

728-743 Herbal & Complementary Sample Log Form

Herbal / Complementary Products	Key counseling points provided to the patient (Purpose, dose, frequency, common side effects, length of use)

Directions for herbal counseling requirement.

- 1) From the list below, choose **three different** herbal products.
- 2) Fill in the product and key counseling points on the log form.
- 3) Counsel a patient with your preceptor evaluating your counseling skills.

Herbal Products (Choose from this list only)

- | | |
|-------------------|--------------------|
| Aloe Vera | Ginkgo |
| Arnica | Ginseng |
| Black Cohosh | Grape Seed Extract |
| Butterbur | Green Tea |
| Cannabidiol | Hawthorn |
| Cat's Claw | Kava |
| Chamomile | Lavender |
| Chasteberry | Licorice Root |
| Cinnamon | Milk Thistle |
| Cranberry | Peppermint Oil |
| Echinacea | Red Yeast Rice |
| Elderberry | Saw Palmetto |
| Evening Primrose | Soy |
| Fenugreek | St. John's Wort |
| Feverfew | Tea Tree Oil |
| Flaxseed / Oil | Turmeric |
| Garcinia Cambogia | Valerian |
| Garlic | Yohimbe |
| Ginger | |

Directions for complementary counseling requirements.

- 1) From the list below, choose **three different** complementary products.
- 2) Fill in the product and key counseling points on the log form.
- 3) Counsel a patient with your preceptor evaluating your counseling skills.

Complementary Products (Choose from this list only)

Acupuncture	Massage Therapy
Biotin	Meditation
Calcium	Melatonin
Coenzyme Q 10	Multivitamin
Deep Breathing Exercises	Neti Pot
Essential Oils	Probiotics
Fish Oil / Omega 3 Fatty Acids	Vitamin B (Complex / 1, 2, 3, 5, 6, 7, 12)
Glucosamine / Chondroitin	Vitamin C
Honey	Vitamin D
Iron	Vitamin E
Magnesium	Yoga