

## My Medication Chart



You can keep track of all prescription and over the counter medications, vitamins and herbs on this sheet. Bring this along when you see your doctor or pharmacist to keep them updated on what you take.

What I Take	Why I Take It	Type of medication (circle one)	How Much	When	Special Notes
Metformin	Help control my blood glucose	Tablet Injection Liquid Patch	1000 mg or 1 tablet	Every day with breakfast & dinner	Sample
		Tablet Injection Liquid Patch			
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Metforwin	Help control my blood glucose	Tablet Injection Liquid Patch	1000 mg or 1 tablet	Every day with breakfast & dinner	Sample
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