

★ 14-DAY CHALLENGE LOG ★

TAKE YOUR PRILOSEC OTC PILL DAILY FOR 14 DAYS



TIPS

- ★ Take your pill at about the same time every day.
- ★ Remember, may take one to four days for full effect.
- ★ Talk to your doctor about Prilosec OTC after completing 14 days.

TAKE PILL AT

___:___ AM|PM

✓	DAY	DATE:	TIME OF DAY:	NOTES & OBSERVATIONS
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	14			