



NATUROPATHIC PRESCRIPTION

Patient name: Emma Barr
DOB: 10/05/1999 Mobile: 0424410599
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
■ Metagenics CalmX	2 scoops in water		2 scoops in water	Nutrients to support healthy stress response & relax your mind/body
■ BioCueticals Clinical C BioActive	1 scoop in water			Nutrients to support healthy immune function & response
■ Biomedica VegeNAC	1 x caps		1 x caps	Antioxidant to reduce damage to the liver from smoking. Can also support transition of quitting an addictive substance.
■ 200ml Digestive Herbal Tonic	5mls diluted in water swish & swallow	5mls diluted in water (if you can't do this dose increase AM & PM doses to 7.5mls each)	5mls diluted in water swish & swallow	Digestive herbs & bitters to increase digestive capacity to reduce constipation
<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

Herbal digestive: Globe artichoke 50, Ginger 10, Gentian 25, Chamomile 40 , Dandelion root 50, Lavender 10, Andrographis 25

Dose: 5mls diluted in water 3 times daily

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: ***

