



NATUROPATHIC/MB PRESCRIPTION

Patient name: Erin Denny

DOB: 11/09/1982 Mobile: 0468303121

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
▪ RN Labs Micronised PEA Capsules	1 x capsule (can increase to 2 capsules AM after 1 week if no improvements seen)		2 x capsules	To relieve pain & inflammation, support nervous system health & reduce mild nerve pain or neuralgia
▪ BioClinics OptiActiv D	1 x tablet			Optimise vitamin D levels (low in bloods) to support bone & immune health
▪ Metagenics Arthrex	1 x scoop in water			Maintain bone health and strength, relieve mild joint pain/soreness, support connective tissue health & production, relieve symptoms of mild arthritis/mild osteoarthritis
▪ Give Back Health Clinic MagRelax			1 x scoop in water before bed	Support healthy sleep patterns & improve nervous system health

****ADD turmeric to as many meals/drinks as you can – for anti-inflammatory benefits****

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).

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

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.

OR you can contact 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. You will need to send them your prescription.

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: 03/06/23