READ ME FIRST: Look to see if YOUR batch/lot number is on the left. If it is, add your comment on the right by A. **numbering it, B. stating the "mg" pills you are using, 3. then symptoms.** So if someone added comment 1, you do comment 2 so we'll know you are a different person from whomever wrote 1.

If you do NOT see your batch number on left, add yours below it in next box

NOTE: IF YOU HAVE LOW or HIGH CORTISOL, OR AN IRON PROBLEM, YOU WILL HAVE PROBLEMS/SYMPTOMS THAT HAVE NOTHING TO DO WITH A BAD BATCH. THUS, you may not be qualified to post here. This is ONLY about folks who know that their symptoms are due to a bad batch.

EXPIRATION: BATCH/LOT NUMBER: mg PILL plus COMMENT: 10/16 LF03141A 1. 65 mg, hair has been 04/17 falling out, wrists hurt, very LF03727A bloated, terrible brain fog. 2. I DO NOT KNOW 1. BATCH/LOT NUMBER **LFO3139A** 2016 LF03136/7/8 1. 30mg tablets, they appear to LF03508A 02/2017 be working! 1. 30 mg, Struggling LF03506A