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Nutritional Supplement Recommendation Report

Patients Name: John Doe

Date of Birth: 8/22/1977

John Doe is currently being evaluated and treated for a chief complaint of headaches. The desired outcome of medication is sometimes successful by sacrificing supporting pathways for the production of nutrients and enzymes relevant for other functions of the body. Studies suggest that certain nutritional supplements may help augment these unfortunate interactions. In an effort to provide the best care possible, the following nutritional supplement recommendations were made based on Mr. Doe's medications:

Medication	Nutrient	Potential Benefit
Hydrochlorothiazide (HCTZ)	CoQ10 (CoEnzyme-Q10)	CoQ10 synthesis may be impaired by Thiazide Diuretic use
Hydrochlorothiazide (HCTZ)	Magnesium	Magnesium deficiency may occur as a result of Thiazide Diuretic use
Hydrochlorothiazide (HCTZ)	Potassium	Replace Potassium loss which occurs with the use of Thiazide Diuretics
Hydrochlorothiazide (HCTZ)	Zinc	Replace Zinc loss that results from Thiazide Diuretic use
Lipitor	CoQ10 (CoEnzyme-Q10)	CoQ10 Synthesis impaired by statin medications
Lipitor	Fish Oil (Omega 3)	May improve lipid profile when combined with statin medications

These recommendations are based on the below referenced literature as well as clinical experience

Reviewed with the patient by: Dr. Palmer

Dr. Palmer

References

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