



@eczemalady



ECZEMA SUPPLEMENTS

PROTOCOL



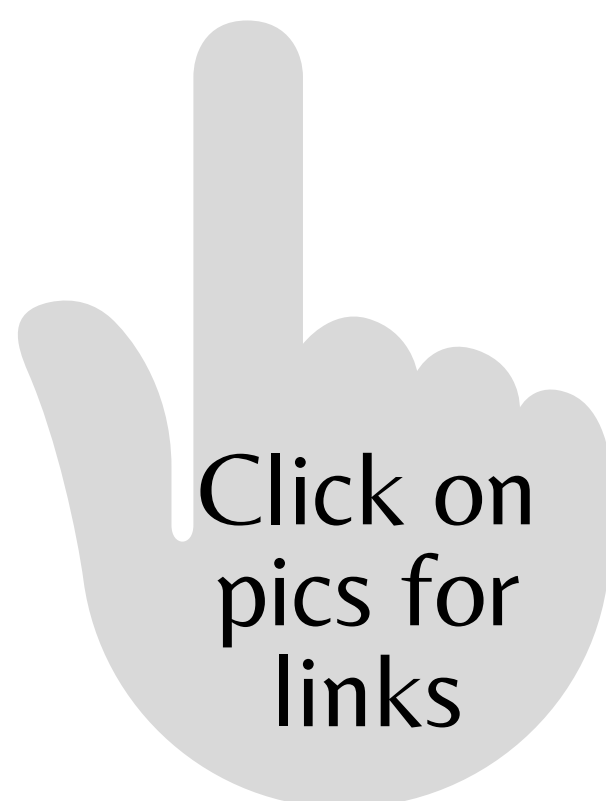


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BASIC ECZEMA SUPPLEMENTS

For babies, supplements are to be taken by babies and nursing mamas.



VITAMIN D3/K2



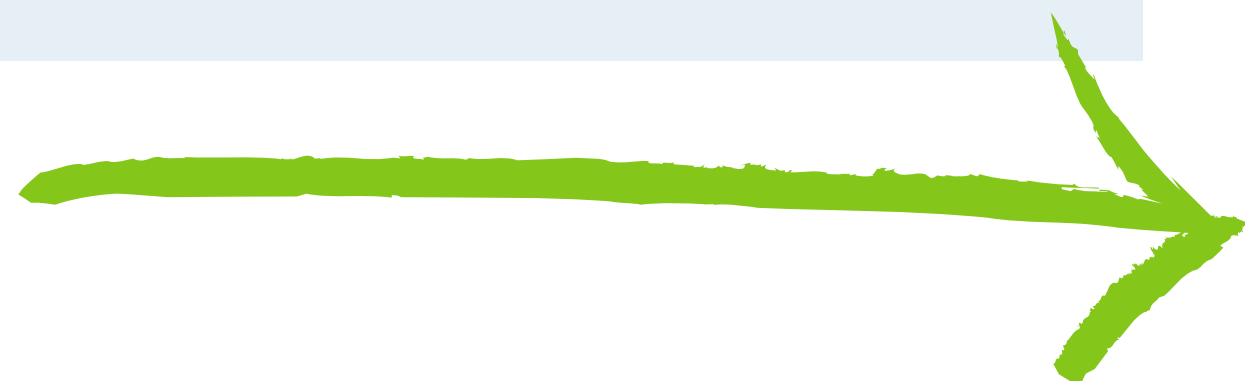
DrAnaMaria Approved (contains MCT oil)

Concentrations:

- Liquid is 1000IU per 1 DROP
- Capsule is 5000IU per 1 capsule

Dosing:

- 0-6 months - 800IU - 1 drop every other day,
• or Monday-Thursday
- 6-12months - 1000IU - 1 drop daily
- 1-3yrs - 2000 IU - 2 drop daily
- 4-8yrs - 3000 IU - 3 drops daily
- 9-18yrs - 4000 IU - 4 drops daily
- Adults - 5000 IU - 5 drops or one capsule daily



