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|------------------------|---|
| <p>COMMENTS</p> | <p style="text-align: center;">- Affix label here-</p> <p>Clinical Center/ID: ____ - ____ - ____ - ____</p> <p>First Name _____ M.I. _____</p> <p>Last Name _____</p> |
|------------------------|---|

1. Date of Contact: -- (M/D/Y)

2. Staff ID: _____

3. Contact Type:

- ₁ Phone
- ₂ Mail
- ₃ Visit
- ₈ Other

4. Visit Type:

- ₁ Screening #
- ₂ Semi-Annual #
- ₃ Annual #
- ₄ Non-Routine

Supplement Definitions (see Instructions for more details)

| | |
|------------------------------------|--|
| Multi-Vitamin | <p>A multi-vitamin with no minerals. These supplements usually have 10 or more vitamins, often at levels of 100% U.S. RDA.</p> <p>Nutrients of Interest: Beta-carotene (or Vitamin A/Beta-Carotene mix), and Vitamin C.</p> |
| Multi-Vitamin with Minerals | <p>Multi-vitamin with minerals. These supplements usually have 20-30 vitamins and minerals, often at levels of 100% U.S. RDA or less.</p> <p>Nutrients of Interest: Beta-carotene (or Vitamin A/Beta-Carotene mix), Vitamin C, Calcium and Selenium.</p> |
| Stress Multi-Supplement | <p>Multi-vitamin with high doses (usually > 200% RDA levels) of several B-vitamins. May contain large dose of Vitamin C or some Minerals.</p> <p>Nutrients of Interest: Beta-carotene (or Vitamin A/Beta-Carotene mix), Vitamin C, Calcium and Selenium.</p> |
| Other Supplement Mixture | <p>A mixture of 10 or fewer vitamins and /or minerals that does not fit into one of the preceding three categories. Examples are B-complex and anti-oxidant mixtures such as Protegra. If a supplement contains 11 or more nutrients, it should be classified as a multi-vitamin or multi-vitamin with minerals.</p> |
| Single Supplements | <p>These supplements contain only one vitamin or mineral. Commonly used supplements are Vitamins C and E and the minerals Calcium and Iron.</p> |

| Type of Supplement | Dose or Quantity | Circle Default Unit or cross out Default and write in Other | | Months Taken Last Year | Pills Per Week | Years Taken |
|-----------------------------|------------------|---|------------|------------------------|----------------|-------------|
| | | Default Unit | Other Unit | | | |
| Multi-Vitamin (No minerals) | 1 | Pill | | | | |



| | | | |
|----------------------------------|--|-----|--|
| Beta-Carotene | | IU* | |
| (or Vitamin A/Beta-Carotene mix) | | IU* | |
| Vitamin C (Ascorbic Acid) | | mg | |

| | | | | | | |
|-----------------------------|---|------|--|--|--|--|
| Multi-Vitamin with minerals | 1 | Pill | | | | |
|-----------------------------|---|------|--|--|--|--|



| | | | |
|----------------------------------|--|-----|--|
| Beta-Carotene | | IU* | |
| (or Vitamin A/Beta-Carotene mix) | | IU* | |
| Vitamin C (Ascorbic Acid) | | mg | |
| Calcium | | mg | |
| Selenium | | mcg | |

| | | | | | | |
|-------------------------|---|------|--|--|--|--|
| Stress Multi-Supplement | 1 | Pill | | | | |
|-------------------------|---|------|--|--|--|--|



| | | | |
|----------------------------------|--|-----|--|
| Beta-Carotene | | IU* | |
| (or Vitamin A/Beta-Carotene mix) | | IU* | |
| Vitamin C (Ascorbic Acid) | | mg | |
| Calcium | | mg | |
| Selenium | | mcg | |

* Note that Vitamin A and Beta-Carotene may be in International Units (IU), retinol equivalents (RE), or milligrams (mg).

| Type of Supplement | Dose or Quantity | Circle Default Unit or cross out Default and write in Other | | Months Taken Last Year | Pills Per Week | Years Taken |
|--------------------------|------------------|---|------------|------------------------|----------------|-------------|
| | | Default Unit | Other Unit | | | |
| Other Supplement Mixture | 1 | Pill | | | | |



| Vitamins | | | |
|---|--|-----|--|
| Vitamin A | | IU* | |
| Beta-Carotene | | IU* | |
| (or Vitamin A/Beta-Carotene Mix) | | IU* | |
| Vitamin B1 (Thiamine) | | mg | |
| Vitamin B2 (Riboflavin) | | mg | |
| Vitamin B6 (Pyridoxine) | | mg | |
| Vitamin B12 (Cyanocobalamin) | | mcg | |
| Biotin | | mcg | |
| Vitamin C (Ascorbic Acid) | | mg | |
| Vitamin D (Calciferol) | | IU | |
| Vitamin E (Tocopherol) | | IU | |
| Folic Acid (Folacin) | | mcg | |
| Niacin (Niacinamide) | | mg | |
| Pantothenic Acid (Pantothenate) | | mg | |
| Minerals (record elemental levels) | | | |
| Calcium | | mg | |
| Chromium | | mcg | |
| Copper | | mg | |
| Iron | | mg | |
| Magnesium | | mg | |
| Manganese | | mg | |
| Molybdenum | | mcg | |
| Selenium | | mcg | |
| Zinc | | mg | |

* Note that Vitamin A and Beta-Carotene may be in International Units (IU), retinol equivalents (RE), or milligrams (mg).

| Type of Supplement | Dose or Quantity | Circle Default Unit or cross out Default and write in Other | | Months Taken Last Year | Pills Per Week | Years Taken |
|---------------------------|------------------|---|------------|------------------------|----------------|-------------|
| | | Default Unit | Other Unit | | | |
| Single Supplements | | | | | | |



| Vitamins | | | | | | |
|---|--|-----|--|--|--|--|
| Vitamin A | | IU* | | | | |
| Beta-Carotene | | IU* | | | | |
| (or Vitamin A/Beta-Carotene Mix) | | IU* | | | | |
| Vitamin B1 (Thiamine) | | mg | | | | |
| Vitamin B2 (Riboflavin) | | mg | | | | |
| Vitamin B6 (Pyroxidine) | | mg | | | | |
| Vitamin B12 (Cyanocobalamin) | | mcg | | | | |
| Biotin | | mcg | | | | |
| Vitamin C (Ascorbic Acid) | | mg | | | | |
| Vitamin D (Calciferol) | | IU | | | | |
| Vitamin E (Tocopherol) | | IU | | | | |
| Folic Acid (Folacin) | | mcg | | | | |
| Niacin (Niacinamide) | | mg | | | | |
| Pantothenic Acid (Pantothenate) | | mg | | | | |
| Minerals (record elemental levels) | | | | | | |
| Calcium, Tums or Oscal | | mg | | | | |
| Chromium | | mcg | | | | |
| Copper | | mg | | | | |
| Iron | | mg | | | | |
| Magnesium | | mg | | | | |
| Manganese | | mg | | | | |
| Molybdenum | | mcg | | | | |
| Selenium | | mcg | | | | |
| Zinc | | mg | | | | |

* Note that Vitamin A and Beta-Carotene may be in International Units (IU), retinol equivalents (RE), or milligrams (mg).