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    "Additional Notes": "Consider a balanced diet."
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    "Additional Notes": "Take supplements with food for better absorption."
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"Additional Notes": "Add meditation to reduce stress."

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"Allergies": "Pollen",

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"Allergies": "Pollen",

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"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

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"Allergies": "Gluten",

"Symptoms": "Acne",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Biotin",

"Additional Notes": "Avoid spicy foods."

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"Allergies": "Dairy",

"Symptoms": "Joint pain",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Avoid calcium-rich foods with iron."

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{

"Allergies": "Peanuts",

"Symptoms": "Dry skin",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Probiotics",

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"Allergies": "Pollen",

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"Additional Notes": "Use sunscreen for better skin health."

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"Allergies": "Pollen",

"Symptoms": "Difficulty sleeping",

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"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Shellfish",

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"Health Goals": "Enhance sleep quality",  
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"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Gluten",  
"Symptoms": "Acne",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Frequent headaches",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

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"Allergies": "Soy",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Avoid spicy foods."

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{

"Allergies": "None",

"Symptoms": "Skin issues",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Include citrus fruits in diet."

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"Allergies": "Soy",  
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"Additional Notes": "Avoid processed foods."

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{

"Allergies": "Gluten",  
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"Health Goals": "Prevent infections",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Maintain a consistent sleep schedule."

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"Allergies": "Dairy",  
"Symptoms": "Acne",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Eggs",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Gluten",  
"Symptoms": "Weak immunity",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Add meditation to reduce stress."

},

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"Allergies": "Pollen",  
"Symptoms": "Fatigue",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Eggs",  
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"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Avoid calcium-rich foods with iron."

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  "Recommended Supplement": "Collagen Powder",  
  "Additional Notes": "Consider a balanced diet."  
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  "Additional Notes": "Regular exercise can help."  
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  "Additional Notes": "Include leafy greens in your diet."
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"Additional Notes": "Add meditation to reduce stress."

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"Allergies": "Eggs",

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"Health Goals": "Boost energy",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Add meditation to reduce stress."

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{

"Allergies": "Shellfish",

"Symptoms": "Poor digestion",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Turmeric Capsules",

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"Allergies": "Soy",

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"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Avoid spicy foods."

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"Allergies": "Gluten",

"Symptoms": "Low energy",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Collagen Powder",

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"Allergies": "Eggs",

"Symptoms": "Skin issues",

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"Recommended Supplement": "Multivitamins",

"Additional Notes": "Drink plenty of water."

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"Allergies": "Dairy",

"Symptoms": "Back pain",

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"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Use sunscreen for better skin health."

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"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Drink plenty of water."

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"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Eggs",

"Symptoms": "Mood swings",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

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"Allergies": "Peanuts",  
"Symptoms": "Mood swings",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

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"Allergies": "Peanuts",  
"Symptoms": "Skin issues",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Eggs",  
"Symptoms": "Skin issues",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Limit sugar intake for clearer skin."

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"Allergies": "None",  
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"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Consider a balanced diet."

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"Allergies": "Peanuts",  
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"Health Goals": "Increase appetite",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Avoid processed foods."

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  "Symptoms": "Difficulty sleeping",  
  "Health Goals": "Strengthen hair and nails",  
  "Recommended Supplement": "Turmeric Capsules",  
  "Additional Notes": "Consider a balanced diet."  
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"Additional Notes": "Consider a balanced diet."

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"Allergies": "Shellfish",

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"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Add meditation to reduce stress."

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"Symptoms": "Low appetite",

"Health Goals": "Clear skin",

"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Include leafy greens in your diet."

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"Symptoms": "Frequent headaches",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Turmeric Capsules",

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"Symptoms": "Weak immunity",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Include leafy greens in your diet."

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"Health Goals": "Clear skin",

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"Additional Notes": "Maintain a consistent sleep schedule."

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{

"Allergies": "Pollen",

"Symptoms": "Poor digestion",

"Health Goals": "Increase appetite",



"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Limit sugar intake for clearer skin."

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"Health Goals": "Boost energy",

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{

"Allergies": "Dairy",

"Symptoms": "Frequent headaches",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Peanuts",

"Symptoms": "Frequent headaches",

"Health Goals": "Improve mobility",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Pollen",  
"Symptoms": "Frequent headaches",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Shellfish",  
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"Health Goals": "Prevent infections",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Pollen",  
"Symptoms": "Hair loss",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

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"Allergies": "Gluten",

"Symptoms": "Joint pain",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Regular exercise can help."

},

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"Allergies": "Peanuts",  
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"Health Goals": "Prevent infections",  
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"Additional Notes": "Consult a healthcare provider if symptoms persist."

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"Allergies": "None",  
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"Additional Notes": "Avoid calcium-rich foods with iron."

},

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"Allergies": "Pollen",  
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"Health Goals": "Reduce stress",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Use sunscreen for better skin health."

},

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"Allergies": "Gluten",  
"Symptoms": "Low energy",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Regular exercise can help."

},

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"Allergies": "Peanuts",  
"Symptoms": "Poor digestion",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Peanuts",  
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"Health Goals": "Alleviate pain",  
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"Additional Notes": "Add meditation to reduce stress."

},

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"Allergies": "Soy",  
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"Additional Notes": "Consider a balanced diet."

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  "Additional Notes": "Include leafy greens in your diet."  
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"Additional Notes": "Use sunscreen for better skin health."

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"Symptoms": "Skin issues",

"Health Goals": "Regrow hair",

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},

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"Allergies": "Eggs",

"Symptoms": "Back pain",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Shellfish",

"Symptoms": "Hair loss",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Eggs",

"Symptoms": "Frequent headaches",

"Health Goals": "Improve mobility",

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"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Pollen",

"Symptoms": "Low appetite",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Stay hydrated for better results."

