



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	Bed	Rationale
■ Orthoplex Green Hydrozyme 60 tabs	1 tablet	1 tablet			Digestion support
■ RN Labs NAC Powder 100g (add after 2 weeks)	$\frac{3}{4}$ scoop (500mg) in water	$\frac{3}{4}$ scoop (500mg) in water			biofilm breakdown & liver anti-oxidant support
■ Designs of Health Berb-evail 60 caps	1 capsule increase to 2 caps after 1 week if well tolerated	1 capsule increase to 2 caps after 1 week if well tolerated			High in berberine – targeting hydrogen producers.
■ 200ml Anti-microbial Herbal Tonic 2	20 drops diluted in 15mls water gradually increase to 7.5mls every 3-5 days if well-tolerated	20 drops diluted in 15mls water gradually increase to 7.5mls every 3-5 days if well-tolerated			Anti-microbial & anti-fungal actions
■ Bio-Practica Toxaprevent Medi Pure (RED) 30 Capsules			2-3 capsules		Binds toxins through large intestine to improve excretion
■ SpectrumCeuticals Bifido-complex 60 caps				1 capsule	Replenishing specific strains deficient in your microbiome
■ Ardeypharm Mutalfor 30 caps				1 capsule	Replenishing deficient strain in your microbiome. Improves chronic constipation.
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*

****200ml Herbal tonic ONLY****

Anti-microbial Herbal Tonic 2:

Horopito 40, Isatis 80, Baical skullcap 60, Clove 20

*1:1 or 2:1 where possible. **No glycyrrhiza please.**

Dose: 20 drops diluted in 15mls water at step 2, gradually increase to 7.5mls in water every 3-5 days if well-tolerated

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: 09/04/22