ZINC

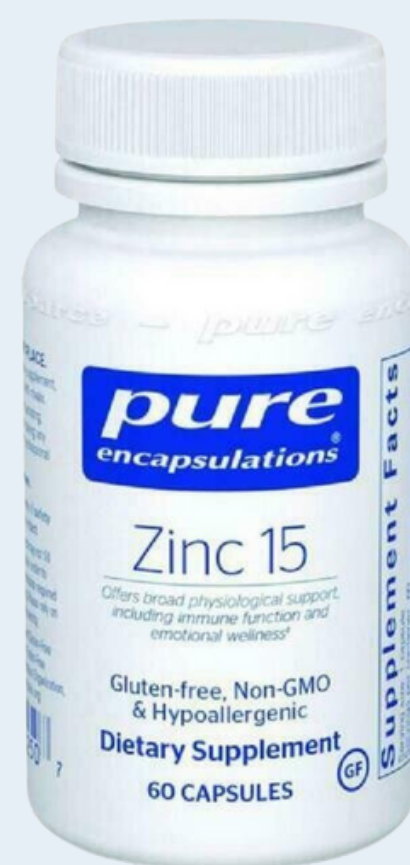
Pure Encapsulation (Liquid and Capsules) OR DrAna-Maria Approved Gummies

Concentrations:

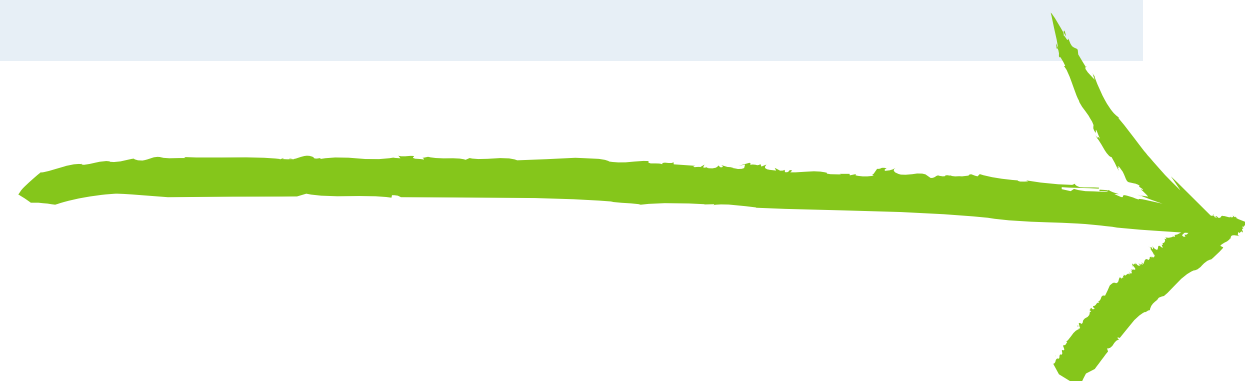
- Liquid is 4 DROPPERFULS = 15MG
- Capsule is 15mg per 1 capsule
- Gummy 1 gummy = 12mg

Dosing:

- 0-12months - 7.5mg per day
- 1-4yrs - 10mg per day
- 4-12yrs - 10-24mg per day
- 12-18yrs - 24-30mg per day
- Adults - 30mg per day



