



# NATUROPATHIC PRESCRIPTION

Patient name: Akshaya Suvarna  
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
▪ <b>Orthoplex Mag Taur XCell</b>	1 scoop in water with food			Nutritional co-factors for stress, hormones & liver detoxification
▪ <b>200ml Liver/digestive herbal tonic</b>	7.5mls diluted in water before meal		7.5mls diluted in water before meal	Upper digestive & liver support
▪ <b>Bioclinic Naturals DetoxClear</b>	1.5 tablespoons in water or smoothie			Liver detoxification support
▪ <b>MediHerb Cramplex 60T</b>	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.
<p><b>Herb/nutrient/drug interactions &amp; 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 &amp; safe for you to continue. This prescription is to be consumed by the patient listed above &amp; not to be shared with any friends or family.</b></p> <p><b>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 &amp; email your practitioner (details below).</b></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](mailto: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](mailto:info@synergycp.com.au)

---

## **PRACTITIONER SIGNATURE**

---

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  \_\_\_\_\_

Date: \*\*\*