**Compounds for Healthspan and Longevity**

**Guest Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DOB** \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Sex** M or F

**Address** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Ph #**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Allergies** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Medical Conditions­** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- |
| **MEDICATION** | **STRENGTH** | **DOSAGE**  **FORM** | **DIRECTIONS** | **QUANTITY** | **REFILLS** |
| Methylene  Blue | **Circle One:**  5mg  10mg  15mg  25mg  35mg  50mg | Oral Capsule | Take \_\_\_\_\_\_ capsule(s) by mouth \_\_\_\_\_\_\_ daily |  |  |
| Sirolimus (rapamycin) | **Circle One:**  5mg  7.5mg  10mg | Oral Capsule | Take 1 cap PO every \_\_\_\_ days |  |  |
| NAD+ | 30 mg/spray | Nasal spray | Use 1-2 sprays in one nostril twice daily (alternating nostrils)  Discard after 30 days. | 8ml bottle |  |
| NAD+ | 50mg | Sublingual tablet | Dissolve \_\_\_\_\_ tablet(s) under the tongue \_\_\_\_\_ time(s) daily. Once dissolved, wait 15 minutes before eating or drinking anything, including water. |  |  |
| Phys Pref Rejuvenation  (Epitalon) | 0.5mg | Sublingual Tablet | Dissolve 1 tablet under the tongue once daily. Once dissolved, wait 15 minutes before eating or drinking anything, including water. |  |  |

**Physician Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Printed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date Written \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DEA # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ NPI # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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