

THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS
UNIVERSITY
AUSTRALIA



Ella

0457 633 338

The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

26 Mar 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

Product recommendations:

MH Withania somnifera 2:1 10-30 30

HE Passiflora incarnata 1:2 10-20 30

MH Hypericum perforatum 1:2 15-40 40

MH Rosemarianus officinalis 1:2 15-30 30

MH Centella asiatica 2:1 15-40 40

HE Taraxacum officinale 1:1 20-170 40

Total: 210ml

Doseage: 7.5ml in 5ml water 2 x day. If you forget one dose, please take the full 15ml at the next dose.

Digestive Drops:

MH Gentiana lutea 1:2 5-15 12.5

MH Zingiber officinale 1:2 5-15 12.5

Doseage: 5 drops in 5ml water before all main meals.

Your next appointment is 3pm on 9/4/24.

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]:

26 Mar 2024