



# The Functional Medicine Pharmacist Checklist

*Six tools every pharmacist needs to start  
implementing Functional Medicine today.*



**Functional Medicine  
Pharmacists Alliance**

# Hello!

**Before you dive into this checklist, here's what I want you to know:**

**It's never too late to re-focus your efforts** and make functional medicine a priority in your career. Your efforts can pay off quickly when you dedicate time to practicing these skills.

Everything I am going to teach you in this guide is **100% doable**. Functional Medicine is overwhelming when you think you've got to know everything, and do everything, all of the time.

To maximize the results of your efforts and make functional medicine easy to implement, **use the 6 simple solutions** I'll share with you on the next page!

*-Lauren*

Dr. Lauren Castle  
FMPHA Foudler & CEO



## Six Functional Medicine Tools Pharmacists Can Use to Help Patients *Take Charge of their Health*

# 6 TOOLS

- 01** Deprescribing:  
Carefully stop medications that are no longer needed
- 02** Functional Medication Therapy Management:  
Optimize your unique medication & supplement regimen
- 03** Drug Supplement Interactions:  
Ensure supplements and medications work together safely
- 04** Drug Nutrient Depletions:  
Replace vital nutrients that medications may be depleting
- 05** Mind your MEDS:  
Mindfulness, Exercise, Diet, & Sleep are just as important as taking your medications and supplements as recommended!
- 06** Professional Grade Supplements:  
Quality Matters! To access quality supplements, visit a secure, Online Dispensary at [www.FMPhA.org/supplements](http://www.FMPhA.org/supplements)



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For More Info or to Find a Pharmacist near you, visit  
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