



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
■ MediHerb LivTon Complex	1 x tablet before or with each meal	1 x tablet before or with each meal	1 x tablet before or with each meal		Liver health & optimal functioning & digestive support
■ Adrenal/Thyroid Herbal Tonic 500ml	5-7.5mls diluted in water (build dose slowly)		5-7.5mls diluted in water (build dose slowly)		HPA/HPT axis' support to improve resilience to stress
■ BioClinic Naturals OptiActiv D	1 x tablet with food 3 times a week				Maintain/increase vitamin D levels through winter
■ Orthoplex Mito X-cell	1.5 scoops in water with food				Endocrine function, energy, mood support
■ RN Labs NAC	1 x scoop in water with mitoxcell				Liver detoxification & glutathione production
■ Orthoplex GIT Immunobiotic Powder	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
■ GutBiome Advanced Synbiotic Powder	½ scoop in water with Immunobiotic increase by ½ scoop every 7 days until a 2 x scoop dose is reached			½ scoop in water with Immunobiotic 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
■ GelPro Organic Beef Liver Capsules	2 x capsules with food when eating no red meat				Nutrient support for thyroid, hormonal, nervous system health.

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

Size: 500ml

Formula*: Nigella 125, Withania 125, Magnolia 100, Vitex 50, St John's Wort 75, Poke root 25

***No glyceptracts please.**

Dose: 5mls-7.5mls in water twice daily (build slowly). Take 2 hours away from any medication.

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: 23/07/22