



NATUROPATHIC PRESCRIPTION

Patient name: Lily Douglas

DOB: 05/08/1995

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
▪ Slippery Elm Powder			1 x tsp in water 30 mins after larger meals	Reflux symptoms – soothe mucous membranes
▪ Orthoplex Clinical Lipids	2 x capsules with food			
▪ Green Nutritional's Vitamin C Powder	1 x tsp in smoothie or water			Immune, stress & iron absorption support
▪ Biomedica Femex Forte			1 x capsule before bed	Gut & vaginal microbiome support
▪ Diasporal			1 x sachet before bed – take once finished other magnesium	Reduce cramping, muscle soreness & stress support
▪ Designs for Health Whole body Collagen	1-2 x scoops in smoothies			Additional protein, connective tissue, joint, hair skin & nail support
▪ Herbal Tea Blend	Follow schedule in treatment plan – have the cups of tea whenever suits you. 1 tbsp. of herbal mix per cup of tea			Uterine strengthening, high mineral content

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 INSTRUCTIONS

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@paternerredhealth.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: 25/04/22