

# Eye on Health — AI Analysis Report

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## Core Supplements

**Magnesium**

**Probiotic Complex**

**Milk Thistle Extract**

**Vitamin C**

## Optional Support

**Adaptogenic Herbal Blend (e.g., Ashwagandha, Rhodiola)**

**Omega-3 Fatty Acids (Fish Oil or Algal Oil)**

**Digestive Enzymes**

## Lifestyle Advice

- Practice regular relaxation techniques such as meditation, deep breathing, or gentle yoga to improve stress management.
- Maintain a balanced diet rich in fiber, including plenty of fruits, vegetables, and fermented foods to support gut health.
- Stay well-hydrated with adequate water intake throughout the day.
- Ensure consistent sleep patterns and moderate physical activity to support overall well-being.
- Continue routine health care and consult licensed professionals for personalized advice and any emerging health concerns.

**Disclaimer:**

This analysis is AI-assisted and not a substitute for clinical evaluation.