

THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS
UNIVERSITY
AUSTRALIA



Zoe

0480 320 111

The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

10 Apr 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

Product recommendations:

Blackmores Run Down Rescue from the chemist is about \$21.00 (and often on sale)

Dosage: 2 tablets, once a day to help with general immune support and mouth ulcers

<https://www.blackmores.com.au/products/run-down-rescue>

Product recommendations:

Orthoplex White AlkaMin Calm

Dosage: 2 scoops in water in the morning to help with stress and immune support

DISPENSED AS A REPEAT:

Orthoplex White N-acetylcysteine

Dosage: 1 tsp in water once a day, ideally mornings, to support the immune system

Lifestyle:

Continue to be in bed by 11pm on work nights. This will give you 8 hours sleep, ready to perform better at work and benefits your immune system.

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 07 3270 1040
- 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
- Please keep all medication out of reach of children.

OFFICE USE ONLY

Approved by Supervisor [Tina Taylor ANTA 7117]:

10 Apr 2024