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Reason for consumption (symptoms):  

- **Symptom #1:** Relief (out of 10): Notes:  
- **Symptom #2:** Relief (out of 10): Notes:  
- **Symptom #3:** Relief (out of 10): Notes:  
- **Symptom #4:** Relief (out of 10): Notes:

Negative effects/side effects:  

Notes/recommendations/thoughts:  

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