

My multivitamin and nutrient review

Record the current labels and unresolved questions before a refill.

Review date and exact product/version

Full serving and amount actually used

Dietary gap or clinician-assessed reason

Other supplements and fortified products used

Repeated nutrients, amounts, units and forms

Unresolved totals or label information

Medication, absorption, symptom or test question

Agreed plan and next review date

This sheet records labels and questions; it does not diagnose deficiency.

Arithmetic and checklists do not select a personal dose or clear a product for use.

Bring medication, condition and treatment questions to a qualified healthcare professional.