



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
■ Herbal Bitters	10-20 drops in 100mls water 5-15 mins before food. Swish & swallow.	10-20 drops in 100mls water 5-15 mins before food. Swish & swallow.	10-20 drops in 100mls water 5-15 mins before food. Swish & swallow.		Liver health & optimal functioning, pancreatic & digestive support
■ 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
■ Metagenics Haemagenic Iron advanced	1 x tablet with food preferably before lunch				Improve Iron levels & MTHFR support
■ Biopractica ThyroHPA Forte N	2 x tabs with food				Thyroid gland support to improve hormone conversion
IF NEEDED					
■ 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
■ GelPro PeptiPro Collagen				2 scoops any time of day. In smoothie or water.	Healthy hair skin & nails
■ BioClinic Naturals OptiActiv D	1 x tablet with food 3 times a week				Maintain/increase vitamin D levels through winter
STOP UNTIL WINTER					
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

Adrenal tonic

Size: 500ml

Formula*: Rehmannia 100, Saffron 75, St John's Wort 150, Schrisandra 100, Licorice 100

***No glycefracts 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

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: 23/03/23

