

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	9:00 pm	Vinegar--external use	soak Qtip and swab both ears up until line indicated on Qtip.	daily at bedtime	CAUTION TO AVOID INJURY TO EAR DRUM.	treatment for ear itch eczema		
Monday	9:00 pm	Vinegar--external use	soak Qtip and swab both ears up until line indicated on Qtip.	daily at bedtime	CAUTION TO AVOID INJURY TO EAR DRUM.	treatment for ear itch eczema		
Tuesday	9:00 pm	Vinegar--external use	soak Qtip and swab both ears up until line indicated on Qtip.	daily at bedtime	CAUTION TO AVOID INJURY TO EAR DRUM.	treatment for ear itch eczema		
Wednesday	9:00 pm	Vinegar--external use	soak Qtip and swab both ears up until line indicated on Qtip.	daily at bedtime	CAUTION TO AVOID INJURY TO EAR DRUM.	treatment for ear itch eczema		
Thursday	9:00 pm	Vinegar--external use	soak Qtip and swab both ears up until line indicated on Qtip.	daily at bedtime	CAUTION TO AVOID INJURY TO EAR DRUM.	treatment for ear itch eczema		
Friday	9:00 pm	Vinegar--external use	soak Qtip and swab both ears up until line indicated on Qtip.	daily at bedtime	CAUTION TO AVOID INJURY TO EAR DRUM.	treatment for ear itch eczema		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	6:00 pm	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Sunday	6:00 pm	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Sunday	6:00 pm	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Monday	9:00 am	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Monday	9:00 am	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Monday	9:00 am	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Monday	6:00 pm	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Monday	6:00 pm	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Monday	6:00 pm	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		

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Tuesday	9:00 am	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Tuesday	9:00 am	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Tuesday	6:00 pm	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Tuesday	6:00 pm	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Tuesday	6:00 pm	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Wednesday	9:00 am	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Wednesday	9:00 am	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Wednesday	9:00 am	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Wednesday	6:00 pm	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Wednesday	6:00 pm	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Wednesday	6:00 pm	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Thursday	9:00 am	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Thursday	9:00 am	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Thursday	9:00 am	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Thursday	6:00 pm	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Thursday	6:00 pm	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Thursday	6:00 pm	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Friday	9:00 am	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Friday	9:00 am	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Friday	9:00 am	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		
Friday	6:00 pm	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Friday	6:00 pm	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Friday	6:00 pm	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		

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<i>Day</i>	<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>	<i>Admin</i>	<i>Witness</i>
Saturday	9:00 am	Bio-Kult probiotic	1 capsule	twice daily --with breakfast and dinner meal	SE--temporary increase in gas and bloating	promotes healthy digestion and immune system		
Saturday	9:00 am	Integrative Nutrivitamin Enzyme Complex, without iron	1 capsule	twice daily with morning meal and evening meal		multivitamin, general nutritional health supplement		
Saturday	9:00 am	Radiant Life Krill Extra	1 capsule	twice daily with morning meal and dinner meal		Fish Oil nutritional supplement		

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Camper Care Group Administers These Meds

Hata, Randall

JEMS Special Camp 2019

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	9:00 pm	Aquaphor spray	spray to affected areas on arms and legs	daily after showering	Spray on caregiver's hands then apply to his arms and legs.	prevent skin dryness		
Sunday	as needed	Refresh eye drops	1 drop in each eye	as needed for eye dryness		eye lubrication to prevent dryness		
Monday	9:00 am	Fish Oil	1000 mg/capsule--dose is 1 capsule	once daily in am		nutritional supplement		
Monday	9:00 am	Multi- Vitamin	1 tablet	daily in AM		nutritional supplement		
Monday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in am		nutritional supplement		
Monday	9:00 pm	Aquaphor spray	spray to affected areas on arms and legs	daily after showering	Spray on caregiver's hands then apply to his arms and legs.	prevent skin dryness		
Monday	as needed	Refresh eye drops	1 drop in each eye	as needed for eye dryness		eye lubrication to prevent dryness		
Tuesday	9:00 am	Fish Oil	1000 mg/capsule--dose is 1 capsule	once daily in am		nutritional supplement		
Tuesday	9:00 am	Multi- Vitamin	1 tablet	daily in AM		nutritional supplement		
Tuesday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in am		nutritional supplement		
Tuesday	9:00 pm	Aquaphor spray	spray to affected areas on arms and legs	daily after showering	Spray on caregiver's hands then apply to his arms and legs.	prevent skin dryness		
Tuesday	as needed	Refresh eye drops	1 drop in each eye	as needed for eye dryness		eye lubrication to prevent dryness		

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Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Wednesday	9:00 am	Fish Oil	1000 mg/capsule--dose is 1 capsule	once daily in am		nutritional supplement		
Wednesday	9:00 am	Multi- Vitamin	1 tablet	daily in AM		nutritional supplement		
Wednesday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in am		nutritional supplement		
Wednesday	9:00 pm	Aquaphor spray	spray to affected areas on arms and legs	daily after showering	Spray on caregiver's hands then apply to his arms and legs.	prevent skin dryness		
Wednesday	as needed	Refresh eye drops	1 drop in each eye	as needed for eye dryness		eye lubrication to prevent dryness		
Thursday	9:00 am	Fish Oil	1000 mg/capsule--dose is 1 capsule	once daily in am		nutritional supplement		
Thursday	9:00 am	Multi- Vitamin	1 tablet	daily in AM		nutritional supplement		
Thursday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in am		nutritional supplement		
Thursday	9:00 pm	Aquaphor spray	spray to affected areas on arms and legs	daily after showering	Spray on caregiver's hands then apply to his arms and legs.	prevent skin dryness		
Thursday	as needed	Refresh eye drops	1 drop in each eye	as needed for eye dryness		eye lubrication to prevent dryness		

