



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
▪ Digestive Herbal Tonic 200ml	7.5mls diluted in water 15 mins before meals.		7.5mls diluted in water 15 mins before meals.	Stimulate digestive secretions & increase bowel motility
▪ Orthoplex Gut RX 240g	½ - ¾ scoop in water		½ - ¾ scoop in water	Glutamine & zinc carnosine to support gut lining healing & reducing inflammation
▪ BioPractica Diasporal sachets	1 x sachet with GutRX		1 x sachet with GutRX	Highly bio-available magnesium to support stress response & increase bowel motility
▪ 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
▪ Ardeypharm Mutaflor (50 caps)			2 x capsules before bed	Strain of probiotic to improve chronic constipation

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:**Size:** 200mls**Formula:** Chelidonium 40, Cascara 60, Globe artichoke 60, Ginger 10, Licorice 40.**Dose:** 7.5mls diluted in water twice daily 15 mins before meals.

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: 26/07/22