},

{

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"Symptoms": "Hair loss",

"Health Goals": "Prevent infections",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Regular exercise can help."

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"Allergies": "Gluten",

"Symptoms": "Back pain",

"Health Goals": "Strengthen immunity",

"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Avoid processed foods."

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"Health Goals": "Improve skin health",  
"Recommended Supplement": "Biotin",  
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"Allergies": "Peanuts",  
"Symptoms": "Hair loss",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Take supplements with food for better absorption."

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{

"Allergies": "None",  
"Symptoms": "Low appetite",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

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{

"Allergies": "Pollen",  
"Symptoms": "Weak immunity",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Consider a balanced diet."

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{

"Allergies": "None",

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"Health Goals": "Improve skin health",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Soy",  
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"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Consider a balanced diet."

},

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"Allergies": "Peanuts",  
"Symptoms": "Low appetite",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Soy",  
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"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Drink plenty of water."

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"Allergies": "Peanuts",

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"Health Goals": "Reduce stress",

"Recommended Supplement": "Zinc Capsules",

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"Allergies": "None",

"Symptoms": "Weak immunity",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Melatonin",

"Additional Notes": "Avoid spicy foods."

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"Symptoms": "Difficulty sleeping",

"Health Goals": "Clear skin",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Drink plenty of water."

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"Symptoms": "Fatigue",

"Health Goals": "Strengthen immunity",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Avoid spicy foods."

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  "Health Goals": "Improve mobility",
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  "Additional Notes": "Drink plenty of water."
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  "Health Goals": "Improve mobility",
  "Recommended Supplement": "Melatonin",
  "Additional Notes": "Avoid calcium-rich foods with iron."
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  "Health Goals": "Boost energy",
  "Recommended Supplement": "Collagen Powder",
  "Additional Notes": "Consult a healthcare provider if symptoms persist."
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  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Vitamin C Tablets",  
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  "Symptoms": "Low energy",  
  "Health Goals": "Improve mobility",  
  "Recommended Supplement": "Ashwagandha",  
  "Additional Notes": "Limit sugar intake for clearer skin."  
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{  
  "Allergies": "None",  
  "Symptoms": "Skin issues",  
  "Health Goals": "Clear skin",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Use sunscreen for better skin health."  
},  
  
{  
  "Allergies": "Dairy",  
  "Symptoms": "Dry skin",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Elderberry Gummies",
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"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Peanuts",

"Symptoms": "Poor digestion",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Soy",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Gluten",

"Symptoms": "Fatigue",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Dairy",

"Symptoms": "Low appetite",

"Health Goals": "Boost energy",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Dairy",

"Symptoms": "Fatigue",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Pollen",

"Symptoms": "Weak immunity",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Gluten",

"Symptoms": "Low energy",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Biotin",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Gluten",

"Symptoms": "Low appetite",

"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Eggs",  
"Symptoms": "Frequent headaches",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Dry skin",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "None",  
"Symptoms": "Hair loss",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Pollen",



"Symptoms": "Poor digestion",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Pollen",  
"Symptoms": "Joint pain",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Gluten",  
"Symptoms": "Fatigue",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Soy",  
"Symptoms": "Low appetite",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Eggs",  
"Symptoms": "Low energy",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Gluten",  
"Symptoms": "Mood swings",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Eggs",  
"Symptoms": "Frequent headaches",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Dairy",  
"Symptoms": "Poor digestion",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Include citrus fruits in diet."

},

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{  
  "Allergies": "Pollen",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Probiotics",  
  "Additional Notes": "Avoid calcium-rich foods with iron."  
},
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{  
  "Allergies": "None",  
  "Symptoms": "Skin issues",  
  "Health Goals": "Enhance digestion",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Avoid spicy foods."  
},
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{  
  "Allergies": "Soy",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Prevent infections",  
  "Recommended Supplement": "Ashwagandha",  
  "Additional Notes": "Avoid calcium-rich foods with iron."  
},
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{  
  "Allergies": "Dairy",  
  "Symptoms": "Difficulty sleeping",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Add meditation to reduce stress."
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},  
  
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  "Allergies": "Shellfish",  
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  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Consider a balanced diet."  
},  
  
{  
  "Allergies": "Gluten",  
  "Symptoms": "Muscle cramps",  
  "Health Goals": "Boost energy",  
  "Recommended Supplement": "Ashwagandha",  
  "Additional Notes": "Regular exercise can help."  
},  
  
{  
  "Allergies": "Dairy",  
  "Symptoms": "Acne",  
  "Health Goals": "Boost energy",  
  "Recommended Supplement": "Magnesium Tablets",  
  "Additional Notes": "Take supplements with food for better absorption."  
},  
  
{  
  "Allergies": "Pollen",  
  "Symptoms": "Fatigue",  
  "Health Goals": "Enhance digestion",  
  "Recommended Supplement": "Ashwagandha",
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"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Eggs",

"Symptoms": "Frequent headaches",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Shellfish",

"Symptoms": "Mood swings",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Melatonin",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Soy",

"Symptoms": "Mood swings",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "None",

"Symptoms": "Low energy",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Eggs",

"Symptoms": "Frequent headaches",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Shellfish",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Biotin",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "None",

"Symptoms": "Hair loss",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",

"Symptoms": "Muscle cramps",

"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",  
"Symptoms": "Acne",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Pollen",  
"Symptoms": "Mood swings",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Peanuts",

"Symptoms": "Muscle cramps",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Soy",  
"Symptoms": "Joint pain",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Dairy",  
"Symptoms": "Poor digestion",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Soy",  
"Symptoms": "Low energy",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Add meditation to reduce stress."

