



NATUROPATHIC PRESCRIPTION

Patient name: Jade Robinson
DOB: 20/03/1988 Mobile: 0466 000 616
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
■ Bitter/Digestive Herbal Tonic 200ml	2.5mls diluted in water 10-15 minutes before each meal (3 x day). Swish & savour the flavour before you swallow *away from coffee/alcohol	2.5mls diluted in water 10-15 minutes before each meal (3 x day). Swish & savour the flavour before you swallow	2.5mls diluted in water 10-15 minutes before each meal (3 x day). Swish & savour the flavour before you swallow	Stimulate digestive secretions & bile to support digestion of food & absorption of nutrients
■ Orthoplex Gut RX 240g	½ - ¾ scoop in water with P2 detox		½ - ¾ scoop in water with P2 detox	Glutamine & zinc carnosine to support gut lining healing & reducing inflammation
■ MediHerb P2 Detox 180g	1 scoop in water with Gut RX		1 scoop in water with Gut Rx	Nutritional co-factors to improves liver detoxification processes
■ Orthoplex Clinical Lipids 2:1 120caps	2 x capsules at any time of day preferably with food			Potent anti-inflammatory action on the brain, gut & hormones
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: minimal/no glycefracts please

Size: 200mls

Formula: Chelidonium 30, Lavender 60, Globe artichoke 60, Ginger 20, Gentian 30.

Instructitons: 2.5mls diluted in water 10-15 minutes before each meal (3 x day). Swish & savour the flavour before you swallow.

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

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

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:



Date: 25/06/22