Pilora

Bring your supplement list to your appointment.

One page with every supplement you take, the ingredients and the amounts printed on each label, and your medications next to them.

1. **Get the free Pilora app**
   Scan the code with your phone camera. iPhone and Android.

2. **Scan both sides of each bottle**
   The app reads the label: the ingredients and the amount of each.

3. **Tap "List for your doctor"**
   Print the page or show it on your phone at your visit.

pilora.app/download

The app and the list are free for up to 5 items; a longer list needs a paid plan. The list contains only what you add. Pilora is not a medical device and does not give medical advice. It never tells you to start, stop or change a medicine: that is for you and your doctor or pharmacist.