



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
■ 100ml Herbal Tonic	20 drops in small amount of water		20 drops in small amount of water	Bowel motility & digestion support
■ BioPractica Diasporal			1/3 sachet in water or juice	Increase bowel motility to reduce constipation
■ Organic Slippery Elm Powder (health food store)	½ tsp in yoghurt, smoothie any liquid			Pre-biotic fibre, supporting microbiome health & soothing gut wall lining
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 Formulas:

100ml ONLY – ALL GLYCETRACTS PLEASE

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

DOSE: 20 drops morning & night or 2.5mls 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

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.

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  _____

Date: 28/03/22