
Health Improvement Plan



Patient Report

Prepared for Female Sample
56 year old female born Nov
01, 1966



Requested by Lynise Perry
Lynise Perry Nutrition



Treatment Date Jan 24, 2023

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What's Inside?

A personalized Health Improvement Plan for your patient.

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[Disclaimer](#)

Lynise Perry's Report

This report highlights the notes made about the treatment plan.

REPORT

I'm glad we could connect and develop a treatment plan for you based on the unique findings from your latest blood test.

Below you can find the products I think will be best suited to help. Please follow the instructions I've added and reach out if you have any questions.

Please note that zinc is best taken on with a meal as you might feel nauseous if you take it on an empty stomach.

I also recommend that you drink plenty of water throughout the day.

Disclaimer

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

BioPure Protein®

Brand

Metagenics

Health Concerns

Protein Support

Dosage and Directions

Mix about 2 scoops with a cold beverage or add to your favorite recipe once daily

Details

BioPure Protein® is a bioactive, pure whey protein concentrate with naturally occurring immunoglobulins—antibodies that function as vital components of the immune response. It provides ideal nutritional support for individuals who wish to add a high quality protein to their diet to help promote health and well-being.*



Product Name

Gastrazyme™

Brand

Biotics Research

Health Concerns

Gastric Mucosa Support

Dosage and Directions

2 - 4 tabs, with meals or as needed between meals for gastric distress

Details

Gastrazyme™ supplies specific nutrients including vitamin U complex, chlorophyllins and vitamin A, ingredients known to support healing of GI tract which may become stressed due to normal, everyday factors.



Product Name

ImmunoVen™

Brand

Premier Research Labs

Health Concerns

Immune Support

Dosage and Directions

Take 1 capsule, 3 times daily or as directed by a health professional.

Details

Immune and cardiovascular support with standardized olive leaf extract*

**Product Name**

Inflammation™

Brand

Designs For Health

Health Concerns

Anti-Inflammatory Support

Dosage and Directions

Take 2 capsules per day between meals.

Details

Inflammation™ is a combination of herbs, nutrients and proteolytic enzymes for modulating the inflammatory response, supporting the natural clearance of proteins like kinin and fibrin, and for supporting healthy lymphatic drainage. The ingredients in Inflammation™ provide natural anti-inflammatory effects and protect against oxidative stress.

**Product Name**

Zinc Chelate

Brand

Standard Process

Health Concerns

Zinc Support

Dosage and Directions

One tablet per day, or as directed.

Details

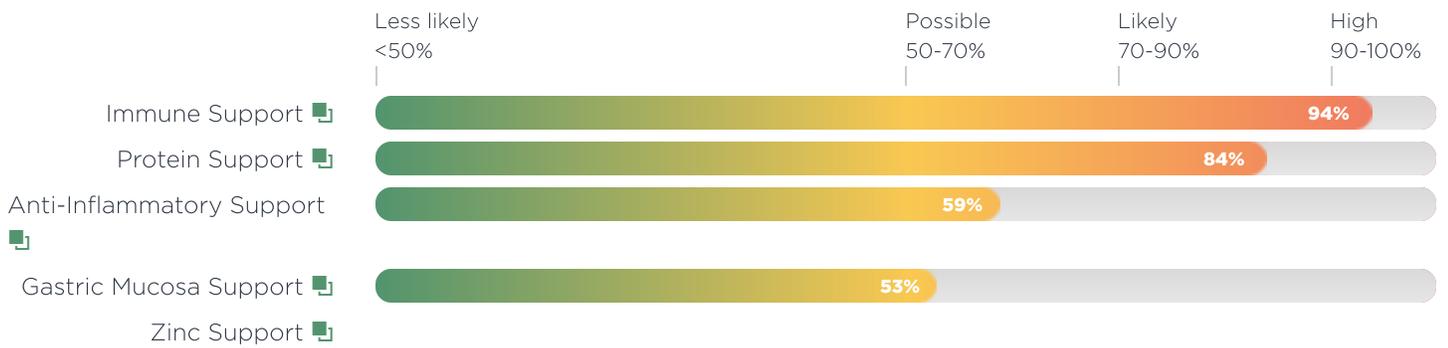
Zinc Chelate, an excellent source of zinc, is used for support of healthy immune system response function and skin health.*

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.

ZINC SUPPORT

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

Rationale

Zinc - Serum , Zinc - RBC 



Product Name

Zinc Chelate

Brand

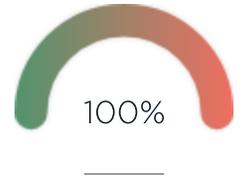
Standard Process

Dosage and Directions

One tablet per day, or as directed.

Details

Zinc Chelate, an excellent source of zinc, is used for support of healthy immune system response function and skin health.*



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

ImmunoVen™

Brand

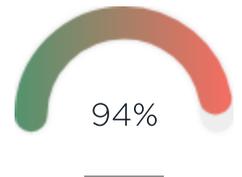
Premier Research Labs

Dosage and Directions

Take 1 capsule, 3 times daily or as directed by a health professional.

Details

Immune and cardiovascular support with standardized olive leaf extract*

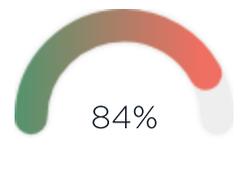


PROTEIN SUPPORT

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

Rationale

Protein - Total , BUN , Albumin , Creatinine , BUN : Creatinine , C-Reactive Protein 



**Product Name**

BioPure Protein®

Brand

Metagenics

Dosage and Directions

Mix about 2 scoops with a cold beverage or add to your favorite recipe once daily

Details

BioPure Protein® is a bioactive, pure whey protein concentrate with naturally occurring immunoglobulins—antibodies that function as vital components of the immune response. It provides ideal nutritional support for individuals who wish to add a high quality protein to their diet to help promote health and well-being.*

ANTI-INFLAMMATORY SUPPORT

The results of your blood test indicate a tendency towards inflammation and show a need for anti-inflammatory support.

Rationale

Hs CRP - Female , Homocysteine , Uric Acid - Female , ESR - Female , Lymphocytes - % , Basophils - % , C-Reactive Protein

**Product Name**

Inflammatone™

Brand

Designs For Health

Dosage and Directions

Take 2 capsules per day between meals.

Details

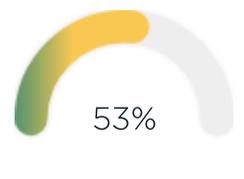
Inflammatone™ is a combination of herbs, nutrients and proteolytic enzymes for modulating the inflammatory response, supporting the natural clearance of proteins like kinin and fibrin, and for supporting healthy lymphatic drainage. The ingredients in Inflammatone™ provide natural anti-inflammatory effects and protect against oxidative stress.

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

Protein - Total , Creatinine , Albumin , ESR - Female , Basophils - %

**Product Name**

Gastrazyme™

Brand

Biotics Research

Dosage and Directions

2 - 4 tabs, with meals or as needed between meals for gastric distress

Details

Gastrazyme™ supplies specific nutrients including vitamin U complex, chlorophyllins and vitamin A, ingredients known to support healing of GI tract which may become stressed due to normal, everyday factors.

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

BioPure Protein®



Mix about 2 scoops with a cold beverage or add to your favorite recipe once daily

Gastrazyme™



2 - 4 tabs, with meals or as needed between meals for gastric distress

ImmunoVen™



Take 1 capsule, 3 times daily or as directed by a health professional.

Inflammatone™



Take 2 capsules per day between meals.

Zinc Chelate



One tablet per day, or as directed.

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.