



NATUROPATHIC PRESCRIPTION

Patient name: Kate Lavender
DOB: 20/09/1990 Mobile: 0418 806 368
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
▪ Orthoplex Gut RX 210g	1 scoop in water mixed with P2 Detox with/after food			Reduce gut inflammation & repair gut wall lining
▪ Mediherb P2 Detox 160g	1 tsp in 100mls water mixed with GutRx with/after food			Supports liver detoxification pathways for hormonal imbalance
▪ 50mls Digestive Bitters	15 drops in 50 mls water 5-15 mins before each meal	15 drops in 50 mls water 5-15 mins before each meal	15 drops in 50 mls water 5-15 mins before each meal	Supports upper gastrointestinal secretions for improved digestion/absorption
<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:

****50mls ONLY**: Chamomile 10, Ginger 10, Gentian 10, Fennel 20**

Dose: 15 drops in 50 mls water 5-15 minutes before a meal. Savour the flavour. Hold in mouth before swallowing.

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.

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: 26/03/22