

Physician & Rav Discussion Sheet

SAMPLE TEMPLATE

Bring to both appointments · Designed for clarity, not diagnosis · kosherlongevity.com

PATIENT

NAME

DATE OF BIRTH

TODAY'S DATE

COMMUNITY / MINHAG

PCP / CARDIOLOGIST

RAV / POSEK FOR MEDICAL SH'EILOS

CURRENT PRESCRIPTION MEDICATIONS

MEDICATION & DOSE	STARTED (M/Y)	REASON / PRESCRIBER
atorvastatin 20 mg qHS	03 / 2022	LDL 142 — Dr. Cohen (cardio)
metformin 1000 mg BID	07 / 2023	A1c 6.4 — PCP

SUPPLEMENTS YOU TAKE OR ARE CONSIDERING

SUPPLEMENT & DOSE	BRAND / HECHSHER	REASON TAKING
Omega-3 EPA/DHA 2 g	Nordic Naturals (OU fish)	CoQ10 partner — for statin
CoQ10 100 mg	Thorne (KOF-K pareve)	Statin-induced depletion
Vitamin D3 2000 IU	(considering)	Need brand recommendation

FOR MY PHYSICIAN

Bring this page to your next appointment. Take notes in the right margin.

- Which of my medications may deplete any nutrient on the list above?
- Which baseline labs do you recommend before I start the supplements I've listed?
- Any absorption or timing interactions I should plan around (e.g., levothyroxine + calcium)?
- What's my target range for: lipids, A1c, hsCRP, vitamin D, B12, homocysteine, omega-3 index?
- How long until we retest each marker?
- Are there any of my conditions where supplementation is contraindicated?
- If I notice [side effect], what should I stop first?

FOR MY RAV / POSEK

Sh'eilos to clarify before adding or substituting supplements.

- Capsule shells: is bovine gelatin acceptable in my framework? What about fish or vegetarian (HPMC)?
- For omega-3: any concern with non-glatt fish-sourced gelatin or with fish oil from non-kosher species?
- For NMN / NR: does the fermentation substrate (often corn-derived) trigger kitniyot concerns on Pesach?
- For phytosomal curcumin: is the dairy lecithin carrier a chalav stam vs chalav Yisrael question?
- Is daily supplementation considered refuah (medicine) — and does that change Shabbat allowances?
- If I need to start a supplement urgently and only a non-hechshered version is available — what's the heter pathway?
- Are there any I should specifically use vs. avoid based on my community's standards?

NOTES
