



# 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
■ Biomedica Allimax 60 tabs	1 capsule increase to 2 caps after 1 week if well tolerated	1 capsule increase to 2 caps after 1 week if well tolerated			Targets methane producers & candida
■ 200ml Anti-microbial Herbal Tonic	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			Targets candida & hydrogen producers
■ Bio-Practica Toxaprevent Medi Pure (RED) 30 Capsules			2-3 capsules		Binds toxins through large intestine to improve excretion
■ SpectrumCeuticals Pro4-50 30 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.
<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</b>					

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\*\***

Barberry 30, Oregon grape 40, Coptis 40, Green tea 50, Pau d'arco 40, Ginger 10

\*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

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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: \_\_\_\_\_



Date: 12/03/22