



NATUROPATHIC PRESCRIPTION

Patient name: Jade Robinson
DOB: 20/03/1988 Mobile: 0466 000 616
Practitioner: Amy Phillips

PRESCRIPTION/DOSAGE

This prescription is valid for 6 months from date of creation. No repeats are to be dispensed after 6 months without further consultation.

Product	Morning	Midday	Afternoon	Night	Rationale
■ BioCeuticals Liv Protect	2 x tab with food			1 x tab with food	Improve liver function & detoxification
■ Orthoplex Green Hydrozyme	1 x tab with food	1 x tab with food		1 x tab with food	Support digestion
■ Bioclinic Naturals OptiActiv D	1 x tablet daily during winter then every second day for the rest of the year				Optimise vitamin D levels for immune & hormone health
■ Designs for Health Probiomed				1 x capsule	Repopulate microbiome with deficient strains
■ Orthoplex GutR				2 x scoops in water	Anti-inflammatory support to soothe & heal gut lining
■ Biomedica GI Restore				2 x tsp in water	PHGG fibre to help bulk stools & improve motility
■ Orthoplex Clinical Lipids 2:1 120caps				2 x capsules at any time of day preferably with food	Potent anti-inflammatory action on the brain, gut & hormones

Herb/nutrient/drug interactions & contraindications are always considered prior to prescription. It is incredibly important that you notify your practitioner of any changes to your current medication to ensure the prescription is still suitable & safe for you to continue. This prescription is to be consumed by the patient listed above & not to be shared with any friends or family.

Please also share your supplementation regime with any other health practitioners or GP's you may be consulting. If you experience any unusual side effects, stop your supplements immediately & email your practitioner (details below).

Herbal Tonic

PURCHASING YOUR PRODUCTS

Herbal Tonics

If your prescription contains a herbal tonic, your prescription will be sent to Grove Health Dispensary where they will source & dispense all products (including nutraceuticals) on your prescription & post it to you (pick up is also available).

Contact:

Grove Health Dispensary Pymble

Phone: (02) 9491 8009 – leave a message if no one answers

Email: dispensary.pymble@paternerredhealth.com.au

Nutraceuticals Only

In Person Patients: If your prescription contains only Nutraceuticals, your prescription will be sent to our other third-party dispensary at Synergy Compounding Pharmacy where they will source & dispense all purchased products to you. Pick up in Crows Nest, NSW.

To confirm order/make payment please contact:

Mike at Synergy Compounding Pharmacy

Phone: (02) 9061 3944

Email: info@synergycp.com.au

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: _____



Date: 12/08/23