

**Self Documented Medications**

Manage all of your active medications, including inactive ones (e.g. within the last year). Be sure to include anything a doctor or healthcare provider prescribes you and/or any over the counter medications you take such as pain killers, cold medication, vitamins, homeopathic or herbal remedies etc... Remember to update your list often.

Name	Status	Dose	Frequency/Schedule
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NATTOKINASE (soft gels)	Active	36mg	daily / Taken routinely
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**Start Date:** Mar 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:** Nattokinase is an enzyme (a protein that speeds up reactions in the body) that is extracted from a popular Japanese food called natto. Natto is boiled soybeans that have been fermented with a type of bacteria. // Nattokinase is commonly used orally for CARDIOVASCULAR diseases including HEART DISEASE, HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, STROKE, CHEST PAIN (ANGINA), deep vein thrombosis (DVT), "hardening of the ARTERIES" (atherosclerosis), hemorrhoids, VARICOSE VEINS, poor circulation, and peripheral ARTERY DISEASE (PAD). // Nattokinase "thins the blood" and helps break up blood clots. This might protect against heart disease and conditions caused by blood clots such as STROKE, HEART ATTACK, and others. // ~  
<https://www.webmd.com/vitamins/ai/ingredientmono-1084/nattokinase>

Vitamin E8 (soft gels)	Active	400 IU	Daily / Taken routinely
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**Start Date:** Feb 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:** Tocotrienols: Vitamin E beyond tocopherols ~ antioxidant, cholesterol-lowering ~  
<https://www.sciencedirect.com/science/article/abs/pii/S0024320505012361>

Magnesium Oxide (tablets)	Active	400mg	Nightly / Taken routinely
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\*\*\* FOR REFERENCE ONLY \*\*\*

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**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**As recommended by Dr. Doukas: Magnesium oxide is frequently used in pill form to prevent migraine, usually at a dose of 400-500 mg per day. ~  
<https://americanmigrainefoundation.org/resource-library/magnesium/> ~ [take a half tab at bedtime with effervescent magnesium drink]

Peppermint Oil (softgels)	Active	150mg	Nightly / Taken routinely
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**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**Clinical evidence suggests that peppermint oil likely can help with symptoms of irritable bowel syndrome. It may also help indigestion and prevent spasms in the GI tract caused by endoscopy or barium enema. Some studies show that used topically it may help sooth tension headaches ~  
<https://www.webmd.com/a-to-z-guides/peppermint-oil-uses-benefits-effects#1>

Acetaminophen (Tylenol) tablets	Active	500mg	Daily / Taken routinely
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**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:**Prescribed by Dr Doukas for migraines (take a 500mg otc ULTRA Tylenol + 65mg CAFFEINE with breakfast and prescribed [above] tylenol at bedtime, usu. a half 500mg) ~  
<https://www.webmd.com/drugs/2/drug-7076/tylenol-oral/details>

ELECTROMAG: Magnesium Bis-Glycinate & Electrolytes (Effervescent Powder)+ VitC	Active	150mg	nightly / Taken routinely
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**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:** Magnesium glycinate is a vital nutrient for regulating many body processes, including muscle and nerve function, blood sugar levels, and blood pressure. This mineral also supports the making of protein, bone, and DNA. Electrolytes are essential for: Controlling your fluid balance, Regulating your blood pressure, Helping your muscles contract — including your heart. Maintaining the correct acidity of your blood (pH). [alternate this Bis-Glycinate + Vit C powder drink with the Jamieson 200mg dissolved magnesium (carbonate/oxide/sulfate) at night.

Zinc drops (tincture)	Active	5mg	Daily / Taken routinely
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**Start Date:** Jan 01, 2019

**Stop Date:** -

**Route:** Mouth

**Note:** Immune Response as its Used in Killer T-Cell function, Neurological Function, anti-cancer nutrient, anti-inflammatory effects, Can help support detox of heavy metals in the body, An excellent antioxidant, Used in the contraction of muscles. ~  
<https://lostempireherbs.com/zinc-benefits-and-sources/> [take the tincture drops nightly in a soup or drink]

Curcumin, Lentils	Active	450mg	daily / Taken routinely
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**Start Date:** Dec 10, 2018

