12/10/2018

PATIENT: [redacted]

THE FOLLOWING RECOMMENDATIONS SHOULD BE TAKEN ONLY WITH MEALS IN ORDER TO INCREASE ABSORPTION AND TO AVOID STOMACH DISCOMFORT.

RECOMMENDATION	AM	NOON	PM
PARA-PACK (Metabolic Support)	1	1	1
ADRENAL COMPLEX (Glandular Support)	1	0	1
MIN-PLEX B (Magnesium + Chromium + B6)	2	2	2
COPPER PLUS	1	0	1
HCL V-PLUS (Digestive Support)	1	1	1
VITAMIN E PLUS	1	1	1

THESE RECOMMENDATIONS MAY NOT INCLUDE MINERALS WHICH APPEAR BELOW NORMAL OR IN TURN MAY RECOMMEND MINERALS WHICH APPEAR ABOVE NORMAL ON THE HTMA GRAPH. THIS IS NOT AN OVERSIGHT. SPECIFIC MINERALS WILL INTERACT WITH OTHER MINERALS TO RAISE OR LOWER TISSUE MINERAL LEVELS, AND THIS PROGRAM IS DESIGNED TO BALANCE THE PATIENT'S MINERAL LEVELS THROUGH THESE INTERACTIONS.

THESE RECOMMENDATIONS SHOULD NOT BE TAKEN OVER A PROLONGED PERIOD OF TIME WITHOUT OBTAINING A RE-EVALUATION. THIS IS NECESSARY IN ORDER TO MONITOR PROGRESS AND MAKE THE NECESSARY CHANGES IN THE NUTRITIONAL RECOMMENDATIONS AS REQUIRED.

SPECIAL NOTE: NUTRITIONAL SUPPLEMENTS DO NOT TAKE THE PLACE OF A GOOD DIET. THEY ARE BUT AN ADDITIONAL SOURCE OF NUTRIENTS, AND THEREFORE, MUST NOT BE SUBSTITUTED FOR A BALANCED DIET. ADDITIONALLY, NUTRITIONAL SUPPLEMENTS SHOULD NEVER BE TAKEN AT THE SAME TIME AS MEDICATIONS. MEDICATIONS SHOULD BE TAKEN 2 HOURS PRIOR TO, OR 2 HOURS AFTER NUTRITIONAL SUPPLEMENT INTAKE.