****Zinc Supply Issues - if liquid is not available, ok to get capsules. Capsules can be opened and sprinkled on food.**



OMEGA-3

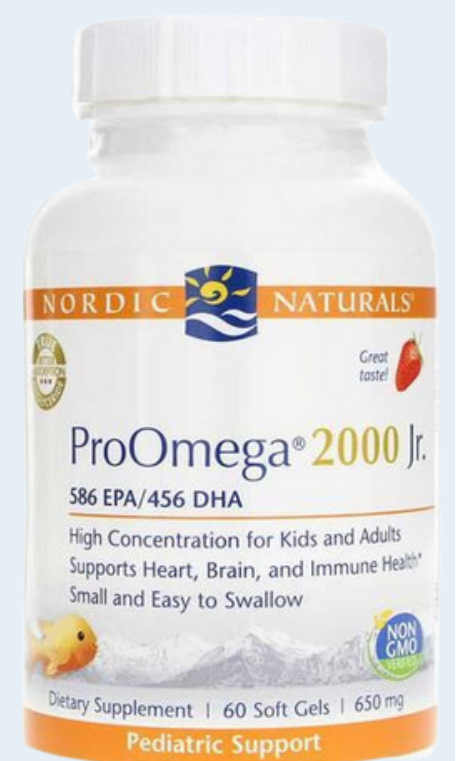
03



DrAnaMariaApproved Nordic Naturals

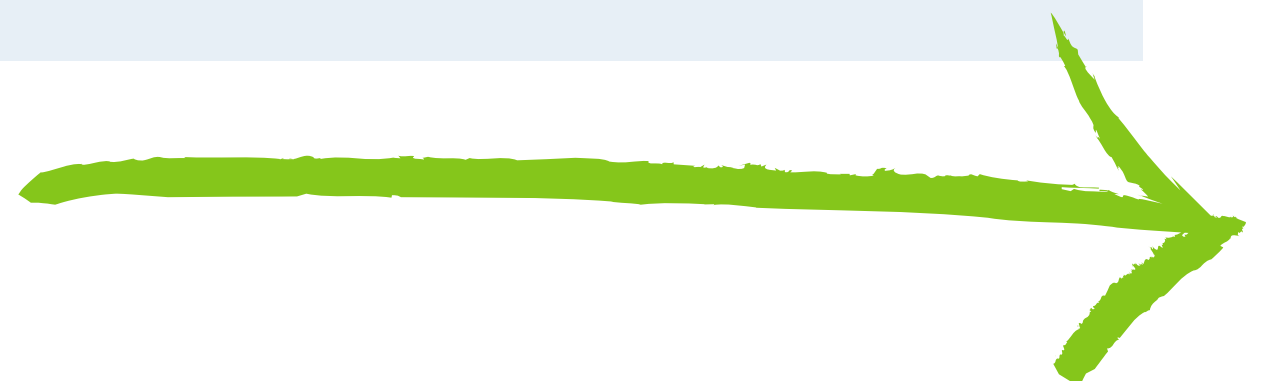
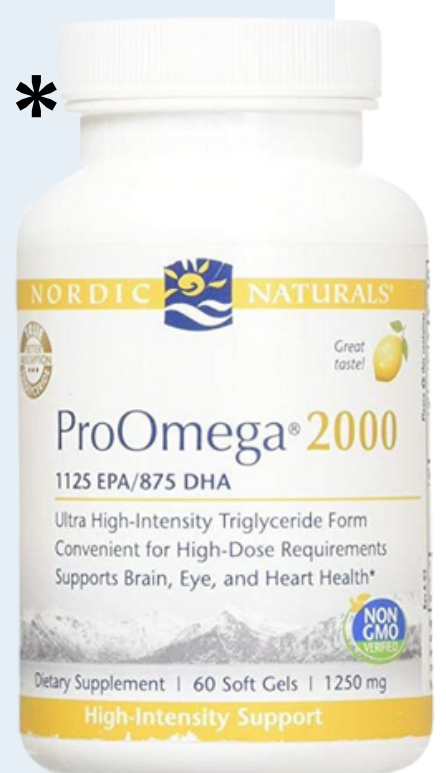
Concentrations:

- Liquid is 5ml = 1200mg Omega 3
- Jr Capsules is 2 caps = 1120mg Omega 3
- Adult Capsule is 2 caps = 2000mg Omega 3



Dosing:

- 6mo-12mo - 1ml daily, can be increased to 2ml *
- 1-4yrs - 2.5ml daily, can be increased to 4ml
- 4-12yrs - 5ml daily, can be increased to 10ml
- Adults - 2000mg= 2 caps once daily



BREAST FEEDING MOMS & BABIES

- Babies should take Vitamin D orally since the maternal dose has to be quite high for the infant to get any vitamin D from breastfeeding.
 - Ex: mom takes 6500IU of D and baby may get 400IU.
- Absorption is often a problem for babies, thus I worry that not enough vitamin D comes through breast milk for youngsters with leaky guts.
- Babies should take Zinc, if they tolerate it.
- If the baby cannot tolerate zinc, then the mom can take the adult dose.
- Breast feeding moms should be taking Vitamin D anyway per mom's doctor's recommendations.
- Mom's are to take Omega - 3 at adult dose.
- Babies can take DrAnaMaria Approved Omega-3





