

To whom it may concern,

The following is a list of current supplements that have been prescribed for Anne Paul by Dr. Rajesh Ragbir, ND.

1. Botanical Tincture

Brand: CCNM/RSNC

Ingredients: Chelidonium major 125 mg (1:4), Gentiana lutea 125 mg (1:4)

Used for: Preventing esophageal reflux after meals

Dose: 20 drops before meals

Route: Orally

Frequency: As needed

Additional instructions: Take 20 drops before meals, as needed. If not well tolerated,

discontinue use and inform intern at next visit.

2. <u>Deep Immune – LICORICE FREE</u>



Brand: St. Francis Herb Farm

Used for: Strengthening the immune system to prevent viral infections

Dose: As indicated on bottle (75-90 drops or 2.5-3 mL)

Route: Orally

Frequency: Twice daily

Additional instructions: Take twice daily, by mouth, without food. You can mix in a small amount of water to swallow. You are looking for the LICORICE FREE product, as licorice over an extended period of time can elevate blood pressure. If not well tolerated, discontinue use and inform intern at next visit. Continue throughout cold & flu season and during your move to Australia.

3. Histaminum muriaticum

Brand: Boiron

Used for: To relieve symptoms of allergic reaction

Potency: 12 CH Dose: 2 pellets Route: Orally

Additional instructions: Dissolve 2 pellets underneath the tongue.

4. Kinomai Cream

Brand: St. Francis Herb Farm

Used for: Reducing inflammation and pain in the muscles and joints

Route: Topical

Frequency: 3-4 times per day



Additional instructions: Apply cream topically to affected area (sore muscles/joints) 3-4 times per day, as needed. If not tolerated well, or if any skin reaction occurs, discontinue use and inform intern at next visit.

Probio SAP



Brand: NFH

Used for: Maintaining a healthy microbiome and repopulating healthy bacteria after

antibiotic use **Dose:** 1 capsule **Route:** Orally

Frequency: Once daily

Additional instructions: Take 1 capsule, by mouth, with food. Keep in the refrigerator. If not well tolerated, discontinue and inform intern at next visit. Discontinue supplement once the bottle is complete.

6. Urtica urens

Brand: Boiron **Used for:** Urticaria **Potency:** 6 C

Dose: 3 pellets Route: Orally

Frequency: Once daily for two weeks.

Additional instructions: Dissolve 3 pellets underneath the tongue, once daily for two

weeks. You can do this during acute flares of urticaria.

7. Vertigopas

Brand: Pascoe

Used for: Preventing and treating symptoms of vertigo

Dose: 10-30 drops **Route:** Orally

Frequency: 1-3 times day, three days before travel. STOP once travel is complete **Additional instructions:** If you experience ACUTE EPISODES OF VERTIGO, you can take 10-30 drops every 15-60 minutes (up to 12 times a day) until the improvement of

symptoms. Then discontinue.

8. Biotin

Brand: Natural Factors

Used for: Strengthening the nails

Dose: 5000 mcg Route: Orally

Frequency: Once per day



Additional instructions: Take 1 capsule per day. If any adverse effects occur, discontinue and contact the clinic.

Sincerely,

Dr. Rajesh Ragbir, ND Faculty and Clinic Supervisor, Robert Schad Naturopathic Clinic.