



## Prescriptions & Supplements for Timothy Jobson,

6/26/2020 10:47:00 AM

### Prescriptions - Pharmacy

Drug	Sig	Disp	Date	Notes
Progesterone 180mg/cc in versabase	apply 0.5cc (5 little lines via 3cc syringe) to face every evening before bed	45	6/22/2020	Para 3cc syringe
Testosterone 180mg/cc in versabase	apply 0.5cc (5 little lines via 3cc syringe) to inner bicep region each morning and wash off every evening	45	6/22/2020	Para 3cc syr

### Supplements - Longevity

Drug	Sig	Disp	Date	Notes	Autoship
LMC B (Optimal Vitamin), 120 caps	take 1 capsule twice daily to lower homocysteine; also benefits brain, immune system, mood and energy levels		6/22/2020		No
LMC D 5000 IU, 120 softgels	take 10,000 IU daily until next Vit D blood test		6/22/2020		No
LMC DHEA 20mg, 60 caps	take 1 capsule each morning to balance hormones		6/22/2020		No
LMC Essentials, Longevity, 60 packets	take 1 packet 1-2x per day for essential multivitamin nutrients		6/22/2020		No
LMC Pregnenolone 20mg, 60 caps	take 1 capsule every evening to balance hormones		6/22/2020		No
LMC Red Yeast Rice w/CoQ10, 120 caps	take 1 capsule twice daily to reduce cholesterol		6/22/2020		No
LMC Relief Factor	take 1 packet twice daily to reduce inflammation; also benefits brain and cardiovascular system		6/22/2020		No
Ther-biotic Complete 60s (Prothera)	take 1 capsule twice daily for probiotics		6/22/2020		No