

Supplement and Medication Log

FitInFlow.space · Bring this page to every doctor, dentist and pharmacy visit. For information only, not medical advice. Updated October 2026.

Name: _____ Allergies: _____ Updated: _____

1. Everything I take (medicines, vitamins, minerals, herbs, teas, powders)

Product name	Type (Rx / OTC / supplement)	Amount on label	Why I take it	Started	Suggested by	Side effects noticed

Write the amount exactly as printed on the label. This log records what you take; it is not a dosing guide.

2. Questions to ask my pharmacist

- ☐ Does this interact with anything on my list, including other supplements?
- ☐ Is it safe with my health conditions, and in pregnancy or breastfeeding?
- ☐ Should I stop it before surgery or a dental procedure?
- ☐ Does the amount on the label go above the official upper limit?
- ☐ What side effects should make me stop and call you?

3. Label red flags

Claims to cure, treat or prevent a disease · "FDA approved" on a supplement · "Proprietary blend" hiding amounts · "Miracle", "detox", "no side effects" · Fast weight loss, sexual enhancement or muscle-building promises · Amounts far above the upper limit. A USP, NSF or ConsumerLab seal checks contents and contaminants, not safety or effectiveness.

4. If something goes wrong (US)

Stop the product and call your healthcare provider about any new symptom. Yellow skin or eyes, dark urine, chest pain or a racing heart need prompt care.

Emergency: 911 **Poison Control:** 1-800-222-1222 (poison.org) **Report to FDA:** safetyreporting.hhs.gov or 1-800-FDA-1088

Keep all supplements, especially iron, locked away from children.