

	MAGNESIUM CITRATE 150 MG CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Magnesium Citrate.			
Properties/Uses A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, proteins and fats, and in the development and maintenance of bones and teeth. Helps to maintain proper muscle function.			
Directions (adults) 1-3 capsules daily, two hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	MAGNESIUM 250 MG CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	90 200
Active ingredient Magnesium (Oxide, Malate, Glycerophosphate).			
Properties/Uses A factor in the maintenance of good health. Helps the body to metabolize carbohydrates, proteins and fats, and in the development and maintenance of bones and teeth. Helps to maintain proper muscle function.			
Directions (adults) 1 caplet, 2 times daily, two hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	ZINC CITRATE 50 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Zinc Citrate.			
Properties/Uses Helps the body metabolize carbohydrates, fats and proteins. A factor in the connective tissue formation. Helps maintain healthy skin and immune function.			
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.			
Notes:			

	VITAMIN E 400 IU SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100 120
Active ingredient Vitamin E.			
Properties/Uses An antioxidant for the maintenance of good health.			
Directions (adults) 1-2 softgels daily or as recommended by your health care professional.			
 May increase the risk of bleeding in patients taking blood thinners.			
	POTASSIUM CITRATE 99 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Potassium Citrate.			
Properties/Uses Mineral supplement for the maintenance of good health.			
Directions (adults) 1 tablet daily or as recommended by your health care professional.			
 Using with certain drugs may increase the risk of hyperkalemia (elevated potassium).			

Option+

BOOK AN
APPOINTMENT
WITH YOUR
PHARMACIST

VITAMINS & MINERALS

SUPPLEMENT YOUR HEALTHY HABITS

Eating a balanced diet, exercising regularly, getting enough sleep and paying attention to personal hygiene are all important in our quest to be healthy. But they're certainly not the only contributing factors. Eating the right foods with important nutrients, such as vitamins and minerals, may also play a role in preventing certain diseases.

THE IMPORTANCE OF GETTING THE RIGHT FACTS

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.

	FOLIC ACID 1 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Folic Acid. Properties/Uses Helps reduce the risk of neural tube defects when taken daily before and during the early stages of pregnancy. Also helps in the production of red blood cells. Directions (adults) 1 tablet daily or as recommended by your health care professional.  Folic acid supplementation can mask vitamin B12 deficiency.			
	VITAMIN A 10,000 IU SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Vitamin A. Properties/Uses Helps in the development and maintenance of bones, teeth and night vision, and helps maintain eyesight, skin, membranes and immune function. Directions (adults) 1 softgel daily or as recommended by your health care professional.  Pregnant and lactating women or women planning on becoming pregnant, should not take more than 2500 IU of vitamin A per day.			
	B100 VITAMIN B COMPLEX TIMED RELEASE CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Active ingredient Vitamin B1, Vitamin B2, Niacinamide, Vitamin B6, Vitamin B12, Biotin, Folic Acid, Pantothenic Acid, Choline, Inositol. Properties/Uses For the maintenance of good health. Helps the body metabolize carbohydrates, fats and proteins. A factor in normal growth and development. Directions (adults) 1 caplet daily with a meal or as recommended by your health care professional. Notes:			

	B50 VITAMIN B COMPLEX CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Active ingredient Vitamin B1, Vitamin B2, Niacinamide, Vitamin B6, Vitamin B12, Biotin, Folic Acid, Pantothenic Acid, Choline, Inositol. Properties/Uses For the maintenance of good health. Helps the body metabolize proteins, fats and carbohydrates. A factor in normal growth and development. Directions (adults) 1 caplet daily, two hours before or after taking other medications, or as recommended by your health care professional. Notes:			
	VITAMIN B6 100 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Vitamin B6. Properties/Uses Helps to metabolize fats, proteins and carbohydrates. Also to assist in tissue formation. Directions (adults) 1 tablet daily with a meal or as recommended by your health care professional.  Should not be taken by women who are planning on conceiving.			
	VITAMIN B1 100 MG TABLETS	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Vitamin B1. Properties/Uses Helps with normal growth, to maintain good health and metabolize carbohydrates, fats and proteins. Directions (adults) 1 tablet daily with a meal or as recommended by your health care professional. Notes:			

	MULTIVITAMIN MEN, WOMEN, 50+	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	90
Properties/Uses Helps to maintain eyesight, skin, immune function, and proper muscle function. Helps to maintain the body's ability to metabolize nutrients. Directions (adults) 1 tablet daily, with meals, a few hours before or after taking other medications or natural health products or as recommended by a health care professional. Notes:			
	MULTIVITAMIN GUMMIES MEN, WOMEN, 50+	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Properties/Uses Helps maintain healthy hair, skin and nails. Also, maintains healthy metabolism, provides adequate calcium and antioxidants. Supports the following body functions: eyesight, immune function, collagen formation, connective tissue, energy metabolism and overall good health. Directions (adults) 2 gummies daily. Also available in 50+ Notes:			
	VITAMIN B2 100 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Active ingredient Vitamin B2 (riboflavin). Properties/Uses Helps to maintain the body's ability to metabolize nutrients. Helps in energy metabolism and in tissue formation. Directions (adults) 1 tablet once a day or as recommended by your health care professional. Notes:			