



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
■ 100ml Digestive Bitters	10 drops in 50mls water 5-15 minutes before food. Savour the flavour.	10 drops in 50mls water 5-15 minutes before food. Savour the flavour.	10 drops in 50mls water 5-15 minutes before food. 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
■ 500ml 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
<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, stop your supplements immediately & email your practitioner (details below).</p>				

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@paterneredhealth.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