Camper Care Group Administers These Meds

Hata, Randall

JEMS Special Camp 2019

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Friday	9:00 am	Fish Oil	1000 mg/capsule--dose is 1 capsule	once daily in am		nutritional supplement		
Friday	9:00 am	Multi- Vitamin	1 tablet	daily in AM		nutritional supplement		
Friday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in am		nutritional supplement		
Friday	9:00 pm	Aquaphor spray	spray to affected areas on arms and legs	daily after showering	Spray on caregiver's hands then apply to his arms and legs.	prevent skin dryness		
Friday	as needed	Refresh eye drops	1 drop in each eye	as needed for eye dryness		eye lubrication to prevent dryness		
Saturday	9:00 am	Fish Oil	1000 mg/capsule--dose is 1 capsule	once daily in am		nutritional supplement		
Saturday	9:00 am	Multi- Vitamin	1 tablet	daily in AM		nutritional supplement		
Saturday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in am		nutritional supplement		
Saturday	as needed	Refresh eye drops	1 drop in each eye	as needed for eye dryness		eye lubrication to prevent dryness		

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	8:00 am	Benfotiamine	250 mg/capsule--dose is 1 capsule	daily before breakfast		protection from high blood sugar		
Sunday	5:00 pm	Active C	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	immune system support		
Sunday	5:00 pm	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Sunday	5:00 pm	Cat's Claw	500 mg/capsule--dose is 1 capsule	daily before dinner		prevents Lyme disease		
Sunday	5:00 pm	Kidney Support	1 capsule	daily before dinner	Includes 500 mcg of Vit B12	nutritional supplement to support kidney		
Sunday	5:00 pm	Liver Support	1 capsule	daily before dinner	Includes Vit D3--50 IU; Vit B3 10 mg	nutritional supplement to support liver		
Sunday	5:00 pm	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Sunday	5:00 pm	TMG (Trimethyl Glycine)	1 tablet	daily before dinner		metabolism support		
Sunday	5:00 pm	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Sunday	5:00 pm	Wobenzyme	1 capsule	twice daily before breakfast and before dinner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Sunday	as needed	Calendula	apply small amount to affected areas	as needed for scrapes and cuts		homeopathic ointment for healing scrapes and cuts		

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Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
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Monday	8:00 am	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Monday	8:00 am	Benfotiamine	250 mg/capsule--dose is 1 capsule	daily before breakfast		protection from high blood sugar		
Monday	8:00 am	Fola Pro	800 mcg/capsule--dose is 1 capsule	daily before breakfast		methylated folic acid supplement		
Monday	8:00 am	Magnesium Glycinate	400 mg/capsule--doae is 1 capsule	daily before breakfast		nutritional supplement to balance glutamate, aids muscle flexibility, calming effect		
Monday	8:00 am	Pantothenic Acid	500 mg/tablet--dose is 1 tablet	daily before breakfast		nutritional supplement to prevent allergies		
Monday	8:00 am	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Monday	8:00 am	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Monday	8:00 am	Vitamin D3	1 capsule	daily before breakfast		5000 IU/capsule--dose is 1 capsule		
Monday	8:00 am	Wobenzyme	1 capsule	twice daily before breakfast and before dinnner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Monday	5:00 pm	Active C	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	immune system support		
Monday	5:00 pm	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Monday	5:00 pm	Cat's Claw	500 mg/capsule--dose is 1 capsule	daily before dinner		prevents Lyme disease		
Monday	5:00 pm	Kidney Support	1 capsule	daily before dinner	Includes 500 mcg of Vit B12	nutritional supplement to support kidney		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Monday	5:00 pm	Liver Support	1 capsule	daily before dinner	Includes Vit D3--50 IU; Vit B3 10 mg	nutritional supplement to support liver		
Monday	5:00 pm	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Monday	5:00 pm	TMG (Trimethyl Glycine)	1 tablet	daily before dinner		metabolism support		
Monday	5:00 pm	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Monday	5:00 pm	Wobenzyme	1 capsule	twice daily before breakfast and before dinner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Monday	as needed	Calendula	apply small amount to affected areas	as needed for scrapes and cuts		homeopathic ointment for healing scrapes and cuts		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Tuesday	8:00 am	Active C	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	immune system support		
Tuesday	8:00 am	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Tuesday	8:00 am	Benfotiamine	250 mg/capsule--dose is 1 capsule	daily before breakfast		protection from high blood sugar		
Tuesday	8:00 am	Fola Pro	800 mcg/capsule--dose is 1 capsule	daily before breakfast		methylated folic acid supplement		
Tuesday	8:00 am	Magnesium Glycinate	400 mg/capsule--doae is 1 capsule	daily before breakfast		nutritional supplement to balance glutamate, aids muscle flexibility, calming effect		
Tuesday	8:00 am	Pantothenic Acid	500 mg/tablet--dose is 1 tablet	daily before breakfast		nutritional supplement to prevent allergies		
Tuesday	8:00 am	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Tuesday	8:00 am	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Tuesday	8:00 am	Vitamin D3	1 capsule	daily before breakfast		5000 IU/capsule--dose is 1 capsule		
Tuesday	8:00 am	Wobenzyme	1 capsule	twice daily before breakfast and before dinnner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Tuesday	5:00 pm	Active C	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	immune system support		
Tuesday	5:00 pm	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Tuesday	5:00 pm	Cat's Claw	500 mg/capsule--dose is 1 capsule	daily before dinner		prevents Lyme disease		
Tuesday	5:00 pm	Kidney Support	1 capsule	daily before dinner	Includes 500 mcg of Vit B12	nutritional supplement to support kidney		

