

# REGIMEN



PATIENT **VIRGINA ABELA**  
MONTH **MARCH-MAY 2013**

DATE	BREAKFAST	LUNCH (12 NN)	AFTER DINNER
22 MAR - 20 MAY	<p>✓ <b>Thyroid 0.25grain - 1 capsule upon waking up</b> → <u>0.50grain</u></p> <p>✓ Godex DS - 1 capsule            10mg DHEA - 1 tablet            Adrenal Complex - 1 capsule            Folic Acid - 1 tablet</p> <p>✓ <i>mitochondrial NRG ②</i>            ✓ <i>Astaxanthine</i></p> <p>Patient's Own:            2000IU Vitamin D3</p>		<p><del>X</del> Calcium D Glucarate - 1 capsule <i>mito &amp; NRG</i></p> <p>✓ Niacin (No Flush) - 1 capsule</p> <p><del>X</del> 500mg Magnesium - 1 caplet <i>d/c</i></p> <p>✓ Omega 3 Fish Oil - 1 softgel</p> <p><b>100mg Progesterone capsule at bedtime</b> <i>150 ug</i></p> <p>Patient's Own:            2000IU Vitamin D3  <i>Acetylcholine 60 ug</i></p>
	<p>① headache / neck tension            ② low blood pressure            ③ acid / bloated.</p> <p><u>Symptoms</u> :- <i>endocrine &amp; aging</i>  <i>- water &amp; ...</i></p>		



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