

REGIMEN



PATIENT **VIRGINA ABELA**
MONTH **FEBRUARY – MARCH 2014**

DATE	BREAKFAST	LUNCH (12 NN)	AFTER DINNER
11 FEB – 31 MAR	Thyroid 0.50grain – 1 capsule upon waking up ✓ 25mg DHEA – 1 capsule x Godex DS – 1 capsule x Calcium D Glucarate – 1 capsule x Astaxanthine – 1 softgel Patient's Own: 2000IU Vitamin D3	(add 0.25grain) (Pulmonary reserve III) to come to come	✓ Lipotrienols Red Yeast Rice – 1 capsule (to come) ✓ Omega 3 Fish Oil – 1 softgel ✓ Godex DS – 1 capsule ✓ B12 + Folate B Complex Plus BEDTIME: 50mg Progesterone capsule(may repeat at 3AM) GABA – 1 capsule(may repeat at 3AM) Patient's Own: N-Acetylcysteine capsule

Uvedose 100,000IU (Vitamin D3)

11 February 2014

(Vibron)