



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
■ Orthoplex Mag Taur XCell	1 scoop in water with/after food if possible			Nutritional co-factors for stress, hormones & liver detoxification
■ 200ml Liver/digestive herbal tonic – DON'T TAKE O/S	7.5mls diluted in water before meal		7.5mls diluted in water before meal	Upper digestive & liver support
■ Bioclinic Naturals DetoxClear – DON'T TAKE O/S	1.5 tablespoons in water or smoothie			Liver detoxification support
■ MediHerb Crampex 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.
■ 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 – DON'T TAKE O/S	1 tablet anytime with food			Improve vitamin D levels to over 100
WHILE TRAVELLING				
■ Orthoplex Gut-R powder			1 scoop in water	Support gut lining integrity & reduce

				intestinal inflammation
<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 Formulas:

SIZE: 200ml

Dose: Globe artichoke 40, Baical skullcap 60, Chamomile 40, Nigella 60, Ginger 10

Instructions: 7.5mls diluted in water twice daily before meals.

AVOID glyctracts if possible please

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: 18/02/23