



periodFiX

## SUPPLEMENT PROTOCOL BOOKLET

In the following booklet I will be taking you through your base supplement protocol and provide you with options for add-ons based on your symptoms. You will also get an understanding of what these supplements do in the body and where to purchase them.

**Please note:** The following information is not medical advice. If you are concerned about your health you must see your primary care practitioner.

## BASE SUPPLEMENT PROTOCOL

WHEN	WHAT	WHY	FREQUENCY
<b>UPON RISING</b>	Water + a pinch of sea salt Vitamin C Probiotic	Adrenal function & mineral balance Adrenal support Supporting gut health and helping to reduce cortisol levels	16oz of water room temp 1 tsp (hold in mouth 30 sec before swallowing) 2 capsules
<b>BREAKFAST</b>	Digestive Enzymes Omega 3 Oil B-Complex	Aids in food breakdown and absorbing nutrients Anti-Inflammatory & Brain health Support deficiencies and aiding in energy	1 capsule 1 tsp 1 capsule
<b>LUNCH</b>	Digestive Enzymes Magnesium Buffered Chelate	Aids in food breakdown and absorbing nutrients Bowel health, elimination, mineral balance & adrenals	1 capsule 1 capsule
<b>DINNER</b>	Digestive Enzymes Omega 3 oil Magnesium Buffered Chelate	Aids in food breakdown and absorbing nutrients Neurological support& Anti-inflammatory Bowel health, elimination, mineral balance & adrenals	1 capsule 1 tsp 1 capsule

## ADD-ONS FOR SPECIFIC CONDITIONS

The following are additions that you can safely add based on if you suffer from the following symptoms. Understand that in categories that state multiple conditions (i.e. PCOS / Anxiety) it is stating if you have either or, or both. Please take note of what you should discontinue if you become pregnant or are breastfeeding.

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<b>PCOS / Fibroids / Endometriosis / Adenomyosis / Ovarian cysts</b>	Sensitol by Designs for Health <b>Directions:</b> 1 capsule with dinner BroccoProtect by Designs for Health <b>Directions:</b> Take 1 capsule with Dinner
<b>Adrenal Fatigue</b>	Adrenal Complex Designs for Health <b>Directions:</b> 1 capsule with breakfast and one with lunch
<b>Trying to Conceive, Breastfeeding or are currently pregnant</b>	Prenatal Pro by Designs for Health <b>Directions:</b> 1 capsule with upon rising

### **Constipation**

You MUST be drinking 2L of room temperature water daily or you will become constipated!

Americans & Abroad - Psyllium powder or Fibre Plus by OrthoMolecular Products  
Canadians - FibreUltra Rich Plus Plantago powder by New Roots

**Directions:** 1/2 tsp of fibre in a glass of room temperature water away from food, supplements or medications.

### **If you are iron deficient**

Please have your ferritin levels tested before taking iron supplements

Ferrochel Iron Chelate by Designs for Health

**Directions:** Take 2 capsules with breakfast or lunch.

### **If you struggle falling asleep**

Catecholacalm by Designs for Health

**Directions:** Take 3 capsules 20 minutes before bed.

### **If you are vitamin D deficient**

Emulsi-D3 Synergy by Designs for Health

**Directions:** Take 2 drops in the mouth with breakfast or lunch

## SUPPLEMENT BENEFIT INFORMATION

### BASE SUPPLEMENT PLAN

#### **Digestzymes by Designs for Health**

**How it works:** Digestzymes™ is comprised of a proprietary blend of digestive enzymes along with betaine HCl to support the optimal digestion of proteins, fats, and carbohydrates. This product contains the special protease DPP IV (dipeptidyl peptidase IV), which aids in the breakdown of the peptides gliadomorphin (from gluten) and caseomorphin (from casein). Digestzymes™ also includes the enzyme lactase, which helps break down the dairy sugar lactose. The use of Digestzymes™ before meals may be helpful for patients who experience gas and bloating after eating, occasional constipation, or a feeling of fullness after eating only a small quantity of food.