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GUT HEALING

SUPPLEMENTS



DIGESTIVE ENZYMES POWDER

01

(CHOOSE ONE)

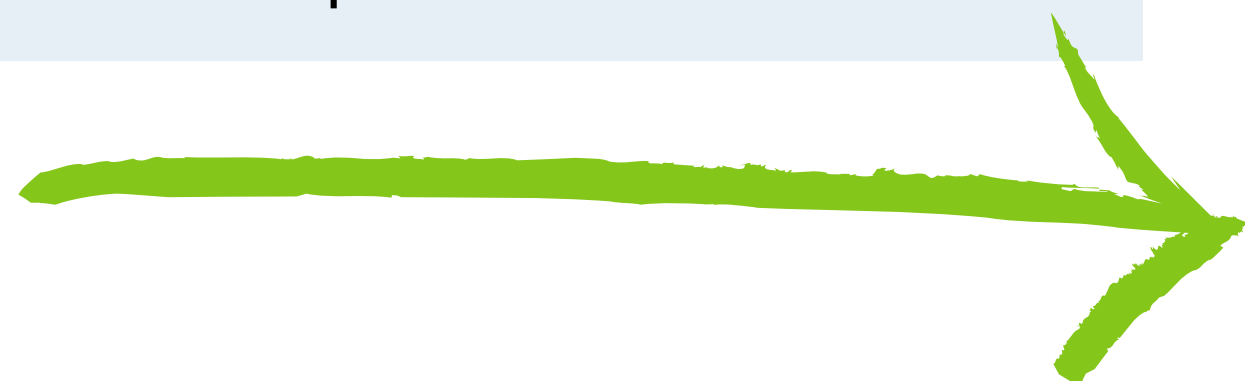


DrAnaMaria Approved

Dosing:

- 3-12 Months - 1/4 scoop before breakfast. Then in 1 week, if all is well, 1/4 scoop before breakfast & dinner. Taper up to 1/2 scoop before Breakfast/Dinner. Can go up to full scoop before breakfast and dinner. Can be mixed in apple or pear sauce, or milk, or water. To make a paste: powder + water in palm and apply with your finger inside of baby's cheek
- 1-5yrs - Start with 1/2 scoop before breakfast for 1 week. Increase to 1/2 scoop before breakfast & before dinner. Increase to 1 scoop before breakfast & dinner.
- Can be mixed in apple or pear sauce

** If the powder is out of stock or backordered, ok to use adult capsules.



DIGESTIVE ENZYMES

CHEWABLE

02

(CHOOSE ONE)

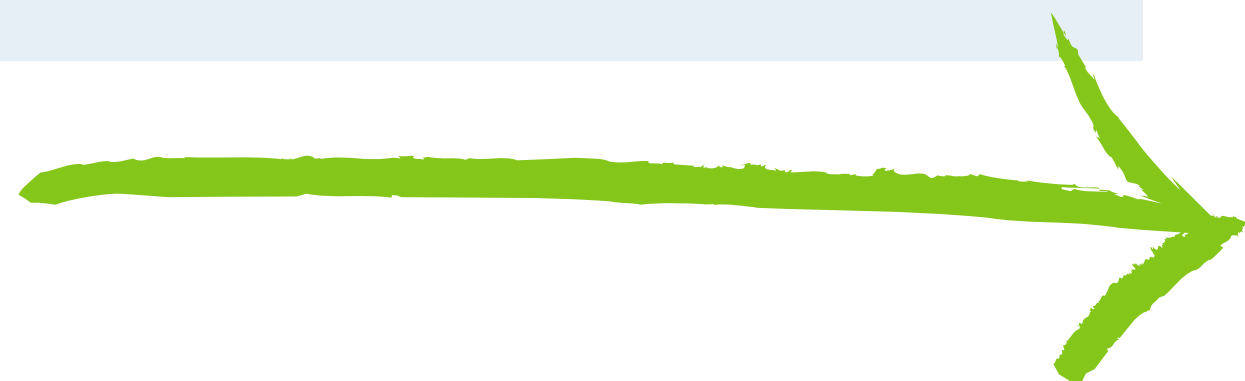


DrAnaMaria Approved

Dosing:

- 1-13yrs - Start with 1/2 chewable before breakfast. Increase to 1/2 chewable before breakfast & before dinner. Increase to 1 chewable before breakfast & dinner
- Teens/Adults - Start with 1 chewable before breakfast & dinner. In 1 week time, increase to 1 chewable before every meal. May be increased to 2 chewables before each meal.

