



Pallavi reddy Rangapuram 14 , Female

Date: 14/07/2025

Understanding the Icons -  Syrup  Capsule  Powder  Tablet




| | Medications | Frequency | Duration | Remarks |
|----|---|------------------------------|----------|---|
| 01 |  LIPOVIT (MULTIMINERAL) 100 mg | 0 • 1 • 0 After lunch | 2 months | To support general health |
| 02 |  ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg | 2 • 0 • 0 With meal | 2 months | Caters essential nutrients & optimizes thyroid function |
| 03 |  LIVARGININE SACHETS (L-ARGININE) 50 mg | 1 • 0 • 0 After breakfast | 2 months | Antioxidant mix which also supports liver & vascular health |
| 04 |  LIPOVIT (MULTIMINERAL) 50 mg | 0 • 1 • 0 After lunch | 2 months | To support general health |
| 05 |  ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg | 2 • 0 • 0 With meal | 2 months | Caters essential nutrients & optimizes thyroid function |
| 06 |  LIVARGININE SACHETS (L-ARGININE) 5 mg | 1 • 0 • 0 After breakfast | 2 months | Antioxidant mix which also supports liver & vascular health |
| 07 |  TAB TELMA 20 MG (TELMISARTAN) 20 mg | 0 • 1 • 0 Before lunch | 2 months | To optimize blood pressure levels |




Prescription continued on next page



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| | Supplements | Start on | Frequency | Duration | Remarks |
|----|---|----------|--------------------------|----------|---|
| 01 |  LIPOVIT (MULTIMINERAL) 100 mg | Day 1 | 0 • 1 • 0 After lunch | 2 months | To support general health |
| 02 |  ORIGINS NUTRA THYROID SUPPORT (MIXED) 50 mg | Day 2 | 2 • 0 • 0 With meal | 2 months | Caters essential nutrients & optimizes thyroid function |
| 03 |  LIPOVIT (MULTIMINERAL) 50 mg | Day 1 | 0 • 1 • 0 After lunch | 2 months | To support general health |


| | Therapy | Start From | Frequency & Duration | Remarks |
|----|---|----------------|---|---------------------------|
| 01 |  H-BOT | 23rd July 2025 | <div><div>M</div><div>T</div><div>W</div><div>Th</div><div>F</div><div>S</div><div>Su</div></div> <div>5 Minutes Session</div> <div>Once a week 8 Weeks</div> | Perform under supervision |
| 02 |  Sauna | Immediately | <div><div>M</div><div>T</div><div>W</div><div>Th</div><div>F</div><div>S</div><div>Su</div></div> <div>45 Minutes Session</div> <div>Twice a week 8 Weeks</div> | Perform under supervision |
| 03 |  IV Therapy | 23rd July 2025 | <div><div>M</div><div>T</div><div>W</div><div>Th</div><div>F</div><div>S</div><div>Su</div></div> <div>5 Minutes Session</div> <div>Once a week 8 Weeks</div> | Perform under supervision |

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| | Therapy | Start From | Frequency & Duration | Remarks |
|----|--|-------------|---|---------------------------|
| 04 |  Physiotherapy | Immediately | <div><div>M</div><div>T</div><div>W</div><div>Th</div><div>F</div><div>S</div><div>Su</div></div> <div>5 Minutes Session</div> <div>Thrice a week 8 Weeks</div> | Perform under supervision |

prescription ends here