



NATUROPATHIC PRESCRIPTION

Patient name: Akshaya Shekhar
DOB: 20/12/1985 Mobile: 0414656797
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
Standard Protocol				
■ InterClinical Digestive Zyme	2 x caps 15 mins before meal		2 x caps 15 mins before meal	Digestive enzymes & bitter herbs to fire up digestive secretions to support nutrient absorption
■ Orthoplex Mag Taur XCell	1 scoop in water with/after food if possible			Nutritional co-factors for stress, hormones & liver detoxification
■ BioMedica Bioheme	1 x capsule any time of day. Increase to 2 x capsules/day while on your period.			Improve ferritin (iron) storage/levels to reduce dizziness/fainting
■ Bioclinic Naturals Opti-Activ D	1 x tablet			Improve vitamin D levels to over 100
■ Designs for Health Cal-D-glucurate			2 x scoops in water with GutR	Liver detox pathway for estrogen
■ Orthoplex GutR			2 x scoops in water	Support gut lining integrity & reduce intestinal inflammation
■ SpectrumCueticals SB 500			1 x capsule with GutR	Probiotic strain to increase SigA & reduce growth of

				pathogenic bacteria
IF/WHEN NEEDED				
▪ MediHerb Cramplex 60T	2 x tablets starting 1 week prior to menstrual bleed & during first 3 days of bleed		2 x tablets starting 1 week prior to menstrual bleed & during first 3 days of bleed	Symptomatic support for menstrual cramps. Reducing need for ponstan.
ANTIMICROBIAL PROTOCOL (start after phone call)				
STEP ONE: Lysis (biofilm breakdown)				
▪ Interclinical Digestive Zyme	1 x capsule before each meal	1 x capsule before each meal	1 x capsule before each meal	Digestive enzymes to support digestion
▪ BioMedica Vege NAC	1 x capsule	1 x capsule		Nutrient to support biofilm breakdown
STEP TWO: Antimicrobials (15-60 minutes after step one)				
▪ Orthoplex Intesaclear	3 x caps			Antimicrobials herbs to reduce dysbiotic bacteria
After one is finished swap to the other one				
▪ RN Labs MicroClear	3 x caps			Antimicrobial herbs to reduce dysbiotic bacteria
STEP THREE: Clean up (2-8 hours after lunch)				
▪ Green/Peppermint Tea		1-3 cups		Detoxing & soothing teas
▪ Activated Charcoal		1 x tsp in water		Bind toxins & clear out
STEP 4: Soothe & Repopulate (before bed)				
▪ Orthoplex MultiGen Biotic			1 x capsule	Probiotic strains to increase diversity in your microbiome
▪ Bioglan Medlab Immune5			2 x level tsps in water	Gut immunity support
After one is finished swap to the other one				
▪ Orthoplex GutR			1.5 x scoops in water	Support gut lining integrity & reduce intestinal inflammation
▪ Spectrumcueticals Bifido Complex			1 x capsule	Probiotic strains to repopulate your deficiencies

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:

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@partneredhealth.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: 16/06/23