

Polypharmacy & Nutraceutical Interaction Worksheet

Client Name: ____ Date: ____ Total Current Medications: ____ (Note: 5+ indicates Polypharmacy)

Section 1: Medication & DIND Audit

List the client's current medications and check for known Drug-Induced Nutrient Depletions (DIND) based on the CFMP™ standards.

Medication Name	Drug Class	Potential Depletions (Check all that apply)
	Biguanides (e.g., Metformin)	<input type="checkbox"/> Vit B12 <input type="checkbox"/> Folate
	Statins (e.g., Atorvastatin)	<input type="checkbox"/> CoQ10 <input type="checkbox"/> Vit D
	PPIs (e.g., Omeprazole)	<input type="checkbox"/> Mg <input type="checkbox"/> B12 <input type="checkbox"/> Iron <input type="checkbox"/> Calcium
	Loop Diuretics (e.g., Lasix)	<input type="checkbox"/> Mg <input type="checkbox"/> K <input type="checkbox"/> Zn <input type="checkbox"/> B1 <input type="checkbox"/> B6
	Other: ____	<input type="checkbox"/> ____

Section 2: Biochemical Friction Check (CYP450)

Before starting the **Target Phase**, screen for potential botanical interactions.

High-Risk Botanicals Check: * [] **Berberine:** (Inhibits CYP3A4) - *Caution with BP meds/immunosuppressants.* * [] **Curcumin:** (Anti-platelet) - *Caution with anticoagulants (Warfarin/Aspirin).* * [] **Quercetin:** (Transport interference) - *Caution with Fluoroquinolone antibiotics.* * [] **St. John's Wort:** (Inducer) - *Caution with Birth Control/Cyclosporine.*

Interaction Database Search: * [] Natural Medicines Database/Examine.com checked? * [] Interaction found? (If yes, list): _____

Section 3: The "One-at-a-Time" Implementation Plan

To prevent "Biochemical Friction," introduce only **ONE** new Target nutraceutical every 5-7 days.

Sequence	Nutraceutical / Intervention	Start Date	Reaction/Tolerance Notes
Week 1			
Week 2			
Week 3			
Week 4			

Section 4: Clinical Reflection

Observed Functional Gaps: (e.g., neuropathy symptoms, muscle aches, fatigue)

Biochemical Priority: [] Step 1: Optimize (Replenish DIND gaps first) [] Step 2: Target (Layer botanicals incrementally)

Next Steps: Physician Collaboration

Drafting the "Linda" Strategy: Identify one data point (e.g., Blood Sugar, BP logs, B12 levels) for the client to share with their prescribing physician to discuss potential dosage reductions.

Physician Communication Note: *"Client is currently tracking [Biomarker]. If levels remain stable at [Range], please evaluate if a dosage adjustment for [Medication] is appropriate."*

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