



A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201

Children's Vitamins that Really Protect Against Colds & Flu - **GUARANTEED**

Dr. Wayne Myers, Pharm., D.

Many of you have already heard us tout the benefits of the **HAKUNA MATATA** brand of children's vitamins. But these vitamins are too good for us not to talk about once again as our children head back to school and daycare. Being a father of four myself, I believe that most parents want to provide their children with the ultimate protection against any illness or injury. They just don't always know how to do that.

Unfortunately, as a result, most children get 3-4 colds plus a dose of the flu each year! Most of it coming from contact with other children at school or daycare. **The key to prevention is building their immune systems so they are not susceptible to those bugs in the first place.**

So how do you do that? A well-balanced diet full of fruits and vegetables is a great start. But we know it's not easy to get kids to eat at all sometimes let alone eat well. To ensure your child is getting as many vitamins and minerals into their system as possible, even when they aren't eating well, it's essential to find a **HIGH QUALITY, GREAT TASTING** children's multi-vitamin.

HAKUNA MATATA children's vitamins are laboratory tested to provide your child with protection

unrivaled by any other children's vitamin/mineral combination. Each chewable tablet contains the right assortment of vitamins and minerals synergistically balanced to **help ward off infections**. And they're designed to help protect your kids **all day long**, whereas cheaper versions protect them only through the morning. No wonder kids succumb to everyone else's viruses.

HAKUNA MATATA also provides additional immune system building with whole food concentrates of fresh fruits and vegetables - something else those cheaper versions lack. Fortunately, these powerful vitamins do NOT include flavors, sweeteners, preservatives, wheat, gluten,

yeast, starch, meat, or eggs making them **ideal for kids with severe allergy problems or special dietary needs.**

In an independent laboratory test of 127 different brands of children's vitamins/minerals, **HAKUNA MATATA** came out ahead of all other recognized brands. But don't take our word for it...

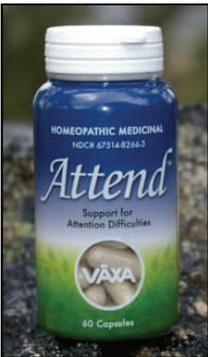
I am writing this testimony for Hakuna Matata Vitamins. My daughter who turned 11 in February of 2009 has been taking them for two years. We had used some of the better known brands and she never liked the taste of them. We were on vacation in the Carolinas and were in a pharmacy and noticed Hakuna Matata Vitamins. I inquired about them to the Pharmacist, who highly recommended them because they have more of the ingredients that make a great vitamin and they have no artificial ingredients. The vitamins were a hit with my daughter. Within the last two years I have noticed a reduction in colds with my daughter and she has missed only one day of school due to illness. My daughter and I like Hakuna Matata Vitamins very much and would recommend them to any parent who is looking to keep their child healthy. Bridget Seeger, Stephentown, NY



So, for healthier children and a healthier family pick up **HAKUNA MATATA** today. **A bottle of 60 capsules is just \$11.98, and your satisfaction is guaranteed 100%.** If you're not happy with the results after 30 days, bring the bottle back with your original receipt for a full refund! Kids under 4 years old should chew one tablet each morning. Kids over 4 should chew one tablet in the morning and one in the afternoon.

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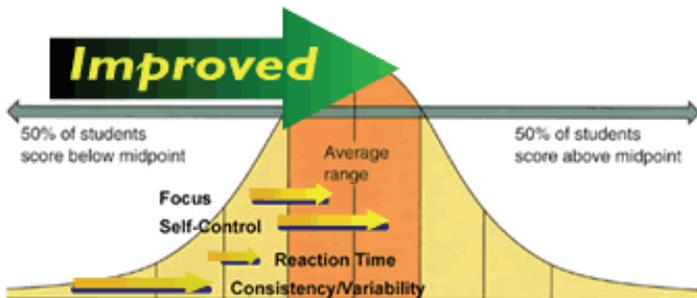
ADD/ADHD is Not a Ritalin Deficiency! It's a Nutrition Deficiency, and you can fight it.

Attention Deficit Disorder affects over 3.5 million children in the U.S. and has become our country's most widespread behavioral problem, affecting between 4-7% of our total population.

Prescribed treatments for ADD/ADHD are central nervous system stimulants, like methylphenidate (Ritalin), Concerta, Focalin, and Adderall. All of these can produce a wide variety of side effects, including: "Ritalin rebound," loss of appetite and weight loss, insomnia, headaches, stomachaches, drowsiness, potential liver damage, facial tics, and melancholy. *The long-term effects can be even more devastating.*

As evidence mounts that stimulants may not be as safe as once thought, many of you are looking for alternative treatments or a natural remedy that works. We have found a natural supplement that goes far beyond our expectations. It's called **ATTEND** by VAXA, and it has over 70 natural ingredients combined specifically to address the root causes of ADD/ADHD symptoms and correct them.