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Tuesday	5:00 pm	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Tuesday	5:00 pm	TMG (Trimethyl Glycine)	1 tablet	daily before dinner		metabolism support		
Tuesday	5:00 pm	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Tuesday	5:00 pm	Wobenzyme	1 capsule	twice daily before breakfast and before dinner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Tuesday	as needed	Calendula	apply small amount to affected areas	as needed for scrapes and cuts		homeopathic ointment for healing scrapes and cuts		

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Wednesday	8:00 am	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Wednesday	8:00 am	Benfotiamine	250 mg/capsule--dose is 1 capsule	daily before breakfast		protection from high blood sugar		
Wednesday	8:00 am	Fola Pro	800 mcg/capsule--dose is 1 capsule	daily before breakfast		methylated folic acid supplement		
Wednesday	8:00 am	Magnesium Glycinate	400 mg/capsule--doae is 1 capsule	daily before breakfast		nutritional supplement to balance glutamate, aids muscle flexibility, calming effect		
Wednesday	8:00 am	Pantothenic Acid	500 mg/tablet--dose is 1 tablet	daily before breakfast		nutritional supplement to prevent allergies		
Wednesday	8:00 am	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
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Wednesday	8:00 am	Vitamin D3	1 capsule	daily before breakfast		5000 IU/capsule--dose is 1 capsule		
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Friday	8:00 am	Benfotiamine	250 mg/capsule--dose is 1 capsule	daily before breakfast		protection from high blood sugar		
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Friday	8:00 am	Magnesium Glycinate	400 mg/capsule--doae is 1 capsule	daily before breakfast		nutritional supplement to balance glutamate, aids muscle flexibility, calming effect		
Friday	8:00 am	Pantothenic Acid	500 mg/tablet--dose is 1 tablet	daily before breakfast		nutritional supplement to prevent allergies		
Friday	8:00 am	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Friday	8:00 am	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Friday	8:00 am	Vitamin D3	1 capsule	daily before breakfast		5000 IU/capsule--dose is 1 capsule		
Friday	8:00 am	Wobenzyme	1 capsule	twice daily before breakfast and before dinnner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Friday	5:00 pm	Active C	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	immune system support		
Friday	5:00 pm	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Friday	5:00 pm	Cat's Claw	500 mg/capsule--dose is 1 capsule	daily before dinner		prevents Lyme disease		
Friday	5:00 pm	Kidney Support	1 capsule	daily before dinner	Includes 500 mcg of Vit B12	nutritional supplement to support kidney		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Friday	5:00 pm	Liver Support	1 capsule	daily before dinner	Includes Vit D3--50 IU; Vit B3 10 mg	nutritional supplement to support liver		
Friday	5:00 pm	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Friday	5:00 pm	TMG (Trimethyl Glycine)	1 tablet	daily before dinner		metabolism support		
Friday	5:00 pm	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Friday	5:00 pm	Wobenzyme	1 capsule	twice daily before breakfast and before dinner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Friday	as needed	Calendula	apply small amount to affected areas	as needed for scrapes and cuts		homeopathic ointment for healing scrapes and cuts		

2019-06-01,10:00am(PDT)

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Saturday	8:00 am	Active C	500 mg/capsule--dose is 1 capsule	twice daily--before breakfast and before dinner	SE--loose stools	immune system support		
Saturday	8:00 am	All-In-One	1 tablet	before breakfast and before dinner		multi-vitamin/mineral supplement		
Saturday	8:00 am	Fola Pro	800 mcg/capsule--dose is 1 capsule	daily before breakfast		methylated folic acid supplement		
Saturday	8:00 am	Magnesium Glycinate	400 mg/capsule--doae is 1 capsule	daily before breakfast		nutritional supplement to balance glutamate, aids muscle flexibility, calming effect		
Saturday	8:00 am	Pantothenic Acid	500 mg/tablet--dose is 1 tablet	daily before breakfast		nutritional supplement to prevent allergies		
Saturday	8:00 am	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
Saturday	8:00 am	Ultimate Fungal	1 capsule before breakfast and 2 capsules before dinner	before breakfast and before dinner	NOTE--1 BEFORE BREAKFAST; 2 BEFORE DINNER	nutritional supplement to control fungus in gut, helps eczema		
Saturday	8:00 am	Vitamin D3	1 capsule	daily before breakfast		5000 IU/capsule--dose is 1 capsule		
Saturday	8:00 am	Wobenzyme	1 capsule	twice daily before breakfast and before dinnner	Includes 300 mg pancreatin; 180 mg papain; 135 mg bromelain; 72 mg trypsin; 3 mg chymotrypsin; 150 mg rutin	nutritional supplement digestive enzyme		
Saturday	as needed	Calendula	apply small amount to affected areas	as needed for scrapes and cuts		homeopathic ointment for healing scrapes and cuts		

