

Medicine/Supplement List January 2021

Carol Ann Evans, DOB: 9-15-1961, 59 yo, 5'6", 166#			
ALLERGIES: Levaquin (Cipro) (paralysis, stiff joints, vertigo, anxiety, eye swelling) PCN (hives and some shortness of breath) Estradiol (body swelling, headaches, nausea, fatigue) IVP dye Iodine (from CT scan dye 1979) (shortness of breath) Gluten (stomach ache, headache, vomiting) Wheat, rice, barley (stomach ache, bloating, headache, vomiting) Dye additives: Red, yellow, blue and green dye (hives, headache) Ginseng (severe nausea and headaches) Fish Oil (severe cramps, vomiting, headaches) Garlic (severe nausea, abdominal cramps, migraine headaches) Dairy (severe diarrhea, abdominal cramping, bloating) Peanuts (severe headache) Iron supplements (constipation, headaches, fatigue)	t)		Personal Dietary Restrictions: NO Meat, eggs, garlic, grains, wheat, gluten, dairy, white flour, dyes, soy, peanuts, citrus, corn, corn syrup, agave, cilantro, white rice, barley, mushrooms, tomatoes, cheese, refined sugar, legumes (except pea protein), Ginseng, iron supplements, salmon, tuna, raspberries, oily fish
Medicine		day/time taken	
Imitrex (Sumatryptphan) 50mg PRN	2000		
Supplements	start date	day/time	
Kelp 600mg 1 cap daily	12-18-19	11 AM	Nature's Way
Brain Octane 2 soft gels daily	7-1-19	6 PM	Bullet Proof
Borage Seed Oil 1000mg 1 soft gel daily	7-1-20	12PM	Solaray
Ginger Root 550mg 1 cap 2 x day	2-5-19	6PM_10PM	Nature's Way
C-1000mg 1 tablet daily	12-1-19	6 PM	NOW
Pomegranate 250mg 1 cap 2 x daily	12-4-20	11AM_6 PM	Puritan's Pride
Adrenal Support 2 caps daily	12-1-20	6 PM	Klaire Labs
Colon Helper 3 caps daily	2014	7 PM	Herbal Healer Academy
60 Billion Probiotic 2 caps 2 x daily	9-10-19	7 PM	Physician's Choice
PRO-45 Live Probiotics 1 cap	10-1-20	6 PM	Live Well
Biotagen 4caps daily	10-1-20	6am	Klaire Labs
Laxative Formula 1 tablet daily	9-1-19	10 PM	Integrative Therapeutics
Magnesium Liquid 2 oz daily PRN	2014	8 PM	Eniva
Magnesium Penetrator 2 caps daily	4-29-19	8 PM	Biokinetics
Magnesium Malate 1250mg 2 tabs daily	2016	7 PM	Source Naturals
Beet Root 500mg 2 caps daily	2-23-19	6 PM	Nature's Way
Relora 300mg 2 caps daily	6-1-19	10 PM	NOW
Genius Estrogen Balance 1 cap daily	11-16-19	10 PM	The Genius Brand
Slippery Elm 1.46G 2 caps orally daily	2012	10 PM	Nature's Way
Yellow Dock 1000mg 2 caps daily	2012	10 PM	Nature's Way
Melatonin 2.5 mg 2 tabs sublingual @HS	2016	10 PM	Source Naturals
Dinomins Magnesium/Potassium 2 tablets daily @ HS	2017	10PM	Nature's Way
Potassium Citrate 99mg 2 caps daily @ HS	8-30-19	10PM	Nutricost
Stronghold Bladder Control 2 caps daily	7-22-20	11AM_6 PM	biovy
D-Mannose 3caps 2 x daily	1-2-21	11AM_6 PM	NOW
VibraGest 1 cap daily	2017	6 PM	Natures Plus
Copper Sebacate 1 tablet daily	8-7-20	11 AM	Source Naturals
Nerve Shield Plus 3 caps daily	9-5-20	11AM	Nerve Shield Plus
Milk Thistle 1 cap daily	6-1-20	11AM	Farm Haven
Resurge 5 caps daily @ HS	8-7-20	10PM	Adonis Lifestyle
One Daily Multivitamin for women 50+ 1 cap daily	8-1-20	11AM	Naturelo Premium Supplements
LifeMax multivitamin 1 cap daily	12-1-20	11 AM	Natural Health
Tendon Mending Pills 3 caps 2 x daily	12-21-20	11AM_6 PM	DimMax Herbs