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Medication & Nutritional Supplement Interaction Report

Patients Name: Jane Doe

Date of Birth: 9/22/1977

Dear Dr. Still:

Jane Doe is currently being evaluated and treated for a chief complaint of neck pain. It is known that certain medications and nutritional supplements when taken together may interact and cause a potentially undesirable outcome. In an effort to provide the best care possible, it should be known that Mrs. Doe is on the following medications and nutritional supplements which may have the below listed interactions.

Medication	Nutritional Supplement	Potential Interaction
Alprazolam	Ashwagandha (Withania somnifera)	Increase Drug Effect
Lisinopril	Arginine	Alter Potassium Levels
Synthroid	Calcium	Decrease Drug Absorption / Take Calcium and Medication as far apart as possible

If there are any discrepancies between the medications and nutritional supplements consumed, it is advised that Mrs. Doe communicate this information with the prescribing medical provider to discuss these potential interactions.

Thank you again for this kind referral. I look forward to co-managing cases with you again in the near future.

Reviewed with the patient by: Dr. Palmer

Dr. Palmer

References

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- Boonen G, Feger B, Kuschinsky K, et al. In vivo effects of the kavapyrones (+)-dihydromethysticin and (+/-)-kavain on dopamine, 3,4-dihydroxyphenylacetic acid, serotonin and 5-hydroxyindoleacetic acid levels in striatal and cortical brain regions. *Planta Med.* 1998;64:507-510.
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