



NATUROPATHIC PRESCRIPTION

Patient name: Sophie Guenanain
DOB: 21/10/23 Mobile: 0420 382 972
Practitioner: Amy Makejev

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
STANDARD PROTOCOL				
▪ Orthoplex Mag Taur Xcell	1 scoop in water	1 scoop in water		Energy, stress support & liver detoxification
▪ Metagenics P-Lift 30 tab	1 x tab			Progesterone support
▪ Herbal Tonic Prokinetic drops	20 drops on to the tongue before meals	20 drops on to the tongue before meals	20 drops on to the tongue before meals	Ginger & gentian drops to improve intestinal motility
▪ RN Labs 5HTP mix with MagTaur	2 x scoops in water			Precursor to Serotonin to improve mood & gut motility (peristalsis)
▪ Designs for Health NAC mix with MagTaur	1 x scoop	1 x scoop		Liver antioxidant support & biofilm reduction
▪ BioClinic OptiActiv D			1 x tab	Improve vitamin D status to over 100
▪ Orthoplex Anxioton	1 x tab		2 x tab	Reduce stress/anxiety & increase parasympathetic nervous system regulation. Support sleep onset & maintenance
▪ Herbal teas	1-3 cups chamomile or peppermint – double strength			To support digestion & reduce bloating

<ul style="list-style-type: none"> ▪ SpectrumCueticals Bifidocomplex REPLACE WITH			1 x cap before bed	Increasing beneficial bacteria
<ul style="list-style-type: none"> ▪ Advanced Synbiotic Capsules 90caps 			3 x caps	Multi-strain probiotic with kiwi-fruit
<ul style="list-style-type: none"> ▪ Orthoplex GIT Immunobiotic REPLACE WITH <ul style="list-style-type: none"> ▪ Orthoplex Gut-R 200g 			2 x level teaspoons in water before bed (start with 1 tsp & build up)	Gut mucosa support & anti-inflammatory support
<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:

Prokinetic Formula 50ml

Ginger 20, Valerian 20, Gentian 10, Lavender 5

Dose: 20 drops on tongue 3 x daily before meals

ORDERING 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 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 Makejev

BHSc (Nat)

NHAA #157158

Signature:



Date: 23/12/23