



18 November 2024

Re: Sharna Brookes

Date of Birth: 9th December 1995

To whom it may concern

Sharna Brookes has been prescribed the following liquid herbal medicine to improve hormonal symptoms and support conception:

- *Cynara scolymus* (Globe artichoke)
- *Glycyrrhiza glabra* (Licorice)
- *Paeonia lateriflora* (Peony)
- *Zingiber officinale* (Ginger)
- *Gymnema sylvestre* (Gymnema)

Dosage - take 3.5mL three times daily after food (cease upon a positive pregnancy test)

Sharna has also been prescribed inositol powder, Bioheme iron supplement, and In Natal (prenatal supplement).

Please contact me if you require further information relating to this patient.

Yours sincerely,

Jodie Lagana BHSc(Nat)