



Prescriptions & Supplements for Eric Nelson,

6/15/2020 7:38:49 AM

Prescriptions - Pharmacy

Drug	Sig	Disp	Date	Notes
1 PCP prescriptions	<i>5mg 10mg 10mg</i> Amlodipine, loratadine, Montelukast (dosages?)		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>
Progesterone 100mg/cc in versabase	Apply 0.5 mL (5 little lines on a 3 mL syringe) to the face and neck at night before bed	45	5/26/2020	Para <input checked="" type="checkbox"/> <i>FN</i>
Testosterone 150 mg/cc in versabase	Apply 0.5 cc (5 little lines on 3 cc syringe) to inner arms daily. Wash off with soap and water within 6-12 hours.	45	5/27/2020	Para <input checked="" type="checkbox"/> <i>FN</i>

Supplements - Longevity

Drug	Sig	Disp	Date	Notes	Autoship
1 patient takes on own	(All your supplements use up and stop)		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	No
I-Throid 6.25mg 90 caps	Take one capsule 3 times a week (M, W, F) to support thyroid hormone production (T4)		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	No
LMC Basic 6 or LMC Essentials	Take one packet 2 times a day		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	No
LMC D 5000 IU, 120 softgels	Take 2 capsules per day until next blood test		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	Yes
LMC DHEA 20mg, 60 caps	Take one capsule in the morning daily		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	Yes
LMC Melatonin 3mg, 60 caps	Take 1 cap at night before bed to support sleep. Slowly increase per Dr. Mixon's protocol to support growth hormone production		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	Yes
LMC Pregnenolone 20mg, 60 caps	Take 1 cap at night before bed (If too stimulating switch to the morning)		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	Yes
LMC Triple Amino, 90 caps	Take 4 capsules at night before bed to support growth hormone production and lower blood pressure		5/26/2020	<input checked="" type="checkbox"/> <i>FN</i>	Yes

LMC Vessel Protection, 60 caps	Take one capsule 2 times per day to lower homocysteine levels and improve blood pressure		5/26/2020	<input checked="" type="checkbox"/> EN	Yes
Silymarin (Milk Thistle)	Get product online that has 65-80% Silymarin, 2 (250 mg capsules) 2 times per day For liver and brain health		5/26/2020	<input checked="" type="checkbox"/> EN	No

LONGEVITY



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STATEMENT OF RELEASE LIABILITY

I, ERIC L. NELSON understand that I am beginning a program that is unconventional. I have been given a copy of the Federal Food and Drug administration's approved package inserts for each of the prescription drugs used in the program. I have read the possible adverse effects listed in these documents. I have discussed the risks with the doctor, and accept such risks freely. I agree to release the Longevity Medical Clinic, its owners and employees from any and all liability arising out of my treatment in this clinic. I freely accept all risks associated with this treatment. I hold the above entities totally harmless for any and all adverse effects arising from my treatments. This release shall be binding on my heirs, assigns and myself. I also verify the above statements are true.

[Signature]
Patient Signature

ERIC L. NELSON
Patient Printed Name

6/15/2020
Date

[Signature]
LMC Representative Signature

Christine Hayer
LMC Representative Printed Name

6/15/2020
Date