

	TEA TREE OIL 100% PURE	PHARMACIST RECOMMENDS AVAILABLE SIZE	 50 mL
Active ingredient Tea Tree Oil. Properties/Uses Traditional herbal antiseptic/germicide for relief of minor skin ailments and abrasions. Directions (adults) Apply 2 to 3 times daily to affected areas or as recommended by your health care professional.  Do not use in the presence of dermatitis or other chronic skin conditions.			
	L-LYSINE 500 MG CAPSULE	PHARMACIST RECOMMENDS AVAILABLE SIZE	 60
Active ingredient L-Lysine. Properties/Uses Helps to reduce the recurrence, severity and healing time of herpes simplex virus (HSV) infection (eg, cold sores). Essential amino acid for the maintenance of good health. Vegetarian capsule, free of animal product. Directions (adults) 2 capsules, 1-3 times daily or as recommended by your health care professional. Consult a health care professional for use beyond 6 months. Notes:			
	ORGANIC OREGANO OIL WITH VITAMIN E	PHARMACIST RECOMMENDS AVAILABLE SIZE	 25 mL
Active ingredient Vitamin E, Organic Oregano Oil. Properties/Uses Antioxidant for the maintenance of good health. Also used for respiratory disorders (e.g., cough, asthma, flu) and gastrointestinal disorders (e.g., bloating, indigestion). Directions (adults) 4 drops (0.15 mL) daily, mixed with water or food, or as recommended by your health care professional. Take a few hours before or after taking supplements containing iron, zinc, calcium or copper. Notes:			

	CRANBERRY 500 MG CAPSULE	PHARMACIST RECOMMENDS AVAILABLE SIZE	 90
Active ingredient Cranberry Concentrate. Properties/Uses Used in herbal medicine to help prevent recurrent urinary tract infections (UTIs). Source of antioxidants for the maintenance of good health. Directions (adults) 1 capsule daily with a full glass of water at mealtime, or as recommended by your health care professional. Use for a minimum of 4 weeks to see beneficial effects.  Caution when used for patients with a history of kidney stones.			
	BIOTIN 5000 MCG CAPSULE	PHARMACIST RECOMMENDS AVAILABLE SIZE	 60
Active ingredient Biotin. Properties/Uses Helps to maintain the body's ability to metabolize nutrients. Helps maintain healthy hair, skin and nails. Directions (adults) 1 capsule daily or as recommended by a health care professional. Notes:			

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GENERAL WELLNESS

TAKE BACK CONTROL OF YOUR HEALTH

As we grow older, the more likely we become to have the 'best of intentions' when it comes to maintaining our healthy, active lifestyle. For example, we all know that exercising regularly, getting enough sleep, and eating healthy foods with important nutrients like fatty acids and antioxidants are key components in helping us fight and prevent certain diseases.

GREAT HEALTH STARTS NOW

As with most things in life, the better informed you are, the better choices you can make. A good place to discuss your nutritional concerns is with your health care professional. He or she can help you make smart decisions based on your lifestyle, and suggest the supplements that are right for you.

PHARMACY INFORMATION

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.

	EXTRA-STRENGTH ECHINACEA 2500 MG SOFTGEL	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		60
Active ingredient Echinacea Purpurea. Properties/Uses Supportive therapy in the treatment of upper respiratory tract infections (e.g., common colds, influenza). Helps to relieve and shorten the duration of the symptoms. Directions (adults) 4 softgels daily at the first sign of infection or as recommended by your health care professional. Consult a health care professional for use beyond 8 weeks.  Consult your health care professional prior to use if you are taking immunosuppressants or if symptoms persist or worsen.			
	VITAMIN C 500 MG TABLET	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		120
Active ingredient Vitamin C. Properties/Uses An antioxidant for the maintenance of good health. Vitamin C is a factor in the normal development and maintenance of healthy bones, cartilage, teeth and gums. Directions (adults) 1-4 tablets daily or as recommended by your health care professional. Notes:			
	VITAMIN C 1000 MG TIMED RELEASE CAPLET	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		120
Active ingredient Vitamin C, Rosehips Fruit. Properties/Uses An antioxidant for the maintenance of good health. Vitamin C is a factor in the normal development and maintenance of healthy bones, cartilage, teeth and gums. Directions (adults) 1 caplet daily or as recommended by your health care professional. Notes:			

	MAGNESIUM BISGLYCINATE 200 MG CAPSULE	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		60
Active ingredient Elemental Magnesium (magnesium bisglycinate, magnesium oxide). Properties/Uses Helps in the development and maintenance of bones and teeth. Helps to maintain normal muscle function. Helps to maintain the body's ability to metabolize nutrients. Directions (adults) 1 capsule daily or as recommended by a health care professional. Notes:			
	MAGNESIUM CITRATE +D3 GUMMIES	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		60
Active ingredient Magnesium. Vitamin D3. Properties/Uses Helps in bone development, in energy metabolism and tissue formation. Directions (adults) 1 gummy once daily. Notes:			
	POTASSIUM CITRATE TABLET	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		100
Active ingredient Elemental Potassium (citrate). Properties/Uses Supports Electrolyte balance and normal pH. Directions (adults) 1 tablet daily or as recommended by a health care professional.  Caution: may increase the risk of hyperkalemia (elevated potassium) in combination with certain medications.			

	COD LIVER OIL WITH VITAMIN D 550 MG/400 IU SOFTGEL	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		100
Active ingredient Cod Liver Oil (Vitamin A), Vitamin D. Properties/Uses A factor in the maintenance of good health. Helps in the development and maintenance of bones, teeth and night vision. Helps maintain eyesight, skin, membranes and immune function. Directions (adults) 1 softgel daily or as recommended by your health care professional.  This product contains 1,250 IU of vitamin A. Consult with your health care professional prior to use if you are pregnant, possibly pregnant or breastfeeding.			
	EXTRA STRENGTH COD LIVER OIL SOFTGEL	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		100
Active ingredient Cod Liver Oil (Vitamin A), Vitamin D. Properties/Uses A factor in the maintenance of good health. Helps in the development and maintenance of bones, teeth and night vision. Helps maintain eyesight, skin, membranes and immune function. Directions (adults) 1 softgel daily or as recommended by your health care professional.  This product contains 2,500 IU of vitamin A. Consult with your health care professional prior to use if you are pregnant, possibly pregnant or breastfeeding.			
	ZINC LOZENGES 5 MG TABLET	PHARMACIST RECOMMENDS	
	AVAILABLE SIZE		60
Active ingredient Zinc, Vitamin C. Properties/Uses Vitamin C is a factor in the normal development and maintenance of bones, cartilage, teeth and gums. An antioxidant for the maintenance of good health. Helps maintain immune function. Directions (adults) 2-8 lozenges daily with meals, a few hours before or after taking other medications, or as recommended by your health care professional. Notes:			