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| **Med Name** | **Time** |  | **Purpose** |
| Aspirin 81mg  (Aspirin) | 1 pill at 8am | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O7XQDLSY\MC900389354[1].wmf | Prevent heart attack |
| Multivitamin 50+ | 1 pill at 8am | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O7XQDLSY\MC900389354[1].wmf | Malabsorption |
| Lansoprazole 30mg  (Prevacid) | 1 pill at 8am |  | Acid Stomach / Stomach Ulcers |
| Meloxicam 7.5mg  (Mobic) | 1 pill at 8am | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O7XQDLSY\MC900389354[1].wmf | Bone Health  Pain |
| Simethicone 80mg  (Mylicon) | 1 tablet 4 times a day | MC900389354[1]  C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Acid Stomach |
| Calcium – Vit D 500-200  (Oscal 500) | 1 pill at 8am  1 pill at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O7XQDLSY\MC900389354[1].wmf  C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Bone health  Malabsorption |
| Ranitidine 150mg  (Zantac) | 1 pill at 8am  1 pill at bedtime | MC900389354[1]  C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Acid Stomach / Stomach Ulcers |
| Gabapentin 400mg  (Neurontin) | 2 pills at 8am  2 pills at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O7XQDLSY\MC900389354[1].wmf  C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Mood |
| Cod Liver Oil (A 1250/D130) | 1 pill at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Malabsorption |
| Mirtazapine 15mg  (Remeron) | 1 pill at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Sleep |
|  |
| Paroxetine 30mg  (Paxil) | 1 pill at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Mood |
| Aripiprazole 5mg  (Abilify) | 1 pill at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Mood |
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| * Aspirin: 1 pill * Multivitamin 50+: 1 pill * Lansoprazole: 1 pill * Simethicone: 2 pill * Calcium – Vitamin D: 1 pill * Ranitidine: 1 pill * Gabapentin: 2 pills | * Lansoprazole: 1 pill * Simethicone: 2 pill * Calcium - Vitamin D: 1 pill * Ranitidine: 1 pill * Gabapentin: 2 pills * Cod Liver Oil: 1 pill * Mirtazapine: 1 pill * Paroxetine: 1 pill * Aripiprazole: 1 pill |

***Only take these meds if you need to***

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| **Purpose** | **Med Name** | | **Time** |
| Asthma | Albuterol 108mcg/act | | 2 puffs every 4hrs  NO MORE THAN 4 / DAY |
| Pain | Acetaminophen 500mg  (Tylenol) | | 1 pill every 6hrs  NO MORE THAN 4 / DAY |
| Muscle Spasms | Cyclobenzaprine 5mg  (Flexaril) | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | 1 pill at bedtime |

***Only take every***

***8 hours***

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