

REGIMEN



PATIENT	VIRGINA ABELA
MONTH	JANUARY-FEBRUARY 2015

DATE	BREAKFAST	LUNCH (12 NN)	AFTER DINNER
19 JAN – 28 FEB	<p>UPON WAKING UP: Thyroid 0.50grain – 1 capsule Thyroid 0.25grain – 1 capsule } 0.75gr</p> <p>25mg DHEA – 1 capsule Pulmonary Revive – 3 capsules</p> <p>TO CONSUME: Calcium D Glucarate – 1 capsule Astaxanthine – 1 softgel</p> <p>Patient's Own: 2000IU Vitamin D3</p>		<p>Omega 3 Fish Oil – 1 softgel Godex DS – 1 capsule B Complex Plus – 1 capsule</p> <p>TO CONSUME: Lipotrienols Red Yeast Rice – 1 capsule</p> <p>BEDTIME: 50mg Progesterone capsule(may repeat at 3AM) GABA – 1 capsule(may repeat at 3AM)</p> <p>Patient's Own: N-Acetylcysteine capsule</p>

Uvedose 100,000IU (Vitamin D3)

11 February 2014

19 January 2015