

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		

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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		

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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		