



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
STEP ONE: Lysis (biofilm breakdown)					
■ BioCeuticals Liv Protect	1 x tab with food	1 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
■ BioMedica Vege NAC	1 x capsule	1 x capsule			
STEP TWO: Antimicrobials (15-60 minutes after step one)					
■ Eagle Pathoclear	2 x caps	2 x caps			
After one is finished swap to the other one					
■ 200ml Herbal Tonic	7.5mls in water	7.5mls in water			
STEP THREE: Clean up (2-8 hours after lunch)					
■ BioPractica Toxaprevent MediPure			3 x caps		Support toxin binding & excretion
■ Herbal Tea (1-3 cups)	Chamomile, peppermint, green tea				
STEP FOUR: Soothe & repopulate (before bed)					
■ Biocueticals Ultra Biotic 500				1 x sachet in water with GI Restore	Repopulate microbiome with beneficial strains

After one is finished swap to the other one					
<ul style="list-style-type: none"> ▪ Designs for Health Probiomed 				1 x capsule	Repopulate microbiome with deficient strains
<ul style="list-style-type: none"> ▪ Biomedica GI Restore 				2 x tsp in water	PHGG fibre to help bulk stools & improve motility
<ul style="list-style-type: none"> ▪ 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
<p>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.</p> <p>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).</p>					

Herbal Tonic

Size: 200ml

Herbs: Pau D'arco 50, Isatis 50, Manuka 50, Baical skullcap 50, Ginger 10

Dose: 7.5mls diluted in water morning & lunch at step two

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: 17/06/23