



INE | INSTITUTE OF
NUTRITIONAL
ENDOCRINOLOGY

History Taking: Medication, Supplements, and Environmental Exposures

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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Current Health and Exposures

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



Current Health and Exposures

Environmental Influences

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



Environmental Exposures Form

