

REGIMEN



PATIENT VIRGINA ABELA

MONTH JUNE – JULY 2013

DATE	BREAKFAST	LUNCH (12 NN)	AFTER DINNER
26 JUN – 31 JUL	<ul style="list-style-type: none"> ✓ Thyroid 0.50grain – 1 capsule upon waking up ✓ Godex DS – 1 capsule ✓ 25mg DHEA – 1 capsule ✓ Mitochondrial NRG – 2 capsules ✓ Astaxanthine – 1 softgel <p>Patient's Own: 2000IU Vitamin D3</p>		<ul style="list-style-type: none"> ✓ Mitochondrial NRG – 2 capsules ✓ Niacin (No Flush) – 1 capsule <i>liposomal NLR</i> ✓ Omega 3 Fish Oil – 1 softgel <i>Omega 3 1200</i> ✓ Godex DS 1 X 150mg Progesterone capsule at bedtime ✓ <i>100mg GABA</i> <p>Patient's Own: 2000IU Vitamin D3 600mg Acetylcysteine</p>