*** If your child does not tolerate the chewables or powder, use the Digestive Enzymes Capsules (dosing below). These capsules can be given to babies and toddlers safely. The capsules are a different formulation.



DIGESTIVE ENZYMES CAPSULE

03

(CHOOSE ONE)

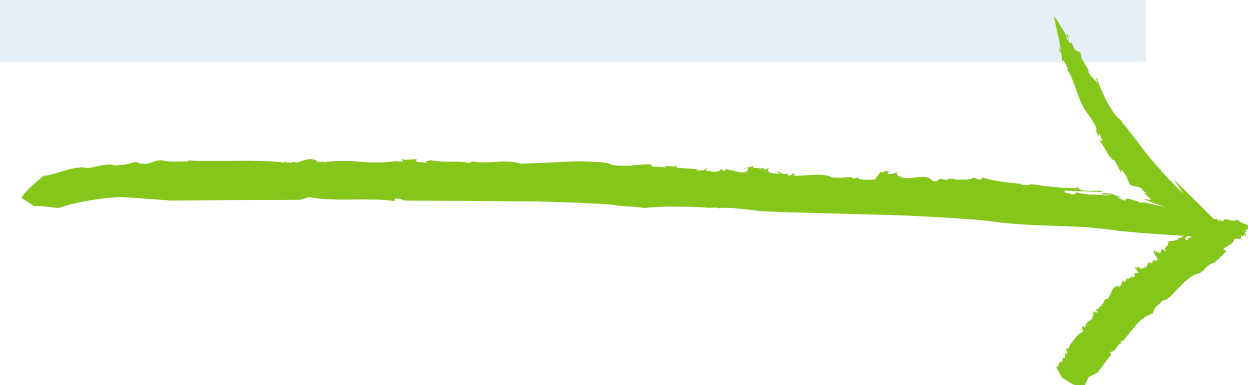


DrAnaMaria Approved

Dosing:

- 3Months-5yrs - Start with a sprinkle once daily for 1 week. Increase to a sprinkle twice daily for 1 week. Increase to 1/4 capsule twice daily for 1 week. Increase to 1/2 capsule twice daily. To make a paste: Mix the powder from the capsule in your palm with water, apply paste inside baby's cheek
- 5yrs - 13yrs - Start with 1/2 capsule once daily for 1 week. Increase to 1/2 capsule twice daily for 1 week. Increase to 1 capsule twice daily.
- Teens /Adults/ Nursing mamas - Start with 1 capsule before breakfast and dinner. In 1 week time, increase to 1 capsule before every meal. May be increased to 2 capsules before each meal

**There may be an adjustment period of loose poops & skin flare that should last no more than 1-2 weeks.



PROBIOTICS

BABY: POWDER

04

(CHOOSE ONE)

Klaire Labs Ther-Biotic



Dosing:

- 0-6 months - Start with a sprinkle on finger once daily and gradually increase to the target dose of 1/2 scoop once daily
- 6months - Start with 1/2 scoop daily and increase to the target dose of 1 scoop daily. For those who tolerate the probiotic well and are still struggling with eczema, it is ok to increase to 1 scoop with each meal at Breakfast and Dinner.
- 12months - 2 years - Start with 1 scoop daily for 1 week. Increase to 2 scoops daily for 1 week. Increase to 3 scoops daily.



