

REGIMEN



ROYAL PREVENTIVE
MEDICAL CLINIC

PATIENT CORRIE ABELA

MONTH AUGUST - SEPTEMBER 2015

DATE	BREAKFAST	LUNCH (12 NN)	DINNER
06 AUG - 30 SEP	<p>Thyroid 0.50grain - 1 capsule upon waking up</p> <p>✓ Thyroid Support - 1 capsule</p> <p>✓ Femmenessence (Maca Pause) - 1 capsule</p> <p>✓ Metabolic Lean - 1 capsule</p> <p>✓ Maca Pause</p> <p>Patient's Own:</p> <p>50mg Cardiosel</p> <p>50mg Zarnat</p> <p>1000IU Vitamin D3</p> <p>500mg Vitamin C</p>	<p>Astonin x 2 meals</p> <p>to observe for dizziness</p>	<p>✓ Lipotrienols Red Yeast Rice - 1 capsule</p> <p>✓ 500mg Magnesium - 1 capsule</p> <p>✓ Metabolic Lean - 1 capsule</p> <p>✓ minocycline</p> <p>Patient's Own:</p> <p>5mg Crestor</p> <p>Glucophage XR</p> <p>Krill Oil</p> <p>CoenzymeQ10</p> <p>1000IU Vitamin D3</p>

Uvedose 100,000IU (Vitamin D3) - 05 May 2015

For HCG

- mentaf rest very well
- quinoa, steel cut oats.
- ⊕ dizziness (not meninges May 2010)
- if dizziness doesn't go away, start on astoinin.