



NATUROPATHIC PRESCRIPTION

Patient name: Marinella Faggion
DOB: 20/03/1988 Mobile: 0404138174
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
■ 100g Anti-viral cream			Apply generously & rub into affected areas each night after bathing	Reduce small bumps on skin & inflammation
■ MediHerb DigestForte 60 tabs	1 tablet 15 mins before food Suck on it & let it dissolve as long as possible before swallowing (savour the flavour)	1 tablet 15 mins before food Suck on it & let it dissolve as long as possible before swallowing (savour the flavour)	1 tablet 15 mins before food Suck on it & let it dissolve as long as possible before swallowing (savour the flavour)	Bitter herbs for increased digestive secretions & improving hunger signals
■ RN Labs Lipotropex	1 scoop in glass of water (away from coffee) After a week, if well tolerated increase to 1.5scoops		1 scoop in glass of water After a week, if well tolerated increase to 1.5 scoops	Support optimal liver function, bile production & detoxification processes
■ Adrenal Herbal Tonic	5mls diluted in water, if well-tolerated after 1 week, increase to 7.5mls	2/3pm: 5mls diluted in water, if well-tolerated after 1 week increase to 7.5mls		Supports adrenal glands, cortisol levels & energy Reduce fatigue
■ BioPractica Rejuvasleep Forte N			Start with 1 capsule if well-tolerated or sleep not improving, increase to 2 capsules each night	Assist with sleep maintenance & onset and reduce sleeplessness
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.				

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 & email your practitioner (details below).

Herbal Formulas: *ANY SIZE OK*

200ml Herbal Tonic: Rhodiola 40, Licorice 40, Astragalus 50, Withania 60, Siberian ginseng 20

Dose: 5mls diluted in water twice daily, if well-tolerated after 1 week, increase to 7.5mls

100g Herbal Cream: Thuja 7.5ml, Calendula 5ml, Lemon Balm 7.5ml

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@paternerredhealth.com.au

Nutraceuticals Only

Telehealth Patients: 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.

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: _____



Date: 16/03/22