



BOOK AN
APPOINTMENT
WITH YOUR
PHARMACIST



CARDIOVASCULAR

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.

KEEPING A HAPPY AND HEALTHY HEART

In recent years, we've been hearing a lot more about cardiovascular disease, and most particularly, about its prevention. As we get older, so do our heart and blood vessels, going through physical changes that can lead to an increased risk of cardiovascular disease, even in the healthiest individuals.

AN OUNCE OF PREVENTION...

Although heart disease is something we usually associate with older adults, its leading causes, such as atherosclerosis and hypertension, can begin much earlier in life. This is why prevention efforts are extremely important and necessary, even before the appearance of noticeable symptoms.

Some ways to reduce risk include leading a healthy lifestyle and ensuring that you get sufficient amounts of the nutritional elements proven to reduce cardiovascular risk, such as Omega-3 fatty acids.

Need help finding or choosing between the vitamins and supplements that are right for you? Your pharmacist can guide you in this, as he or she can in so many areas supporting your good health.

	COENZYME Q10 60 MG CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Active ingredient Coenzyme Q10. Properties/Uses Coenzyme Q10 is used to help support and maintain cardiovascular health (e.g., enhancing cardiac performance, particularly for heart failure). Directions (adults) 1 capsule, 2 times daily preferably with meals, or as directed by your health care professional.			
 May reduce the anticoagulation effect of warfarin. Monitor INR closely.			
	COENZYME Q10 100 MG SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Active ingredient Coenzyme Q10. Properties/Uses Coenzyme Q10 is used to help support and maintain cardiovascular health (e.g., enhancing cardiac performance, particularly for heart failure). Directions (adults) 1 softgel daily or as recommended by your health care professional.			
 May reduce the anticoagulation effect of warfarin. Monitor INR closely.			
	COENZYME Q10 200 MG SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Active ingredient Coenzyme Q10. Properties/Uses Coenzyme Q10 is used to help support and maintain cardiovascular health (e.g., enhancing cardiac performance, particularly for heart failure). Directions (adults) 1 softgel daily or as recommended by your health care professional.			
 May reduce the anticoagulation effect of warfarin. Monitor INR closely.			

	OMEGA 3-6-9 1,200 MG SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	180
Active ingredient Flaxseed Oil (ALA, OA), Fish Oil Concentrate (EPA, DHA), Borage Oil (GLA, OA). Properties/Uses Source of essential fatty acids for the maintenance of good health. Helps support cardiovascular health and brain function. Directions (adults) 2 softgels, 3 times daily or as recommended by your health care professional.			
 Contraindicated in patients taking blood thinners, unless prescribed by a physician.			
	OMEGA-3 1,000 MG SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	180
Active ingredient Fish Oil (EPA, DHA). Properties/Uses Helps support cardiovascular health and cognitive function. Directions (adults) 3 softgels daily with meals or as recommended by your health care professional.			
Notes: 			