



## Recommendation from Alexa Aboudaram




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Sunday, Nov 13th

### Attachments

- <https://us.fullscript.com/u/documents/163557>
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### Products

| Items   |   | Instructions   | Price          |
|---|---|--|----------------|
|    | <b>ProOmega® 2000 (60 Softgels)</b><br>Nordic Naturals<br>In Stock      | <b>Instructions from Alexa Aboudaram:</b><br>2-4 gels once per day, for 3 months<br><b>Additional Instructions</b><br>minimum 3 months   | <b>\$49.99</b> |
|   | <b>Liquid Vitamin D3 (22.5 Milliliters)</b><br>Douglas Labs<br>In Stock | <b>Instructions from Alexa Aboudaram:</b><br>1-3 dropper once per day, for 6 months<br><b>Additional Instructions</b><br>800-3000 IU per day for ~6 months Upper limit (UL) of vitamin D is 4,000 IU per day | <b>\$26.99</b> |
|  | <b>Magnesium 400mg (180 capsules)</b><br>NOW Foods<br>In Stock          | <b>Instructions from Alexa Aboudaram:</b><br>1 capsule once per day, for 2 months<br><b>Additional Instructions</b><br>minimum of 8 weeks  | <b>\$18.99</b> |

**Items**

**Instructions**

**Price**



**B Complex (60 capsules)**

Priority One

In Stock

**Instructions from Alexa Aboudaram:**

1 capsule once per day, ongoing

**Additional Instructions**

variable dosing

**\$31.99**



**Ashwagandha (60 capsules)**

Pure Encapsulations

In Stock

**Instructions from Alexa Aboudaram:**

1 capsule once per day, ongoing

**\$24.99**



**MegaSporeBiotic (60 capsules)**

Microbiome Labs

In Stock

**Instructions from Alexa Aboudaram:**

2 capsules once per day

**\$63.99**

**MegaPre™ Capsules (180 capsules)**

Microbiome Labs

In Stock

**\$63.99**