



NATUROPATHIC PRESCRIPTION

Patient name: Jenny Phillips
DOB: 13/08/1964 Mobile: 0428379769
Practitioner: Amy Phillips

PRESCRIPTION/DOSAGE

**This prescription is valid for 6 months from date of creation. No repeats are to be dispensed after 6 months without further consultation. **

Product	Morning	Midday	Night	Rationale
■ 500ml Herbal Tonic	7.5mls diluted in water		7.5mls diluted in water	Cognition, liver & menopause support
■ 100ml digestive bitters	20 drops diluted in water 5-15 mins before food. Savour the flavour. Swish before you swallow.	20 drops diluted in water 5-15 mins before food. Savour the flavour. Swish before you swallow.	20 drops diluted in water 5-15 mins before food. Savour the flavour. Swish before you swallow.	Increase digestive enzyme, HCL & bile production to improve nutrient breakdown & absorption
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. This prescription is to be consumed by the patient listed above & not to be shared with any friends or family. 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 Formulas:

500ml & 100ml

500ml: Hops 75, Rosemary 100, Ginkgo 100, Rehmannia 125, St Marys Thistle 125.

Dose: 7.5mls twice daily

Digestive Bitters: Cinnamon 20, Wormwood 30, Feverfew 20, Gentian 30

Dose: 20 drops diluted in water 5-15 mins before each meal.

PURCHASING YOUR PRODUCTS

Herbal Tonics

If your prescription contains a herbal tonic, your prescription will be sent to Grove Health Dispensary where they will source & dispense all products (including nutraceuticals) on your prescription & post it to you (pick up is also available).

Contact:

Grove Health Dispensary Pymble

Phone: (02) 9491 8009 – leave a message if no one answers

Email: dispensary.pymble@paterneredhealth.com.au

Nutraceuticals Only

Telehealth Patients: 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.

In Person Patients: If your prescription contains only Nutraceuticals, your prescription will be sent to our other third-party dispensary at Synergy Compounding Pharmacy where they will source & dispense all purchased products to you. Pick up in Crows Nest, NSW.

To confirm order/make payment please contact:

Mike at Synergy Compounding Pharmacy

Phone: (02) 9061 3944

Email: info@synergycp.com.au

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  .

Date: 25/03/22