



# NATUROPATHIC PRESCRIPTION

Patient details: Ella Nielson Ph: 0432 674 383 DOB: 21/10/1988

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>500ml Herbal Tonic</b>	7.5mls-10mls diluted in water		7.5mls-10mls diluted in water	Stress/Immune/Thyroid support
■ <b>Orthoplex AlkaMin Calm</b>	1 scoop in water (away from tea or coffee)		1 scoop in water	Vitamin/mineral co-factors for stress, electrolyte balance & nervous system support
■ <b>Biomedica BioHeme</b>			1 capsule every second night	Increase iron/ferritin levels
■ <b>Foraged for you Powder</b>	2 tsps in 100ml water & <b>shake</b> well in jar or mix in smoothie or yoghurt (away from tea or coffee)			Thyroid nutrients, wholefood nutrient dense powder to improve iron & ferritin levels

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 FORMULA

**\*\*500ml Herbal tonic \*\***

Rehmannia 100, Bacopa 75, Withania 125, Siberian Ginseng 125, Nigella (G) 75.

**Dose:** 7.5mls diluted in water twice daily increase to 10mls twice daily if well-tolerated or during more stressful times. **Shake bottle well.**

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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:

The 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 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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## **SIGNATURE**

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Amy Phillips

BHSc (Nat)

NHAA provider #157158

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



Date: 23/05/22