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Prescription for Herbal Medicine

Date: October 8, 2025

Patient Name: John Doe

Patient ID: 123456

Date of Birth: January 15, 1970

Prescribing Practitioner

- **Name:** Dmitriy Mekh
- **License Number:** 789456
- **Contact Information:** codemekh@gmail.com

Diagnosis

- **Primary Diagnosis:** Type 2 Diabetes
- **Secondary Conditions:** Hyperlipidemia

Medicine Prescription

Herbal Medicine	Dosage	Form	Duration	Instructions
Metformin	500 mg	Tablet	4 weeks	1 tablet orally twice daily with meals.
Atorvastatin	10 mg	tablet	Ongoing	1 tablet orally at bedtime

Additional Instructions

- **Dietary Recommendations:**
 - Follow a balanced diet rich in whole foods and low in processed sugars.
 - Drink at least 8 glasses of water per day.
- **Lifestyle Modifications:**
 - Engage in regular physical activity (at least 30 minutes of moderate exercise most days).
 - Practice stress-reduction techniques such as meditation or yoga.

Follow-Up

- **Next Appointment:** November 8, 2025
- **Comments:** Monitor any side effects from herbal medications. Report any adverse reactions immediately.

Signature

Signature

Dmitriy Mekh
License Number: 789456

Note: This prescription is valid until October 8, 2025, unless otherwise specified. Always consult with a healthcare professional before starting any new treatment or making changes to existing therapies.

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