},

{



"Allergies": "Peanuts",  
"Symptoms": "Mood swings",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Eggs",  
"Symptoms": "Weak immunity",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Gluten",  
"Symptoms": "Skin issues",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Dairy",  
"Symptoms": "Poor digestion",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

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{  
  "Allergies": "Eggs",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Iron Supplements",  
  "Additional Notes": "Regular exercise can help."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Fatigue",  
  "Health Goals": "Strengthen immunity",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Include leafy greens in your diet."  
},  
  
{  
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  "Symptoms": "Frequent headaches",  
  "Health Goals": "Boost energy",  
  "Recommended Supplement": "Probiotics",  
  "Additional Notes": "Add meditation to reduce stress."  
},  
  
{  
  "Allergies": "Dairy",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Improve mobility",  
  "Recommended Supplement": "Turmeric Capsules",  
  "Additional Notes": "Limit sugar intake for clearer skin."
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},

{

"Allergies": "Shellfish",

"Symptoms": "Skin issues",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Soy",

"Symptoms": "Weak immunity",

"Health Goals": "Strengthen immunity",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Peanuts",

"Symptoms": "Poor digestion",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "None",

"Symptoms": "Low energy",

"Health Goals": "Boost energy",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Stay hydrated for better results."

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{

"Allergies": "Dairy",

"Symptoms": "Back pain",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Biotin",

"Additional Notes": "Regular exercise can help."

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"Allergies": "None",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Boost energy",

"Recommended Supplement": "Biotin",

"Additional Notes": "Include citrus fruits in diet."

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"Allergies": "Pollen",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Pollen",

"Symptoms": "Fatigue",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Soy",

"Symptoms": "Back pain",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Soy",

"Symptoms": "Back pain",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Soy",

"Symptoms": "Back pain",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Eggs",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Regrow hair",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Low energy",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Eggs",  
"Symptoms": "Low energy",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Pollen",  
"Symptoms": "Low energy",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Dairy",

"Symptoms": "Low appetite",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Acne",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Multivitamins",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Poor digestion",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Weak immunity",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Soy",  
"Symptoms": "Joint pain",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Eggs",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Increase appetite",  
"Recommended Supplement": "Multivitamins",  
"Additional Notes": "Use sunscreen for better skin health."

},



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{  
  "Allergies": "Shellfish",  
  "Symptoms": "Acne",  
  "Health Goals": "Support muscle recovery",  
  "Recommended Supplement": "Collagen Powder",  
  "Additional Notes": "Stay hydrated for better results."  
},
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{  
  "Allergies": "Pollen",  
  "Symptoms": "Muscle cramps",  
  "Health Goals": "Clear skin",  
  "Recommended Supplement": "Probiotics",  
  "Additional Notes": "Regular exercise can help."  
},
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{  
  "Allergies": "Dairy",  
  "Symptoms": "Joint pain",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Probiotics",  
  "Additional Notes": "Add meditation to reduce stress."  
},
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{  
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  "Symptoms": "Low appetite",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Omega-3 Capsules",  
  "Additional Notes": "Include citrus fruits in diet."
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},  
  
{  
  "Allergies": "Dairy",  
  "Symptoms": "Skin issues",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Iron Supplements",  
  "Additional Notes": "Limit sugar intake for clearer skin."  
},
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{  
  "Allergies": "Soy",  
  "Symptoms": "Frequent headaches",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Include citrus fruits in diet."  
},
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  "Allergies": "Peanuts",  
  "Symptoms": "Poor digestion",  
  "Health Goals": "Reduce stress",  
  "Recommended Supplement": "Omega-3 Capsules",  
  "Additional Notes": "Avoid calcium-rich foods with iron."  
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{  
  "Allergies": "Peanuts",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Vitamin C Tablets",
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"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Soy",

"Symptoms": "Back pain",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "None",

"Symptoms": "Fatigue",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Dairy",

"Symptoms": "Fatigue",

"Health Goals": "Strengthen immunity",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "None",

"Symptoms": "Hair loss",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Pollen",

"Symptoms": "Frequent headaches",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",

"Symptoms": "Frequent headaches",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Dairy",

"Symptoms": "Low appetite",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Eggs",

"Symptoms": "Joint pain",

"Health Goals": "Boost energy",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Dairy",  
"Symptoms": "Poor digestion",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Pollen",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Pollen",

"Symptoms": "Acne",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "None",  
"Symptoms": "Mood swings",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Low energy",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Eggs",  
"Symptoms": "Poor digestion",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Gluten",  
"Symptoms": "Dry skin",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Eggs",  
"Symptoms": "Low energy",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Fatigue",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Dairy",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Include citrus fruits in diet."

},

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{  
  "Allergies": "Shellfish",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Include leafy greens in your diet."  
},  
  
{  
  "Allergies": "Peanuts",  
  "Symptoms": "Poor digestion",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Turmeric Capsules",  
  "Additional Notes": "Consult a healthcare provider if symptoms persist."  
},  
  
{  
  "Allergies": "Eggs",  
  "Symptoms": "Fatigue",  
  "Health Goals": "Enhance sleep quality",  
  "Recommended Supplement": "Iron Supplements",  
  "Additional Notes": "Consult a healthcare provider if symptoms persist."  
},  
  
{  
  "Allergies": "Peanuts",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Improve skin health",  
  "Recommended Supplement": "Biotin",  
  "Additional Notes": "Avoid spicy foods."
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},  
  
{  
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  "Symptoms": "Difficulty sleeping",  
  "Health Goals": "Improve mobility",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Consult a healthcare provider if symptoms persist."  
},  
  
{  
  "Allergies": "Pollen",  
  "Symptoms": "Frequent headaches",  
  "Health Goals": "Regrow hair",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Take supplements with food for better absorption."  
},  
  
{  
  "Allergies": "Shellfish",  
  "Symptoms": "Joint pain",  
  "Health Goals": "Strengthen hair and nails",  
  "Recommended Supplement": "Ashwagandha",  
  "Additional Notes": "Use sunscreen for better skin health."  
},  
  
{  
  "Allergies": "Pollen",  
  "Symptoms": "Difficulty sleeping",  
  "Health Goals": "Enhance digestion",  
  "Recommended Supplement": "Vitamin D Drops",
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"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Gluten",

"Symptoms": "Poor digestion",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Gluten",

"Symptoms": "Back pain",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Melatonin",

"Additional Notes": "Take supplements with food for better absorption."

