



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
■ Biomedica Adhealth F	2 x capsules			Nervous system support & nutritional co-factors needed to support body through stress
■ Orthoplex Hydrozyme	1 tablet before or with food	1 tablet before or with food	1 tablet before or with food	Digestion support
■ Designs for Health GI Revive			2 heaped tsps in water 30-60 minutes after dinner	Upper digestive anti-inflammatory mucous membrane support
<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@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.

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  _____

Date: 23/04/22