
24. Talk to Your Doctor About Supplements

Complete Worksheet 15. My Current Supplement List (Appendix A) and Worksheet 16. Mito-Inventory of Current Supplements (Appendix A). List all your supplements below and refer to Worksheets 15 and 16 for details. Bring all three worksheets to your visit. You can also bring your supplement containers or clear photographs of the front and back labels.

All Supplements I Am Taking (see Worksheet 15 for details)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.
- 22.
- 23.
- 24.

Questions I Want to Ask

- ☐ Could any of my supplements interact with my medications or with one another?
- ☐ Could any of them affect my health conditions, laboratory results, or an upcoming procedure?
- ☐ Are there any supplements I should stop, change, or discuss with a pharmacist or specialist?
- ☐ Something else: _____

What My Doctor and I Discussed

*From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
