

# NUTRITIONAL PRESCRIPTION FOR AMBER COMPOUNDING PHARMACY

Preferred Dosage Form (please tick):

Powder OR  Capsules [Vegetarian: YES / NO]

Duration of Supply:

No. of Repeats: \_\_\_\_\_

Name of Patient:

IC / Passport Number:

Date of Birth:

Contact Number:

Address:

(or affix patient label here)

## VITAMINS

DOSE	ITEMS
	Alpha Lipoic Acid (mg)
	Ascorbic acid [Vitamin C] (mg)
	Beta Carotene (IU)
	Betaine Hydrochloride (mg)
	Coenzyme Q10 (mg)
	Biotin (mcg)
	Folic acid (mcg)
	Inositol (mg)
	Leucovorin (mcg) as calcium
	Methylcobalamin [Vitamin B12] (mcg)
	5-methyltetrahydrofolate [5-MTHF] (mg)
	Niacinamide [Vitamin B3] (mg)
	Pantothenic Acid (mg)
	Pyridoxal-5-Phosphate (mg)
	Pyridoxine HCl [Vitamin B6] (mg)
	Riboflavin [Vitamin B2] (mg)
	Thiamine (mg)
	Vitamin D3 (IU)
	Vitamin E Succinate (IU)
	Vitamin K2 (mg)

## AMINO ACIDS

DOSE	ITEMS
	L-Glutamine (mg)
	L-Lysine (mg)
	L-Methionine (mg)
	L-Taurine (mg)
	L-Tyrosine (mg)

## MINERALS

DOSE	ITEMS
	Calcium (mg) as Carbonate
	Calcium (mg) as Citrate
	Chromium (mcg) as Picolinate
	Copper (mg) as Gluconate
	Iodine (mcg)
	Iron (mg) as Ferrous Gluconate
	Magnesium (mg) as Chloride
	Magnesium (mg) as Glycinate
	Magnesium (mg) as Oxide
	Potassium (mg) as Citrate
	Selenium (mcg) as Selenomethionine
	Zinc (mg) as Picolinate

## AMINO ACIDS

DOSE	ITEMS
	Creatine Monohydrate (mg)
	gamma-Aminobutyric Acid (mg)
	Glutathione Reduced (mg)
	5-Hydroxytryptophan (mg)
	L-Arginine (mg)
	L-Citrulline (mg)
	L-Cysteine (mg)

## OTHERS

DOSE	ITEMS
	Diindolylmethane (mg)
	Marshmallow Root (mg)
	Quercetin (mg)
	Resveratrol (mg)
	Valerian Root (mg)

\_\_\_\_\_  
(name and signature)

Clinic Stamp: