

Herb check report - Example
(Private and Confidential)

Consultation Date: 01/01/2019

Patient: Mrs Jane Smith (01/01/81), 21 Fake Lane, Borchester

Following the analysis of the information you gave me in your health questionnaire and our consultation on 01/01/19 I have created this report. The information included in the report is accurate as of 03/01/19.

Review of your medications (section 2):

Following a review of the five medications that you are currently taken I can confirm that the following herbs and supplements are shown to interact with these medications and therefore should be avoided.

Ginkgo, St John's wort, Liquorice, Vitamin B and Zinc.

Review of your supplements and herbs (section 3):

Following a review of the 3 herbs and supplements that you are taking I can confirm that the following herbs and supplements should be avoided when taking them.

Vitamin C, grapefruit and St John's wort.

Review of your general health (sections 4 and 5):

Following a review of your general health information I recommend that you visit a GP to ensure your blood pressure is checked regularly and that you are under the care of a diabetic nurse.

Review of your diet and lifestyle (section 6 and 7):

Following a review of your diet and lifestyle information I recommend that you try an elimination diet to ascertain the cause of your allergies. I also recommend switching to a low sulphate wine, organic where possible as you may find this improves your urticaric rash.

Please note: This information is for guidance only and it is up to you to take any action that has been recommended as you see fit.

Please get in touch if you would like to continue to the next part of the consultation where I assess if herbal medicine may be a suitable option for you and which herbs I would recommend.

Yours sincerely

Laura Carpenter