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{

"Allergies": "Dairy",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Pollen",

"Symptoms": "Dry skin",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Gluten",

"Symptoms": "Mood swings",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Dairy",

"Symptoms": "Back pain",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Biotin",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "None",

"Symptoms": "Low energy",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Eggs",

"Symptoms": "Low energy",

"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Poor digestion",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Dairy",  
"Symptoms": "Dry skin",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Pollen",  
"Symptoms": "Mood swings",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Soy",

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"Symptoms": "Low energy",
"Health Goals": "Regrow hair",
"Recommended Supplement": "Ashwagandha",
"Additional Notes": "Drink plenty of water."
},
{
  "Allergies": "Soy",
  "Symptoms": "Skin issues",
  "Health Goals": "Regrow hair",
  "Recommended Supplement": "Collagen Powder",
  "Additional Notes": "Add meditation to reduce stress."
},
{
  "Allergies": "Peanuts",
  "Symptoms": "Skin issues",
  "Health Goals": "Alleviate pain",
  "Recommended Supplement": "Biotin",
  "Additional Notes": "Regular exercise can help."
},
{
  "Allergies": "Gluten",
  "Symptoms": "Back pain",
  "Health Goals": "Support muscle recovery",
  "Recommended Supplement": "Magnesium Tablets",
  "Additional Notes": "Avoid processed foods."
},
{
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"Allergies": "Pollen",  
"Symptoms": "Fatigue",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Hair loss",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Soy",  
"Symptoms": "Hair loss",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Joint pain",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Avoid spicy foods."

},

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{  
  "Allergies": "Peanuts",  
  "Symptoms": "Mood swings",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Regular exercise can help."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Improve skin health",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Drink plenty of water."  
},  
  
{  
  "Allergies": "Eggs",  
  "Symptoms": "Fatigue",  
  "Health Goals": "Improve mobility",  
  "Recommended Supplement": "Elderberry Gummies",  
  "Additional Notes": "Consult a healthcare provider if symptoms persist."  
},  
  
{  
  "Allergies": "Gluten",  
  "Symptoms": "Fatigue",  
  "Health Goals": "Boost energy",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Avoid spicy foods."
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},

{

"Allergies": "Pollen",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",

"Symptoms": "Poor digestion",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Soy",

"Symptoms": "Frequent headaches",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Gluten",

"Symptoms": "Joint pain",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Elderberry Gummies",



"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Pollen",

"Symptoms": "Low energy",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Biotin",

"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Shellfish",

"Symptoms": "Fatigue",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Gluten",

"Symptoms": "Acne",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Gluten",

"Symptoms": "Skin issues",

"Health Goals": "Boost energy",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Regular exercise can help."

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{

"Allergies": "Gluten",

"Symptoms": "Muscle cramps",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "None",

"Symptoms": "Back pain",

"Health Goals": "Clear skin",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Dairy",

"Symptoms": "Mood swings",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Gluten",

"Symptoms": "Low energy",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Peanuts",

"Symptoms": "Acne",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Eggs",

"Symptoms": "Back pain",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Gluten",

"Symptoms": "Mood swings",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Eggs",

"Symptoms": "Back pain",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Gluten",  
"Symptoms": "Weak immunity",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Pollen",  
"Symptoms": "Poor digestion",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Acne",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Gluten",  
"Symptoms": "Poor digestion",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Eggs",  
"Symptoms": "Poor digestion",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Fatigue",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

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{  
  "Allergies": "Soy",  
  "Symptoms": "Frequent headaches",  
  "Health Goals": "Enhance sleep quality",  
  "Recommended Supplement": "Multivitamins",  
  "Additional Notes": "Add meditation to reduce stress."  
},
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{  
  "Allergies": "None",  
  "Symptoms": "Frequent headaches",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Biotin",  
  "Additional Notes": "Include leafy greens in your diet."  
},
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{  
  "Allergies": "Pollen",  
  "Symptoms": "Joint pain",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Iron Supplements",  
  "Additional Notes": "Include citrus fruits in diet."  
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{  
  "Allergies": "Shellfish",  
  "Symptoms": "Poor digestion",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Avoid processed foods."
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},  
  
{  
  "Allergies": "Pollen",  
  "Symptoms": "Dry skin",  
  "Health Goals": "Reduce stress",  
  "Recommended Supplement": "Ashwagandha",  
  "Additional Notes": "Take supplements with food for better absorption."  
},  
  
{  
  "Allergies": "None",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Avoid spicy foods."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Weak immunity",  
  "Health Goals": "Support muscle recovery",  
  "Recommended Supplement": "Vitamin C Tablets",  
  "Additional Notes": "Consult a healthcare provider if symptoms persist."  
},  
  
{  
  "Allergies": "Shellfish",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Prevent infections",  
  "Recommended Supplement": "Iron Supplements",
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"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Soy",

"Symptoms": "Low appetite",

"Health Goals": "Prevent infections",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Eggs",

