



NATUROPATHIC PRESCRIPTION

Patient name: Emily Cabbage
DOB: 17/06/1985 Mobile: 0424014825
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
■ BioClinic Adrenasense	2 x tabs		1 x tab (if needed)	Adaptogenic herbs to reduce cortisol & improve stress resilience
■ Orthoplex Mag Taur	1 x scoop in water			Energy, Liver & stress nutritional support
■ Orthoplex Gut-R			2 x scoops in water	Heal & soothe gut lining to reduce inflammation & diarrhoea
■ Biopractica Rejuvasleep Forte – DO NOT TAKE WITH MELATONIN			1-2 tabs 60 mins before bed (9pm for 10pm) – start with 1 tab for 3 days & if no effect take 2/night	Improve sleep onset & quality with natural melatonin
■ OptiActive D Tablets	1 x day			Increase vitamin D levels to over 100 (currently 67, Dec 23)
■ Herbal Bitters 50ml	10-20 drops in 50ml water 2-20 mins before meals	10-20 drops in 50ml water 2-20 mins before meals	10-20 drops in 50ml water 2-20 mins before meals	Herbal bitters to help bile synthesis & release for better digestion

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:

50ml

Gentian 10, Ginger 5, Globe artichoke 20, Dandelion root 15, Peppermint 5

Dose: 10-20 drops 2-20 mins before each meal. Savour the flavour.

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

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:



Date: 20/12/23