**Stop Date:** -

**Route:** Mouth

**Note:** As prescribed by Dr. Gupta, Pain Management, Cloud Care Clinic. Curcumin has powerful anti-inflammatory effects and is a very strong antioxidant. Scientists now believe that chronic, low-level inflammation plays a major role in almost every chronic, Western disease. This includes heart disease, cancer, metabolic syndrome, Alzheimer's and various degenerative conditions. ~  
<https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric#section1> [Take it sprinkled on food, such as Lentils which Reduce Risk of Heart Attacks and Strokes. Eating a cup lentils every day helps with type 2 diabetes, controls blood sugar and reduces risk of heart attacks and stroke ~ [www.diabetesincontrol.com/beans-or-lentils-reduce-risk-of-heart-attacks-and-strokes/](http://www.diabetesincontrol.com/beans-or-lentils-reduce-risk-of-heart-attacks-and-strokes/)]

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Teva-Salbutamol HFA Puffer

Active

100 mcg

As needed /  
As needed

**Start Date:** Oct 11, 2018

**Stop Date:** -

**Route:** Inhalation

**Note:** Inhalation aerosol as prescribed by allergist Dr Eric Leith. Salbutamol belongs to a class of medications called bronchodilators, and more specifically, β<sub>2</sub>-adrenergic agonists. This medication is used to treat asthma, chronic bronchitis, and other breathing disorders. (TGH Nov 21, 2018 CT scan showed collapsed lungs. Have been experiencing breathing problems with other resident's spraying of chemicals on bathroom tiles while am bathing/soaking, as well as stress-related lower mid back pain.)

Rho-Nitro (Nitroglycerin Sublingual Spray) -  
alternative: HAWTHORNE (tincture)

Active

0.4 mg

repeated twice at 5-10 min  
intervals /  
As needed

**Start Date:** Aug 05, 2018

**Stop Date:** -

**Route:** Under Tongue

**Note:** [for angina pain.]//Hawthorn for arrhythmias, atherosclerosis, circulatory disorders, congestive heart failure (CHF), high blood pressure (hypertension), low blood pressure (hypotension), indigestion, + tapeworm infections.// An increase coronary circulation with use of hawthorn is confirmed by double-blind studies; it is comparable to captopril.// A decrease serum lipids with use of hawthorn has been shown in animal studies.// ~ [https://www.rxlist.com/consumer\\_hawthorn/drugs-condition.htm](https://www.rxlist.com/consumer_hawthorn/drugs-condition.htm) [take the Nitro spray with symptoms and Hawthorn tincture nightly in a drink]

Spirulina (tablets)

Active

500 mg

Daily /  
Taken routinely

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:** Spirulina has antioxidant and inflammation-fighting properties, as well as the ability to help regulate the immune system. A 2016 systematic review and meta-analysis found to significantly reduce total cholesterol and lower LDL — "bad" — cholesterol while increasing HDL — "good" — cholesterol.//A 2013 study also supports this health claim. Researchers found that taking 1 g of spirulina every day

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reduced participant's total cholesterol after 3 months.//Reducing blood pressure. A small-scale 2016 study found that eating spirulina regularly for 3 months reduced people's blood pressure when they were overweight and had hypertension.//Preventing heart disease. A 2013 review suggests that these blue-green algae may play a role in preventing heart disease. //Supporting mental health. A 2018 paper highlights the potential role that spirulina could play in treating mood disorders. ~ <https://www.medicalnewstoday.com/articles/324027.php>

Senokot (women's coated tablets)                      Active                      8.6mg                      Nightly /  
Taken routinely

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:** Sennosides are used to treat constipation. They may also be used to clean out the intestines before a bowel examination/surgery. Sennosides are known as stimulant laxatives. They work by keeping water in the intestines, which causes movement of the intestines. ~ <https://www.webmd.com/drugs/2/drug-5539/senokot-oral/details>

Grape Seed Extract (tincture)                      Active                      100mg                      Daily /  
Taken routinely

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:** There is evidence that grape seed extract is beneficial for a number of cardiovascular conditions. Grape seed extract may help with a type of poor circulation (chronic venous insufficiency) and high cholesterol. Grape seed extract also reduces swelling caused by injury and helps with eye disease related to diabetes. ~ <https://www.webmd.com/diet/grape-seed-extract> [take the tincture drops nightly in a drink]

Oscillococcinum Homeopathic Flu Remedy                      Active                      200c                      as needed /  
As needed

**Start Date:** Aug 01, 2018

**Stop Date:** -

**Route:** Under Tongue

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**Note:**for nausea, as needed

Quercetin (tablets)	Active	400mg	Daily / Taken routinely
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**Start Date:**Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:**Quercetin is most commonly taken by mouth to treat conditions of the heart and blood vessels and prevent cancer. It is also used for arthritis, bladder infections, and diabetes. //Quercetin has antioxidant and anti-inflammatory effects which might help reduce inflammation, kill cancer cells, control blood sugar, and help prevent heart disease. ~  
<https://www.webmd.com/vitamins/ai/ingredientmono-294/queracetin>

