



Recommendation from Alexa Aboudaram

Sunday, Nov 13th

Also available, products containing the combination of ingredients included in the protocol:

- Vitanica Mood Tonic: <https://us.fullscript.com/p/stores/products/catalog/show?productID=78319>
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Products

Items	Instructions	Price
	<p>St. Johns Wort (90 capsules) Vitanica In Stock</p> <p>Instructions from Alexa Aboudaram: 2 capsules once per day, for 2 months Additional Instructions minimum 6 weeks</p>	\$20.99
	<p>ProOmega® 2000 (120 Softgels) Nordic Naturals In Stock</p> <p>Instructions from Alexa Aboudaram: 1 gel once per day, for 3 months Additional Instructions minimum of 12 weeks</p>	\$89.99
	<p>Rhodiola Extract Plus (60 capsules) Vitanica In Stock</p> <p>Instructions from Alexa Aboudaram: 1-2 capsule once per day, for 2 months Additional Instructions minimum of 6 weeks</p>	\$22.99
	<p>Tri-Magnesium (90 capsules) Integrative Therapeutics In Stock</p> <p>Instructions from Alexa Aboudaram: 1-2 capsule once per day, for 2 months Additional Instructions minimum of 6 weeks</p>	\$21.99
	<p>5-HTP 100mg (60 capsules) Pure Encapsulations In Stock</p> <p>Instructions from Alexa Aboudaram: 1-4 capsule once per day, for 2 months Additional Instructions up to 8 weeks, either alone or with an antidepressant</p>	\$54.99