

Pallavi reddy Rangapuram 48 , Female

Date: 30/06/2025

### Prescription

	Medications	Dose	Frequency	Duration	Remarks
01	LIPOVIT (MULTIMINERAL)	1 tablet	0 • 1 • 0 After lunch	2 months	To support general health <a href="#">Buy Now</a>
02	ORIGINS NUTRA THYROID SUPPORT (MIXED)	1 tablet	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function <a href="#">Available at PMX</a>
03	Livarginine sachets (l-arginine) <a href="#">5 grams</a>	1 sachet mixed	1 • 0 • 0 After breakfast	2 months	Antioxidant mix which also supports liver & vascular health <a href="#">Available at PMX</a>
04	LIPOVIT (MULTIMINERAL)	1 tablet	0 • 1 • 0 After lunch	2 months	To support general health <a href="#">Buy Now</a>
05	ORIGINS NUTRA THYROID SUPPORT (MIXED)	1 tablet	2 • 0 • 0 With meal	2 months	Caters essential nutrients & optimizes thyroid function <a href="#">Available at PMX</a>
06	Livarginine sachets (l-arginine) <a href="#">5 grams</a>	1 sachet mixed	1 • 0 • 0 After breakfast	2 months	Antioxidant mix which also supports liver & vascular health <a href="#">Available at PMX</a>
07	Tab Telma 20 mg (telmisartan) <a href="#">20 mg</a>	1 tablet	0 • 1 • 0 Before lunch	2 months	To optimize blood pressure levels <a href="#">Available at PMX</a>

	Medications	Dose	Frequency	Duration	Remarks
08	Thyronorm 25 mcg (levothyroxine) 25 mcg	1 tablet	1 • 0 • 0 Before meal	2 months	To support thyroid health Available at PMX
09	VITA ONE	1 tablet	1 • 0 • 0 After meal	2 months	To optimize vitamin D levels and regulate calcium transport Available at PMX
10	SUPERMAG	1 tablet	0 • 0 • 1 After meal	2 months	Regulates muscle and nerve function Available at PMX
11	LIVBIOMES	1 capsule	0 • 0 • 1 After meal	2 months	To promote gut health Available at PMX

Therapies:

	Therapy	Frequency	Duration	Instructions	Notes
1	Physiotherapy - Lower Back	Once daily	10 days	Perform under supervision	Focus on lumbar spine mobility
2	Cognitive Behavioral Therapy	Twice weekly	4 weeks	Attend in-person sessions	Address anxiety and sleep issues
3	Occupational Therapy	Every alternate day	2 weeks	Practice fine motor skill tasks	Track progress weekly

prescription ends here

## Diagnoses:



ASCVD



Decreased ANS Activity



Vitamin B12 Insufficiency



Systemic Inflammation



Hyperprolactinemia



Folate Deficiency



Borderline High Aortic Stiffness



Vitamin D Insufficiency



Hypocalcemia



Liver Parenchymal Inflammation

## Additional Diagnoses:



Fecal Immunochemical test

At PMX Health



Dental screening

Focus Dental Care



Ultrasound Abdomen and KUB

Tenet Diagnostics



Serum PSA

At PMX Health