

THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS
UNIVERSITY
AUSTRALIA



Milena

0490850905

The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

2 Apr 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

Product recommendations:

BioMedica Liposomal B12

Dosage: 3ml under the tongue, once a day.

Hold in the mouth for 30 seconds and then swallow.

STORE IN FRIDGE AFTER OPENING.

Flower Essences:

Boab (clearing family patterns) **7**

Fringed Violet (Psychic protection, healing the aura) **7**

Sunshine Wattle (uplifting) **7**

Dosage: 7 drops under the tongue morning and night.

Place the bottle on the bedside or next to toothbrush to remember.

Dietary recommendations:

Continue including salmon and nutritional yeast in your diet for B12 levels.

Your next appointment is 23.4.24 at 5pm.

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 [David Casteleijn NHAA 156343]:

2 Apr 2024