##### NUTRITIONAL SUPPLEMENTS SHOULD BE TAKEN WITH MEALS

##### NOT INSTEAD OF MEALS AND SHOULD BE REVIEWED EVERY MONTH

**ALL PRODUCTS ARE FROM BIOCONCEPTS and will be provided to you (except selenium containing foods)**

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| **PRODUCT** | **CONTENTS** | **DAILY DOSAGE** | **Purpose of nutrient** |
| BioOmega liquid | High EPA/DHA Fish oils  | 4 caps a day or10 mils a day | To promote integrity of lipid membrane of all cells and reduce inflammatory processes |
| Zinc Citrate | Zinc Citrate | 2 a day | Needed for a myriad of systems in the body.  |
| Vit E caps | Vitamin E | 1 a day | To prevent Omega 3 from oxidising |
| Cognisense | 10 grams | 2 heaped teaspoons | Repairs receptor sites in brain, may improve cognition |
| Magopticell | Magnesium supplements | 1 heaped teaspoon | For repair of gut cells and to help reduce agitation and spasms, and enhance memory and concentration. |
| Ultra buffered Vit C | Vit C designed not to upset sensitive gut linings | 1/2 teaspoon in water sipped through the day | Vit C is a potent antioxidant, reduces allergic responses and promotes healthy immune system. Buffers cells against free radicals. |
| VIT D3 1000IU caps | Vitamin D | 3 a day  | Supports healthy immune function. |
| Alternatively, if your child finds it difficult taking so many capsules each day you can:* Empty 5 days worth of the dry capsules and powders into a small Sistema/shaker container and give it a good shake
* Then count the number of teaspoons of this mixture.
* Divide this number by 10 and that will give you the morning and evening dose.
* Blend the morning or afternoon dose of nutrients with rice milk (for example Vitasoy protein enriched rice milk), and fruit
* Or blend the nutrient dose with apple-Mango juice and water
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[**https://www.dropbox.com/sh/bz4alu3nm443psi/kUh0sf9W8J**](https://www.dropbox.com/sh/bz4alu3nm443psi/kUh0sf9W8J)

ELIMINATE:

* **ALL ADDITIVES, PRESERVATIVES AND COLOURINGS, as they increase the toxic load that the liver and cells have to detoxify. In 2008, The European Union mandated that all foods containing these substances should carry health warnings: “Contains substances known to cause hyperactivity and behaviour problems”.**
* Wheat as its *lectins* are highly inflammatory, damage cells in the body and prevent damaged cells from being repaired.
* GLUTEN AND COW’S DAIRY PRODUCTS, as their peptides have been shown to produce low grade inflammation.
* Cereal Grains, Refined Carbohydrates, pasta, white bread, sweets and sugar. Use mostly whole foods, low GI complex carbohydrates combined with proteins and good fats.
* Replace grains with legumes and pulses. (grains are acid producing in the bowel while pulses and legumes are alkaline producing)

CONSUME:

* Lots of legumes (for example beans), pulses (for example lentils, dried beans), vegetables and rice in moderation.
* Brazil nuts (2-3 a day) and pickled garlic (2-3 cloves a day) for selenium and its detoxifying effects.
* Fresh fish, (for example tinned Paramount Pink Salmon or John West Scottish Sardines as they have high sources of Omega 3).
* Moderately: Eggs (For example omega 3 eggs or eggs from Valley Park farm, free range by nature); Lean grass fed beef (for example Aldi beef), lamb, goat’s meat, TRUE free range chicken
* Lots of Vegetables, particularly cruciferous vegetables (brussel sprouts, broccoli, cabbage, kale, cauliflower etc), spinach, assorted lettuce leaves, brightly coloured vegetables.
* A variety of fruit and berries