



NATUROPATHIC PRESCRIPTION

Patient name: Penny Wood – Ph. 0423515505 – DOB: 08/07/1987

Practitioner: Amy Makejev

PRESCRIPTION/DOSAGE

This script is only valid for 6 months - no repeats are to be dispensed after 6 months without further consultation.

Product	Morning	Midday	Evening	Before Bed	Rationale
■ BioMedica BioFem – FINISH OFF			2 x capsule		Nutrient co-factors & herbs to improve progesterone levels, support nervous system health and stress response
■ Adrenal/Ovarian/Thyroid Herbal Tonic 200ml	7.5-10mls diluted in water upon waking		7.5-10mls diluted in water		HPO/HPA axis support to improve pituitary signalling & ovarian function. Increase resilience to stress & support thyroid function.
■ RN Labs Magnesium Glycinate				2-4 x capsules (4 capsules for times of high stress)	Nervous system & sleep support
■ Orthoplex GutSynbiotic			2 x tsps. In water morning or night		Support growth of beneficial bacteria & bulk stools, gut lining support
■ BioClinic Daily Balance			2 x capsules with gut synbiotic		Probiotics to support healthy digestion, relieve excessive intestinal gas, digestive spasms & promote immune system function
■ Biomedica NAC	1 x scoop in water				
■ Young living Progessence oil				6 x drops on each area rubbed into	Progesterone support (natural progesterone cream)

				inner thighs & tummy	
<ul style="list-style-type: none"> BioClinic Naturals OptiActiv D 	1 x tablet with food every second day				Maintain/increase vitamin D levels through winter
IF NEEDED					
<ul style="list-style-type: none"> BioPractica Rejuvasleep forte 				1-2 tablets 20-30 mins before bed	Improve sleep onset & quality by increasing GABA & melatonin levels
<ul style="list-style-type: none"> Herbal Bitters 	10-20 drops 5-20 mins before meals	10-20 drops 5-20 mins before meals	10-20 drops 5-20 mins before meals		
<ul style="list-style-type: none"> Designs for health Whole Body Collagen 				2 scoops any time of day. In smoothie or water.	Healthy hair skin & nails
<p>This prescription is only to be consumed by the patient listed above, it is not to be shared or given to any family or friends. 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. 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

HPA/HPT tonic

Size: 200ml

Formula*: Rehmannia 100, Rhodiola 100, Withania 125, Schisandra 100, Licorice 100

***No glycefracts please.**

Dose: 7.5-10mls in water twice daily. Take 2 hours away from medication.

Bitter Tonic

Size: 100mls

Formula: Chamomile 30, Gentian 40, Ginger 10, Greater celandine 25

PURCHASING YOUR PRODUCTS

Herbal Tonics

If your prescription contains a herbal tonic please contact:

Grove Health Dispensary Pymble

Phone: (02) 9491 8009 – leave a message if no one answers

Email: Dispensary.pymble@partneredhealth.com.au

They will source & dispense all products on your prescription & post it to you (pick up is also available).

Nutraceuticals Only

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.

SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:



Date: 03/02/24