

REGIMEN



PATIENT VIRGINA ABELA

MONTH OCTOBER 2013

DATE	BREAKFAST	LUNCH (12 NN)	AFTER DINNER
04 OCT – 30 NOV	<ul style="list-style-type: none"> ✓ Thyroid 0.50grain – 1 capsule upon waking up ✓ 10mg DHEA – 1 capsule ✓ Godex DS – 1 capsule ✗ Mitochondrial NRG – 2 capsules ✓ Astaxanthine – 1 softgel <p><i>Cellular Oxygen.</i></p> <p>Patient's Own: 2000IU Vitamin D3</p>		<ul style="list-style-type: none"> ✓ Lipotrienols Red Yeast Rice – 1 capsule ✓ Omega 3 Fish Oil – 1 softgel ✓ Godex DS – 1 capsule ✗ Cjharbon de Belloc – 1 softgel <p>BEDTIME:</p> ✗ 100mg Progesterone capsule <i>50mg Pellets</i> ✓ GABA – 1 capsule <i>(repeat at 3 am)</i> <p>Patient's Own: 2000IU Vitamin D3 600mg Acetylcysteine</p>