

Naturopathy Prescription

Client's Name

Zoe Robertson

Date: 19/07/2023**Student Practitioner:**

Tiana Quaife

**I am in the clinic during
the follow days/times:**

Wednesdays 1:30-6:30

Product Recommendation

Brand	Prescribed Product	Dosage Instructions	Repeat Authorised	No. of Repeats
BioMedica	N-Acetyl-Cysteine	1 spoon once a day Whenever is comfortable	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	1
Optimal Rx	Zinc Ace	1 tablet once a day With food	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	1
		<input type="checkbox"/> Caps/tabs <input type="checkbox"/> Times a day <input type="checkbox"/> Before <input type="checkbox"/> With <input type="checkbox"/> After Food	<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Caps/tabs <input type="checkbox"/> Times a day <input type="checkbox"/> Before <input type="checkbox"/> With <input type="checkbox"/> After Food	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Dietary/Lifestyle Recommendations

1. Try include as much fruits and vegetables as you can, even frozen is better than none.
2. Aim to get 15-20 minutes of sun every day for natural vitamin D. Vitamin D is great for the immune system.
3. Continue trying to go to sleep earlier as sleep is a crucial part of the immune system.

You're doing so well!
I'll see you soon.

Re-book in:**Weeks****OR****Your Next Appointment is:**

**Supervisor Name & Professional Association
Number**

Supervisor Signature:

Adverse Reaction and Safety Information

- **Take products only as directed.**
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and call The Practice Wellbeing Centre reception on 03 9415 3327. In the case of an emergency please contact your GP or emergency service.
- A clinic supervisor will call you back as soon as possible to discuss the situation with you.
- **In the case of an emergency, contact your GP or emergency service.**
- **Please keep all medication out of reach of children.**