

# THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS  
UNIVERSITY  
AUSTRALIA

THINK  
EDUCATION

Zoe

0480 320 111

The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

13 Mar 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

## **Product recommendations:**

*Orthoplex White MagGI Restore*

*Dosage: 1 scoop in water in the morning*

## **Lifestyle:**

Aim to be in bed by 11pm on worknights. This will give you 8 hours sleep, ready to perform better at work.

## **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 07 3270 1040
- 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
- Please keep all medication out of reach of children.

OFFICE USE ONLY

**Approved by Supervisor [David Casteleijn NHAA 156343]:**

13 Mar 2024

