



NATUROPATHIC PRESCRIPTION

Patient name: Penny Wood – Ph. 0423515505 – DOB: 08/07/1987

Practitioner: Amy Phillips

NHAA Provider #157158

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 | Night | Rationale |
|---------------------------------------|--|--|--|--|
| ■ Orthoplex MagTaur XCell 400g | 1 x scoop in 100mls water with food | | | Energy production & liver support |
| ■ 200ml Herbal Tonic | 2.5-5mls diluted in water 15 minutes before each meal | 2.5-5mls diluted in water 15 minutes before each meal | 2.5-5mls diluted in water 15 minutes before each meal | Liver/bile/digestion support |
| ■ SpectrumCeuticals SB 500 90 tabs | 1 x capsule | | 1 x capsule | Supports intestinal health/immunity |

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).

200ml Herbal Tonic Ingredients*:

Globe artichoke – 30, Dandelion root – 40, Chamomile – 40 , St Marys Thistle – 80, Gentian – 10, Ginger – 10

*1:1 or 2:1 where possible please.

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@paternerredhealth.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: 19/02/22