

## MEDICAL REPORT

Patient Name: Mr. Jayant

Date: 08-02-2026

### Diagnosis:

1. Mild Gastritis (Upset Stomach) due to irregular eating habits.
2. Vitamin D Deficiency detected in recent blood work.

### Prescription:

- Pantoprazole 40mg (Before breakfast) - 5 days
- Vitamin D3 60k IU (Weekly once) - 8 weeks

### Advice:

- Avoid spicy and oily foods.
- Increase water intake.
- Get 15-20 mins of morning sunlight.
- Rest is advised for 2 days.