

REGIMEN



PATIENT **ANA ABAD SANTOS**

MONTH **APRIL - MAY 2014**

DATE	BREAKFAST	LUNCH (12 NN)	DINNER
24 APR - 31 MAY	10mg DHEA - 1 capsule Vitamin B12 Folate - 1 capsule <i>(S, H, N)</i> Calcium Potassium > patient's an	Tryptochron = 1 tablet with meals	5HTP = 1 capsule Lipotrienols Red Yeast Rice - 1 capsule <i>(S, H, N)</i> 100mg Progesterone - 1 capsule at bedtime (Day 12-21 of pill) Omega 3 - patient on

Uvedose 100,000lu (Vitamin D3) - 24 April 2014

Resto 10%. 1 pill day

- ESR has improved
- Elevated cholesterol due to HDL
- DHEA has improved but not converting to Testosterone → any libido or muscle mass issues?

↓ Vitamin D - Uvedose



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