



NATUROPATHIC PRESCRIPTION

Patient name: Sofia Vargas

DOB: 17/09/2012 Mobile: 0427661739 (mother – Andrea)

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
■ BioPractica Diasporal 50 satchets	½ sachet in water bottle to sip throughout the day			To reduce muscular cramps, calm nervous system & maintain regular bowel motions
■ Herbal Tonic 100ml	2.5mls in water or juice (increase to 5 mls after 1 week if well-tolerated & no desired effect noticed)		2.5mls in water or juice (increase to 5 mls after 1 week if well-tolerated & no desired effect noticed)	Reduce sympathetic nervous system activation, regulate cortisol levels
■ Slippery Elm Powder			1 tsp in hot chocolate or porridge with honey. Take 2 hours AWAY from any medications.	Soothe/heal gut lining, reduce inflammation & bulk/support healthy stool formation
■ Nordic Naturals Cod Liver Oil (later on if needed)				

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:

Size: 100ml

Formula: Licorice 20, Codonopsis 30, Bacopa 50, Ginger 5. Please add 7 drops of Australian Bush Flower Essence 'Crowea' to the mix.

Instructions: Take 2.5mls twice daily in water or juice. After 1 week, increase to 5mls twice daily if well-tolerated/no desired effect noticed.

****ALL GLYCTRACKS WHERE POSSIBLE PLEASE****

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 from Pymble 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 Phillips

BHSc (Nat)

NHAA #157158

Signature:  _____

Date: 28/01/2023