



## Medicine, vitamins and dietary supplements

Name of product	Average weekly quantity  Pcs, ml, etc	Cross the weeks in which you have taken this product, both before and in the beginning of your pregnancy																	
		1 <sup>st</sup> day of last menstruation																	
		Weeks before pregnancy				Weeks after pregnancy													
Example: <i>Parodil, 500 mg</i>	<i>4</i>	4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Example: <i>Gravitamin</i>	<i>7</i>	4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
		4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
		4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
		4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
		4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
		4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
		4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
		4	3	2	1	1	2	3	4	5	6	7	8	9	10	11	12	13	14