

Naturopath: Liara Tutina (ANTA 29748)
The Sage Sanctuary
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M: 0404 403 177

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Hello Pan,

Thank you for attending your appointment today.

Please find below your prescription and treatment plan that we discussed.

Product recommendations:

1) **Herbal tonic** to support your digestive and liver health, as follows:

- *Gentian* (MH 1:2; 5-15) - 20 ml
- *Ginger* (MH 1:2; 5-15) - 10 ml
- *St Mary's Thistle* (MH 2:1; 30-60) - 70 ml
- *Nigella sativa* (OpRx; 1:2; 30-90) - 60 ml
- *Bupleurum* (MH; 1:2; 25-60) - 50 ml
- TOTAL = 210 ml x 2 bottles

Take **5 ml with meals** 3 times a day in the morning, lunch and evening time. Take diluted in small amount of water, immediately before consuming food.

2) **Orthoplex white "Gut-R"**

Take 1 scoop mixed in 200 ml water, once a day in the morning, consume with food.

3) Please continue to using your Vitamin D supplements.

Dietary recommendations:

- 1) Please keep a diet diary for 7 days and note any digestive symptoms you may experience.
- 2) Please see enclosed a recipe for chocolate protein balls as a suggestion for a healthy treat option.

Adverse Reaction and Safety Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and call The Sage Sanctuary on 0404 403 177
- In the case of an emergency please contact your GP or emergency service
- Your naturopath will call you back as soon as possible to discuss the situation with you
- Please keep all medication out of reach of children.