



NATUROPATHIC PRESCRIPTION

Patient name: Nicole Pusic
DOB: 13/12/1981 Mobile: 0401022626
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
▪ Orthoplex Clinical Lipids 2:1	2 capsules with food		2 capsules with food	Anti-inflammatory support for brain, gut & immune system
▪ Give Back Health MagRelax – Replacing MagTaur for now	1 scoop in water/smoothie or with foraged powder		1 scoop in water	Nutrient co factors for liver detoxification & energy production
▪ RN Labs BioActive B - Replacing MagTaur for now	1 capsule			Nutrient co factors for liver detoxification & energy production
▪ Herbal Tonic AVOID UNTIL OFF LITHIUM	7.5mls diluted in water before food if possible	7.5mls diluted in water before food if possible		Reduce mast cell activation/immune response & stress reduction
▪ Designs for Health Liposomal Glutathione	2 x sprays			Major antioxidant/support liver health & detoxification
▪ SpectrumCeuticals Primer Plus	1 x capsule with food			Increase Zinc levels to support immune system function and assist synthesis of neurotransmitters to support nervous system health
▪ Bioclinics OptiActiv D	1 x tablet			Improve Vitamin D levels for immune & mental health
▪ BioCeuticals Clinical Histammune Clear	1 x tablet with food	1 x tablet with food	1 x tablet with food	Relieve inflammation/histamine & decrease symptoms of mild allergies.

				Reduce free radicals formed in the body & support healthy immune system function
<p>Herb/nutrient/drug interactions & 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 & safe for you to continue. This prescription is to be consumed by the patient listed above & not to be shared with any friends or family.</p> <p>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 or exacerbation of symptoms, stop your supplements immediately & email your practitioner (details below).</p>				

Herbal Formulas:

Gotu kola 40, Astragalus 50, Withania 70, Baical Skullcap 50 - 210ml total

Flower essences to add: Alpine Mint bush, Crowea – 7 drops each

Dose: 5-7.5mls twice daily diluted in water

PURCHASING YOUR PRODUCTS

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

Nutraceuticals Only:

If your prescription contains only Nutraceuticals, you will receive an email script from Vital.ly with a link to purchase the products you need. They will then dispense & post all purchased products to you.

If local, you can also order & pick up nutraceuticals from 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

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: _____



Date: 27/05/2023