Camper Care Group Administers These Meds

Mar, Jodi

JEMS Special Camp 2019

Page 1

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Monday	9:00 am	Fish Oil	one gummy-- 500 mg	once daily in the morning or at breakfast	none	nutritional supplement to reduce triglycerides		
Monday	9:00 am	Multi-vites Gummy Vitamin	2 adult multivatmin gummies	once daily at breakfast		nutritional supplement		
Tuesday	9:00 am	Fish Oil	one gummy-- 500 mg	once daily in the morning or at breakfast	none	nutritional supplement to reduce triglycerides		
Tuesday	9:00 am	Multi-vites Gummy Vitamin	2 adult multivatmin gummies	once daily at breakfast		nutritional supplement		
Wednesday	9:00 am	Fish Oil	one gummy-- 500 mg	once daily in the morning or at breakfast	none	nutritional supplement to reduce triglycerides		
Wednesday	9:00 am	Multi-vites Gummy Vitamin	2 adult multivatmin gummies	once daily at breakfast		nutritional supplement		
Thursday	9:00 am	Fish Oil	one gummy-- 500 mg	once daily in the morning or at breakfast	none	nutritional supplement to reduce triglycerides		
Thursday	9:00 am	Multi-vites Gummy Vitamin	2 adult multivatmin gummies	once daily at breakfast		nutritional supplement		
Friday	9:00 am	Fish Oil	one gummy-- 500 mg	once daily in the morning or at breakfast	none	nutritional supplement to reduce triglycerides		
Friday	9:00 am	Multi-vites Gummy Vitamin	2 adult multivatmin gummies	once daily at breakfast		nutritional supplement		

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Camper Care Group Administers These Meds

Mar, Jodi

JEMS Special Camp 2019

Page 2

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Saturday	9:00 am	Fish Oil	one gummy-- 500 mg	once daily in the morning or at breakfast	none	nutritional supplement to reduce triglycerides		
Saturday	9:00 am	Multi-vites Gummy Vitamin	2 adult multivatmin gummies	once daily at breakfast		nutritional supplement		

2019-06-01,10:00am(PDT)

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	8:00 am	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Sunday	8:00 pm	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Sunday	9:00 pm	Chlorhexidine 0.12% mouth rinse	1/2 oz undiluted rinse in mouth	once daily at bedtime	Daily at bedtime after brushing her teeth. Rinse and swish and spit out.	treatment for gum disease		
Sunday	9:00 pm	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Sunday	9:00 pm	Vitamin E cream	apply to affectd areas of skin rash to back of legs	daily at bedtime		promotes skin health		
Monday	8:00 am	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Monday	8:00 am	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Monday	8:00 pm	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Monday	9:00 pm	Chlorhexidine 0.12% mouth rinse	1/2 oz undiluted rinse in mouth	once daily at bedtime	Daily at bedtime after brushing her teeth. Rinse and swish and spit out.	treatment for gum disease		
Monday	9:00 pm	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Monday	9:00 pm	Vitamin E cream	apply to affectd areas of skin rash to back of legs	daily at bedtime		promotes skin health		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Tuesday	8:00 am	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Tuesday	8:00 am	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Tuesday	8:00 pm	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Tuesday	9:00 pm	Chlorhexidine 0.12% mouth rinse	1/2 oz undiluted rinse in mouth	once daily at bedtime	Daily at bedtime after brushing her teeth. Rinse and swish and spit out.	treatment for gum disease		
Tuesday	9:00 pm	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Tuesday	9:00 pm	Vitamin E cream	apply to affectd areas of skin rash to back of legs	daily at bedtime		promotes skin health		
Wednesday	8:00 am	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Wednesday	8:00 am	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Wednesday	8:00 pm	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Wednesday	9:00 pm	Chlorhexidine 0.12% mouth rinse	1/2 oz undiluted rinse in mouth	once daily at bedtime	Daily at bedtime after brushing her teeth. Rinse and swish and spit out.	treatment for gum disease		
Wednesday	9:00 pm	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Wednesday	9:00 pm	Vitamin E cream	apply to affectd areas of skin rash to back of legs	daily at bedtime		promotes skin health		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Thursday	8:00 am	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Thursday	8:00 am	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Thursday	8:00 pm	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Thursday	9:00 pm	Chlorhexidine 0.12% mouth rinse	1/2 oz undiluted rinse in mouth	once daily at bedtime	Daily at bedtime after brushing her teeth. Rinse and swish and spit out.	treatment for gum disease		
Thursday	9:00 pm	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Thursday	9:00 pm	Vitamin E cream	apply to affectd areas of skin rash to back of legs	daily at bedtime		promotes skin health		
Friday	8:00 am	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Friday	8:00 am	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Friday	8:00 pm	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Friday	9:00 pm	Chlorhexidine 0.12% mouth rinse	1/2 oz undiluted rinse in mouth	once daily at bedtime	Daily at bedtime after brushing her teeth. Rinse and swish and spit out.	treatment for gum disease		
Friday	9:00 pm	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		
Friday	9:00 pm	Vitamin E cream	apply to affectd areas of skin rash to back of legs	daily at bedtime		promotes skin health		

