



Health Improvement Plan



Client Report

Prepared for

Female Sample
56 year old female born Nov 01,
1966



Requested by

Mrs. Sonia Hollis
Personalised Nutritional Therapy



Treatment Date

Aug 21, 2023

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What's Inside?

A personalized Health Improvement Plan for your client.

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Mrs. Sonia Hollis's Report

This report highlights the notes made about the treatment plan.

REPORT

Following on from receipt of your questionnaire, along with the results of the blood test report - please find our recommended supplement protocol.

I have added these supplements into The Natural Dispensary and have sent you a direct email - which includes our client discount.

If you have any questions then please let me know

Sonia

(MSc Personalised Nutrition, mBANT, CNHC, NLP Practitioner)

Supplement Plan

The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Each area of Health Improvement is included in the section that follows so you can read a detailed description and individual explanation of the results shown in this report.

Nutritional Supplements



Product Name

B12 Folate

Brand

Pure Encapsulations

Health Concerns

Vitamin B12/Folate Support

Dosage and Directions

1 Capsule(s) once per day (in divided doses, with meals)

Details

B12 Folate is formulated to help provide the benefits of vitamin B12 and folate in one dietary supplement. B12 Folate helps convert carbohydrates into energy and the break down of fats and proteins in the body. B12 Folate also supports the G.I. tract and functionality of the nervous system as well as your hair, skin and liver.* B12 Folate supports the G.I. tract and nervous system* Promotes proper metabolism of fats and protein* Made with the highly bioavailable form of B12 Made with hypoallergenic, vegan ingredients Vitamin B12 and folate are interrelated in function.



Product Name

Bio-Glycozyme Forte™

Brand

Biotics Research

Health Concerns

Low Blood Sugar Support

Dosage and Directions

3 Capsule(s) once per day

Details

Bio-Glycozyme Forte™ is a broad-spectrum product designed to support normal, healthy glyceic function. It provides vitamins, minerals and organ/glandular support to specifically target glyceic health. One (1) to three (3) capsules each day as a dietary supplement or as otherwise directed by a healthcare professional. Serving Size: 3 Capsules Amount Per Serving Vitamin A ... 5,000 IU(as natural mixed carotenoids and palmitate)(IU ratio 1:1) Vitamin C .

**Product Name**

Daily Immune*

Brand

Pure Encapsulations

Health Concerns

Immune Support

Dosage and Directions**Details**

Our most comprehensive immune support formula, featuring wide-range vitamin, mineral and herbal support. Supports immune system function. Helps to activate immune cells and maintain healthy activity. Made with vitamin C, quercetin, zinc and other essential vitamins and minerals. Made with hypoallergenic, vegetarian ingredients. Daily Immune is a dietary supplement that aims to provide enhanced immune defense support.

**Product Name**

DGL Plus

Brand

Pure Encapsulations

Health Concerns

Gastric Mucosa Support

Dosage and Directions

1 Capsule(s) once per day (before a meal.)

Details

DGL Plus is a herbal support for the gastrointestinal tract. DGL Plus helps support bodys natural defense mechanisms by stimulating mucous in the stomachs protective lining.* Herbal blend provides support for gastrointestinal tract health* Made with hypoallergenic, vegan ingredients This synergistic combination of deglycyrrhizinated licorice (DGL) and herbal extracts provides nutritional support to the gastrointestinal tract.

**Product Name**

Selenium

Brand

Pure Encapsulations

Health Concerns

Selenium Support

Dosage and Directions**Details**

Selenium is an antioxidant that protects normal cell function and provides support for the immune system.* Supports healthy cell function and immune health* Promotes healthy blood flow* Made with hypoallergenic, vegan ingredients Selenium is a natural antioxidant that delays the oxidation of polyunsaturated fatty acids and preserves the elasticity of tissue. Selenium is required for the production of certain prostaglandins, which promote healthy blood flow.

