



# NATUROPATHIC PRESCRIPTION

Patient name: David Mulally  
DOB: 20/01/1979 Mobile: 0422974080  
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>Mediherb<br/>MediMag Relax</b>   | 2 x scoops in water     |        | 2 x scoops in water | Nutrient co-factors to support gut healing, nervous system & adrenal health |
| ■ <b>BioPractica<br/>RejuvaCalm Forte</b>   | 2 x tabs with breakfast |        |                     | Herb to ease anxiety/stress   |
| <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\*

Dose:

## 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](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 Phillips

BHSc (Nat)

NHAA #157158

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



Date: 28/10/23