

Prescription Form

Name Shaun Tollman

Date 19/05/2023

Your next appointment is 9/06/2023

Prescribed Supplement and Purpose	Breakfast	Lunch	Dinner	Before Bed
GFD – Supports energy production and detoxification (start with 1 capsule for 3 days, increasing to 1 capsule morning and night for next 3 days, increasing to 2 capsules morning & night)	2		2	
Gemmune MM – Supports glucose & fat metabolism	1		1	

Dietary and lifestyle advice

Complete Food & Lifestyle diary for next 3-4 days (7 days)

ACTION STEPS

- **Referral for Osteopath** – Gaelle Le Corre Mobile 0429 007 648
- Organise blood tests with GP
- Order OAT test

Note

If you have any concerns about your prescription please contact me on 0403 164 669 or email at info@purelywellness.com.au and I shall respond as soon as I can.

In the event you may have a serious adverse event please seek immediate medical attention.