**Product Name**

Thyrocsin

Brand

Thorne

Health Concerns

Hypothyroid Support

Dosage and Directions

2 Capsules(s) twice per day

Details

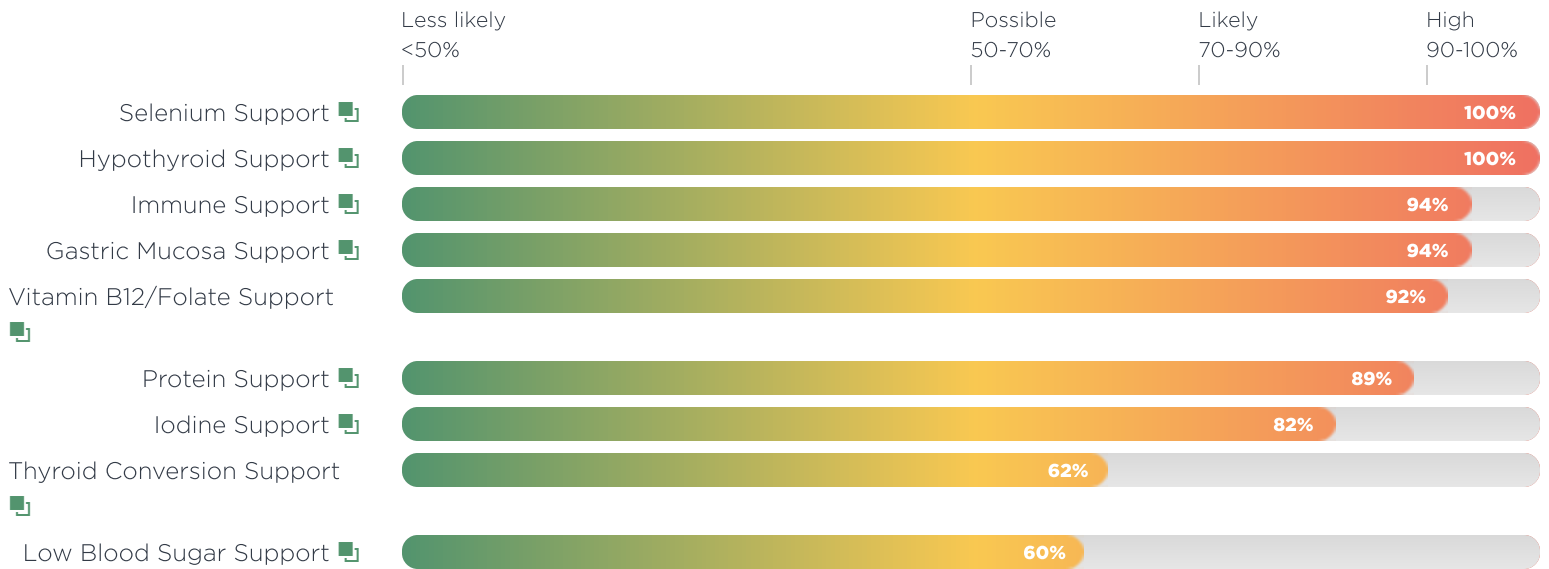
Thyroid hormones regulate the metabolism of proteins, fats, and carbohydrates, thus affecting how these macro-nutrients produce energy. A deficiency or excess of thyroid hormones can have far-reaching effects. For example, a high cortisol level can interfere with thyroid function, resulting in low thyroxine (T4) or poor conversion of T4 to the active form, triiodothyronine (T3). Each thyroid hormone has multiple important functions in the body; for example, T4 supports cardiac output, heart rate, respiratory rate, and basal metabolic rate – a low basal metabolic rate can cause a person to be fatigued, chilly, and have trouble losing weight.

Disclaimer

Health Improvement Plan

The Health Improvement Plan report provides a list of the nutritional supplements that have been recommended to help bring the systems of the body back into optimal health.

NEEDS SUPPORT

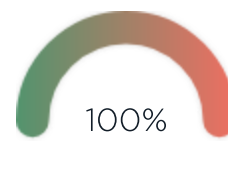


Health Improvement Details

This section explains the results presented in the Health Improvement Plan report, including all the biomarkers used to make the recommendations.

SELENIUM SUPPORT

The results of your blood test indicate that your selenium levels might be lower than optimal and shows a need for selenium supplementation.



Rationale

T3 - Total ↓, T3 - Free ↓, T3 Uptake ↓



Product Name

Selenium

Brand

Pure Encapsulations

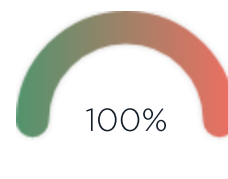
Dosage and Directions

Details

Selenium is an antioxidant that protects normal cell function and provides support for the immune system.* Supports healthy cell function and immune health* Promotes healthy blood flow* Made with hypoallergenic, vegan ingredients Selenium is a natural antioxidant that delays the oxidation of polyunsaturated fatty acids and preserves the elasticity of tissue. Selenium is required for the production of certain prostaglandins, which promote healthy blood flow.

HYPOTHYROID SUPPORT

The results of your blood test indicate a tendency towards hypothyroidism and a need for thyroid gland support.



Rationale

TSH ↑, T4 - Total ↓, T3 - Total ↓, T3 Uptake ↓, T4 - Free ↓, T3 - Free ↓, Free Thyroxine Index (T7) ↓



Product Name

Thyrocsin

Brand

Thorne

Dosage and Directions

2 Capsules(s) twice per day

Details

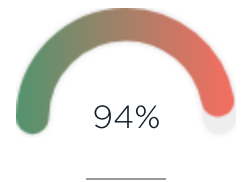
Thyroid hormones regulate the metabolism of proteins, fats, and carbohydrates, thus affecting how these macro-nutrients produce energy. A deficiency or excess of thyroid hormones can have far-reaching effects. For example, a high cortisol level can interfere with thyroid function, resulting in low thyroxine (T4) or poor conversion of T4 to the active form, triiodothyronine (T3). Each thyroid hormone has multiple important functions in the body; for example, T4 supports cardiac output, heart rate, respiratory rate, and basal metabolic rate – a low basal metabolic rate can cause a person to be fatigued, chilly, and have trouble losing weight.

