



# NATUROPATHIC PRESCRIPTION

Patient name: Sophie Guenanain  
DOB: 21/10/23 Mobile: 0420 382 972  
Practitioner: Amy Phillips

## PRESCRIPTION/DOSAGE

\*\*This prescription is valid for 6 months from date of creation. No repeats are to be dispensed after 6 months without further consultation. \*\*

Product	Morning	Midday	Night	Rationale
■ <b>Iberogast</b>	20 drops in 100mls 15 mins before food	20 drops in 100mls 15 mins before food	20 drops in 100mls 15 mins before food	Digestive bitter herbs to support upper digestive function & improve nutrient absorption & assimilation
■ <b>Orthoplex Mag Taur Xcell</b>	1 scoop in water	1 scoop in water		Energy, stress support & liver detoxification
■ <b>BioCueticals Iodine Spray</b>	1 x spray			Improve iodine levels to reduce breast tenderness
■ <b>BioClinic OptiActiv D</b>			1 x tab	Improve vitamin D status to over 100
■ <b>Synergy CP Anxiety Ease tablets (gaba, inositol, taurine &amp; glycine)</b>		1 x tab after 3 days if no improvement	1 x tab (Start with this if no improvement take another tablet at lunch)	Reduce stress/anxiety & increase parasympathetic nervous system regulation
<p><b>Herb/nutrient/drug interactions &amp; contraindications are always considered prior to prescription. It is incredibly important that you notify your practitioner of any changes to your current medication to ensure the prescription is still suitable &amp; safe for you to continue. This prescription is to be consumed by the patient listed above &amp; not to be shared with any friends or family.</b></p> <p><b>Please also share your supplementation regime with any other health practitioners or GP's you may be consulting. If you experience any unusual side effects, stop your supplements immediately &amp; email your practitioner (details below).</b></p>				

### Herbal Formulas:

\*SIZE\*

Dose:

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## **PURCHASING YOUR PRODUCTS**

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### **Herbal Tonics**

If your prescription contains a herbal tonic, your prescription will be sent to Grove Health Dispensary where they will source & dispense all products (including nutraceuticals) on your prescription & post it to you (pick up is also available).

Contact:

Grove Health Dispensary Pymble

Phone: (02) 9491 8009 – leave a message if no one answers

Email: [dispensary.pymble@partneredhealth.com.au](mailto:dispensary.pymble@partneredhealth.com.au)

### **Nutraceuticals Only**

Telehealth Patients: If your prescription contains only Nutraceuticals, you will receive an email script from [Vital.ly](https://vital.ly) with a link to purchase the products you need. They will then dispense & post all purchased products to you.

In Person Patients: If your prescription contains only Nutraceuticals, your prescription will be sent to our other third-party dispensary at Synergy Compounding Pharmacy where they will source & dispense all purchased products to you. Pick up in Crows Nest, NSW.

To confirm order/make payment please contact:

Mike at Synergy Compounding Pharmacy

Phone: (02) 9061 3944

Email: [info@synergycp.com.au](mailto:info@synergycp.com.au)

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## **PRACTITIONER SIGNATURE**

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Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  \_\_\_\_\_

Date: 22/07/23