

Naturopath: Liara Tutina (ANTA 29748)
The Sage Sanctuary
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M: 0404 403 177

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Hello Libby,

Thank you for attending your appointment today.

Please find below your prescription as discussed.

Product recommendations:

1) **Herbal tonic** to support your digestive health and energy, as follows:

- *Eleutherococcus senticosus* (MH 1:2; 15-55) - 30 ml
 - *Matricaria recutita* (PPC 1:2; 30-40) - 60 ml
 - *Melissa officinalis* (PPC fresh; 1:2; 20-40) - 40 ml
 - *Cynara scolymus* (MH; 1:2; 20-55) - 40 ml
 - *Gentiana lutea* (MH; 1:2; 5-15) - 20 ml
 - *Zingiber officinale* (MH; 1:2; 5-15) - 10 ml
 - *Glycyrrhiza glabra* (MH; 1:1; 10-30) – 20 ml
- TOTAL = 220 ml

Take **5 ml BEFORE meals** 2 times a day in the morning and lunch or afternoon time. Take 10-20 minutes before food, diluted in small amount of water.

2) **Orthoplex white “MagGI Restore”**

Take 1 scoop mixed in water, consume with food in the morning.

3) **Mediherb Curcuma Forte**

Take 1 tablet 2 times a day in the morning and afternoon with food.

Dietary recommendations:

To help identify any food triggers for recurring digestive symptoms, it would be helpful to keep a diet diary for 7 days and keep track of your digestive symptoms and lifestyle.

You may like to use the online diet diary tool “Foodzone” (<https://app.foodzone.io>) and share your diary digitally withing the tool with me at my email - liara@thesagesanctuary.com. You can create a free account online - <https://app.foodzone.io/login>. Additionally, please also note your digestive symptoms each day in the attached form on page 2.

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 Sage Sanctuary on 0404 403 177
- In the case of an emergency please contact your GP or emergency service
- Your naturopath will call you back as soon as possible to discuss the situation with you
- Please keep all medication out of reach of children.