The following are to be administered by camper's Camper Care Group in his/her dorm:

<i>Day</i>	<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>	<i>Admin</i>	<i>Witness</i>
Saturday	8:00 am	Hydrocortisone cream	1% cream--apply small amount to rash areas on back	twice daily--AM and bedtime		ant inflammation		
Saturday	8:00 am	Triamcinolone 0.5%	apply small amount to affected area	twice daily--AM and bedtime	Apply to brown skin discoloration areas.	steroid cream		

2019-06-01,10:00am(PDT)

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Monday	9:00 am	Vitafusion Calcium	500 mg--2 gummies	once daily at breakfast		nutritional supplement		
Monday	9:00 am	Vitafusion MultiVites Gummy vitamins	2 tummies	once daily at breakfast		nutritional supplement		
Tuesday	9:00 am	Vitafusion Calcium	500 mg--2 gummies	once daily at breakfast		nutritional supplement		
Tuesday	9:00 am	Vitafusion MultiVites Gummy vitamins	2 tummies	once daily at breakfast		nutritional supplement		
Wednesday	9:00 am	Vitafusion Calcium	500 mg--2 gummies	once daily at breakfast		nutritional supplement		
Wednesday	9:00 am	Vitafusion MultiVites Gummy vitamins	2 tummies	once daily at breakfast		nutritional supplement		
Thursday	9:00 am	Vitafusion Calcium	500 mg--2 gummies	once daily at breakfast		nutritional supplement		
Thursday	9:00 am	Vitafusion MultiVites Gummy vitamins	2 tummies	once daily at breakfast		nutritional supplement		
Friday	9:00 am	Vitafusion Calcium	500 mg--2 gummies	once daily at breakfast		nutritional supplement		
Friday	9:00 am	Vitafusion MultiVites Gummy vitamins	2 tummies	once daily at breakfast		nutritional supplement		

Camper Care Group Administers These Meds

Mock, Vanessa

JEMS Special Camp 2019

Page 2

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Saturday	9:00 am	Vitafusion Calcium	500 mg--2 gummies	once daily at breakfast		nutritional supplement		
Saturday	9:00 am	Vitafusion MultiVites Gummy vitamins	2 tummies	once daily at breakfast		nutritional supplement		

2019-06-01,10:00am(PDT)

Camper Care Group Administers These Meds

Nagao, Lacey

JEMS Special Camp 2019

Page 1

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Monday	9:00 am	One A Day Multivitamin for Women	1 tablet	daily at breakfast		nutritional supplement		
Monday	9:00 am	Vitamin D3	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	nutritional supplement		
Tuesday	9:00 am	One A Day Multivitamin for Women	1 tablet	daily at breakfast		nutritional supplement		
Tuesday	9:00 am	Vitamin D3	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	nutritional supplement		
Wednesday	9:00 am	One A Day Multivitamin for Women	1 tablet	daily at breakfast		nutritional supplement		
Wednesday	9:00 am	Vitamin D3	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	nutritional supplement		
Thursday	9:00 am	One A Day Multivitamin for Women	1 tablet	daily at breakfast		nutritional supplement		
Thursday	9:00 am	Vitamin D3	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	nutritional supplement		
Friday	9:00 am	One A Day Multivitamin for Women	1 tablet	daily at breakfast		nutritional supplement		
Friday	9:00 am	Vitamin D3	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	nutritional supplement		

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Camper Care Group Administers These Meds

Nagao, Lacey

JEMS Special Camp 2019

Page 2

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Saturday	9:00 am	One A Day Multivitamin for Women	1 tablet	daily at breakfast		nutritional supplement		
Saturday	9:00 am	Vitamin D3	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	nutritional supplement		

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Camper Care Group Administers These Meds

Nakagaki, Christine

JEMS Special Camp 2019

Page 1

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Monday	9:00 am	Adult Multivitamn Gummies	2 gummies	once daily at breakfast		nutritional supplement		
Tuesday	9:00 am	Adult Multivitamn Gummies	2 gummies	once daily at breakfast		nutritional supplement		
Wednesday	9:00 am	Adult Multivitamn Gummies	2 gummies	once daily at breakfast		nutritional supplement		
Thursday	9:00 am	Adult Multivitamn Gummies	2 gummies	once daily at breakfast		nutritional supplement		
Friday	9:00 am	Adult Multivitamn Gummies	2 gummies	once daily at breakfast		nutritional supplement		
Saturday	9:00 am	Adult Multivitamn Gummies	2 gummies	once daily at breakfast		nutritional supplement		

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Camper Care Group Administers These Meds

