



A SPECIAL PUBLICATION FOR OUR VERY IMPORTANT PATIENTS

Norland Avenue Pharmacy and Compounding Center

757 Norland Avenue, Ste 105, Chambersburg, PA 17201

Do you Really Need a Multi-Vitamin?

Dr. Wayne Myers, Pharm., D.

Even if you are eating a healthy, well-balanced diet, you probably aren't getting all the individual nutrients your body requires. **Taking a daily multi-vitamin is an easy, inexpensive way to ensure you're getting the vitamins and minerals your body needs to function at optimum health.** Here is a quick quiz to help you determine if you need a multi-vitamin:

- Do you avoid smoking or second-hand smoke?
- Do you avoid drinking four or more alcoholic drinks per week?
- Do you eat a vitamin fortified cereal every day?
- Do you eat at least five servings of dark green or brightly colored fruits and vegetables every day?
- Do you eat at least three servings of milk, cheese, yogurt, or calcium fortified foods each day?
- Do you get at least 15 minutes of sunlight four days per week?
- Do you eat oily ocean fish like salmon or tuna at least two times per week?
- Do you eat flax, canola oil, or soy at least two times per week?
- Do you avoid eating processed food more than two times per week?
- Do you avoid eating fast food or junk food more than two times per week?

Talk to Your Pharmacist – Dietary supplements can interact with prescribed medications. Talk to your pharmacist and take all your prescriptions to the same pharmacy.

So, now that you are ready to take a multiple, how do you go about picking the right one? First, how many times a day do you eat? For most people the answer is three. Your body needs and wants nourishment multiple times per day. Next, can you fit ten pounds of potatoes into a five pound bag? Of course the answer is "No." So how can you put all the nutrients you need into a one-a-day vitamin? **The first consideration in picking out a multiple is that it should be taken in more than one dose, and multiple times per day.**

Many of the vitamins and antioxidants you need for optimal health are water soluble. They stay in our bodies for six 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 in many different forms (liquid, tablet, etc.). One of our favorites for adults: **Wellness Works Essential Performance** regularly priced at **\$26.98**. Our best seller for kids: **Hakuna Matata** chewables regularly priced at **\$11.98**. Stop in and ask our nutrition specialist or a pharmacist to help pick out a multiple that's right for you!

Every time you answered "no" your need of a multi-vitamin increased. **Keep in mind the children in your life.** There's a good chance they may also be in need of a multi-vitamin. In general, dietary supplements are safe. However, here are a few guidelines to keep in mind:

Eat Healthy – Multi-vitamins and other supplements do not completely make-up for an unhealthy diet. Try to increase your intake of fruits and vegetables, low-fat dairy products, whole grains, lean meats, fish, poultry, nuts, seeds, and legumes.

Don't Overdose – Some supplements can be bad for your health when taken in extremely large amounts for extended periods of time. Be sure to follow the dosage instruction or consult your doctor or pharmacist.

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Everything You Wanted to Know About Hormone Replacement but were Too Tired, Hot, and Irritated to Ask—PART 2

So, what does “natural” really mean when it comes to Hormone Replacement Therapy? The term “natural” can be a term of confusion. It can have different meanings to different people. It is often used to describe the drug source and typically means “not man made.” However, “natural” in reference to Hormone Replacement Therapy should be referring to the system it’s being used in (a.k.a. your body), NOT where it’s coming from.

Premarin® stands for pregnant mares' urine (PREgnant MAREs' urINE). Premarin (including Prempro and Premphase) is a drug made up of conjugated estrogens obtained from the urine of pregnant mares—put out in many forms (pills, creams, injections, patches, vaginal rings) and is used to reduce the symptoms of menopause in women or women who have had a hysterectomy.

Hormones taken from a pregnant horse are not man made and, therefore, could be referred to as “natural.” But, they would not be considered “natural” to your body, because they do not match exactly what your body naturally produces.

What has been prescribed for women the past 50 years is NOT replacement therapy, it’s substitution therapy. If you would like more information on **Bio-Identical Hormone Replacement Therapy**, stop by or call and schedule a consultation with Tracie or Charlie!



Meet the Team



Erin Diehl, Customer Service & Pharmacy Technician

Erin has been a special part of our pharmacy family since August of 2007. She is currently working part-time while attending Shippensburg University in hopes of securing her pre-pharmacy degree. When she's not helping customers at the registers, you'll find her assisting the pharmacist in filling prescriptions at the other end of the pharmacy!

Regardless of what role she is filling, Erin always has a smile to share!

HEALTH FUNNIES

Two young boys were discussing their ailments together in the children's ward.

"Are you medical or surgical?" asked the first, who had been in the ward for a week.

