



# NATUROPATHIC PRESCRIPTION

Patient name: David Mulally  
DOB: 20/01/1979 Mobile: 0422974080  
Practitioner: Amy Makejev

## 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>BioPractica Diasporal</b>	1 x sachet in water with meal after basics is finished			Magnesium for stress & energy support
■ <b>BioPractica RejuvaCalm Forte</b>	2 x tabs with breakfast or dinner			Herbs to ease anxiety/stress
■ <b>BioClinic Naturals Vitamin D</b>	1 x tab			Improve vitamin D levels to over 100
■ <b>Orthoplex HCL Capsules</b>	2 x capsules 30 mins before food away from antacid	2 x capsules 30 mins before food away from antacid	2 x capsules 30 mins before food away from antacid	Improve elastase (pancreatic function - low on GI MAP) enzyme release to improve digestion
■ <b>Bioglan Immune5</b>			2 x tsps. After dinner before bed	Immune support for mucosal health of the gut
■ <b>Spectrum Probioflora Multi</b>			2 x caps before bed	Beneficial bacteria to improve commensal strains & increase diversity
■ <b>SpectrumCeuticals SB 500</b>			1 x cap	Increase SigA levels (immunity of the gut) found low on GI MAP

**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:**

\*SIZE\*

Dose:

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## **PURCHASING YOUR PRODUCTS**

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### **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](https://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)

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## **PRACTITIONER SIGNATURE**

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Amy Makejev

BHSc (Nat)

NHAA #157158

Signature:

A handwritten signature in black ink, appearing to read 'L. M. B. J.', written in a cursive style.

Date: 29/11/23