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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 HealthPain |
| 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 8am1 pill at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O7XQDLSY\MC900389354[1].wmfC:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QMY9MVU\MC900389356[1].wmf | Bone healthMalabsorption |
| Ranitidine 150mg(Zantac) | 1 pill at 8am1 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 8am2 pills at bedtime | C:\Users\dfalu\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\O7XQDLSY\MC900389354[1].wmfC:\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 4hrsNO MORE THAN 4 / DAY |
| Pain | Acetaminophen 500mg(Tylenol) | 1 pill every 6hrsNO 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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| **DATE** | **TIME** |
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