



DIGESTIVE

FOOD FOR THOUGHT

When it's all in working order we rarely give the digestive system a second thought. As long as you're getting all the carbohydrates, protein, fats and vitamins from the food you eat, it's all good, right? But what's actually happening to turn those meals into body fuel is a pretty elaborate process. Your digestive system, including your gastrointestinal tract, pancreas, gallbladder and liver, has many moving pieces that work together in unison.

As you most likely already know, what you eat, your lifestyle, medication or medical conditions can all disturb your digestion at times. Small changes in any one of these areas can break the delicate balance and lead to a host of problems, such as diarrhea or constipation.

SOMETHING TO CHEW ON NOW

If your digestive system seems upset, choosing your meals wisely and supplementing your diet with natural health products, such as probiotics, can help you get back to feeling normal. Ask your pharmacist which products make the most sense 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.

	FIBRE LAXATIVE CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	160
Active ingredient Psyllium Husk. Properties/Uses Naturally provides gentle relief of constipation and/or irregularity. With dietary management can help lower cholesterol. Directions (adults) 5 capsules, up to 3 times daily with 250 mL of liquid or as recommended by your health care professional.			
 Do not use if you have any partial mechanical obstruction of GI tract.			

	MILK THISTLE 150 MG SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	90
Active ingredient Milk Thistle. Properties/Uses Traditional herbal medicine may protect the liver. Directions (adults) 1 softgel, 3 times daily, or as recommended by your health care professional. Use for a minimum of 3 weeks to see beneficial effects.			
 Avoid use if you are taking drugs that are metabolized by P450 enzymes CYP3A4 or CYP2C9.			

	DOUBLE STRENGTH COMPLETE MULTI STRAIN PROBIOTIC CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	40
Active ingredient 10 billion active cells (Lactobacillus Casei, Lactobacillus Rhamnosus, Lactobacillus Acidophilus, Bifidobacterium Longum, Bifidobacterium Breve). Properties/Uses Source of probiotics providing live microorganisms that temporarily modify gut flora. Directions (adults) 1 capsule, 1–2 times daily, preferably with meals, or as recommended by your health care professional. Take at least 2–3 hours before or after antibiotics.			
 Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).			

	COMPLETE MULTISTRAIN PROBIOTIC CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Active ingredient 5 billion active cells (Lactobacillus Casei, Lactobacillus Rhamnosus, Lactobacillus Acidophilus, Bifidobacterium Longum, Bifidobacterium Breve). Properties/Uses Source of probiotics providing live microorganisms that temporarily modify gut flora. Probiotics may prevent or reduce duration of diarrhea. Directions (adults) 1 capsule, 3 times daily, preferably with meals, or as recommended by your health care professional. Take at least 2–3 hours before or after antibiotics.			
 Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).			
	ACIDOPHILUS & BIFIDUS CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	180
Active ingredient 6 billion active cells (Lactobacillus Rhamnosus, Lactobacillus Casei, Lactobacillus Acidophilus, Bifidobacterium Longum). Properties/Uses Source of probiotics providing live microorganisms that temporarily modify gut flora. Directions (adults) 3 capsules daily with meals or as recommended by your health care professional. Take at least 2–3 hours before or after antibiotics.			
 Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).			
	FIBRE GUMMIES	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	90
Active ingredient Inulin. Properties/Uses Daily fibre supplement to promote regularity, gentle constipation relief and digestive health. Directions (adults) 2 gummies, 2 times daily or as recommended by your health care professional.			
 Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).			