



NATUROPATHIC PRESCRIPTION

Patient name: Sophie Guenanain
DOB: 21/10/23 Mobile: 0420 382 972
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
▪ Herbal Digestive Tonic	5 mls in 100mls 15 mins before food	5 mls in 100mls 15 mins before food	5 mls in 100mls 15 mins before food	Digestive bitter herbs to support upper digestive function & improve nutrient absorption & assimilation
▪ BioCeuticals MultiGest Enzymes	1 x tab	1 x tab	1 x tab	Digestive enzymes for improved digestion
▪ Designs for Health NAC	1 x scoop	1 x scoop		Liver antioxidant support & biofilm reduction
▪ Orthoplex Mag Taur Xcell	1 scoop in water	1 scoop in water		Energy, stress support & liver detoxification
▪ BioCueticals Iodine Spray – STOP FOR NOW	1 x spray			Improve iodine levels to reduce breast tenderness
▪ BioClinic OptiActiv D			1 x tab	Improve vitamin D status to over 100
▪ Orthoplex Anxioton		1 x tab	2 x tab (Start with this if no improvement take another tablet at lunch)	Reduce stress/anxiety & increase parasympathetic nervous system regulation. Support sleep onset & maintenance

■ Orthoplex GIT Immunobiotic			2 x level teaspoons in water before bed	Gut mucosa support & fibre
<p>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.</p> <p>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).</p>				

Herbal Formulas:

200ml

Globe artichoke – 30, Dandelion root – 40, Chamomile – 30 St Marys Thistle – 80, Greater Celandine – 20, Ginger – 10

Dose: 5mls diluted in water 3 x daily (or 7.5mls twice daily) before meals

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@partneredhealth.com.au

Nutraceuticals Only

Telehealth Patients: If your prescription contains only Nutraceuticals, you will receive an email script from [Vital.ly](https://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: 20/09/23