



Micronutrient Deficiency Management

1. **Jamieson B12 5000mcg, timed release, dissolvable tablets.** Place under the tongue daily for 8 weeks then reduce to once a week.
2. **Ferramax, 150mg capsule.** Take on alternate days; with vitamin C tablet 500mg or with a glass of juice that contains vitamin C. Do not take within 2 hours of any food/drink that contains dairy products.
 - a. Your stool turns dark when taking iron supplements
 - b. If you get constipated, take a fibre supplement like metamucil, psyllium husks (half tsp, mixed with water/juice, daily), Benefibre supplement.
 - c. If it causes stomach pain consistently, stop the supplement and book appointment to review.
3. **Vitamin D3, 1000IU once daily or 5000IU once weekly.**