

REGIMEN



PATIENT	VIRGINA ABELA
MONTH	AUGUST 2013

DATE	BREAKFAST	LUNCH (12 NN)	AFTER DINNER
06 AUG – 31 AUG	<ul style="list-style-type: none"> ✓ Thyroid 0.50grain – 1 capsule upon waking up ✓ Godex DS – 1 capsule ✗ 25mg DHEA = 1 capsule <i>10mg</i> ✓ Mitochondrial NRG – 2 capsules ✓ Astaxanthine – 1 softgel Patient's Own: 2000IU Vitamin D3 	<p><i>Charlen de Belloc</i></p>	<ul style="list-style-type: none"> ✗ Mitochondrial NRG – 2 capsules ✓ Lipotrienols Red Yeast Rice – 1 capsule ✓ Omega 3 Fish Oil – 1 softgel ✓ Godex DS – 1 capsule * BEDTIME: 100mg Progesterone capsule GABA – 1 capsule Patient's Own: 2000IU Vitamin D3 600mg Acetylcysteine <p><i>Charlen de Belloc</i></p>