



NATUROPATHIC PRESCRIPTION

Patient name: Emma Barr
DOB: 10/05/1999 Mobile: 0424410599
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
▪ Metagenics CalmX	2 x scoops in water		2 scoops in water	Nutrients to support healthy stress response & relax your mind/body
▪ BioCueticals Clinical C BioActive – FINISH OFF	1 x scoop in water			Nutrients to support healthy immune function & response
▪ MediHerb P2 Detox	2 x tsps. in water with calmX			Oestrogen clearance support & liver detoxification.
▪ Foraged for You Mothers Blend	2 x tsps. in water, smoothie or yoghurt			Nutrient dense, wholefood powder to improve energy, iron levels & hormone balance
▪ Biomedica Gi Restore			2 x tsps in water	Prebiotic fibre to help bulk stools & improve stool consistency & frequency

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](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

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:



Date: 13/01/24