



NATUROPATHIC PRESCRIPTION

Patient name: Emilie Richard
DOB: 27/02/1992 Mobile: 0421870772
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	Evening	Before bed	Rationale
STANDARD PROTOCOL					
▪ Eagle Tresos Natal 60T (swap to this after you finish current pre-natal)	1 x tablet				Support low iodine & B12 levels & pre-conception/pregnancy
▪ Metagenics CalmX 241g	1.5 x level scoops with food			1.5 x level scoops with food	Nutrient co-factors for neurotransmitter synthesis & stress reduction STOP DURING PREGNANCY
▪ Designs for Health NAC Powder	1 x level scoop mixed with CalmX			1 x level scoop mixed with CalmX	Nutrient co-factor for major antioxidant production supporting fertility & minimising ADHD tendencies STOP for first trimester of pregnancy
▪ Orthoplex Anxioton 60T	2 x capsules			2 x capsules	Herbal support to relieve anxiety & stress. Supports production of GABA (calming neurotransmitter) STOP DURING PREGNANCY
GUT RESTORATION PROTOCOL (4-6 weeks)					
▪ SpectrumCeuticals BifidoComplex				1 x capsule	Specific probiotic strains of low

FINISH OFF					diversity in your microbiome
▪ Designs for Health GI Revive			1 x heaped tsp. in water		Anti-inflammatory, gut healing nutrients & herbs
▪ Advanced Synbiotic Powder			Start with ½ scoop and increase by ½ scoop every 5 days until full dose of 2 scoops/daily is reached.		Broad spectrum probiotic for restoring beneficial bacteria
▪ SpectrumCeuticals SB 500				1 x capsule	Improve secretory IgA levels & inhibit growth of pathogenic bacteria/parasites STOP DURING PREGNANCY
▪ MediHerb Livton	1 x tablet before food	1 x tablet before food	1 x tablet before food		Improve liver detoxification pathways to reduce nausea, improve stool colour, upper digestion & bile production STOP DURING PREGNANCY
<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>					

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: 13/12/22