

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

Stress Multi-Supplement	1	Pill				
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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).