



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
METABOLIC BALANCE SUPPS				
Basica Active E	1 x scoop in water with meal			Support alkalinity & improve electrolyte balance
Diasporal	1 x sachet		1 x sachet	For three days to help bowel regularity during phase 1
STANDARD PROTOCOL				
▪ 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	1 x tablet under tongue until mostly dissolved			Increase B12 levels

HydroxyB12	then swallow. Take every second day or 3 x a week			
▪ 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)				
▪ Designs for Health Liposomal Glutathione	2 x squirts under tongue for 30 seconds then swallow			Powerful antioxidant to reduce free-radical damage during illness
▪ Metagenics Meta Zinc Vitamin C 114g	½ tsp in water		½ tsp in water	Nutrients for healthy immune function & reduce severity of illness
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).				

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: 13/05/22