

	MEDICATION/ SUPPLEMENT	SINGLE DOSE	SERVING SIZE	FREQUENCY	TIME	NOTES	REFILL DATE	PRESCRIBING DOCTOR
ex.	Vitamin D	1,000 IU	1 capsule	Daily	AM/noon	Take with food	04/23/2023	Dr. Tulip
1								
2								
3								
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"Healing takes courage, and we all have courage,
even if we have to dig a little to find it." -Tori Amos