"Symptoms": "Acne",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Pollen",

"Symptoms": "Muscle cramps",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Melatonin",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "None",

"Symptoms": "Muscle cramps",

"Health Goals": "Regrow hair",



"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Pollen",

"Symptoms": "Frequent headaches",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Shellfish",

"Symptoms": "Poor digestion",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Shellfish",

"Symptoms": "Poor digestion",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "None",

"Symptoms": "Skin issues",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Pollen",

"Symptoms": "Hair loss",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Biotin",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Eggs",

"Symptoms": "Frequent headaches",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Peanuts",

"Symptoms": "Joint pain",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Pollen",

"Symptoms": "Skin issues",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "None",  
"Symptoms": "Mood swings",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Gluten",  
"Symptoms": "Back pain",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Dairy",  
"Symptoms": "Weak immunity",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Pollen",  
"Symptoms": "Hair loss",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "None",  
"Symptoms": "Low energy",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Gluten",  
"Symptoms": "Skin issues",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

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{  
  "Allergies": "None",  
  "Symptoms": "Weak immunity",  
  "Health Goals": "Prevent infections",  
  "Recommended Supplement": "Collagen Powder",  
  "Additional Notes": "Consult a healthcare provider if symptoms persist."  
},
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{  
  "Allergies": "Dairy",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Reduce stress",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Drink plenty of water."  
},
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{  
  "Allergies": "Eggs",  
  "Symptoms": "Frequent headaches",  
  "Health Goals": "Regrow hair",  
  "Recommended Supplement": "Probiotics",  
  "Additional Notes": "Consult a healthcare provider if symptoms persist."  
},
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{  
  "Allergies": "Dairy",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Drink plenty of water."
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},  
  
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  "Symptoms": "Weak immunity",  
  "Health Goals": "Enhance digestion",  
  "Recommended Supplement": "Vitamin C Tablets",  
  "Additional Notes": "Include citrus fruits in diet."  
},  
  
{  
  "Allergies": "Gluten",  
  "Symptoms": "Mood swings",  
  "Health Goals": "Strengthen immunity",  
  "Recommended Supplement": "Omega-3 Capsules",  
  "Additional Notes": "Avoid calcium-rich foods with iron."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Boost energy",  
  "Recommended Supplement": "Biotin",  
  "Additional Notes": "Avoid processed foods."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Support muscle recovery",  
  "Recommended Supplement": "Probiotics",
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"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "None",

"Symptoms": "Mood swings",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Dairy",

"Symptoms": "Low appetite",

"Health Goals": "Prevent infections",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Eggs",

"Symptoms": "Hair loss",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Peanuts",

"Symptoms": "Low appetite",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "None",

"Symptoms": "Fatigue",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Pollen",

"Symptoms": "Fatigue",

"Health Goals": "Clear skin",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "None",

"Symptoms": "Skin issues",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Gluten",

"Symptoms": "Muscle cramps",



"Health Goals": "Improve mobility",

"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Gluten",

"Symptoms": "Muscle cramps",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Dairy",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Soy",

"Symptoms": "Acne",

"Health Goals": "Boost energy",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Peanuts",

"Symptoms": "Frequent headaches",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Gluten",  
"Symptoms": "Mood swings",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Eggs",  
"Symptoms": "Frequent headaches",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Dairy",  
"Symptoms": "Joint pain",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Soy",  
"Symptoms": "Back pain",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Soy",  
"Symptoms": "Poor digestion",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Hair loss",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Frequent headaches",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

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{  
  "Allergies": "Peanuts",  
  "Symptoms": "Back pain",  
  "Health Goals": "Strengthen hair and nails",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Consider a balanced diet."  
},  
  
{  
  "Allergies": "None",  
  "Symptoms": "Back pain",  
  "Health Goals": "Regrow hair",  
  "Recommended Supplement": "Magnesium Tablets",  
  "Additional Notes": "Drink plenty of water."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Acne",  
  "Health Goals": "Reduce stress",  
  "Recommended Supplement": "Turmeric Capsules",  
  "Additional Notes": "Avoid processed foods."  
},  
  
{  
  "Allergies": "Dairy",  
  "Symptoms": "Acne",  
  "Health Goals": "Enhance digestion",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Avoid spicy foods."
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},

{

"Allergies": "Dairy",

"Symptoms": "Frequent headaches",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Gluten",

"Symptoms": "Dry skin",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Soy",

"Symptoms": "Hair loss",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Melatonin",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "None",

"Symptoms": "Muscle cramps",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Soy",

"Symptoms": "Fatigue",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Soy",

"Symptoms": "Frequent headaches",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "None",

"Symptoms": "Hair loss",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Gluten",

"Symptoms": "Back pain",

"Health Goals": "Strengthen immunity",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "None",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Gluten",

"Symptoms": "Skin issues",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Gluten",

"Symptoms": "Hair loss",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Pollen",

"Symptoms": "Mood swings",

"Health Goals": "Reduce stress",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Joint pain",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "None",  
"Symptoms": "Acne",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Fatigue",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Biotin",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Eggs",



"Symptoms": "Weak immunity",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Gluten",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "None",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Low energy",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Multivitamins",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Soy",  
"Symptoms": "Weak immunity",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Gluten",  
"Symptoms": "Hair loss",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Dairy",  
"Symptoms": "Mood swings",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Avoid processed foods."

