

MEDICATION AS AT 24 Jan 24

DAILY

Efexor Venlafaxine XR - 75mg daily - - Lessen hot flushes

Nebilet (Nebivolol) - 2 x 1.25mg tablet daily - - Prevent AF

* Tamoxifen - 1 x 20mg daily - Stop bc cells

Zyrtec - 1x 10 mg tablet daily - Itchy skin

Vitamin D - 1 tablet daily - Aid absorption

Natures Way Joint Restore Triple Action - 2 tablets daily - Joint pain

(Glucosemine Chondroitin MSM Manganese & Boron)

Natures Way Probiotic - 1 capsule daily - Help gut health

Ethical Nutrients Immune Defence - 1 capsule daily - Strengthen immunity

AS REQUIRED

Melatonin - 1 x 5mg - Trouble sleeping

*Tamoxifen will be changing to Letrozole in the next 2 weeks as advised by my Onocologist. Unsure of dosage at present as script is with chemist but will be able to confirm at appointment.