

AFRICAN THEMES CONSULT LTD

No. 2A Raymond Njoku South/West Ikoyi, Lagos Tel: 08033215000 E-mail: <u>info@african-themes.com</u> Website: www.african-themes.com

My dietary supplement and medicine record

Name-----

date-----

Enter all of the Dietary Supplements, Prescription Drugs, and Over-the-Counter Medicines that You Take.

			1	
What It Looks Like Color, shape, size, markings, etc.	How Much Dose	How to Use and When	Start/Stop Dates	Why I'm Using
brown circle tablet	200 mg	Take orally, 1 time a day with food	4/12/20 to present	Heart problem
	markings, etc.	Color, shape, size, markings, etc. How Much Dose	Color, shape, size, markings, etc.How Much DoseHow to Use and Whenbrown circle tablet200 mgTake orally, 1 time a day	Color, shape, size, markings, etc.How Much DoseHow to Use and WhenStart/Stop Datesbrown circle tablet200 mgTake orally, 1 time a day4/12/20 to



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