Medication Log Card

Why keep a list of your medication with you at all time? In case of an emergency or unexpected hospital visit, having a medication list ensures healthcare providers know what you're taking. Keep a list of all drugs being taken, including over-the-counter drugs and supplements, such as vitamins, minerals, and herbs.

Medication Log For			
Medication	Dosage	Frequency	Prescribing Doctor
		+ +	
		+	