

Guardian Signature Sheet

Wang, Rebecca

JEMS Special Camp 2019
Page 1

Camper will receive the following medications/supplements at the indicated times:

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
8:00 am	Fr	Alendronate Sodium	promotes bone health	70 mg/tablet--dose is 1 tablet	once per week on Friday morning, 30 minutes before breakfast	DO NOT ALLOW TO LIE DOWN FOR 30 MINUTES AFTER TAKING DRUG AND UNTIL AFTER FIRST FOOD OF THE DAY. GIVE DRUG WITH AT LEAST 6-8 OZ OF WATER BEFORE FIRST FOOD OR DRINK OF THE DAY TO FACILITATE DELIVERY TO THE STOMACH. SE--abdominal pain, nausea, dyspepsia, constipation, diarrhea, esophageal ulcer, vomiting, dysphagia	
9:00 am	Mo Tu We Th Fr Sa	Areds 2 Eye Vitamin	nutritional supplement for eyes	1 tablet	twice daily with morning meal and dinner meal		
9:00 am	Mo Tu We Th Fr Sa	Calcium Gummies	nutritional supplement to promote bone health	1 gummy	daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	Flax Seed Oil	nutritional supplement for heart health	1400 mg/tablet dose is 1 tablet	daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	Move Free	nutritional supplement to promote joint health	1 tablet	once daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	One a Day for Women	nutritional supplement multivitamin	1 tablet	once daily in the morning		
9:00 am	Mo Tu We Th Fr Sa	Vitamin D3	nutritional supplement	2000 IU/tablet--dose is 1 tablet	once daily in the morning		

Guardian Signature Sheet

Wang, Rebecca

JEMS Special Camp 2019
Page 2

Camper will receive the following medications/supplements at the indicated times:

Time	Days	Medication	Purpose	Dosage	Frequency	Special Instructions	Initial
6:00 pm	Su Mo Tu We Th Fr	Areds 2 Eye Vitamin	nutritional supplement for eyes	1 tablet	twice daily with morning meal and dinner meal		
6:00 pm	Su Mo Tu We Th Fr	Citracal Calcium Citrate	nutritional supplement to promote bone health	630 mg/tablet--dose is 1 tablet	once daily in the evening		
6:00 pm	Su Mo Tu We Th Fr	Digestive Advantage	nutritional supplement to promote digestive health	1 gummy	once daily in the evening		
6:00 pm	Su Mo Tu We Th Fr	Vitamin B-12	nutritional supplement fort energy health	1000 mg/tablet--dose is 1 tablet	once daily in the evening		
6:00 pm	Su Mo Tu We Th Fr	Vitamin C	nutritional supplement	500 mg/tablet--dose is 1 tablet	once daily in the evening		

I acknowledge that the above medications listed are complete and accurate for the above camper.

signed: _____ relationship to camper: _____ date: _____