IMMUNE SUPPORT

The results of your blood test indicate a tendency towards immune insufficiency and a need for immune support.

Rationale

Total WBCs ↓, Albumin ↓, Globulin - Total ↓



Product Name

Daily Immune*

Brand

Pure Encapsulations

Dosage and Directions

Details

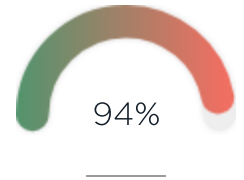
Our most comprehensive immune support formula, featuring wide-range vitamin, mineral and herbal support†Supports immune system function†Helps to activate immune cells and maintain healthy activity†Made with vitamin C, quercetin, zinc and other essential vitamins and minerals†Made with hypoallergenic, vegetarian ingredientsDaily Immune is a dietary supplement that aims to provide enhanced immune defense support.

GASTRIC MUCOSA SUPPORT

The results of your blood test indicate a tendency towards gastric inflammation and a need for support for the stomach lining.

Rationale

Globulin - Total ↓, Protein - Total ↓, Creatinine ↓, Albumin ↓, ESR - Female ↑, Basophils - % ↑



Product Name

DGL Plus

Brand

Pure Encapsulations

Dosage and Directions

1 Capsule(s) once per day (before a meal.)

Details

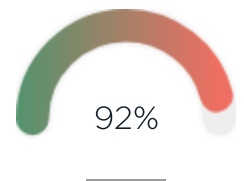
DGL Plus is a herbal support for the gastrointestinal tract. DGL Plus helps support bodys natural defense mechanisms by stimulating mucous in the stomachs protective lining.* Herbal blend provides support for gastrointestinal tract health* Made with hypoallergenic, vegan ingredients This synergistic combination of deglycyrrhizinated licorice (DGL) and herbal extracts provides nutritional support to the gastrointestinal tract.

VITAMIN B12/FOLATE SUPPORT

The results of your blood test indicate that your vitamin B12/folate levels might be lower than optimal and shows a need for vitamin B12/folate supplementation.

Rationale

Methylmalonic Acid ↑, MCV ↑, Homocysteine ↑, Total WBCs ↓, MCH ↑, Folate - RBC ↓



**Product Name**

B12 Folate

Brand

Pure Encapsulations

Dosage and Directions

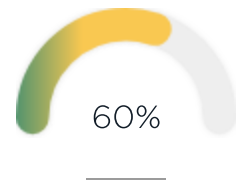
1 Capsule(s) once per day (in divided doses, with meals)

Details

B12 Folate is formulated to help provide the benefits of vitamin B12 and folate in one dietary supplement. B12 Folate helps convert carbohydrates into energy and the break down of fats and proteins in the body. B12 Folate also supports the G.I. tract and functionality of the nervous system as well as your hair, skin and liver.* B12 Folate supports the G.I. tract and nervous system* Promotes proper metabolism of fats and protein* Made with the highly bioavailable form of B12 Made with hypoallergenic, vegan ingredients Vitamin B12 and folate are interrelated in function.

LOW BLOOD SUGAR SUPPORT 

The results of your blood test indicate a tendency towards hypoglycemia or low blood sugar and a need for blood sugar support.

**Rationale**

LDH ↓

**Product Name**

Bio-Glycozyme Forte™

Brand

Biotics Research

Dosage and Directions

3 Capsule(s) once per day

Details

Bio-Glycozyme Forte™ is a broad-spectrum product designed to support normal, healthy glycemic function. It provides vitamins, minerals and organ/glandular support to specifically target glycemic health. One (1) to three (3) capsules each day as a dietary supplement or as otherwise directed by a healthcare professional. Serving Size: 3 Capsules Amount Per Serving Vitamin A ... 5,000 IU (as natural mixed carotenoids and palmitate) (IU ratio 1:1) Vitamin C .

Disclaimer

Product Summary

The Product Summary Report provides a summary of the nutritional supplements recommended to help bring the systems of the body back into optimal health.

PRODUCT SUMMARY

DOSAGE

B12 Folate



1 Capsule(s) once per day (in divided doses, with meals)

Bio-Glycozyme Forte™



3 Capsule(s) once per day

Daily Immune*



DGL Plus



1 Capsule(s) once per day (before a meal.)

Selenium



Thyrocsin



2 Capsules(s) twice per day

Disclaimer

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Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Report in regards to your symptoms or medical condition. Always consult your physician before beginning a new treatment, diet, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call 911 or your doctor immediately.