



# NATUROPATHIC PRESCRIPTION

Patient name: Lachlan Knapp

DOB: 12/04/2019 Mobile: 0401160774 (mother: Jodie)

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>100ml Herbal Tonic</b>	1-1.5ml in small amount of water			Bowel motility & digestion support
■ <b>BioPractica Diasporal</b>			1/3 sachet in water or juice	Increase bowel motility to reduce constipation
■ <b>Organic Slippery Elm Powder (health food store)</b>	½ tsp in yoghurt, smoothie any liquid			Pre-biotic fibre, supporting microbiome health & soothing gut wall lining
<p><b>Herb/nutrient/drug interactions &amp; 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 &amp; safe for you to continue. This prescription is to be consumed by the patient listed above &amp; not to be shared with any friends or family.</b></p> <p><b>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 &amp; email your practitioner (details below).</b></p>				

### Herbal Formulas:

**\*100ml ONLY – ALL GLYCETRACTS PLEASE\***

100ml Herbal Tonic – Marshmallow 20, Chamomile 30, St Marys 30, Licorice 20

DOSE: 1-1.5ml once a day in small shot of water or juice

## 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](mailto: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.

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**PRACTITIONER SIGNATURE**

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Amy Phillips

BHSc (Nat)

NHAA #157158

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

Date: 28/03/22