



# 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
■ Biocueticals MultiGest 90 tabs	1 capsule	1 capsule	1 capsule		Digestion support
■ Adrenal/Thyroid Herbal Tonic 500ml	5-7.5mls diluted in water			5-7.5mls diluted in water	HPA/HPT axis' support to improve resilience to stress
■ BioClinic Opti-Activ D	1 tablet with food every 2 <sup>nd</sup> day				Maintain/increase vitamin D levels through winter
■ Orthoplex Mito X-cell (replaces Mag-Taur when finished)	1.5 scoops in water each morning				Endocrine function, energy, mood support

**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).**

## HERBAL FORMULA\*

ANY SIZE OK

Adrenal/Thyroid/Stress Herbal Tonic:

Nigella 50, Withania 50, Magnolia 40, Vitex 20, St John's Wort 30, Poke root 10

**\*No glyceptracts please.**

**Dose:** 5mls-7.5mls in water twice daily

## PURCHASING YOUR PRODUCTS

### Herbal Tonics

If your prescription contains a herbal tonic please contact:

AIM Natural Healthcare

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[aim.naturalhealthcare@gmail.com](mailto:aim.naturalhealthcare@gmail.com)

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**

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Amy Phillips

BHSc (Nat)

NHAA #157158

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

Date: 11/06/22