

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	9:00 pm	Terbinafine HCL 1% cream (Lamisil)	apply to affected area of rash on L abd.	twice daily--AM and bedtime after shower		anti fungal medication		
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	7:00 am	Terbinafine HCL 1% cream (Lamisil)	apply to affected area of rash on L abd.	twice daily--AM and bedtime after shower		anti fungal medication		
Monday	9:00 pm	Terbinafine HCL 1% cream (Lamisil)	apply to affected area of rash on L abd.	twice daily--AM and bedtime after shower		anti fungal medication		
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Tuesday	7:00 am	Terbinafine HCL 1% cream (Lamisil)	apply to affected area of rash on L abd.	twice daily--AM and bedtime after shower		anti fungal medication		
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Saturday	7:00 am	Terbinafine HCL 1% cream (Lamisil)	apply to affected area of rash on L abd.	twice daily--AM and bedtime after shower		anti fungal medication		

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Sunday	12 noon	Acetyl L-carnitine	500 mg/capsule--dose is 1 capsule	three times daily		Nutritional supplement		
Sunday	6:00 pm	Acetyl L-carnitine	500 mg/capsule--dose is 1 capsule	three times daily		Nutritional supplement		
Sunday	6:00 pm	Fish Oil	1000mg/capsule--dose is 1 capsule	twice daily		Nutritional supplement		
Sunday	9:00 pm	Magnesium	400 mg/tablet--dose is 1 tablet	daily at bedtime--can take half hour before with melatonin		nutritional supplement		
Sunday	9:00 pm	Melatonin	1 mg/tablet--dose is 1 tablet	daily at bedtime--can take half hour before		Nutritional supplement		
Monday	9:00 am	Acetyl L-carnitine	500 mg/capsule--dose is 1 capsule	three times daily		Nutritional supplement		
Monday	9:00 am	Fish Oil	1000mg/capsule--dose is 1 capsule	twice daily		Nutritional supplement		
Monday	9:00 am	Vitamin D3	2000 IU/capsule--dose is 1 capsule	once daily at breakfast		nutritional supplement		
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Saturday	9:00 am	Acetyl L-carnitine	500 mg/capsule--dose is 1 capsule	three times daily		Nutritional supplement		
Saturday	9:00 am	Fish Oil	1000mg/capsule--dose is 1 capsule	twice daily		Nutritional supplement		
Saturday	9:00 am	Vitamin D3	2000 IU/capsule--dose is 1 capsule	once daily at breakfast		nutritional supplement		
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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		
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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		
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Saturday	9:00 am	Fish Oil	1000 mg/capsule--dose is 1 capsule	once daily in am		nutritional supplement		
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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	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal health		
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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Monday	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		
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	Magnesium Glycinate	400 mg/capsule--dose 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	Pteridin4 (Tetrahydrobiopterin 2.5 mg)	1 tablet	daily before breakfast		Nutritional supplement		
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 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	8:00 am	Yeast Formula	2 tabs	daily before breakfast		Nutritional supplement		
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	Probiotic	1 capsule	twice daily before breakfast and before dinner		nutritional supplement to promote intestinal 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>
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		

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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		
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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	Benfotiamine	250 mg/capsule--dose is 1 capsule	daily before breakfast		protection from high blood sugar		
Saturday	8:00 am	Magnesium Glycinate	400 mg/capsule--dose is 1 capsule	daily before breakfast		nutritional supplement to balance glutamate, aids muscle flexibility, calming effect		
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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		
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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		
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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		
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Friday	9:00 am	Vitamin D3	1 soft gel	daily at breakfast	D3 125 mcg (500IU)	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	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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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>
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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<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	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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Thursday	9:00 am	Calcium wtih 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 wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Friday	9:00 am	Calcium wtih 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 wtih Vitamin D	500 mg/tablet--dose is 1 tablet	twice daily--breakfast and dinner		nutritional supplement		
Saturday	9:00 am	Calcium wtih 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		

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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		

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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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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		

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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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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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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		

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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		
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		

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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		
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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Sunday	as needed	Neosporin	as needed to cover cuts or scarped	as needed for cuts and scrapes	none	topical antibiotic ointment		
Monday	as needed	Neosporin	as needed to cover cuts or scarped	as needed for cuts and scrapes	none	topical antibiotic ointment		
Tuesday	as needed	Neosporin	as needed to cover cuts or scarped	as needed for cuts and scrapes	none	topical antibiotic ointment		
Wednesday	as needed	Neosporin	as needed to cover cuts or scarped	as needed for cuts and scrapes	none	topical antibiotic ointment		
Thursday	as needed	Neosporin	as needed to cover cuts or scarped	as needed for cuts and scrapes	none	topical antibiotic ointment		
Friday	as needed	Neosporin	as needed to cover cuts or scarped	as needed for cuts and scrapes	none	topical antibiotic ointment		
Saturday	as needed	Neosporin	as needed to cover cuts or scarped	as needed for cuts and scrapes	none	topical antibiotic ointment		

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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		

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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		

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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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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		

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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		

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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		

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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:

<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>
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		

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	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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