





ADHD/ Autism/Stress/Anxiety/ Craving Bundle

Message from Paul Thomas MD - Retired

When adding supplements to your wellness plan, please consult with your trusted healthcare professional. It is wise to add one new supplement at a time in case you have unpleasant side effects. All information on this platform is informational and not intended to diagnose or treat.

Recommended products

Products	Instructions
 <p>Emotion Balance Support (formerly Deproloft-HF) (120 capsules) Thorne</p>	<ul style="list-style-type: none"> one twice a day
 <p>Vitamin D3 10,000 + K (60 Softgels) Metagenics</p>	<ul style="list-style-type: none"> 40 - 80 pounds take one a week 80 - 120 pounds take two weekly. Teens and adults over 120 pounds one every other day (If you are checking your vitamin D3 levels and they remain below 50 ng/dL you can increase to one daily BUT follow your vitamin D3 levels if you stay at this dose)

Products	Instructions
 <p>Theanine (90 capsules) Thorne</p>	<ul style="list-style-type: none">• take one capsule 1 - 3 times a day as needed
 <p>CraveArrest (120 capsules) Designs for Health</p>	



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