

Ashantis Nettles

10/21/16

Begin Metformin 500 mg 1 tablet
every day

After you get your glucometer
make an appointment with
us to show you how to
use it 334-244-3281

Check your blood sugar every
morning before you eat and
keep a record of your results

You will need to follow up with
us in the clinic in two weeks
make an appointment &
bring a record of all of
your blood sugar results

Start taking Vitamin B3 every
day - you can purchase this
over the counter