

Tory Staggard – 5-10% off herbals, 5% off supplements

Phone		DOB	
Address		Email	
Medical Hx		Medications	

Date	Prescription & Dosage	Presenting complaint
25.02.23	Herbal 510mls Andrographis 80, Echinacea 90, Siberian 80, St Johns 80, Licorice 60, Myrrh 50, thyme 50, Poke root 10, ginger 10 7.5mls bd-tds \$122 → \$105	Scatchy dry throat
18.04.23	Herbal 520mls Andrographis 90, Echinacea 100, Reishi 120, St Johns 80, Licorice 50 thyme 50, Poke root 10, ginger 10, maritime pine 10 7.5mls bd-tds \$121 → \$105 Cut size down next one	
6.06.23	Echinacea 90, St Johns Wort, Cats Claw 80, Ribwort 90, Thyme 60, Licorice 60, Aniseed 20, Ginger 30 \$122 → \$110, owe \$5 form last one	A lot of catarrh
20.07.23	Herbal 520mls - Andro 90, reishi 100, Echinacea 90, St johns 90, Licorice 60, thyme 70, Ginger 20 → 7mls 2-4 x daily \$108	
16.08.23	Herbal 520mls - Andro 80, Siberian Ginseng 80, Echinacea 80, St johns 80, Licorice 60, thyme 70, Propolis 70 → 7mls 2-4 x daily	
2.10.23	Cats Claw 80, Echinacea 80, St Johns Wort 80, Siberian Ginseng 80, Thuja 70, Qing hao 70, Licorice 70 \$121 → \$108 Sleep X \$45	
3.11.23	Herbal 530mls - Astragalus 100, Echinacea 80, Licorice 70, Paw Paw, Bacopa 100, St Johns wort 80, Ginger 20 → \$123 → \$115 Sleep X	
5.12.23	Herbal 500mls - Andro 80, Mushroom Forte 120, Echinacea 80, Withania 80, Licorice 70, thuja 70 → 7mls 2-4 x daily \$129 → \$117 Neurocalm sleep \$32 – 2 nocte Give melatonin to trial – ½-1 before bed	Sleep still not amazing. Wants to try something else
9.01.24	Herbal 540mls - Andro 80, Mushroom Forte/Reishi 120, Echinacea 80, Elder Flower 100, Withania 80, thyme 60, Ginger 20 → 7mls 2-4 x daily \$131 → \$118 Sleep X - \$45 Give melatonin to trial – ½-1 before bed	
13.02.24	Herbal 520mls – Astragalus 100, Echinacea 80, Cryptolepis 80, St Johns wort 80, Bacopa 100, licorice 60, Ginger 20 → 7mls 2-4 x daily \$125 → \$118 Sleep X - \$45	Use pomegranate on the next formula
20.03.24	Herbal 520mls – Andro 80, Bacopa 100, Elder Flower 90, St Johns Wort 90, Withania 80, propolis 70, poke root 10 → 7.5mls tds \$124 → \$115 Sleep X \$47	Sinus drip
24.04.24	Herbal 530mls - Astragalus 100, Echinacea 90, Schisandra 100, Ginkgo 80, St Johns wort 90, propolis 70 → 8mls bd \$140 → \$126 Sleep X \$47	
23.05.24	Herbal 530mls Ginkgo 70, Echinacea 80, Siberian Ginseng 90, Rosemary 70, Licorice 60, st johns wort 90, Propolis 70 \$138.50 → \$125	Immune modulation, low grade viral, nervous system support, adrenal, adaptogens, cognitive function. Add back brahmi to next formula
30.05.24	Passionflower – 2.5mls-5mls 1-3 x daily as needed L-theanine – 1 bd	Under immense stress
18.06.24	Herbal 520mls Andro 90, Echinacea 90, thyme 70, Licorice 70, Siberian ginseng 90, pomegranate 90, ginger 20 → 7.5mls 2-3 x daily \$132 → \$122	
11.06.24	Herbal 520mls Andro 90, Echinacea 90, thyme 70, Licorice 70, Siberian ginseng 90, pomegranate 90, ginger 20 → 7.5mls 2-3 x daily \$132 → \$122	

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