

Primer for talking with your healthcare provider

# Tracking your meds

If you take dietary supplements, complete the chart below and share it with your doctor, nurse, pharmacist, or caregiver.

In the chart, include multiple, single or combination vitamins, minerals, or herbal or botanical supplements (see list at bottom).

Name \_\_\_\_\_ Date \_\_\_\_\_

List the supplements that you take, how often you take them, and why you take them.

**Example:** calcium                      Once a day                      50 mg                      support healthy bones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Are you currently taking or have you recently taken any over-the-counter medications (eg, aspirin, cold medicine, stool softener, pain reliever, etc.) Yes \_\_\_\_\_ No \_\_\_\_\_ (if yes list below)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

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Just like prescription and over-the-counter drugs, side effects can happen with dietary supplements. These might include headache, insomnia, rash, upset stomach, vomiting, weakness or fatigue. If you think you've had a reaction to a dietary supplement, write it here

\_\_\_\_\_

\_\_\_\_\_

Vitamins/minerals/nutrients		Botanicals/other	
Multiple vitamin/mineral	Fiber	Acidophilus	Ginkgo biloba
Vitamin B Complex	Folic acid	Black cohosh	Fish oil
Vitamin C	Zinc	Ginger	Glucosamine/chondroitin
Vitamin D	Iron	Evening primrose oil	Sulphate
Vitamin E	Beta-carotene	Echinacea	St. John's wort
Calcium	Omega 3 fatty acids	Garlic	Saw Palmetto

**Source:** GERIATRICS is proud to present this information as a public service. This material is excerpted from the US Food and Drug Administration's Center for Food Safety and Applied Nutrition, Office of Nutritional Products, Labeling, and Dietary Supplements: Dietary Supplements: Tips for Older Dietary Supplement Users, available at: <http://www.cfsan.fda.gov/~dms/ds-savv2.html>.