},

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{  
  "Allergies": "None",  
  "Symptoms": "Dry skin",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Vitamin C Tablets",  
  "Additional Notes": "Stay hydrated for better results."  
},
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{  
  "Allergies": "Pollen",  
  "Symptoms": "Weak immunity",  
  "Health Goals": "Improve skin health",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Drink plenty of water."  
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  "Allergies": "Shellfish",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Enhance digestion",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Include leafy greens in your diet."  
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  "Symptoms": "Difficulty sleeping",  
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  "Recommended Supplement": "Collagen Powder",  
  "Additional Notes": "Regular exercise can help."
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  "Symptoms": "Hair loss",  
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  "Recommended Supplement": "Zinc Capsules",  
  "Additional Notes": "Add meditation to reduce stress."  
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  "Allergies": "Pollen",  
  "Symptoms": "Low energy",  
  "Health Goals": "Improve skin health",  
  "Recommended Supplement": "Magnesium Tablets",  
  "Additional Notes": "Avoid spicy foods."  
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  "Allergies": "Shellfish",  
  "Symptoms": "Mood swings",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Take supplements with food for better absorption."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Frequent headaches",  
  "Health Goals": "Regrow hair",  
  "Recommended Supplement": "Probiotics",
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"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Gluten",

"Symptoms": "Muscle cramps",

"Health Goals": "Boost energy",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Peanuts",

"Symptoms": "Dry skin",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Soy",

"Symptoms": "Acne",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Avoid spicy foods."

},

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"Allergies": "Gluten",

"Symptoms": "Dry skin",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Take supplements with food for better absorption."

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{

"Allergies": "Soy",

"Symptoms": "Hair loss",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Stay hydrated for better results."

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"Allergies": "Soy",

"Symptoms": "Frequent headaches",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Avoid processed foods."

},

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"Allergies": "Soy",

"Symptoms": "Dry skin",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Avoid spicy foods."

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{

"Allergies": "Gluten",

"Symptoms": "Acne",

"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Dairy",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Strengthen immunity",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Soy",  
"Symptoms": "Joint pain",  
"Health Goals": "Reduce stress",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Back pain",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",

"Symptoms": "Back pain",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Poor digestion",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Soy",  
"Symptoms": "Frequent headaches",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Regular exercise can help."

},

{



"Allergies": "Shellfish",  
"Symptoms": "Joint pain",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Soy",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Ashwagandha",  
"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Pollen",  
"Symptoms": "Hair loss",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Poor digestion",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Melatonin",  
"Additional Notes": "Avoid calcium-rich foods with iron."

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  "Additional Notes": "Take supplements with food for better absorption."  
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  "Symptoms": "Acne",  
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  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Drink plenty of water."  
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{  
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  "Symptoms": "Hair loss",  
  "Health Goals": "Enhance sleep quality",  
  "Recommended Supplement": "Omega-3 Capsules",  
  "Additional Notes": "Avoid processed foods."  
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  "Symptoms": "Low energy",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Probiotics",  
  "Additional Notes": "Avoid processed foods."
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{  
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  "Symptoms": "Joint pain",  
  "Health Goals": "Support muscle recovery",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Avoid calcium-rich foods with iron."  
},
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{  
  "Allergies": "Dairy",  
  "Symptoms": "Muscle cramps",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Biotin",  
  "Additional Notes": "Avoid processed foods."  
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  "Symptoms": "Low energy",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Avoid calcium-rich foods with iron."  
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{  
  "Allergies": "None",  
  "Symptoms": "Acne",  
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  "Recommended Supplement": "Vitamin C Tablets",
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"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Shellfish",

"Symptoms": "Dry skin",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Peanuts",

"Symptoms": "Weak immunity",

"Health Goals": "Clear skin",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Dairy",

"Symptoms": "Fatigue",

"Health Goals": "Strengthen immunity",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Soy",

"Symptoms": "Fatigue",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Shellfish",

"Symptoms": "Back pain",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Pollen",

"Symptoms": "Hair loss",

"Health Goals": "Clear skin",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Gluten",

"Symptoms": "Low appetite",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Peanuts",

"Symptoms": "Joint pain",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Peanuts",

"Symptoms": "Fatigue",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Peanuts",

"Symptoms": "Acne",

"Health Goals": "Clear skin",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Eggs",

"Symptoms": "Poor digestion",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "None",

"Symptoms": "Dry skin",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Poor digestion",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Eggs",  
"Symptoms": "Low appetite",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Dairy",  
"Symptoms": "Dry skin",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "None",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "None",  
"Symptoms": "Weak immunity",  
"Health Goals": "Improve mobility",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "None",  
"Symptoms": "Mood swings",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Soy",  
"Symptoms": "Weak immunity",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Stay hydrated for better results."

},



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{  
  "Allergies": "Peanuts",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Enhance digestion",  
  "Recommended Supplement": "Probiotics",  
  "Additional Notes": "Take supplements with food for better absorption."  
},
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{  
  "Allergies": "Gluten",  
  "Symptoms": "Low energy",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Use sunscreen for better skin health."  
},
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{  
  "Allergies": "Eggs",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Enhance sleep quality",  
  "Recommended Supplement": "Omega-3 Capsules",  
  "Additional Notes": "Drink plenty of water."  
},
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{  
  "Allergies": "Gluten",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Improve skin health",  
  "Recommended Supplement": "Elderberry Gummies",  
  "Additional Notes": "Consider a balanced diet."
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{  
  "Allergies": "Shellfish",  
  "Symptoms": "Back pain",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Calcium Tablets",  
  "Additional Notes": "Regular exercise can help."  
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{  
  "Allergies": "Shellfish",  
  "Symptoms": "Skin issues",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Iron Supplements",  
  "Additional Notes": "Regular exercise can help."  
},  
  
{  
  "Allergies": "None",  
  "Symptoms": "Hair loss",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Vitamin D Drops",  
  "Additional Notes": "Take supplements with food for better absorption."  
},  
  
