



Patient Info Sheet – Neuronutrition Supplement Formulas

This medicine was compounded specifically for you in a pharmacy to fill the prescription your doctor wrote for you. It was specially made to meet your individual needs. For this reason, no standardized information or literature is available with your prescription. If you have not done so, please discuss this medicine with your doctor to ensure that you understand (1) why you have been prescribed a compounded medicine, (2) how to properly take this medicine, and (3) the interactions, if any, this medicine may have with any other medicines you are currently taking.

Compounding is a long-standing pharmacy practice that allows doctors to treat their patients' individual needs without being restricted only to off-the-shelf medicines or devices. This medicine was prepared in a compounding pharmacy to meet the specifications ordered by your doctor.

Call your doctor if you experience any side effects, if you are taking additional medicines that may interact with this compounded medicine, or if you have allergies or other medical conditions that should be noted. Call our pharmacists if information on the label is not clear to you or you have any concerns regarding precautions, ingredients, or proper storage. Our pharmacists are available to address any additional questions or concerns you may have.

Medication: This compound contains various nutrients and vitamins based on your practitioner's recommendation.

Possible ingredients include:

Vitamin B6 (as pyridoxal-5-phosphate, P5P)
Folic acid (as 5-methyltetrahydrofolate, 5-MTHF)
Zinc

Vitamin B12 (as methylcobolamin)
5-HTP (5-hydroxytryptophan)

If your recommendations include lecithin, Omega-3s, magnesium or GABA (gamma-aminobutyric acid) please speak to the pharmacist or wellness staff to learn about over-the-counter options available from our professional supplement lines.

Use: These supplements are prescribed to help improve symptoms of conditions that affect the brain and nervous system.

Side Effects: Common side effects may include nausea, abdominal pain, stomach cramps or diarrhea. These likely stem from the absorption of concentrated nutrients in the digestive tract and may be lessened by administering after food. If you experience excessive drowsiness, headaches, vomiting, chest pain, difficulty breathing, confusion, hallucinations or diarrhea, please contact your doctor.

Dosage and Administration: These compounds can be prepared as a suspension, troche or capsule, depending on patient preference. Each dose should be taken orally once daily. The selection of nutrients and their strengths have been chosen specifically by your practitioner based on your individual needs. Always follow your physician's or pharmacist's instructions.

Storage, Beyond Use Dating and Disposal: Suspension and troche dosage forms should be stored in the refrigerator (36°-46°F) to maintain potency. Capsules may be stored at room temperature (68°-77°F). The "Beyond Use Date" (BUD) is the expiration date for compounded medicines. The suspension and troche dosage forms are generally stable for 30 days. Capsules carry a BUD of 6 months. It is always best to refer to your medication's label for specific storage requirements and beyond-use dating. Search "How to Dispose of Unused Medicines" at www.fda.gov for info on medication destruction.

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Disclaimer: This Patient Information Sheet explains the proper use and storage of the described medication and is provided as a service to our customers. This guideline is a summary of information and is not intended to replace or act as an official drug monograph. Patients with further questions or concerns specific to this compounded medication should consult their pharmacist. Patients with questions regarding therapy not discussed above should consult their doctor.

Last update: January 2018