

# REGIMEN



PATIENT	ANA ABAD SANTOS
MONTH	OCTOBER - DECEMBER 2013

DATE	BREAKFAST	LUNCH (12 NN)	DINNER
01 OCT - 05 DEC	✓ 10mg DHEA - 1 capsule ✓ Vitamin B12 Folate - 1 capsule	<u>mytoden</u>	✓ 5HTP - 1 capsule ✓ Lipotrienols Red Yeast Rice - 1 capsule <u>Phytochrome 100g</u> By 12-21

~ Yasmin  
 ~ for April full up &  
 credits to wear Yasmin