

Maximum You Supplement Service

One of the reasons I trained to be a Nutritional Therapist was because of the profound impact changing my diet and lifestyle had on my energy levels.

In my experience the use of high-quality supplements is the easiest first step to boosting your energy levels and balancing your mood, giving you the energy to enjoy life and adopt other healthy lifestyle changes.

Our bespoke Supplement Service offers you tailored recommendations based on your current diet and lifestyle and any health challenges you face.

Emilie West

FdSc. DipION, mBANT

How it works

- 1) register here and we will send you our Health Questionnaire.
- 2) We review your questionnaire and schedule a 45 minute video call with Emilie to assess your needs.
- 3) We send you your bespoke supplement recommendations, including dosage and an easy ordering link for the [Natural Dispensary](#).

Maximum You Resources



Fees

Consultation fee, including bespoke supplement recommendations: £150.
Optional programme review: £75

Costs

Typical supplement programmes cost £25-65 per month, based on 2 to 4 high-quality supplements.