"I don't know what you mean."

"It's simple," replied the first. "Were you sick when you came in here? Or did they make you sick when you got here?"

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

- Helen Keller



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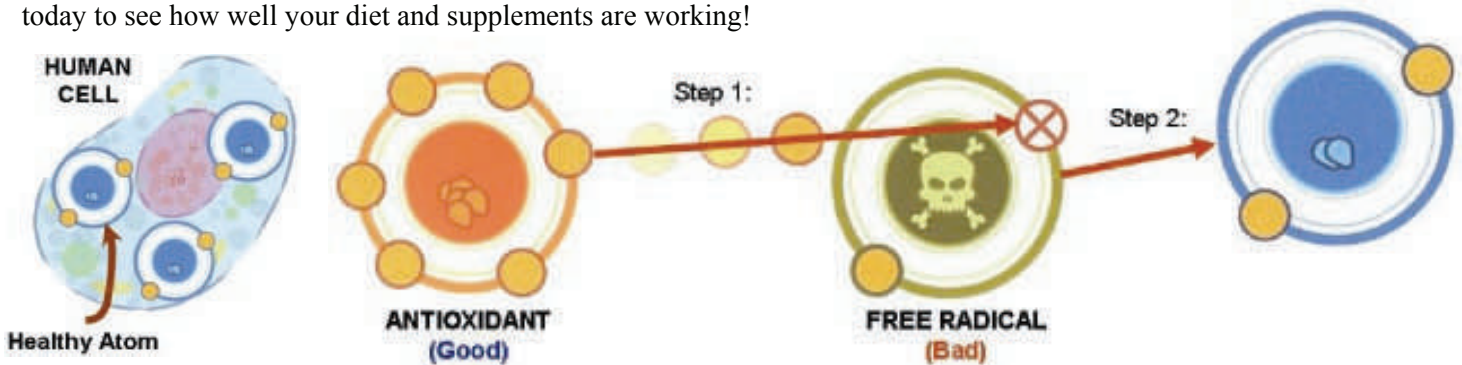
Penetran Plus Only \$11.98 (reg \$14.98)

Why You Should Have Your Antioxidant Level Tested...

When a fender oxidizes it's called "rust." In your body, oxidation plays a key role in aging and disease. Antioxidants are naturally occurring chemicals in foods that help to counter the detrimental effects of oxygen free radicals, which form during normal metabolism and through external factors such as pollution. **Oxygen-free radicals have been associated with the development of several diseases including cancer, heart disease, osteoporosis, and many others, highlighting the need to consider antioxidant levels as part of preventative medicine.**

Your body's health depends on your cells' health. To slow down aging, limit illness, and prevent disease you must protect and feed your cells properly. Cells are made up of atoms. Healthy atoms have paired electrons. When healthy cells replicate, they make exact copies. FREE RADICALS are atoms missing an electron. They steal electrons from surrounding atoms, thus altering or destroying cells. Cells that die or replicate in a damaged state are the cause or contribute to premature aging, sickness, and disease. Antioxidants give an extra electron to the free radical, neutralizing the chain and reducing your risk. **ANTIOXIDANTS ARE CRITICAL IN MAINTAINING OPTIMAL HEALTH.**

Antioxidants such as vitamin E, vitamin C, and beta carotene can offer protection, but you may wonder if you have enough to keep the "rust" away. At Norland Avenue Pharmacy, our Pharmanex[®] BioPhotonic Scanner uses innovative laser technology to non-invasively measure the concentration of carotenoid antioxidants in your body's tissue in about two minutes! The Scanner score provides you with a scientifically validated measurement of how your diet and supplementation program is protecting your body's cells and overall nutritional health. An antioxidant scan is just \$10. However, if you choose to buy your multi-vitamin at Norland Avenue, we will cut the cost in half to just \$5. Stop in today to see how well your diet and supplements are working!



**Ask us about
Norland Rewards!**

Upcoming Topics:

- Irritable Bowel Syndrome
- Allergy Relief

Free Seminar

Cholesterol & You

Monday, March 16th

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.

We'll discuss:

- The main issues and why you should care.
- The difference between the "good" cholesterol and the "bad" cholesterol.
- What all the numbers mean and the numbers you should be aiming for.
- Traditional and non-traditional treatment methods.
- *And much more!*

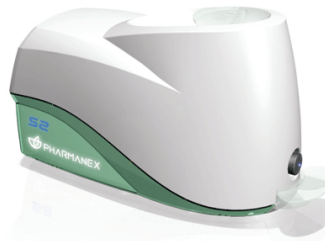
The seminar is FREE, but seating is limited, so reserve your spot now: (717) 217-6790.

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