Organic MISO/Tofu	Active	1 cup	as needed / As needed
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**Start Date:**Aug 01, 2018

**Stop Date:** -

**Route:** Mouth

**Note:**Organic Miso Soup with Tofu for Electromagnetic Hypersensitivity Syndrome (EHS). ~  
<https://www.who.int/peh-emf/publications/facts/fs296/en/> "scientists concluded that the blood must contain a certain concentration of active compounds in miso prior to radiation exposure. ... most people are familiar with miso soup and therefore take advantage of the many different strains of probiotics the food offers". ~ <https://www.care2.com/.../does-eating-miso-really-help-protect-against-radiation.html>

Vitamin B2 (tablets)	Active	100mg	nightly / Taken routinely
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**Start Date:**Nov 07, 2017

**Stop Date:** -

**Route:** Mouth

**Note:**as recommended by Dr Doukas, for migraines [take a tab at bedtime] ~  
<https://www.ncbi.nlm.nih.gov/pubmed/15257686>

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Ricola (Honey Lemon with Echinacea) Throat Lozenges/Cough Suppressant	Active	2.45mg	as needed / As needed
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**Start Date:** Nov 05, 2017

**Stop Date:** -

**Route:** Mouth

**Note:**Echinacea has been used for centuries to help naturally fight symptoms of colds and flu, like coughs, sore throats, runny nose, and sneezing. Recent studies suggest Echinacea helps to stimulate the immune system, strengthening the body's natural defenses. Contains 20.56mg Echinacea & other Swiss herbs with menthol (for EBV-related immune deficiencies, sore throats, coughs from allergies to house dust/mites & moulds)

Tagamet (Cimetidine) tablets [alternative: Aloe Vera softgels 50mg.]	Active	300mg	daily / As needed
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**Start Date:** Aug 22, 2017

**Stop Date:** -

**Route:** Mouth

**Note:**For Ulcer pain (was prescribed in mid 80s). Cimetidine (brand name Tagamet®) is a drug historically used to reduce stomach acid production. Published research dating back more than 20 years shows that this drug might make a greater impact in medicine if used as a cancer therapy rather than as a treatment for gastric disorders. [take a tab at bedtime and 1 more if symptoms] ~ [https://www.lifeextension.com/magazine/2002/7/cover\\_cimetidine/Page-01//](https://www.lifeextension.com/magazine/2002/7/cover_cimetidine/Page-01//) aloe vera may also be an effective remedy against stomach ulcers (46, 47, 48, 49). In one study, aloe vera consumption significantly reduced the amount of stomach acid produced in rats suffering from ulcers. [take at breakfast] ~ <https://www.healthline.com/nutrition/stomach-ulcer-remedies>

Daily Multivitamins with Green Tea Extract & 300mg Calcium	Active	750mg	Daily / Taken routinely
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**Start Date:** Aug 01, 2017

**Stop Date:** -

**Route:** Mouth

**Note:**Green tea is taken for depression, inflammatory bowel disease (ulcerative colitis or Crohn's disease), to treat stomach disorders, vomiting, diarrhea, headaches, and bone loss (osteoporosis). //Some people take green tea by mouth to prevent various cancers, including colon cancer, gastric

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cancer, lung cancer, solid tumor cancers, skin cancer related to exposure to sunlight, and cervical cancer.//Green tea is also taken for Parkinson's disease, diseases of the heart and blood vessels, diabetes, low blood pressure, chronic fatigue syndrome (CFS), dental cavities (caries), kidney stones, and skin damage. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-960/green-tea> [N.B. re 300mg calcium + daily req'd balance derived from food - ie. 8+ probiotic yoghurt cups daily for high risk osteoporosis; 2 daily lemon perrier water also contains 147.3mg/L calcium]

Noritate Cream 1%	Active	45g	as needed / As needed
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**Start Date:** Jul 11, 2017

**Stop Date:** -

**Route:** Topical

**Note:**Metronidazole topical cream, an anti-rosacea agent, as prescribed by dermatologist Dr. Anne Curtis.

Policosanol (soft gel vitamin supplement)	Active	10mg	Daily - with breakfast / Taken routinely
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**Start Date:** May 20, 2017

