

REGIMEN



ROYAL PREVENTIVE
MEDICAL CLINIC

PATIENT	CORRIE ABELA
MONTH	APRIL-MAY 2015

DATE	BREAKFAST	LUNCH (12 NN)	DINNER
08 APR - 31 MAY	<p>Thyroid 0.25grain - 1 capsule upon waking up</p> <p>Thyroid Support - 1 capsule</p> <p>Endotrim - 2 capsules</p> <p>Glucosend - 1 capsule</p> <p><u>Garcinia</u></p> <p>Patient's Own:</p> <p>50mg Cardiosel</p> <p>50mg Zarnat</p> <p>400IU Vitamin D3</p> <p>500mg Vitamin C</p> <p>1000</p> <p>2x a day.</p> <p>0.50grain</p> <p>Endotrim <u>Therolein</u></p>		<p>1000IU Vitamin D3 - 1 capsule</p> <p>Endotrim - 2 capsules</p> <p>Lipotrienols Red Yeast Rice - 1 capsule</p> <p>5HTP - 1 capsule</p> <p><u>Glucosend</u></p> <p>Patient's Own:</p> <p>5mg Crestor</p> <p>Glucophage XR</p> <p>Krill Oil</p> <p>CoenzymeQ10</p> <p>Endotrim <u>Therolein</u></p>

Vitamin

- > possible limit of 200mg & above
- > DM in family
- > heart disease
- > central adiposity.