

# My Herbal Journal

current as of: Jan / 21 / 2012  
month      day      year

Herbal / Supplement	Strength	Days of the Week	Time of the Day	Qty	Purpose	Brand / Store	Active Ingredient(s)
<i>1 - Example</i>	<i>200mg</i>	<i>Daily</i>	<i>morning</i>	<i>1</i>	<i>heart health</i>	<i>pure nature</i>	
<i>2 - Example</i>	<i>400mg</i>	<i>Daily</i>	<i>morning</i>	<i>1</i>	<i>healthy skin</i>	<i>pure nature</i>	<i>vitamin E</i>
	<i>400mg</i>	<i>Daily</i>	<i>night</i>	<i>1</i>	<i>healthy skin</i>	<i>pure nature</i>	<i>vitamin E</i>
<i>3 - Example</i>	<i>600mg</i>	<i>Sunday</i>	<i>morning</i>	<i>2</i>	<i>digestion</i>	<i>herbal-all</i>	