



NATUROPATHIC PRESCRIPTION

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

Practitioner: Amy Phillips

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
■ Herbal Bitters	10-20 drops in 100mls water 5-15 mins before food. Swish & swallow.	10-20 drops in 100mls water 5-15 mins before food. Swish & swallow.	10-20 drops in 100mls water 5-15 mins before food. Swish & swallow.		Liver health & optimal functioning, pancreatic & digestive support
■ Adrenal/Nervous system Herbal Tonic 500ml	10mls diluted in water upon waking	10mls diluted in water			HPA/HPT axis support to improve resilience to stress & increase dopamine & serotonin levels
■ MediHerb Adrenal Complex	1 tablet with tonic	1 tablet with tonic			
■ Orthoplex MitoPro	1 scoop in water with NAC & meals				Support mitochondrial energy, mood & hormones.
■ RN Labs NAC	1 x scoop in water with MitoPro				Liver detoxification & glutathione production
■ Orthoplex Gut-R	¾ scoop in water			¾ scoop in water	Improve gut lining & reduce inflammation
■ GutBiome Advanced Synbiotic Powder START AGAIN	½ scoop in water with GUT-R increase by ½ scoop every 7 days until a 2 x scoop dose is reached			½ scoop in water with GUT-R increase by ½ scoop every 7 days until a 2 x scoop dose is reached	Multi-strain probiotic to increase diversity in the microbiome & improve intestinal health
■ 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"> GelPro PeptiPro Collagen 				2 scoops any time of day. In smoothie or water.	Healthy hair skin & nails
<ul style="list-style-type: none"> Orthoplex Mag Taur STOP FOR NOW WHILE TRIALLING MITOPRO	1 scoop in water with food				Endocrine function, energy, mood support
<ul style="list-style-type: none"> Orthoplex GIT Immunobiotic Powder FINISH & MOVE TO GUT-R	½ tsp in water before food increase by ½ tsp every 7 days until a 1.5 tsp dose is reached			½ tsp in water after dinner increase by ½ tsp every 7 days until a 1.5 tsp dose is reached	Gut Immunity, supporting beneficial bacteria growth
<ul style="list-style-type: none"> BioClinic Naturals OptiActiv D STOP UNTIL WINTER	1 x tablet with food 3 times a week				Maintain/increase vitamin D levels through winter
Supps from other practitioner: Thyrestore	Take as prescribed				
<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

Size: 500ml

Formula*: Rhodiola 100, Saffron 100, St John's Wort 150, Vervain 125, Ginger 25

***No glycefracts please.**

Dose: 10mls in water twice daily. Take 2 hours away from thyroxine.

HERBAL BITTERS

Size: 50mls

Formula: Chamomile 10, Gentian 20, Ginger 10, Greater celandine, 10

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: 14/01/23