#### **Liposomal Vitamin C by Designs for Health**

**How it works:** provides this key foundational nutrient formulated with liposomal technology. Liposomes are spheres made of phospholipids—the primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to facilitate intracellular delivery of their nutrient cargo. Thanks to this enhanced delivery and absorption, nutrients delivered in liposomal form offer superior absorption and bioavailability. Each 5 mL serving (approximately 1 teaspoon) of this lemon flavored formula provides 1000 mg vitamin C, as sodium ascorbate. The 130 mg sodium per serving helps to further facilitate absorption of vitamin C.

## **Evening Primrose Oil by Genestra (or Efamol)**

**How it works:** Evening primrose oil provides progesterone support that can help to balance out estrogen-related conditions. This benefits women with bad PMS, PCOS, fibroids, endo and right into menopause. Even women who are prone to miscarriage are known to have low levels of progesterone (which helps to hold the baby

## **Magnesium Buffered Chelate by Designs for Health**

**How it works:** Magnesium Buffered Chelate contains highly absorbable magnesium, with each capsule providing 150 mg of elemental magnesium. This product should not cause any of the unfavorable gastrointestinal symptoms associated with magnesium supplementation due to the very stable chelate formed between two glycine molecules and each magnesium ion via a patented process.

## **GI Revive by Designs for Health**

**How it works:** GI Revive™ offers comprehensive support for optimum gastrointestinal health and function. The lining of the gut must have proper permeability and integrity not only so it can absorb nutrients, but also in order to prevent toxins, allergens and microbes from gaining access to the bloodstream. Maintaining gut health is the key to maintaining overall wellness. The powder, which is sweetened with stevia leaf extract powder, can be mixed into any beverage or functional food powder and can be used to help support optimal GI health and regularity

## **OmegaAvail HiPo by Designs for Health**

**How it works:** Evening primrose oil provides progesterone support that can help to balance out estrogen-related conditions. This benefits women with bad PMS, PCOS, fibroids, endo and right into menopause. Even women who are prone to miscarriage are known to have low levels of progesterone (which helps to hold the baby

## **Probiotic - pick one with at least 30 billion per live cell**

**How it works:** Gut health is absolutely crucial for hormonal health. Remember we are made up of 90% bacteria making us more bacteria than human! Probiotics have been shown to be beneficial for reducing cortisol (stress hormone) levels and helping to reduce any potential issues of candida.

## CONDITION SPECIFIC ADD-ONS

### **Sensitol by Designs for Health**

**How it works:** Sensitol™ is a unique formulation comprised of two naturally occurring isomers of inositol—myo-inositol (MI) and D-chiroinositol (DCI)—along with alpha lipoic acid, designed to support normal insulin function and cellular metabolism.\*\* Inositol occurs naturally as nine isomers in a variety of vegetable and animal foods as well as in the human body. The MI and DCI isomers have been recognized to be the most predominant and have important functions in human physiology, such as mediating normal cell signaling from insulin and from sex and thyroid hormones.

## **Adrenal Complex by Designs for Health**

**How it works:** Adrenal Complex is a glandular-based product designed to support overall adrenal function. Fortified with N-acetyl tyrosine, vitamin C and a comprehensive spectrum of B vitamins, it is ideal for those under chronic stress, due to its ability to help balance cortisol and replenish catecholamines (dopamine, norepinephrine, and epinephrine)

## **Prenatal Pro by Designs for Health**

**How it works:** Prenatal Pro™ provides optimal supplementation for pregnant women, lactating women, and women wishing to become pregnant. The earlier supplementation begins the better because women need adequate nutrient stores to meet the greater nutrient demands for a growing baby. This prenatal multivitamin provides folate in the bioidentical, bioactive form, 5-methyltetrahydrofolate (L-5MTHF) in place of synthetic folic acid. L-5MTHF is the active circulating form of folate found in the body and one of the several forms found in food.

The minerals contained in Prenatal Pro™ provide superior absorption compared to those found in standard prenatal vitamins.

These minerals are dosed at levels to help achieve optimal results, such as: • Calcium and magnesium for healthy bone formation\*\* • Ferrochel® chelated iron – most bioavailable on the market, non-constipating\*\* • Significant levels of chelated zinc – may reduce risk of preterm babies\*\* • Iodine - helps support healthy brain development\*\*

**WHERE TO PURCHASE THE SUPPLEMENTS?** [Check out the SHOP](#)