



BIOFIT

BLUEPRINTBOOTCAMP

History Taking Medication, Supplements, and Environmental Exposures

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Medications and Supplements

- ✓ Current: frequency, timing, duration, doses, brands, reason
- ✓ Noticeable benefits
- ✓ Side effects
- ✓ Recent past supplements
- ✓ Thorough past medication history



Medication and Supplements Forms & Spreadsheet

Environmental Influences

- ✓ Current exposures
- ✓ Past exposures
- ✓ What's in the garage
- ✓ Personal care products
- ✓ Home care products
- ✓ Occupational
- ✓ Known sensitivities



Environmental Exposures Form