12-21 of pill)

UVM