PROBIOTICS CHEWABLE

05

(CHOOSE ONE)



Dr Ana Maria Chewables

Dosing:

- 2 years-Teens - start with 1 chewable daily. Best to start with half the dose for a few days to avoid belly troubles.
- Children who are having a tough time regulating the bowels can also use DrAnaMaria Approved Complete capsules

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PROBIOTICS

THER-BIOTIC

COMPLETE

06

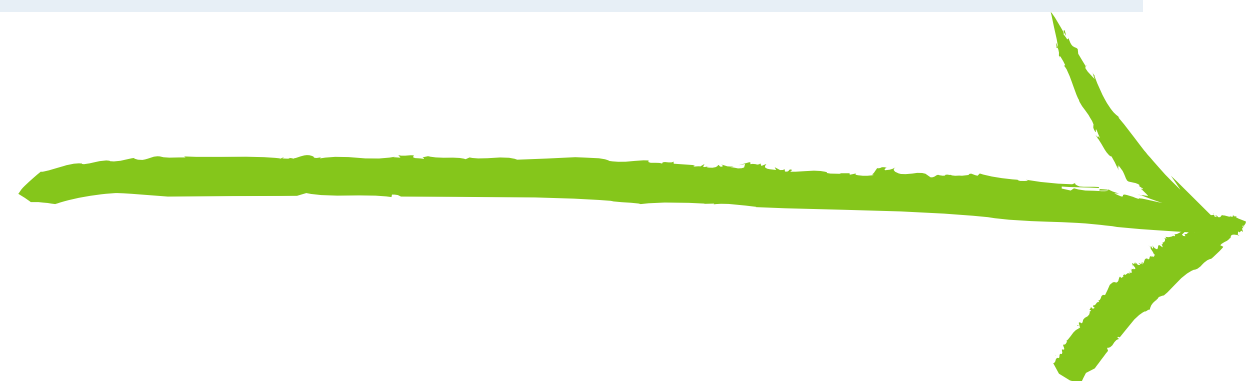
(CHOOSE ONE)



Klaire Labs Ther-Biotic

Dosing:

- Adults/ Nursing Mamas - 1 capsule at night, may increase to 2 capsules nightly.
- If skin or GI symptoms persist, advance to DrAnaMaria Probiotic Complete (4x stronger than Ther-Biotic)



PROBIOTICS

PROBIOTIC

COMPLETE

06

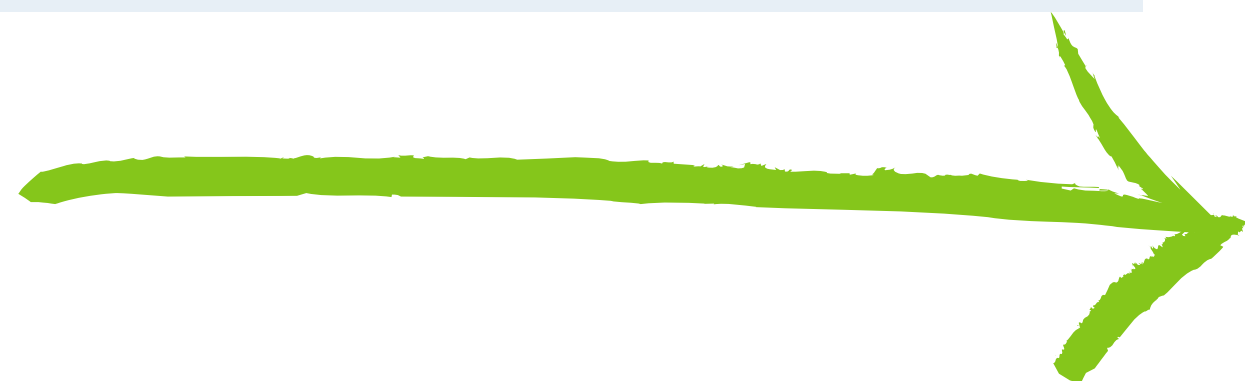
(CHOOSE ONE)



DrAnaMaria Approved

Dosing:

- Adults/ Nursing Mamas - 1 capsule at night (4x stronger the Ther-Biotic)





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LINK TO BUY THE BUNDLE OF BASIC SUPPLEMENTS



Always consult with your doctor if these supplements are right for you

Omega-3 Liquid, Zinc Gummies, Vitamin D Liquid, Digestive Enzymes Chewable, Probiotic Chewable

Healthy Skin Transformation

Order Now



Click on pics for links

FOR MORE INFORMATION



**Click [HERE](#) to book a free
call with my eczema team!**

My group of mamas and I share new product finds,
recipes, and tricks as we heal our children's skin from within
in my **Eczema Transformation Program**

In good health, Dr Ana-Maria