## MEDICATIONS, VITAMINS AND HERBALS

MEDICATION	DOSE OF EACH PILL (in mg, grams, units, etc.)	ritamins, herbal, and homeopathic remedies.  NUMBER OF PILLS YOU TAKE  AND WHEN YOU TAKE THEM.
EXAMPLE: TYLENOL	500 mg (Extra-Strength)	2 pills at 8 am and 10 pm and sometimes 2 pills 4 times a day as needed
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