

Elena Hofmann-Smith, ND

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T3 TRACKING REPORT

DIRECTIONS: Take one capsule in the AM and one in the PM for TWO DAYS beginning with 7.5 mcg. Every TWO DAYS increase to the dose indicated in the table below, thus ascending from 7.5 mcg to 60.0 mcg. Beginning with 60.0 mcg you will decrease dosage every THREE DAYS as indicated in the table below, thus descending from 60.0 mcg to 7.5 mcg, take one capsule in the AM and one in the PM, as indicated. To aid in keeping on schedule, write in dates and days of week before you start the regime. Cross out AM's and PM's as you progress.

DATE	DAY	DOSE	TIME	TEMP	DATE	DAY	DOSE	TIME	TEMP
		7.5 mcg	AM PM				45.0 mcg	AM PM	
			AM PM					AM PM	
		15.0 mcg	AM PM					AM PM	
			AM PM				37.5 mcg	AM PM	
		22.5 mcg	AM PM					AM PM	
			AM PM					AM PM	
		30.0 mcg	AM PM				30.0 mcg	AM PM	
			AM PM					AM PM	
		37.5 mcg	AM PM					AM PM	
			AM PM				22.5 mcg	AM PM	
		45.0 mcg	AM PM					AM PM	
			AM PM					AM PM	
		52.5 mcg	AM PM				15.0 mcg	AM PM	
			AM PM					AM PM	
-----	-----	60.0 mcg	AM PM	-----				AM PM	
			AM PM				7.5 mcg	AM PM	
			AM PM					AM PM	
		52.5 mcg	AM PM					AM PM	
			AM PM		NOTES: Temperature: Axillary μ Basal μ Take temperature at: _____ a.m. _____ p.m.				
			AM PM						

This medication must be taken **EXACTLY** as prescribed. If you have any questions please call us at (503) 252-8125 before beginning the regime.