



Why Everyone Needs A Multiple Vitamin

A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201

In our most recent seminar, Tracy Kreider, CNC, told us that the antioxidant level of our fruits and vegetables has decreased by 50% in the past 50 years. What does that mean for you and me? No matter how good we eat, and Tracy made a good case for eating organic, we still need to supplement (and not simply replace) what we eat with vitamins and minerals. For optimal health we need to be taking a multiple vitamin.

Doesn't it make sense to work at preventing disease not just treating it when it happens? The first step to disease prevention is taking a multiple vitamin. A multiple vitamin can give us the ammunition to fight off everything from colds to cancer. Also, optimal health means more than just preventing disease. We want to be energetic, bright minded and feeling great—optimally healthy. Again, taking a multiple vitamin is the first step to optimal health.

So, now that you are ready to take a multiple, how do you go about picking the right one?

First, I want to ask you some questions, the same questions I would ask if you came into the store. Question #1: How many times a day do you eat? For most people the answer is three. Our bodies need and want nourishment multiple times per day. Question #2: Can you fit 10 pounds of potatoes into a 5 pound bag? Of course the answer is No. So how can you put all the nutrients you need into a once a day vitamin? The first consideration in picking out a multiple is that it should be taken in more than one tablet, and multiple times per day.

Many of the vitamins and antioxidants we need for optimal health are water soluble. They stay in our bodies for 6 hours or so and then get excreted out in our urine. In order to maintain optimal levels of the vitamins and antioxidants, we need to take them multiple

times per day. The best time to take a multiple vitamin is with a meal.

Second, when choosing a multiple, you want to avoid some of the “extra” inactive ingredients that are often in mass produced, national vitamins. For instance, dyes or binders like polyethylene glycol are not only unnecessary, but they can be harmful.

Finally, you want to look for a multiple that is pharmaceutical grade. The company who produces the vitamin should have some type of quality assurance in place to assure you that what they say on the label is what is actually in the product.

Of course at Norland Avenue Pharmacy, LLC we have several vitamins that meet these standards. We have a great line of organic, whole food based vitamins that was just introduced by Country Life. These REAL FOOD ORGANIC vitamins start at \$24.99.

Also, we have two fabulous liquid multiple vitamins from Heaven Sent Naturals. A 32oz. bottle of the **Sea Essentials** is \$29.99. The **Balanced Essentials** is only \$39.99 for a 32 oz. bottle. With the purchase of each you get a free box of sublingual B12 (a \$14.98 value).

Finally, you may be asking what multiple vitamin I am taking these days. The **Essentials Multiple Vitamin/Mineral Complex** from **Norland's Wellness Works** line is the product I have used all winter and have really liked. This pharmaceutical grade multiple vitamin/mineral is rich in antioxidants, coenzyme B vitamins, macro and micro nutrients and is iron free. This is an excellent vitamin that is ideally taken 3 tablets per day. Not only is this a great multiple, you can get it for a great price, its only \$24.98.

Please stop in anytime to talk with me, or any of our knowledgeable staff about which multiple is right for you.

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“While we may not be able to control all that happens to us, we can control what happens inside us.”

- Ben Franklin

“Vitamin D Does More than Strengthen Bones”

As more research is completed, we are consistently seeing that the importance of vitamin D in our diet goes far beyond its familiar role of strengthening bones.

Periodontal Disease – According to a recent dental study, the gums of patients with higher blood levels of vitamin D were 20% less likely to bleed. Bess Dawson-Hughes, director of the Bone Metabolism Lab at Tufts University, believes that vitamin D influences oral health by decreasing inflammation.

Cancer – Reinhold Vieth at the University of Toronto has completed several studies that report a substantial reduction in the rates of colon cancer as blood levels of vitamin D went up. And, research published in September 2007 shows that vitamin D supplementation produces an astonishing 77% reduction in all cancers in women.

Diabetes – Several studies have even shown that the risk of diabetes goes down as the blood level of vitamin D goes up. It seems that vitamin D also influences the responsiveness to insulin.

Fitness – Wake Forest University School of Medicine performed a study that found that people with low blood levels of vitamin D scored 5-10% lower on tests measuring grip strength, balance and walking speed. Vitamin D also helps build and repair muscles as well as bones.

Longevity – Sara Gandini, Ph.D., of the European Institute of Oncology in Italy, and Philippe Autier, M.D., of the International Agency for Research on Cancer in France, reported, “The intake of ordinary doses of vitamin D supplements seems to be associated with decreases in total mortality rates.”

So what do you do? Few people get enough vitamin D, so supplementing with additional vitamin D is imperative. However, any old vitamin D will not do. Vitamin D2 is synthetic and almost useless. **Vitamin D3 is what you need.** Our version by Douglas Labs is about as pure as you’ll find. Best value available at **\$9.98** for 100 caps, 1000 units each.

Meet the Team



Charles Hill, R.Ph.

Charlie began working at Norland Avenue as a pharmacist in June of 2005. He currently resides in Chambersburg with his wife and three children and is a member of the First United Methodist Church of Chambersburg. Charlie is a graduate of the University of Sciences in Philadelphia and has a depth of experience in hospital settings; he has practiced pharmacy at both Lancaster General Hospital and Chambersburg Hospital. He is a member of the American Pharmaceutical Association, National Community Pharmacists Association, and Pharmacy Compounding Centers of America.

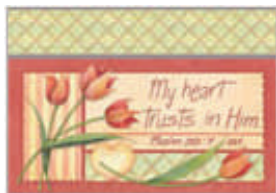
In August of 2007, Charlie completed compounding training. This training allows him to create custom medications to meet the unique needs of a given individual or even your favorite pet. No longer are you limited to what’s available on the market, Charlie can now make medications in different strengths and even different forms (pills versus liquids, etc.). Stop by and ask him for more information on compounding!

