



# 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	1 x capsule		1 x capsule		Nutrient co-factors & herbs to improve progesterone levels, support nervous system health and stress response
■ Adrenal/Mood 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
■ RN Labs Magnesium Glycinate				2-4 x capsules (4 capsules or periods 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
<b>IF NEEDED</b>					
■ Biomedica NAC	1 scoop in water				
■ BioPractica Rejuvasleep forte				1-2 tablets 20-30 mins before bed	Improve sleep onset & quality by increasing GABA & melatonin levels
■ Designs for health Whole Body Collagen				2 scoops any time of day. In smoothie or water.	Healthy hair skin & nails

■ BioClinic Naturals OptiActiv D  <b>TEST THIS IN JAN</b>	1 x tablet with food 2 times a week				Maintain/increase vitamin D levels through winter
<b>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 &amp; 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 &amp; 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 &amp; email your practitioner (details below).</b>					

## HERBAL FORMULA

### Adrenal tonic

**Size:** 500ml

**Formula\*:** Rehmannia 100, Rhodiola 75, St John's Wort 150, Schisandra 100, Licorice 100

**\*No glyceptracts please.**

**Dose:** 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

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## 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](mailto: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.

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## SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:

A handwritten signature in black ink, appearing to read 'L. M. B. G.', written in a cursive style.

Date: 28/11/23