{  
  "Allergies": "Gluten",  
  "Symptoms": "Acne",  
  "Health Goals": "Support muscle recovery",  
  "Recommended Supplement": "Collagen Powder",
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"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Eggs",

"Symptoms": "Dry skin",

"Health Goals": "Alleviate pain",

"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Peanuts",

"Symptoms": "Frequent headaches",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Pollen",

"Symptoms": "Low appetite",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Biotin",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Soy",

"Symptoms": "Muscle cramps",

"Health Goals": "Prevent infections",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Dairy",

"Symptoms": "Fatigue",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Soy",

"Symptoms": "Weak immunity",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Shellfish",

"Symptoms": "Weak immunity",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Pollen",

"Symptoms": "Acne",

"Health Goals": "Regrow hair",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Low energy",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Dairy",  
"Symptoms": "Low appetite",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Poor digestion",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "None",

"Symptoms": "Frequent headaches",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Shellfish",

"Symptoms": "Dry skin",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Shellfish",

"Symptoms": "Weak immunity",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Shellfish",

"Symptoms": "Low appetite",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Hair loss",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Poor digestion",  
"Health Goals": "Strengthen hair and nails",  
"Recommended Supplement": "Multivitamins",  
"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "None",  
"Symptoms": "Acne",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Pollen",  
"Symptoms": "Low energy",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Avoid processed foods."

},

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{
  "Allergies": "Shellfish",
  "Symptoms": "Difficulty sleeping",
  "Health Goals": "Improve skin health",
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  "Symptoms": "Weak immunity",
  "Health Goals": "Strengthen immunity",
  "Recommended Supplement": "Biotin",
  "Additional Notes": "Consider a balanced diet."
},
{
  "Allergies": "Gluten",
  "Symptoms": "Weak immunity",
  "Health Goals": "Alleviate pain",
  "Recommended Supplement": "Iron Supplements",
  "Additional Notes": "Regular exercise can help."
},
{
  "Allergies": "Eggs",
  "Symptoms": "Skin issues",
  "Health Goals": "Strengthen hair and nails",
  "Recommended Supplement": "Multivitamins",
  "Additional Notes": "Include leafy greens in your diet."
}
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},  
  
{  
  "Allergies": "Gluten",  
  "Symptoms": "Mood swings",  
  "Health Goals": "Reduce stress",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Take supplements with food for better absorption."  
},
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  "Symptoms": "Muscle cramps",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Include leafy greens in your diet."  
},
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  "Symptoms": "Mood swings",  
  "Health Goals": "Strengthen immunity",  
  "Recommended Supplement": "Turmeric Capsules",  
  "Additional Notes": "Stay hydrated for better results."  
},
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  "Allergies": "Dairy",  
  "Symptoms": "Low appetite",  
  "Health Goals": "Regrow hair",  
  "Recommended Supplement": "Zinc Capsules",
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"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Dairy",

"Symptoms": "Skin issues",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Gluten",

"Symptoms": "Poor digestion",

"Health Goals": "Increase appetite",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "None",

"Symptoms": "Poor digestion",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Dairy",

"Symptoms": "Mood swings",

"Health Goals": "Enhance sleep quality",

"Recommended Supplement": "Ashwagandha",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "None",

"Symptoms": "Fatigue",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Shellfish",

"Symptoms": "Weak immunity",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Vitamin C Tablets",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Peanuts",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Prevent infections",

"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Eggs",

"Symptoms": "Mood swings",

"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Multivitamins",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Dairy",  
"Symptoms": "Low energy",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Pollen",  
"Symptoms": "Dry skin",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Calcium Tablets",  
"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Turmeric Capsules",  
"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Gluten",

"Symptoms": "Difficulty sleeping",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Gluten",  
"Symptoms": "Hair loss",  
"Health Goals": "Boost energy",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Soy",  
"Symptoms": "Skin issues",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Take supplements with food for better absorption."

},

{

"Allergies": "Shellfish",  
"Symptoms": "Back pain",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "None",  
"Symptoms": "Fatigue",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Eggs",  
"Symptoms": "Skin issues",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Gluten",  
"Symptoms": "Dry skin",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Gluten",  
"Symptoms": "Skin issues",  
"Health Goals": "Regrow hair",  
"Recommended Supplement": "Omega-3 Capsules",  
"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

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{  
  "Allergies": "Peanuts",  
  "Symptoms": "Frequent headaches",  
  "Health Goals": "Regrow hair",  
  "Recommended Supplement": "Zinc Capsules",  
  "Additional Notes": "Add meditation to reduce stress."  
},
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{  
  "Allergies": "Peanuts",  
  "Symptoms": "Low energy",  
  "Health Goals": "Increase appetite",  
  "Recommended Supplement": "Ashwagandha",  
  "Additional Notes": "Avoid spicy foods."  
},
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{  
  "Allergies": "Dairy",  
  "Symptoms": "Poor digestion",  
  "Health Goals": "Reduce stress",  
  "Recommended Supplement": "Collagen Powder",  
  "Additional Notes": "Include leafy greens in your diet."  
},
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{  
  "Allergies": "Eggs",  
  "Symptoms": "Joint pain",  
  "Health Goals": "Boost energy",  
  "Recommended Supplement": "Melatonin",  
  "Additional Notes": "Include citrus fruits in diet."
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},

{

"Allergies": "None",

"Symptoms": "Hair loss",

"Health Goals": "Clear skin",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Eggs",

"Symptoms": "Muscle cramps",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "Dairy",

"Symptoms": "Low energy",

"Health Goals": "Clear skin",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Stay hydrated for better results."