Charlie enjoys the fast-paced environment and the quality co-workers at the pharmacy and looks forward to serving you!

HEALTH FUNNIES

- **Q.** Did the doctor say you were stressed?
A. No, but he said I’m a carrier.
- Diets are for those who are thick and tired of it!
- If exercise is good for you, why do athletes have to retire by age 35?
- “You’re really in pretty good shape for a man of 65,” the doctor said reassuringly. “Of course, you’re only 48...”

Looking for Meaningful, Inspirational Gifts that are Affordable? *Look no further!*



Blessing Box

We're here to serve you and meet your needs. So, we've been searching far and wide for gifts with a meaningful message that inspire and lift up the recipient—but at an affordable price. We are happy to report that we have built a great selection of affordable, inspirational gifts available now in our *Gift Shoppe*. Stop in and check out our wide variety, and be sure to let us know what you think!

A Selection of Framed Poems Written Especially for that Specific Person (\$14.98)

Inspirational Signs & Wall Art featuring Scripture Passages (\$11.98 & up)

Message Bracelets including Fruits of the Spirit, the 23rd Psalm & the Lord's Prayer (\$6 & up)

Blessing Boxes with Scripture Cards (\$16.98)

Home Décor Items & Lights with Meaningful Messages (\$5.98 & up)

Legacy of Faith Greeting Cards including Prayer Cards & Scripture Cards (50% off \$2.98)

The Secret Anti-Allergy Weapon Drug Companies Don't Want You to Discover!

Over 40 million Americans suffer from allergies to mold, grass, pollen, dust and other airborne agents. Every year, **billions of dollars** of over-the-counter medications are sold to suppress your symptoms and help make life livable again.

The big drug companies would like you to believe that suppressing your symptoms with their synthetic drugs is your best recourse against allergies. *But they're trying to fool you.* **You don't have to take dangerous drugs to suppress your symptoms. Natural remedies can do the job better and without side-effects.**

The secret weapon against allergies that we recommend is **NATURAL D-HIST** which contains the most effective natural allergy-fighters known to man (and in the correct proportions):

- **Quercetin:** anti-inflammatory and histamine-blocker, its effect on allergies is unmatched by any other natural substance.
- **Vitamin C:** proven over many years to significantly lower symptoms of allergies, colds, asthma and bronchitis.
- **Stinging Nettle:** creates an antihistamine effect.
- **Bromelain:** reduces inflammation by inhibiting kinin formation (which causes the swelling and pain).
- **N-Acetyl-Cysteine (NAC):** breaks down the viscosity of mucous better than any other natural substance.

This powerful all-natural allergy-fighter is **NATURAL D-HIST**, and it's the most powerful approach to fighting allergies we've ever found. **This amazing all-natural product works so well that we will refund your money if it doesn't meet your expectations.** How many big drug companies will give you that guarantee?

NATURAL D-HIST (120 caps) \$34.98 (please add \$3.95 s&h to phone/mail orders)

Mark Your Calendar - Saturday, April 19th is the annual Summit Health Fair from 7 - 11 a.m. Join us at the pharmacy for FREE antioxidant testing!

Please feel free to share this highly informative newsletter with a friend.

Coming in Future Issues:

- Important Information on Cholesterol
- Treating Muscle Aches & Pains

Free Seminar for Women Only

“Suffer from Mood Swings? PMS? Hot Flashes? Think You’re Just Getting Older? Think Again...”

Find out how hormone balance issues affect you at this **FREE** seminar presented by registered pharmacist **Charles Hill**. At the seminar on **Thursday, April 24th from 7:00—8:00 p.m.** at **Norland Avenue Pharmacy**, you’ll learn:

- How to control hormonal irregularities and associated symptoms (like PMS) *without* birth control pills.
- About the hormone link to some depressions and why anti-depressants may not be the complete solution.
- Why Bio-Identical Hormone Replacement Therapy (BHRT) may be an option for those at risk for cancer and heart disease.
- How hormones can be tested and which option may be preferable for your situation.
- *And much more!*

The seminar is FREE, but seating is limited, so reserve your spot now: (717) 217-6790.



“Protect your heart and nervous system while balancing moods and blood sugar levels. At the same time cope with stress, boost your immune system, and increase joint flexibility.”

Too good to be true? Read on . . .

There really is no magic pill that will solve all your health problems, but if I had to pick one thing that would come close, Omega-3 essential fatty acids would be it. Decades of research have established the benefits

of Omega-3 fatty acids. And just like a multiple vitamin, I believe everyone should be taking Omega-3s everyday to help reach optimal health.

Fish oil contains high levels of Omega-3 fatty acids. The two main omega-3s are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Research indicates that EPA helps maintain a healthy heart and circulatory system, enhances joint flexibility, controls inflammation, and promotes healthy immune function. DHA supports learning and memory, promotes positive mood and well being, as well as protect the brain, eyes and nervous system. Anyone who wants to protect their heart and brain, deal with arthritis, or maintain a positive immune system should consider taking Omega-3s.

With all the benefits of Omega-3s, why wouldn't you take them? For the month of April we are making it even easier by offering 15% off the **“Omega-3” 120 count bottle** from Nordic Naturals. The regular price is only **\$28.95 and you receive 15% off that**. One serving of this product provides you with the international recommendations of EPA and DHA. Nordic Naturals guarantee freshness, purity, truth in labeling and no fishy smell or taste. We in turn recommend all the Nordic Natural products with complete confidence.

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