Supplement Cabinet Inventory

A companion worksheet for The Weekly Signal No. 11

Use this worksheet to record what you already own, why you use it and which questions deserve a conversation before the wellness offers begin.

Educational boundary: Please keep anything your clinician has prescribed or recommended exactly as directed, and bring questions about interactions, laboratory tests, pregnancy, surgery, side effects or dose changes to a qualified health professional.

ITEM 1

PRODUCT	**ACTIVE INGREDIENTS**	
DOSE PER SERVING	**HOW OFTEN**	
WHY I USE IT	**EXPIRATION**	**MONTHLY COST**
QUESTIONS FOR A PHARMACIST OR CLINICIAN		

ITEM 2

PRODUCT	**ACTIVE INGREDIENTS**	
DOSE PER SERVING	**HOW OFTEN**	
WHY I USE IT	**EXPIRATION**	**MONTHLY COST**
QUESTIONS FOR A PHARMACIST OR CLINICIAN		

ITEM 3

PRODUCT	**ACTIVE INGREDIENTS**	
DOSE PER SERVING	**HOW OFTEN**	
WHY I USE IT	**EXPIRATION**	**MONTHLY COST**
QUESTIONS FOR A PHARMACIST OR CLINICIAN		

Continue the inventory

Bring the completed pages to the right conversation.

ITEM 4

PRODUCT		**ACTIVE INGREDIENTS**
DOSE PER SERVING		**HOW OFTEN**
WHY I USE IT	**EXPIRATION**	**MONTHLY COST**
QUESTIONS FOR A PHARMACIST OR CLINICIAN		

ITEM 5

PRODUCT		**ACTIVE INGREDIENTS**
DOSE PER SERVING		**HOW OFTEN**
WHY I USE IT	**EXPIRATION**	**MONTHLY COST**
QUESTIONS FOR A PHARMACIST OR CLINICIAN		

ITEM 6

PRODUCT		**ACTIVE INGREDIENTS**
DOSE PER SERVING		**HOW OFTEN**
WHY I USE IT	**EXPIRATION**	**MONTHLY COST**
QUESTIONS FOR A PHARMACIST OR CLINICIAN		

Three quick checks

Evidence	Experience	Economics
What outcome do I expect? Is the ingredient and dose supported by human evidence?	Am I using it as intended? Do format, timing, taste or tolerance make it realistic?	What is the true monthly cost? Does it replace, duplicate or add another subscription?

Bring a complete record of everything you take to the conversation, even though this worksheet focuses on supplements.