Nishio, Marc

JEMS Special Camp 2019

Page 1

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	6:00 pm	Calcium wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Monday	9:00 am	Calcium wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Monday	9:00 am	Vitamin D3	1000IU/capsule--dose is 1 capsule	daily		nutritional supplement		
Monday	6:00 pm	Calcium wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Tuesday	9:00 am	Calcium wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Tuesday	9:00 am	Vitamin D3	1000IU/capsule--dose is 1 capsule	daily		nutritional supplement		
Tuesday	6:00 pm	Calcium wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Wednesday	9:00 am	Calcium wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Wednesday	9:00 am	Vitamin D3	1000IU/capsule--dose is 1 capsule	daily		nutritional supplement		
Wednesday	6:00 pm	Calcium wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		

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Camper Care Group Administers These Meds

Nishio, Marc

JEMS Special Camp 2019

Page 2

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Thursday	9:00 am	Calcium with Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Thursday	9:00 am	Vitamin D3	1000IU/capsule--dose is 1 capsule	daily		nutritional supplement		
Thursday	6:00 pm	Calcium with Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Friday	9:00 am	Calcium with Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Friday	9:00 am	Vitamin D3	1000IU/capsule--dose is 1 capsule	daily		nutritional supplement		
Friday	6:00 pm	Calcium with Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Saturday	9:00 am	Calcium with Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Saturday	9:00 am	Vitamin D3	1000IU/capsule--dose is 1 capsule	daily		nutritional supplement		

2019-06-01,10:00am(PDT)

Camper Care Group Administers These Meds

Ouye, Jamie

JEMS Special Camp 2019

Page 1

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	5:00 pm	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Sunday	5:00 pm	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Sunday	5:00 pm	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Sunday	5:00 pm	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		
Monday	8:00 am	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Monday	8:00 am	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Monday	8:00 am	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Monday	8:00 am	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		
Monday	5:00 pm	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Monday	5:00 pm	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Monday	5:00 pm	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Monday	5:00 pm	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		

2019-06-01,10:00am(PDT)

Camper Care Group Administers These Meds

Ouye, Jamie

JEMS Special Camp 2019

Page 2

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Tuesday	8:00 am	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Tuesday	8:00 am	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Tuesday	8:00 am	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Tuesday	8:00 am	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		
Tuesday	5:00 pm	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Tuesday	5:00 pm	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Tuesday	5:00 pm	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Tuesday	5:00 pm	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		

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Camper Care Group Administers These Meds

Ouye, Jamie

JEMS Special Camp 2019

Page 3

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Wednesday	8:00 am	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Wednesday	8:00 am	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Wednesday	8:00 am	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Wednesday	8:00 am	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		
Wednesday	5:00 pm	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Wednesday	5:00 pm	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Wednesday	5:00 pm	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Wednesday	5:00 pm	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		

2019-06-01,10:00am(PDT)

Camper Care Group Administers These Meds

Ouye, Jamie

JEMS Special Camp 2019

Page 4

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Thursday	8:00 am	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Thursday	8:00 am	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Thursday	8:00 am	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Thursday	8:00 am	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		
Thursday	5:00 pm	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Thursday	5:00 pm	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Thursday	5:00 pm	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Thursday	5:00 pm	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		

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Camper Care Group Administers These Meds

Ouye, Jamie

JEMS Special Camp 2019

Page 5

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Friday	8:00 am	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Friday	8:00 am	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Friday	8:00 am	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Friday	8:00 am	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		
Friday	5:00 pm	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Friday	5:00 pm	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Friday	5:00 pm	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Friday	5:00 pm	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		
Saturday	8:00 am	Calcium Gummies	500 mg/tablet--dose is 1 tablet	twice daily before breakfast and dinner	Chew thoroughly before swallowing.	nutritional supplement		
Saturday	8:00 am	Vitamin C	1000 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Saturday	8:00 am	Vitamin D Gummy	1500 mg/tablet--dose is 1 tablet	twice daily breakfast and dinner		nutritional supplement		
Saturday	8:00 am	Women's Gummy Vitamin	1 Gummy Vitamin	twice daily before breakfast and dinner		nutritional supplement		

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	6:00 pm	L-Arginine	500 mg/tab--dose is 2 capsules	daily after dinner	SE--indigestion, nausea, headache, bloating, diarrhea, gout, blood abnormalities, allergies, airway inflammation, worsening of asthma, low blood pressure, decreased insulin sensitivity.	nutritional supplement for the heart		
Monday	9:00 am	Vitamin B-12	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Monday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Monday	6:00 pm	L-Arginine	500 mg/tab--dose is 2 capsules	daily after dinner	SE--indigestion, nausea, headache, bloating, diarrhea, gout, blood abnormalities, allergies, airway inflammation, worsening of asthma, low blood pressure, decreased insulin sensitivity.	nutritional supplement for the heart		
Tuesday	9:00 am	Vitamin B-12	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Tuesday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Tuesday	6:00 pm	L-Arginine	500 mg/tab--dose is 2 capsules	daily after dinner	SE--indigestion, nausea, headache, bloating, diarrhea, gout, blood abnormalities, allergies, airway inflammation, worsening of asthma, low blood pressure, decreased insulin sensitivity.	nutritional supplement for the heart		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Wednesday	9:00 am	Vitamin B-12	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Wednesday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Wednesday	6:00 pm	L-Arginine	500 mg/tab--dose is 2 capsules	daily after dinner	SE--indigestion, nausea, headache, bloating, diarrhea, gout, blood abnormalities, allergies, airway inflammation, worsening of asthma, low blood pressure, decreased insulin sensitivity.	nutritional supplement for the heart		
Thursday	9:00 am	Vitamin B-12	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Thursday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Thursday	6:00 pm	L-Arginine	500 mg/tab--dose is 2 capsules	daily after dinner	SE--indigestion, nausea, headache, bloating, diarrhea, gout, blood abnormalities, allergies, airway inflammation, worsening of asthma, low blood pressure, decreased insulin sensitivity.	nutritional supplement for the heart		

