



# NATUROPATHIC PRESCRIPTION

Patient name: Sophie Guenanain

DOB: 21/10/23

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
<ul style="list-style-type: none"><li>• <b>MediHerb P2 Detox</b> <i>Energy, stress support &amp; liver detoxification</i> <i>Hormone detoxification &amp; gut inflammation support</i></li></ul>	2 tsps. in water only for the first half of your cycle (roughly 17 days)		
<ul style="list-style-type: none"><li>▪ <b>Metagenics P-Lift 30 tab</b> Herbal support to improve FSH, LH &amp; Progesterone levels</li></ul>	1 x tab daily upon waking for the second half of your cycle		
<ul style="list-style-type: none"><li>▪ <b>RN Labs 5HTP with P2 detox</b> <b>STOP WHEN FINISHED</b> <i>Precursor to Serotonin to improve mood &amp; gut motility (peristalsis)</i></li></ul>	2 x scoops in water		
<ul style="list-style-type: none"><li>▪ <b>BioPractica ThyroHPA Forte N</b> <i>Thyroid nutrient co-factors &amp; herbal support to improve function of gland.</i></li></ul>	2 x tablets		
<ul style="list-style-type: none"><li>▪ <b>BioClinic OptiActiv D</b> <i>Improve vitamin D status to over 100</i></li></ul>			1 x tab every second day
<ul style="list-style-type: none"><li>▪ <b>Advanced Synbiotic Capsules 90caps</b> <i>Multi-strain probiotic with kiwifruit for stool consistency</i></li></ul>			3 x caps before bed
<ul style="list-style-type: none"><li>▪ <b>Herbal teas</b> <i>To support digestion &amp; reduce bloating</i></li></ul>	1-3 cups chamomile or peppermint – double strength throughout the day		

**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:**

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## **ORDERING YOUR PRODUCTS**

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### **Herbal Tonics**

If your prescription contains a herbal tonic, Amy will invoice you for the cost & your prescription will be sent to Herbal Medicine Online to dispense via express post to the address on your file. Please ensure the correct address is on file.

### **Nutraceuticals Only**

If your prescription contains only Nutraceuticals, you will receive an email script from [Vital.ly](http://Vital.ly) with a link to purchase the products you need. They will then dispense & post all purchased products to you.

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## **PRACTITIONER SIGNATURE**

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Amy Makejev

BHSc (Nat)

NHAA #157158

Signature:



Date: 9/01/24