

Sample Mini Nutritional Report

Name: ~~XJXXXXXXX~~ _____

Date of Birth (mm/dd/year) ~~08/08/007~~ _____

Gender (m/f): f _____

Vegetarian/Vegan/Meat Eater/Pescatarian/Other:

(Please specify) Vegetarian _____

Report Date: 07 / 06 / 2016 _____

Type of Report: Comprehensive Nutritional Report

Prepared by: Neeta Sanders

Nutritional Therapy is not a substitute for medical advice or treatment and if you have any concerns regarding your health please contact your GP, or healthcare professional, for advice as soon as possible. Furthermore if you are suffering from any health condition please seek medical advice before following any of the recommendations given by me.

Supplements/Minerals: 1 pill of each below - to be taken daily:

Supplement/Mineral s	Dosage
B1 (Thiamine)	100 mg
B2 (Riboflavin)	100 mg
B3 (Niacin)*	50 mg
B5 (Panthothenic Acid)	100 mg
B6 (Pyridoxine)	50 mg
B12	5000 mcg
Folic Acid	500 mcg
Biotin	10 mg
Omega 3 & Omega 6 – Supplement/Flax Seed Oil	
Magnesium Citrate	500 mg
Iron*	14-18 mg
Spirulina	500 mg

Some Advice on Buying Vitamins & Supplements

Suggested brands of vitamins & supplements:

Now Foods, KAL, Solgar, Nutricology, Source Naturals, Food Science, Garden of Life

Since you are a vegetarian, make sure you buy supplements that are marked “vegetarian” which means they will contain no gelatin in them.

*B3 (Niacin) – make sure you don’t buy the “no flush” kind. It is okay to have a niacin flush

*Iron – only take this supplement for 1 month

Brands of vitamins & supplements we avoid:

Nature’s Plus, Country Life, Nature’s Way, Nature Made, Natural Factors, Sundown