

Naturopathy Prescription

Client's Name

Zoe Robertson

Date: 15/11/2023**Student Practitioner:**

Tiana Quaife

**I am in the clinic during the
follow days/times:**

Product Recommendation

Brand	Prescribed Product	Dosage Instructions	Repeat Authorised	No. of Repeats
Orthoplex White	N-acetylcysteine	1 scoop in a glass of water Whenever is fine	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	1
Orthoplex White	AlkaMin Calm	1.5 scoops in water with N-acetylcysteine	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	2
		__ Caps/tabs __ Times a day <input type="checkbox"/> Before <input type="checkbox"/> With <input type="checkbox"/> After Food	<input type="checkbox"/> Yes <input type="checkbox"/> No	
		__ Caps/tabs __ Times a day <input type="checkbox"/> Before <input type="checkbox"/> With <input type="checkbox"/> After Food	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Dietary/Lifestyle Recommendations

1. A squeeze of lemon juice or 2ml of apple cider vinegar in 10ml water before eating red meat to improve iron/B12 levels
2. When you get your blood test results back from the doctor, please send them through to thepracticebrisbane@torrens.edu.au
3. Continue trying to go to sleep earlier as sleep is a crucial part of the immune system.

See you in soon!

Re-book in:**Weeks****OR****Your Next Appointment is:****Supervisor Name & Professional Association Number****Supervisor Signature:**

Adverse Reaction and Safety Information

- **Take products only as directed.**
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and call The Practice Wellbeing Centre reception on 03 9415 3327. In the case of an emergency please contact your GP or emergency service.
- A clinic supervisor will call you back as soon as possible to discuss the situation with you.
- **In the case of an emergency, contact your GP or emergency service.**
- **Please keep all medication out of reach of children.**