},

{

"Allergies": "Gluten",

"Symptoms": "Back pain",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Vitamin D Drops",



"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Shellfish",

"Symptoms": "Frequent headaches",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Probiotics",

"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Shellfish",

"Symptoms": "Skin issues",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Peanuts",

"Symptoms": "Fatigue",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Shellfish",

"Symptoms": "Skin issues",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Melatonin",

"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Pollen",

"Symptoms": "Frequent headaches",

"Health Goals": "Enhance digestion",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Dairy",

"Symptoms": "Skin issues",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Iron Supplements",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Eggs",

"Symptoms": "Skin issues",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Elderberry Gummies",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Gluten",

"Symptoms": "Acne",

"Health Goals": "Clear skin",  
"Recommended Supplement": "Magnesium Tablets",  
"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Eggs",  
"Symptoms": "Low energy",  
"Health Goals": "Support muscle recovery",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Peanuts",  
"Symptoms": "Low energy",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Gluten",  
"Symptoms": "Muscle cramps",  
"Health Goals": "Improve skin health",  
"Recommended Supplement": "Iron Supplements",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "None",

"Symptoms": "Frequent headaches",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Elderberry Gummies",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Soy",  
"Symptoms": "Difficulty sleeping",  
"Health Goals": "Prevent infections",  
"Recommended Supplement": "Vitamin C Tablets",  
"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Soy",  
"Symptoms": "Poor digestion",  
"Health Goals": "Improve mental focus",  
"Recommended Supplement": "Zinc Capsules",  
"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Pollen",  
"Symptoms": "Low energy",  
"Health Goals": "Enhance digestion",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Add meditation to reduce stress."

},

{

"Allergies": "Dairy",  
"Symptoms": "Fatigue",  
"Health Goals": "Clear skin",  
"Recommended Supplement": "Vitamin D Drops",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Gluten",  
"Symptoms": "Fatigue",  
"Health Goals": "Alleviate pain",  
"Recommended Supplement": "Collagen Powder",  
"Additional Notes": "Avoid processed foods."

},

{

"Allergies": "Soy",  
"Symptoms": "Dry skin",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Multivitamins",  
"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Gluten",  
"Symptoms": "Poor digestion",  
"Health Goals": "Enhance sleep quality",  
"Recommended Supplement": "Probiotics",  
"Additional Notes": "Avoid calcium-rich foods with iron."

},

```
{  
  "Allergies": "Soy",  
  "Symptoms": "Difficulty sleeping",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Collagen Powder",  
  "Additional Notes": "Avoid calcium-rich foods with iron."  
},  
  
{  
  "Allergies": "Shellfish",  
  "Symptoms": "Poor digestion",  
  "Health Goals": "Improve mobility",  
  "Recommended Supplement": "Turmeric Capsules",  
  "Additional Notes": "Take supplements with food for better absorption."  
},  
  
{  
  "Allergies": "None",  
  "Symptoms": "Joint pain",  
  "Health Goals": "Alleviate pain",  
  "Recommended Supplement": "Multivitamins",  
  "Additional Notes": "Include citrus fruits in diet."  
},  
  
{  
  "Allergies": "Soy",  
  "Symptoms": "Mood swings",  
  "Health Goals": "Improve mental focus",  
  "Recommended Supplement": "Magnesium Tablets",  
  "Additional Notes": "Maintain a consistent sleep schedule."
```

},

{

"Allergies": "Peanuts",

"Symptoms": "Dry skin",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Limit sugar intake for clearer skin."

},

{

"Allergies": "Soy",

"Symptoms": "Fatigue",

"Health Goals": "Support muscle recovery",

"Recommended Supplement": "Melatonin",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Shellfish",

"Symptoms": "Back pain",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Omega-3 Capsules",

"Additional Notes": "Avoid calcium-rich foods with iron."

},

{

"Allergies": "Shellfish",

"Symptoms": "Fatigue",

"Health Goals": "Improve mental focus",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Eggs",

"Symptoms": "Low energy",

"Health Goals": "Clear skin",

"Recommended Supplement": "Calcium Tablets",

"Additional Notes": "Include citrus fruits in diet."

},

{

"Allergies": "Pollen",

"Symptoms": "Poor digestion",

"Health Goals": "Clear skin",

"Recommended Supplement": "Turmeric Capsules",

"Additional Notes": "Regular exercise can help."

},

{

"Allergies": "Gluten",

"Symptoms": "Acne",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Vitamin D Drops",

"Additional Notes": "Avoid spicy foods."

},

{

"Allergies": "Dairy",

"Symptoms": "Skin issues",

"Health Goals": "Boost energy",



"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Maintain a consistent sleep schedule."

},

{

"Allergies": "Shellfish",

"Symptoms": "Low appetite",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Biotin",

"Additional Notes": "Drink plenty of water."

},

{

"Allergies": "Peanuts",

"Symptoms": "Dry skin",

"Health Goals": "Improve mobility",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Consider a balanced diet."

},

{

"Allergies": "Pollen",

"Symptoms": "Difficulty sleeping",

"Health Goals": "Regrow hair",

"Recommended Supplement": "Zinc Capsules",

"Additional Notes": "Include leafy greens in your diet."

},

{

"Allergies": "Peanuts",

"Symptoms": "Frequent headaches",

"Health Goals": "Improve skin health",

"Recommended Supplement": "Magnesium Tablets",

"Additional Notes": "Consult a healthcare provider if symptoms persist."

},

{

"Allergies": "Gluten",

"Symptoms": "Weak immunity",

"Health Goals": "Reduce stress",

"Recommended Supplement": "Multivitamins",

"Additional Notes": "Use sunscreen for better skin health."

},

{

"Allergies": "None",

"Symptoms": "Low energy",

"Health Goals": "Strengthen hair and nails",

"Recommended Supplement": "Collagen Powder",

"Additional Notes": "Stay hydrated for better results."

}

]