Good Health, Naturally, PLLC (360) 693-7781 FAX (360) 693-1688 www.ghn4you.com
3606 Main St. Suite 205, Vancouver WA 98663 ghn@healthonline.us

Medications, Vitamins and Herbal products

Date ___/___/_____
Name ________________________________ Patient # ___________________

Vitamins, herbal products and medications, whether prescribed by your doctor or purchased “over-the-counter” can sometimes react with each other. The reactions caused by taking more than one product can include: decreased drug effectiveness, increased side effects such as fatigue, skin problems, headaches, or in some cases, combinations can even cause a toxic reaction.

Please list all prescribed medications, herbal products, over-the-counter medications (such as aspirin, ibuprofen, decongestants, etc.), all vitamins, including supplements, and multi-vitamin and multi-mineral products that you are currently taking.

Name of drug or vitamin/supplement	Dosage?	How many times per day?	What is the reason you take this medication?