



NATUROPATHIC PRESCRIPTION

Patient name: Tracey Kirke
DOB: 17/03/1988 Mobile: 0433046210
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
■ Metagenics Mother & Baby Probiotic			2 x tabs before bed	Strains to support healthy microbiome & immunity for mother & baby (through breastmilk)
■ Give Back Health MagRelax			1 scoop in water 30-60 mins before bed (can increase to 2 scoops after 1 week if not affect felt)	Support sleep onset & nervous system relaxation
■ MediHerb Silymarin	2 x tablet		1 x tablet	Liver support to help reduce inflammation & regenerate liver cells
■ Foraged for You The Mothers Blend	2 x tsps. In water or smoothie			Fermented wholefoods powder to support hormone production, energy levels & general health
■ Herbal Tonic	5mls diluted in water		5mls diluted in water	Herbal support to improve immune & lymphatic function, thyroid function & stress resilience

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: 200ml

Formula: Withania 60, Chamomile 30, Codonopsis 50, Nettle leaf 50, Echinacea 60, Ginger 10, Poke root 10

Dose: 5mls diluted in water twice daily

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 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: 09/09/23