Camper Care Group Administers These Meds

Takamune, Lisa

JEMS Special Camp 2019

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Friday	9:00 am	Vitamin B-12	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Friday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Friday	6:00 pm	L-Arginine	500 mg/tab--dose is 2 capsules	daily after dinner	SE--indigestion, nausea, headache, bloating, diarrhea, gout, blood abnormalities, allergies, airway inflammation, worsening of asthma, low blood pressure, decreased insulin sensitivity.	nutritional supplement for the heart		
Saturday	9:00 am	Vitamin B-12	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		
Saturday	9:00 am	Vitamin C	500 mg/tablet--dose is 1 tablet	daily after breakfast		nutritional supplement		

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Camper Care Group Administers These Meds

Verzani, Amanda

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Sunday	as needed	Neosporin	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	topical antibiotic ointment		
Monday	as needed	Neosporin	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	topical antibiotic ointment		
Tuesday	as needed	Neosporin	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	topical antibiotic ointment		
Wednesday	as needed	Neosporin	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	topical antibiotic ointment		
Thursday	as needed	Neosporin	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	topical antibiotic ointment		
Friday	as needed	Neosporin	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	topical antibiotic ointment		

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Camper Care Group Administers These Meds

Verzani, Amanda

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Saturday	as needed	Neosporin	as needed to cover cuts or scarpes	as needed for cuts and scrapes	none	topical antibiotic ointment		

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Monday	9:00 am	Multi- Vitamin	1 tablet	once daily in morning		nutritional supplement		
Monday	9:00 am	Vitamin C	1000 mg/tab--dose is 1 tablet	once daily in morning		nutritional supplement		
Tuesday	9:00 am	Multi- Vitamin	1 tablet	once daily in morning		nutritional supplement		
Tuesday	9:00 am	Vitamin C	1000 mg/tab--dose is 1 tablet	once daily in morning		nutritional supplement		
Wednesday	9:00 am	Multi- Vitamin	1 tablet	once daily in morning		nutritional supplement		
Wednesday	9:00 am	Vitamin C	1000 mg/tab--dose is 1 tablet	once daily in morning		nutritional supplement		
Thursday	9:00 am	Multi- Vitamin	1 tablet	once daily in morning		nutritional supplement		
Thursday	9:00 am	Vitamin C	1000 mg/tab--dose is 1 tablet	once daily in morning		nutritional supplement		
Friday	9:00 am	Multi- Vitamin	1 tablet	once daily in morning		nutritional supplement		
Friday	9:00 am	Vitamin C	1000 mg/tab--dose is 1 tablet	once daily in morning		nutritional supplement		
Saturday	9:00 am	Multi- Vitamin	1 tablet	once daily in morning		nutritional supplement		
Saturday	9:00 am	Vitamin C	1000 mg/tab--dose is 1 tablet	once daily in morning		nutritional supplement		

The following are to be administered by camper's Camper Care Group in his/her dorm:

<i>Day</i>	<i>Time</i>	<i>Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Special Instructions</i>	<i>Purpose</i>	<i>Admin</i>	<i>Witness</i>
Sunday	6:00 pm	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Sunday	6:00 pm	Citracal Calcium Citrate	630 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement to promote bone health		
Sunday	6:00 pm	Digestive Advantage	1 gummy	once daily in the evening		nutritional supplement to promote digestive health		
Sunday	6:00 pm	Vitamin B-12	1000 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement fort energy health		
Sunday	6:00 pm	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement		

