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LM NATURALS STUDY DIARY

FIRST VISIT

Study Number : 01

DATE: 7.2.08

Study Group A (currently pregnant)
 B (recently delivered - < 6 months ago)

Stretch mark Location (note side of
body to be treated)

(Last delivery - > 6 months ago)

45mm Vertical Right Upper
Abdomen.

Participant initials: S.L.

participant D.O.B. 14.11.61

Presently pregnant: yes no

gestation : — / 40 weeks

If not pregnant, date of last delivery 4.12.91

Total number of pregnancies 2

Weight 88Kg

Height 157cm

Abdominal circumference 112 cm

Medications : (record name, dose, and amount taken each time)(at each visit note any changes to pre-study information)

LM Naturals Stretch mark oil dispensed? Yes / no (circle one) * 2 MOTHERS

INSTRUCTIONS

Apply the study oil to the stretch marks as shown by the nurse TWO times a day. Try to apply at a similar time each day and to keep the area dry for at least 2 hours after each application. Initial the diary each time you apply the oil. Take the diary with you to each clinic visit.

SECOND VISIT

Weight 88 Kg Abdominal circumference 112 cm

LM Naturals Stretch mark oil dispensed? Yes (no) (circle one)
 Review medications and note changes

com 07/02 - 21st/02

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------------|---------|-----------|--------------------------------------|--------|----------|--------------|
| AM | 11 ✓ 18 | 12 ✓ | 13 ✓ | 14 off comm ✓ | 15 ✓ | 16 ✓ | 17 ✓ 18 * |
| PM | 11 ✓ 18 * | 12 ✓ | 13 ✓ | 14 off 21 st ✓ | 15 ✓ | 16 ✓ | 17 ✓ 18 ✓ |

* not applied
 ✓ applied.

THIRD VISIT

Weight 90 Kg Abdominal circumference 108 cm

LM Naturals Stretch mark oil dispensed? Yes (no) (circle one)
 Review medications and note changes from restudy. no obvious changes.

21st/02 - 13/03

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|--------------|-------------|--------------|-------------|-------------|--------------|-------------|
| AM | 25 10 ✓ ✓ | 26 4 ✓ ✓ | 27 11 ✓ ✓ | 28 6 ✓ ✓ | 29 7 ✓ ✓ | 30 13 ✓ ✓ | 31 2 ✓ ✓ |
| PM | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ |

FOURTH VISIT

Weight 90 Kg Abdominal circumference 109.5 cm

LM Naturals Stretch mark oil dispensed? Yes / no (circle one) 1x mothers
 Review medications and note any changes from restudy.

13/03 - 10/04

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----|-----------------|------------------|------------------|-------------------|----------------|----------------|----------------|
| AM | 17 24 31 ✓ ✓ | 18 25 1 8 ✓ ✓ | 19 26 2 9 ✓ ✓ | 20 27 3 10 ✓ ✓ | 21 28 4 ✓ ✓ | 22 29 5 ✓ ✓ | 23 30 6 ✓ ✓ |
| PM | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ |
| AM | 14 21 28 ✓ ✓ | 15 22 29 ✓ ✓ | 16 23 30 ✓ ✓ | 17 24 1 ✓ ✓ | 18 25 ✓ ✓ | 19 26 ✓ ✓ | 20 27 ✓ ✓ |
| PM | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ | ✓ ✓ |

10/01/05

used oil 2x daily for 12 weeks missing only a few applications as marked

FIFTH VISIT

Weight: 88 Kg Abdominal Circumference: 108.5 cm

THINGS THAT I HAVE NOTICED

This page is for you to write down anything that you notice while you are using LM Naturals Oil. It does not have to be related to just the application of the oil. Tell us about changes in your health ... such as headaches, nausea, pain, rashes. Tell us if you start taking a new medication or if you stop taking one. Date each comment.

If you are particularly concerned, please phone one of the contact numbers we gave you so that we can go over it together and ensure that you are well. You are not a bother or a problem. We would rather hear from you than have you worry needlessly.

Thurs 7th - 1st application, feels "oily" but applies easily. have the smell / perfume.
Sat 16/02 Paracetamol \bar{t} taken.

13.03.08 - prolonged headache. (no medication taken).

W/E 21st, 22, 23 24th
away for weekend forget to take oil with me.

31st - commenced on Naproxyn 750mg once daily.
taking every 2nd day for joint pain.

10.4.08 No change.

01/05/08. still no visible to naked eye improvement.
absorbs well, skin feels softer.