



NATUROPATHIC PRESCRIPTION

Patient name: Marinella Faggion
DOB: 20/03/1988 Mobile: 0404138174
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
■ 100ml Digestive Bitters	1 dropper full directly on tongue or in 50mls water before food. Savour the flavour. Swish & swallow.		1 dropper full directly on tongue or in 50mls water before food. Savour the flavour. Swish & swallow.	Bitter herbs for increased digestive secretions & improving hunger signals
■ 200ml Adrenal Herbal Tonic	5mls diluted in water, if well-tolerated after 1 week, increase to 7.5mls	2/3pm: 5mls diluted in water, if well-tolerated after 1 week increase to 7.5mls		Supports adrenal glands, cortisol levels & energy Reduce fatigue
■ Foraged for You – Mothers Blend	2 x tsps shaken in a jar with water			Improve iron levels & support energy/hormone production
■ Orthoplex MagTaur X-Cell	1 scoop in water with foraged if easier			Energy production co-factors & liver support
■ Metagenics EPA/DHA Liquid	1 tsp directly off spoon or a dash in yoghurt/smoothie/break fast is fine			Support healthy brain, hormone & nervous system function
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 Formulas: *ANY SIZE OK*

200ml Herbal Tonic: Rhodiola 40, Shatavari 60, Withania 60, Siberian ginseng 40, Ginger 10

Dose: 5mls diluted in water twice daily, if well-tolerated after 1 week, increase to 7.5mls

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.

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  _____

Date: 04/02/23