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Monday	9:00 am	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Monday	9:00 am	Calcium Gummies	1 gummy	daily in the morning		nutritional supplement to promote bone health		
Monday	9:00 am	Flax Seed Oil	1400 mg/tablet dose is 1 tablet	daily in the morning		nutritional supplement for heart health		
Monday	9:00 am	Move Free	1 tablet	once daily in the morning		nutritional supplement to promote joint health		
Monday	9:00 am	One a Day for Women	1 tablet	once daily in the morning		nutritional supplement multivitamin		
Monday	9:00 am	Vitamin D3	2000 IU/tablet--dose is 1 tablet	once daily in the morning		nutritional supplement		
Monday	6:00 pm	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Monday	6:00 pm	Citracal Calcium Citrate	630 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement to promote bone health		
Monday	6:00 pm	Digestive Advantage	1 gummy	once daily in the evening		nutritional supplement to promote digestive health		
Monday	6:00 pm	Vitamin B-12	1000 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement fort energy health		
Monday	6:00 pm	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Tuesday	9:00 am	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Tuesday	9:00 am	Calcium Gummies	1 gummy	daily in the morning		nutritional supplement to promote bone health		
Tuesday	9:00 am	Flax Seed Oil	1400 mg/tablet dose is 1 tablet	daily in the morning		nutritional supplement for heart health		
Tuesday	9:00 am	Move Free	1 tablet	once daily in the morning		nutritional supplement to promote joint health		
Tuesday	9:00 am	One a Day for Women	1 tablet	once daily in the morning		nutritional supplement multivitamin		
Tuesday	9:00 am	Vitamin D3	2000 IU/tablet--dose is 1 tablet	once daily in the morning		nutritional supplement		
Tuesday	6:00 pm	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Tuesday	6:00 pm	Citracal Calcium Citrate	630 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement to promote bone health		
Tuesday	6:00 pm	Digestive Advantage	1 gummy	once daily in the evening		nutritional supplement to promote digestive health		
Tuesday	6:00 pm	Vitamin B-12	1000 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement fort energy health		
Tuesday	6:00 pm	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Wednesday	9:00 am	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Wednesday	9:00 am	Calcium Gummies	1 gummy	daily in the morning		nutritional supplement to promote bone health		
Wednesday	9:00 am	Flax Seed Oil	1400 mg/tablet dose is 1 tablet	daily in the morning		nutritional supplement for heart health		
Wednesday	9:00 am	Move Free	1 tablet	once daily in the morning		nutritional supplement to promote joint health		
Wednesday	9:00 am	One a Day for Women	1 tablet	once daily in the morning		nutritional supplement multivitamin		
Wednesday	9:00 am	Vitamin D3	2000 IU/tablet--dose is 1 tablet	once daily in the morning		nutritional supplement		
Wednesday	6:00 pm	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Wednesday	6:00 pm	Citracal Calcium Citrate	630 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement to promote bone health		
Wednesday	6:00 pm	Digestive Advantage	1 gummy	once daily in the evening		nutritional supplement to promote digestive health		
Wednesday	6:00 pm	Vitamin B-12	1000 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement fort energy health		
Wednesday	6:00 pm	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Thursday	9:00 am	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Thursday	9:00 am	Calcium Gummies	1 gummy	daily in the morning		nutritional supplement to promote bone health		
Thursday	9:00 am	Flax Seed Oil	1400 mg/tablet dose is 1 tablet	daily in the morning		nutritional supplement for heart health		
Thursday	9:00 am	Move Free	1 tablet	once daily in the morning		nutritional supplement to promote joint health		
Thursday	9:00 am	One a Day for Women	1 tablet	once daily in the morning		nutritional supplement multivitamin		
Thursday	9:00 am	Vitamin D3	2000 IU/tablet--dose is 1 tablet	once daily in the morning		nutritional supplement		
Thursday	6:00 pm	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Thursday	6:00 pm	Citracal Calcium Citrate	630 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement to promote bone health		
Thursday	6:00 pm	Digestive Advantage	1 gummy	once daily in the evening		nutritional supplement to promote digestive health		
Thursday	6:00 pm	Vitamin B-12	1000 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement fort energy health		
Thursday	6:00 pm	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement		

The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Friday	9:00 am	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Friday	9:00 am	Calcium Gummies	1 gummy	daily in the morning		nutritional supplement to promote bone health		
Friday	9:00 am	Flax Seed Oil	1400 mg/tablet dose is 1 tablet	daily in the morning		nutritional supplement for heart health		
Friday	9:00 am	Move Free	1 tablet	once daily in the morning		nutritional supplement to promote joint health		
Friday	9:00 am	One a Day for Women	1 tablet	once daily in the morning		nutritional supplement multivitamin		
Friday	9:00 am	Vitamin D3	2000 IU/tablet--dose is 1 tablet	once daily in the morning		nutritional supplement		
Friday	6:00 pm	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Friday	6:00 pm	Citracal Calcium Citrate	630 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement to promote bone health		
Friday	6:00 pm	Digestive Advantage	1 gummy	once daily in the evening		nutritional supplement to promote digestive health		
Friday	6:00 pm	Vitamin B-12	1000 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement fort energy health		
Friday	6:00 pm	Vitamin C	500 mg/tablet--dose is 1 tablet	once daily in the evening		nutritional supplement		

Camper Care Group Administers These Meds

Wang, Rebecca

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The following are to be administered by camper's Camper Care Group in his/her dorm:

Day	Time	Medication	Dosage	Frequency	Special Instructions	Purpose	Admin	Witness
Saturday	9:00 am	Areds 2 Eye Vitamin	1 tablet	twice daily with morning meal and dinner meal		nutritional supplement for eyes		
Saturday	9:00 am	Calcium Gummies	1 gummy	daily in the morning		nutritional supplement to promote bone health		
Saturday	9:00 am	Flax Seed Oil	1400 mg/tablet dose is 1 tablet	daily in the morning		nutritional supplement for heart health		
Saturday	9:00 am	Move Free	1 tablet	once daily in the morning		nutritional supplement to promote joint health		
Saturday	9:00 am	One a Day for Women	1 tablet	once daily in the morning		nutritional supplement multivitamin		
Saturday	9:00 am	Vitamin D3	2000 IU/tablet--dose is 1 tablet	once daily in the morning		nutritional supplement		

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