



# NATUROPATHIC PRESCRIPTION

Patient details: Ella Nielson Ph: 0432 674 383 DOB: 21/10/1988

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 | Before Bed         | Rationale   |
|--|-------------------------------|--------|-------|--------------------|---|
| <b>STANDARD PROTOCOL</b>   |                               |        |       |                    |   |
| ■ <b>Nordic Naturals Cod Liver D</b>   | 2 x tsps. with breakfast/food |        |       |                    | Omega 3 fatty acids, vitamin D & A for immune health & baby's brain development                 |
| ■ <b>Eagle Tresos Natal Pro +</b>  | 2 x tablets                   |        |       |                    | Pre-natal activated nutrients & support for growing baby  |
| ■ <b>Orthoplex GIT Immunobiotic</b>  |                               |        |       | 1 x scoop in water | Intestinal health/healing mucosal lining & reducing inflammation. Fibre to reduce haemorrhoids. |
| ■ <b>Metagenics Ultra Flora Mother &amp; Baby</b>  |                               |        |       | 2 x caps           | Probiotics for healthy development of microbiome for mother & baby                              |
| <b>WHEN NEEDED</b>   |                               |        |       |                    |   |
| ■ <b>Designs for Health Whole body Collagen</b>  | 2 x scoops in smoothie        |        |       |                    | Protein to add to smoothies for healthy ligaments, joints, hair skin & nails.                   |
| <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> |                               |        |       |                    |   |
| <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>   |                               |        |       |                    |   |

## HERBAL FORMULA

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## PURCHASING YOUR PRODUCTS

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### 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:

The 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 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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## SIGNATURE

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Amy Makejev

BHSc (Nat)

NHAA provider #157158

Signature:



Date: 16/01/24