

# My Medication List

## Wallet Edition



### Instructions

Your medication list should include any prescription medications, non-prescription medications, over-the-counter medications, herbals, vitamins and minerals.

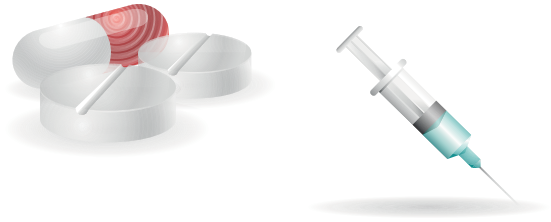
You should also include how you take this medication, how much (Dose) and how often (Frequency).

Cut out one of these templates and carry it with you everywhere.

If you have a longer list of medications, consider using a different tool in order to include them all.

### Example:

Medication	Dose	Frequency
<b>Ibuprofen</b>	<b>One 400 mg pill</b>	<b>every morning</b>



### My Medication List

Name:

My Medication Allergies:

Medication	Dose	Frequency

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Medication	Dose	Frequency