**Stop Date:** -

**Route:** Mouth

**Note:**Alternative treatment for high cholesterol (non tolerance to Crestor, Lipitor). Policosanol is a chemical most often obtained from sugar cane. It can also be made from other plants, such as wheat. Policosanol is used for high cholesterol and clogged arteries. Policosanol decreases cholesterol production in the liver and increases the breakdown of LDL (low-density lipoprotein or "bad") cholesterol. It also decreases the stickiness of particles in the blood known as platelets. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-137/policosanol>

VITAMIN B12 (chews)	Active	1000mg	on active (ie.medical appt) days / As needed
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**Start Date:** May 20, 2017

**Stop Date:** -

**Route:** Mouth

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HYDROCHLOROTHIAZIDE (tablets) + Sundown Naturals Herbal Water Pills	Active	12.5mg	daily / Taken routinely
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**Start Date:** Mar 22, 2016

**Stop Date:** -

**Route:** Mouth

**Note:**for High Blood Pressure [take the prescribed water pill (above) at night with 1/2 potassium citrate 50mg and the herbal water pill at breakfast which has 20mg potassium]

TARO-CLINDAMYCIN/BENZOYL PEROXIDE GEL	Active	45g	as needed / As needed
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**Start Date:** Apr 06, 2015

**Stop Date:** -

**Route:** Topical

**Note:**As prescribed by dermatologist Dr Paul Adam for acne (stress-related) outbreaks.

Vanilla Chai Soy Protein & Green Tea; Chai Tea Latte	Active	250ml	Breakfast Drink / Taken routinely
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**Start Date:** Aug 18, 2014

**Stop Date:** -

**Route:** Mouth

**Note:**Chai tea improves digestion, alleviates nausea, is anti-inflammatory, increases circulation, supports the immune system, is an antioxidant, and improves heart health. ~  
<https://www.healthline.com/nutrition/chai-tea> ~ <https://www.cupandleaf.com/blog/chai-tea-benefits>  
 [Usually have a (Bolthouse Farms) Vanilla Chai Soy Protein & Green Tea drink at breakfast and sometimes have a Starbucks Chai Tea Latte for an energy boost before an early day appointment or for a pick-me-up mid afternoon].

Tetracycline HCL (capsules)	Active	250mg	as needed / As needed
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**Start Date:** Jun 16, 2014

**Stop Date:** -

**Route:** Mouth

**Note:**As prescribed by dermatologist Dr Paul Adam for acne and other skin outbreaks. Also used for strep throat when necessary (EBV-related swollen glands/lymph nodes).

VITAMIN D (Jamieson); Vitamin D/K (Life Brand tabs); Vit D Orange Drops (Tincture)	Active	1000 mg	daily / Taken routinely
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**Start Date:** May 20, 2010

**Stop Date:** -

**Route:** Mouth

**Note:**For High Risk Osteoporosis. As an alternative to prescribed bone medications (Actonel, Fosamax, Evista), due to non tolerance. [take a D/DK tab at breakfast and 3 orange D drops in bfast drink]

MAGNESIUM Effervescent Tablets (Jamieson)	Active	200 mg	Nightly / Taken routinely
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**Start Date:** May 20, 2010

**Stop Date:** -

**Route:** Mouth

**Note:**For bones, muscles, nerves (osteoporosis, fibromyalgia, hypertension). [alternate this (carbonate/oxide/sulfate) dissolved magnesium tablet as a drink with the ElectroMag Bis-Glycinate effervescent 150mg powder drink nightly]

Vitamin C (Jamieson Effervescent Tablets)	Active	1000mg	daily / Taken routinely
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**Start Date:** Apr 01, 2010

**Stop Date:** -

**Route:** Mouth

**Note:**Vitamin C for EBV, stomach ulcers, infections, inflammation of bladder, nerve pain, depression, physical/mental stress, chronic fatigue syndrome (CFS), schizophrenia, Parkinson's disease.

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drugs/metals toxicity, peptic ulcers, heart + blood vessels, heart disease, hardening of arteries, preventing clots in veins + arteries, heart attack, stroke, high blood pressure, high cholesterol, irregular heartbeat after surgery, help medications used for chest pain, increase healing burns, ulcers, fractures, glaucoma, preventing cataracts, constipation, age-related vision loss, boosting immune system, heat stroke, allergy-related conditions, arthritis, back pain/disc swelling, cancer, osteoporosis, aiding drug withdrawal in addiction, + reducing side effects of radiation therapy. ~  
<https://www.webmd.com/vitamins/ai/ingredientmono-1001/vitamin-c-ascorbic-acid> [take this as a dissolved tablet drink at the nights with the magnesium effervescent tablet]

Estriodol (suppository) [alternative: Black Cohosh 40mg soft gels] + Hydrocortisone Cream 1%	Active	10ua	2x a week / Taken routinely
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**Start Date:** Mar 22, 2008

**Stop Date:** -

**Route:** Suppository

**Note:** Post menopausal HRT [take the Vagifem suppository twice a week and the black cohosh daily with breakfast]. Hyderm cream 1% used for itching, dryness from hot baths.

