



BOOK AN
APPOINTMENT
WITH YOUR
PHARMACIST



BLOOD

THE ESSENCE OF LIFE

Every moment of every day, your blood delivers oxygen and nutrients to nourish every cell in your body. As a key player in your body's ability to fight infection, heal wounds, circulate hormones and even remove waste, keeping your blood healthy and oxygen-rich is extremely important to your wellbeing.

ARE SUPPLEMENTS RIGHT FOR YOU?

A balanced diet is always your best bet for ensuring that you get the vitamins and minerals you need. However, for some of us this isn't always possible. Strict vegetarians, for example, are more likely to be at risk for a Vitamin B12 deficiency because it is almost only found in foods from animal sources, such as meat, fish, dairy products and so on.

It's a good idea to talk to a health care professional to ensure you're getting adequate amounts of the vitamins and minerals you need. Your pharmacist can help you select the right products if it appears that supplements could be an option for you.

Vitamins and natural health products can interact with your medication or be contraindicated in certain conditions. Consult your health care professional to find the product that is right for you, in accordance to your needs and health condition, as well as contraindications and possible side effects.

PHARMACY INFORMATION



	FERROUS GLUCONATE 320 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Iron (Ferrous Gluconate). Each tablet contains 35 mg of elemental iron. Properties/Uses A factor in the maintenance of good health. Helps form red blood cells and prevent iron deficiency anemia. Directions (adults) 1 tablet daily with a meal, a few hours before or after taking other medications, or as recommended by your health care professional. Space out iron supplement from calcium, antacids, and caffeine to ensure adequate absorption of iron Notes:			
	FERROUS SULFATE 190 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Iron (Ferrous Sulfate). Each tablet contains 60 mg of elemental iron. Properties/Uses A factor in the maintenance of good health. Helps form red blood cells and prevent iron deficiency anemia. Directions (adults) 1 tablet daily, preferably with a meal or as recommended by your health care professional. Take a few hours before or after taking other medications. Notes:			
	VITAMIN B12 CYANOCOBALAMIN 150 MCG CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Vitamin B12 (cyanocobalamin). Properties/Uses A factor in the maintenance of good health. Helps the body metabolize fats, proteins and carbohydrates. Helps form red blood cells. Directions (adults) 1 tablet, 1-4 times daily or as recommended by your health care professional. Notes:			

	VITAMIN B12 250 MCG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Vitamin B12 (cyanocobalamin). Properties/Uses Helps to form red blood cells and helps the body metabolize fats, proteins and carbohydrates. Directions (adults) 1-4 tablets daily or as recommended by a physician.			
Notes:			

	VITAMIN B12 1,200 MCG TIMED-RELEASE TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	80
Active ingredient Vitamin B12 (cyanocobalamin). Properties/Uses Helps to form red blood cells and helps the body metabolize fats, proteins and carbohydrates. Directions (adults) 1-4 tablets daily or as recommended by a physician.			
Notes:			

	VITAMIN B12 METHYLCOBALAMIN 1,000 MCG SUBLINGUAL TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Vitamin B12 (methylcobalamin). Properties/Uses A factor in the maintenance of good health. Helps the body metabolize fats, proteins and carbohydrates. Helps form red blood cells. Directions (adults) Dissolve 1 tablet daily under the tongue or as recommended by your health care professional.			
Notes:			