| Vitamins/Herbal Supplements/Over the Counter Medications | | |
|---|---|---|
| **Product Name** | **Unit Amount** | **Frequency** |
| Example: *Vitamin C* | *500mg/tablet* | *Two tablets with breakfast* |
| Example: *Aspirin* | *325mg/tablet* | *Two tablets as needed for headaches* |
| Example: *Valerian Root* | *500mg/capsules* | *Two capsules as needed for sleep or anxiety/stress* |
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