



## Recommendation for Nancy Guberti

Created by Nancy Guberti on Dec 2, 2024

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### Message

Let's start with nourishing your adrenals, hormones and thyroid while also supporting your gut health.

Timing and number of capsules for each are listed below.

Keep a journal to monitor progress and make connections of how you are feeling with regard to levels of stress, healthy meals, hydrations, sleep quality, getting outside in nature for walks and self-care.

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### Product Recommendations



**AdreneVive (60 capsules)**  
by Ortho Molecular Products

**Dosage Instructions:** 2 Capsules x once per day / anytime.

Additional Instructions: Take with breakfast and lunch.

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**EstroDIM (30 capsules)**  
by Ortho Molecular Products

**Dosage Instructions:** 1 Capsule x once per day / anytime.

Additional Instructions: Take one with dinner.

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**Thyroid Synergy (120 capsules)**  
by Designs for Health

**Dosage Instructions:** 2 Capsules x once per day / anytime.

Additional Instructions: Take with breakfast and lunch..

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**Methyl B Complex (60 capsules)**  
by Ortho Molecular Products

**Dosage Instructions:** 1 capsule x once per day / anytime.

Additional Instructions: Take 1 with breakfast.



**Cortisol Relief (60 capsules)**  
by Vitanica

**Dosage Instructions:** 1 Capsule x once per day / anytime.

Additional Instructions: Take one with dinner.

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**GastroThera™ Powder (383 Grams)**  
by Klaire Labs/SFI Health

**Dosage Instructions:** 1 Level Scoop x twice per day / anytime.

Additional Instructions: Take first scoop with the Metabolic Formula probiotic and mix in cold or room-temperature water or non-acidic juice and take between meals.

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**Ther-Biotic® Metabolic Formula (60 capsules)**  
by Klaire Labs/SFI Health

**Dosage Instructions:** 1 Capsule x once per day / anytime.

Additional Instructions: Take first thing in morning away from food

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Refill your recommendation anytime by visiting:

**<https://us.fullscript.com/welcome/nancyguberti>**

Or call our client ordering help line at **1 (866) 807-3828**