



# NATUROPATHIC PRESCRIPTION

Patient name: Martin Tirzins

DOB: 19/02/1988

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
<b>Orthoplex Mito Pro 200g</b>	1 x scoop in water with food			Nutritional & herbal co-factors to support anti-oxidant capacity, mood, energy & fertility
<b>Biocentials LivProtect 60T</b>	1 x tablet away from medication		1 x tablet away from medication	Liver health, bile support & reduce oxidative stress
<b>Bioclinics OptiActiv D 120T</b>	1 x tablet with food daily (anytime of day)			Improve vitamin D levels
<b>Designs for Health GI Revive</b>			2 heaped tsps in water 60 minutes after dinner	Upper digestive anti-inflammatory mucous membrane support

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@paterneredhealth.com.au](mailto:dispensary.pymble@paterneredhealth.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.

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### **PRACTITIONER SIGNATURE**

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Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  \_\_\_\_\_

Date: 16/07/22