

How to Use Guide



by Yvonne Coleman





Medications are listed
alphabetically

Medications are listed by both trade
name and generic name



Medications names in bold are
generic names



Medications function
is in italics





Degree of effect of either Nutrients affected or Adverse reactions is not prioritised

Contradictory information is included



Nutrients affected, Adverse reactions, Biochemical factors have standardised sequencing

Drugs, medicines and medications are used interchangeably