FENTANYL (patch) LIMITED USE	Active	50mcg	48 hours / Taken routinely
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**Start Date:** Feb 12, 2005

**Stop Date:** -

**Route:** Topical

**Note:** Chronic Pain/Fibromyalgia [change the patch prescribed for every 48hrs instead of the suggested supplier's 76hrs, because of withdrawal symptoms after the 2nd day]

Cranberry Extract (Swiss - soft gels)	Active	1132mg.	Daily - with breakfast / Taken routinely
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**Start Date:** May 20, 2000

**Stop Date:** -

**Route:** Mouth

**Note:** For urinary tract infections. (Note: family history of kidney disease on maternal side.)

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Baclofen (tablets) Active 10 mg as needed /  
As needed

**Start Date:** Mar 23, 2000

**Stop Date:** -

**Route:** Mouth

**Note:**As an antidote for withdrawals from fentanyl pain patch when experiencing MS symptoms. Baclofen, sold under the brand name Lioresal among others, is a medication used to treat muscle spasticity such as from a spinal cord injury or multiple sclerosis. It may also be used for hiccups and muscle spasms near the end of life. It is taken by mouth or by delivery into the spinal canal. ~ <https://en.wikipedia.org/wiki/Baclofen> [take as needed, or a half at bedtime]

CLARITIN (tablets) Loratidine Active 10 mg Every morning /  
Taken routinely

**Start Date:** Mar 23, 2000

**Stop Date:** -

**Route:** Mouth

**Note:**For Dust, Moulds allergies; as a preventative for CFS/EBV stress-related Hives outbreaks.

APO-ACYCLOVIR - 400MG (tablets)  
Exceptional Access Program [alternative:  
Lisine tabs 500mg] Active 400 mg as needed /  
As needed

**Start Date:** Mar 23, 1994

**Stop Date:** -

**Route:** Mouth

**Note:**For PTSD/CFIDS/stress-related skin lesion (classic EBV-based shingles) outbreaks on lower back. Refer for Dr. Anne Curtis, dermatologist. ~ REFERENCE:  
<https://www.medicalmedium.com/blog/shingles-virus/> Lysine is used for preventing and treating shingles. It is taken by mouth or applied directly to the skin for this use. [take the prescribed acyclovir with symptom outbreaks (starting with halves) and the lisine tablet as a preventative with breakfast]

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Coenzyme Q10 (SISU soft gels)

Active

100mg

Daily - with breakfast /  
Taken routinely

**Start Date:** May 20, 1992

**Stop Date:** -

**Route:** Mouth

**Note:**Coenzyme Q10 is a vitamin-like substance found throughout the body, but especially in the heart, liver, kidney, and pancreas. //Coenzyme Q10 is most commonly used for conditions that affect the heart such as heart failure, chest pain, and high blood pressure. It is also used for preventing migraine headache, Parkinson's disease, and many other conditions. //Coenzyme Q10 was first identified in 1957. The "Q10" refers to the chemical make-up of the substance. //Coenzyme Q10 is an important vitamin-like substance required for the proper function of many organs and chemical reactions in the body. It helps provide energy to cells. Coenzyme Q10 also seems to have antioxidant activity. People with certain diseases, such as heart failure, high blood pressure, gum disease, Parkinson's disease, blood infections, certain diseases of the muscles, and EBV infection, might have lower levels of coenzyme Q10. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-938/coenzyme-q10>

Evening Primrose Oil (soft gel vitamin supplement)

Active

500mg

Daily /  
Taken routinely

**Start Date:** May 20, 1990

**Stop Date:** -

**Route:** Mouth

**Note:**Evening primrose oil is the oil from the seed of the evening primrose plant. Evening primrose oil is used for rheumatoid arthritis, weak bones (osteoporosis), multiple sclerosis (MS), cancer, high cholesterol, heart disease, leg pain due to blocked blood vessels (intermittent claudication), Alzheimer's disease, and schizophrenia. Some people use evening primrose oil for chronic fatigue syndrome (CFS); asthma; nerve damage related to diabetes; whooping cough; and gastrointestinal disorders including ulcerative colitis, irritable bowel syndrome, and peptic ulcer disease. ~ <https://www.webmd.com/vitamins/ai/ingredientmono-1006/evening-primrose-oil>

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