



# NATUROPATHIC PRESCRIPTION

Patient name: Lucia Coman – 0423 874 997 – DOB: 29/08/1990

Practitioner: Amy Phillips

NHAA Provider #157158

## 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
■ 200ml Adrenal Herbal Tonic	5-7.5mls diluted in water. Build to 7.5mls after 1 week if well tolerated.		5-7.5mls diluted in water. Build to 7.5mls after 1 week if well tolerated.	Neurotransmitter production & synthesis, cortisol & stress reduction
■ Metagenics CalmX 200g	1 scoop in water 15-30 minutes after food		1 scoop in water 15-30 minutes after food	Parasympathetic nervous system support, nutritional co-factors to reduce stress
■ 25ml Flower Essence Mix	7 drops under the tongue along with affirmation (on rising from bed)		7 drops under the tongue along with affirmation (on retiring to bed)	Emotional & energetic support
■ Designs for Health Whole Body Collagen	1 scoop in smoothie			Good protein source (amino acids) & supports strong hair, skin, nails & joints.

**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).**

## FORMULAS

**200ml Herbal Tonic** - Withania (40), Saffron (30), Siberian ginseng (60), Licorice (40), St John's Wort (40)

Dosage: 5-7.5mls diluted in water twice daily. Build to 7.5mls after 1 week, if well tolerated.

\*\*1:1 or 2:1 where possible please

**ABFE Mix** – 7 drops of each from stock bottle - Silver Princess Gum, Macrocarpa, Crowea, Sturt Desert Pea

Dosage: 7 drops under the tongue morning and night with affirmation.

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## **PURCHASING YOUR PRODUCTS**

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### **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.

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](mailto:info@synergycp.com.au)

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## **SIGNATURE**

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Amy Phillips

BHSc (Nat)

NHAA #157158

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



Date: 21/02/22