



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
■ 200ml Herbal Tonic	7.5mls diluted in water		7.5mls diluted in water	Immune support & help reduce irritated cough & inflammation of respiratory mucous membranes
■ Metagenics CalmX	1.5 scoops in water twice daily		1.5 scoops in water twice daily	Vitamin co-factors for stress & nervous system support
■ Activated Probiotics Biome Advanced Probiotic	1 capsule daily			Supporting microbiome recovery after anti-biotic use
■ Orthoplex Progestalift	1 capsule daily			Support hormone balance – improving progesterone levels
<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 FORMULA

****200ml Herbal tonic ONLY****

Elecampane 30, Mullein 50, Licorice 30, Astragalus 60, Echinacea, 40

Dose: 7.5mls diluted in water twice daily. Shake bottle well.

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:

The Grove Health Dispensary Pymble

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

Email: 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

SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA provider #157158

Signature:  _____

Date: 24/03/22