Vitamins and Supplements Log

Recording vitamins, dietary supplements and over-the-counter medicines

Vitamins, dietary supplements, and over-the-counter medicines can be helpful, but they may also have risks and side effects. They may interact with each other and with other medicines. These products come in a variety of forms, such as tablets, capsules, powders, or drinks. They may have many names and the differences between them are not always clear. Here are some examples:

- Vitamins include multivitamins, as well as individually labeled vitamins like Vitamin C or Vitamin D.
- Supplements include roots, herbs, and other botanicals, as well as amino acids and enzymes.
- Over-the-counter medicines include aspirin and other pain killers, cold and flu medicine, cough medicine, allergy medicine, and so forth.

It is important to keep track of the vitamins, supplements, and over-the-counter medications you use. Show this information to your doctor, nurse, or pharmacist. They can help you avoid unexpected problems. *Here is a chart to help you.*

What I take	How much?	How often?	Why?
Example: Multivitamin	• 1 tablet	• Once a day	• Helps my diet
Example: Aspirin	• 2 250 mg tablets	• As needed	• Helps with my headaches
Example: Fish Oil/ Omega-3 fatty acid	• 2 capsules	• Once a day	• Helps me think clearly

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What I take	How much?	How often?	Why?

Adapted from *What Dietary Supplements Are You Taking? Does Your Health Care Provider Know? It Matters, and Here's Why.* Publication from the Office of Dietary Supplements, National Institute of Health.

The Office of Women's Health of the Food and Drug Administration (FDA) offers additional tools, charts, and information: **http://www.fda.gov/ForConsumers**