VAXA's neuro-scientists developed **ATTEND** using cutting edge research with amino acid combinations, Essential Fatty Acids, and Lipid complexes, homeopathic medicines, and precursors to specific neurotransmitters. **This combination of neural building materials gives the brain what it needs to optimize performance in filtering out noise from the "outside world," and "the inside world," to focus better on the task at hand.** Attend helps children and adults who have problems with focus, self-control, reaction time, and consistency!



ATTEND is just \$39.99 for one month's supply. As always, if you're not satisfied after 30 days, return your bottle and original receipt for a full refund. For more information on **ATTEND**, please stop by the pharmacy.

New Hours Starting in September



Monday-Friday: 8:00am - 7:00pm
Saturdays: 8:00am - 1:00pm

Tell us what you think!



1-888-314-0732 ext. 100

"What seems to us as bitter trials are often blessings in disguise."

- Oscar Wilde

HEALTH FUNNIES

Things you don't want to hear during surgery:

"Better save that. We'll need it for the autopsy."

"Someone call the janitor -- we're going to need a mop."

"Oops! Hey, has anyone ever survived 500ml of this stuff before?"

September Specials

1



**25% Off ALL
Country Life Products
Sept. 14th - 26th**

Including::

RealFood Ultimate Daily Nutrition
multi-vitamin 60ct
(reg \$51.99) **Only \$38.99**
Ultra CoQ10 60mg 30ct
(reg \$34.98) **Only \$26.24**

2

**20% Off ALL
Candle Products
all month!**

Reg 98¢ - \$19.98
**Only
78¢ - \$15.98**



3



**20% Off ALL
Nordic Naturals
Children's Products
All of September!**

Including::

Children's DHA 180ct
(reg \$23.95) **Only \$19.16**
Nordic Berries multi-vitamin
120ct (reg \$21.95) **Only \$17.56**

COMPOUNDING



Charles Hill, R. Ph.

What option do you have as a parent when your child can't (or won't) take a prescribed medication? Many children fight so hard NOT to take their medicine that once the battle is over, you are often left wondering how much (or how little) the child actually ingested into their system.

Not only is this very frustrating and stressful, but it can also become expensive. If the battle continues, it often results in treatment failure – meaning your child may remain ill longer than necessary and require repeat treatments.

You're not alone in the struggle. A recent survey of **pediatricians found only 50% of their patients would readily take medications with an unpleasant flavor.** The good news is that your problem-solving pharmacists at Norland Avenue have a way to raise that rate to as much as 90%.

How is this possible? In a recent study involving our flavoring system, the reasons included: a pleasant taste, the child's active involvement in the process of choosing a flavor, and the lack of a struggle when administering the medication.

At Norland Avenue Pharmacy, we use a system called Flavors[®] *available exclusively to members of the Professional Compounding Centers of America (PCCA).* With this system, we not only change the flavor of your child's medicine, but also suppress bitterness, enhance sweetness, smell, and texture, all of which are part of the complex process we simply call "taste".

Because unpleasant taste isn't the only obstacle to our younger patients' medication needs, Norland Avenue Pharmacy's compounding pharmacists can also help by suggesting unique dosage forms, alternative routes of administration, and creative solutions to overcome such obstacles. As a member of the PCCA, Norland Avenue Pharmacy has many solutions at our disposal so we can respond to various pediatric problems. **We'll work with you and your child's physician to help you feel confident that the needs of your child are being met in the best possible way.**

CORNER



**Ask us how to get
rewarded for buying the
prescriptions you need.**

SAVE THE DATE!

Wednesday, September 23rd - FREE Blood Pressure Screening from 11-2 at the pharmacy!

Wednesday, September 30th - Antioxidant Screening available from 10-2 at the pharmacy! (\$10 per scan)

Cholesterol & You

FREE SEMINAR

Monday, September 28th

7:00—8:00 p.m.

Norland Avenue Pharmacy

Find out how cholesterol issues affect you at this FREE seminar presented by pharmacist Wayne Myers.

He'll discuss:

- The main issues and why you should care.
- The difference between "good" and "bad" cholesterol.
- What all the numbers mean and the numbers you should be aiming for.
- What you should do about cholesterol - including traditional and non-traditional treatment methods.

Reserve your spot for this FREE seminar today: (717) 217-6790.

You Are What You Eat

Norland Avenue Pharmacy is proud to offer a
FREE seminar on

The Power of Digestion

Guest speaker Tracy Kreider, C.N.C., will cover Digestion 101:

- How do we digest our food?
- What are enzymes?
- Is there such a thing as good bacteria?
- Fiber?
- Do I eat enough?
- What is my body really telling me?

Please join us on **Thursday, September 10th from 6-7:30 p.m.** The seminar is free, but seating is limited. Call today to reserve your spot!

(717) 217-6790

Return Service Requested

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Chambersburg, PA 17201

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