



## Prescriptions & Supplements for Steve Fannin,

6/26/2020 10:47:33 AM

### Prescriptions - Pharmacy

Drug	Sig	Disp	Date	Notes
1 PCP prescriptions	Carbidopa-Levodopa 25/100mg; Losartan 100mg; Pramipexole 0.125 + 0.50mg; Minocycline 500mg; Gabapentin 600mg; Azasite		6/17/2020	
Progesterone 200mg/cc in versabase	apply 0.5cc (5 little lines via 3cc syringe) to face, neck every evening before bed	45	6/17/2020 SWB	PARA 3cc syr
Testosterone 200 mg/cc in versabase	apply 0.5cc (5 little lines via 3cc syringe) to inner bicep region each morning and wash off every evening	45	6/17/2020 SWB	PARA 3cc syr

### Supplements - Longevity

Drug	Sig	Disp	Date	Notes	Autoship
1 Misc note	Introduce supplements one at a time - take for 2-3 days each before adding additional.		6/17/2020		No
1 patient takes on own	Niacinamide 1000mg; Choline 500mg; Cascara sagrada 425mg; magnesium 1000mg		6/17/2020		No
LMC Alpha Lipoic Acid 500mg, 120 VCaps	take 2 capsules twice daily with food		6/17/2020	SWB	Yes
LMC CoQ10 100 mg, 120 softgels	take 2 capsules twice daily (brain, antioxidant, cardiovascular health)		6/17/2020	SWB	Yes
LMC D 5000 IU, 120 softgels	take 10,000 IU (2 caps) daily until next Vit D blood test		6/17/2020	SWB	No
LMC DHEA 20mg, 60 caps	take 1 capsule each morning to balance hormones		6/17/2020	SWB	Yes
LMC Essentials, Longevity, 60 packets	take 1 packet 2x per day as complete multivitamin (includes previously mentioned B Complex and Vit E)		6/17/2020	SWB	Yes
LMC Pregnenolone 20mg, 60 caps	take 1 capsule every evening to balance hormones. may change to morning if it seems to increase wakefulness at night.		6/17/2020	SWB	Yes

LMC Relief Factor	take 1 packet 2x per day to reduce inflammation. also benefits brain, liver, cardiovascular health	6/17/2020	SWF	No
LMC Stress Guard, 120	take 2 caps before bed to help with sleep. may take additional 2 caps if waking during the night.	6/17/2020	SWF	Yes
LMC Triple Amino, 90 caps	take 4 capsules before bed to help with sleep and growth hormone production. may take earlier for blood flow/circulation.	6/17/2020	SWF	Yes
Magnesium L-Threonate 90s	take 1 twice daily for brain/memory	6/17/2020	SWF	Yes
Ther-biotic Complete 60s (Prothera)	take 1 capsule per day for necessary probiotics	6/17/2020	SWF	Yes
Vitamin C with rose hips 1000mg/15mg 90s	take 1 capsule twice daily and increase to bowel tolerance	6/17/2020	SWF	Yes