



NATUROPATHIC PRESCRIPTION

Patient name: Kate Lavender
DOB: 20/09/1990 Mobile: 0418 806 368
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
▪ 50mls Digestive Herbal Bitters	10 drops in 50-100mls water 2-20 mins before each meal. Take small sips & swish before swallowing	10 drops in 50-100mls water 2-20 mins before each meal. Take small sips & swish before swallowing	10 drops in 50-100mls water 2-20 mins before each meal. Take small sips & swish before swallowing	Supports upper gastrointestinal secretions for improved digestion/absorption
▪ Mediherb P2 Detox 160g	1 tsp in 100mls water or juice mixed with Foraged powder			Supports liver detoxification pathways for hormonal imbalance
▪ Foraged for You Powder	2 x tsp. in water or juice with P2 deotx			Food based powder with nutrients for hormone balance & iron levels.
▪ Bioclinics OptiActiv D	1 x tablet anytime of day preferably with food			Increase vitamin D levels
▪ RN labs Sublingual HydroxyB12	1 x tablet under tongue until mostly dissolved then swallow. Take every second day or 3 x a week			Increase B12 levels
▪ Orthoplex Gut RX 210g			1 scoop in water mixed with/after food or before bed.	Reduce gut inflammation & repair gut wall lining

ACUTE IMMUNE PROTOCOL (WHEN/IF NEEDED)				
<ul style="list-style-type: none"> Designs for Health Liposomal Glutathione 	2 x squirts under tongue for 30 seconds then swallow			Powerful antioxidant to reduce free-radical damage during illness
<ul style="list-style-type: none"> Metagenics Meta Zinc Vitamin C 114g 	½ tsp in water		½ tsp in water	Nutrients for healthy immune function & reduce severity of illness
<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>				

Herbal Formula:

****50mls ONLY**: Chamomile 10, Ginger 10, Gentian 10, Fennel 20**

Dose: 10 drops in 50-100 mls water 2-20 minutes before every main meal. Take small sips & swish before you swallow.

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.

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: 16/07/22