

Oral Health Supplement Review & Questions Planner

Product information | Copy the label accurately

Bring the product or a clear label photo and your full medication and supplement list. This planner does not recommend a supplement or dose.

Name / date:

1. Identify the product

Exact product name / brand / version:

Already using or only considering? Since when, if used?

2. Copy label details

Serving size / ingredients and amounts per serving:

Additional ingredients (or attach Supplement Facts photo):

Intended benefit / product claims I want to ask about:

Manufacturer directions / warnings (not personal advice):

If already used: amount and frequency I actually take:

Copy units exactly, such as mg or mcg. Label directions are not an individualized recommendation. Attach another sheet or label photo if needed.

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Review with your dentist, doctor, or pharmacist

Ask a qualified healthcare professional to review your needs and possible interactions before starting a supplement. Do not change prescribed care on your own.

1. My needs and current care

Concern or dietary gap I hope to address:

Diagnosed deficiency or recommendation, if any / by whom:

Medicines, supplements, conditions, or allergies to review:

2. Questions to ask

Do I need this supplement? What evidence supports the intended benefit? Does it duplicate another product? Could it interact with my medicines? Is dental treatment or a dietary change more appropriate?

My additional question:

3. Recommendations and next steps

Healthcare professional / date / contact:

Individual advice / next step (or attach instructions):

Educational planner, not a supplement recommendation or interaction check. Reference: FDA, Questions and Answers on Dietary Supplements.