



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
★ BioCueticals MultiGest Enzymes	1 x cap 15-30 mins before food	1 x cap 15-30 mins before food	1 x cap 15-30 mins before food	Pancreatic enzymes & upper digestive support to improve digestion of fats & assimilation of nutrients from meals
★ 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 detox			Food based powder with nutrients for hormone balance & iron levels.
★ Biodinics 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 R 210g			1 scoop in water mixed with/after food or before bed.	Reduce gut inflammation & repair gut wall lining

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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

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:

AIM Natural Healthcare

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

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