

	VITAMIN D 1,000 IU SOFTGEL	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	180
Active ingredient Vitamin D3. Properties/Uses Helps in the normal development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Directions (adults) 1 softgel daily or as recommended by your health care professional. Notes:			
	GLUCOSAMINE SULFATE 500 MG CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	360
Active ingredient Glucosamine Sulfate. Properties/Uses Helps relieve joint pain associated with osteoarthritis, protects against cartilage deterioration and is a factor in maintaining healthy cartilage and joint health. Directions (adults) 1 capsule, 3 times daily with meals or as recommended by your health care professional. Use for a minimum of 4 weeks to see beneficial effects.  - Avoid if you are taking warfarin. May increase bleeding and bruising. - Discontinue 2 weeks before elective surgical procedures.			
	GLUCOSAMINE & CHONDROITIN SULFATE 900 MG CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	140
Active ingredient Glucosamine Sulfate, Chondroitin Sulfate. Properties/Uses Helps relieve joint pain associated with osteoarthritis, protects against cartilage deterioration and is a factor in maintaining healthy cartilage and joint health. Directions (adults) 1 caplet 3 times daily with meals or as recommended by your health care professional. Use for a minimum of 4 weeks to see beneficial results.  - Avoid if you are taking warfarin. May increase bleeding and bruising. - Discontinue 2 weeks before elective surgical procedures.			

	GLUCOSAMINE, CHONDROITIN & MSM 1,300 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Active ingredient Glucosamine Sulfate, Chondroitin Sulfate, MSM. Properties/Uses Helps relieve joint pain associated with osteoarthritis and protect against cartilage deterioration. A factor in maintaining healthy cartilage and joint health. Directions (adults) 1 tablet, 3 times daily, or as recommended by your health care professional. Use for a minimum of 4 weeks to see beneficial effects.  - Contraindicated if you are taking blood thinners. - Discontinue 2 weeks before elective surgical procedures. - MSM is contraindicated when using high or frequent doses of ASA or NSAID's unless prescribed by a physician.			
	VITAMIN D3 + K2 D3 25 MCG/ K2 100 MCG GUMMIES	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Properties/Uses For the development and maintenance of bones and teeth. Helps improve the absorption and use of calcium and phosphorus. May reduce the risk of developing osteoporosis when combined with adequate calcium intake and physical activity. Helps maintain immune function. Directions (adults) 2 gummies daily. Notes:			
	VITAMIN D3 + K2 D3 25 MCG/ K2 120 MCG SOFTGELS	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	30
Properties/Uses For the development and maintenance of bones and teeth. Helps improve the absorption and use of calcium and phosphorus. May reduce the risk of developing osteoporosis when combined with adequate calcium intake and physical activity. Helps maintain immune function. Directions (adults) 2 softgels daily. Notes:			

Option+

BOOK AN
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WITH YOUR
PHARMACIST



MUSCULAR & SKELETAL

BUILDING A STRONGER BODY FOR LIFE

Did you know that approximately two million Canadians suffer from osteoporosis? Osteoporosis is defined as a skeletal disorder characterized by compromised bone strength predisposing a person to an increased risk of fracture

The good news is we can prevent these problems from occurring. Exercise and adding calcium-rich foods to your diet (milk, yogurt and cheese) are good steps to take if you're concerned about your bone health. Certain supplements like calcium and vitamin D have also been proven to be important contributors to bone strength and density.

OSTEOARTHRITIS OR OSTEOPOROSIS?

Did you know a person can have both osteoarthritis and osteoporosis at the same time? These conditions may sound the same, but they're very different. Osteoarthritis (OA) is the most common musculoskeletal disorder worldwide. Patients with Osteoarthritis (OA) suffer mostly from pain, stiffness, discomfort and joint function impairment. Osteoporosis is a disease that slowly, quietly weakens bones, often going undiagnosed. Osteoporosis is caused by low bone mass and weakening of bone, which can lead to increased risk of fracture.

Your pharmacist can help you choose the supplements that are right for you. With a little information and a lot of determination, you can have healthy bones and joints for a long, long time.

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.

	CALCIUM CARBONATE 500 MG TABLETS	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100 275
Active ingredient Calcium Carbonate.			
Properties/Uses Calcium helps in the normal development and maintenance of bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.			
Directions (adults) 3 tablets daily, a few hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	CALCIUM CITRATE 300 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Active ingredient Calcium Citrate.			
Properties/Uses Helps in the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.			
Directions (adults) 2-5 tablets daily, a few hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	CALCIUM WITH VITAMIN D 500 MG/200 IU CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Calcium Carbonate, Vitamin D3			
Properties/Uses Helps in the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D helps in the absorption and use of calcium and phosphorus.			
Directions (adults) 1 caplet, 3 times daily, preferably with meals, a few hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	VITAMIN D 1,000 IU, CHEWABLE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Vitamin D.			
Properties/Uses Helps in the normal development and maintenance of bones and teeth and helps in the absorption and use of calcium and phosphorus.			
Directions (adults) 1 chewable daily or as recommended by health care professional.			
Notes:			

	CALCIUM CITRATE WITH VITAMIN D 300 MG/200 IU CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Active ingredient Calcium (Citrate), Vitamin D3.			
Properties/Uses Helps in the normal development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.			
Directions (adults) 2-4 caplets daily, a few hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	SUPER CALCIUM WITH VITAMIN D 650 MG/400 IU CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
Active ingredient Calcium (Citrate), Vitamin D3.			
Properties/Uses Helps in the normal development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.			
Directions (adults) 2-4 caplets daily, a few hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	CALCIUM & MAGNESIUM WITH VITAMIN D 333 MG/167 MG/5 MCG CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	200
Active ingredient Calcium (Carbonate, Citrate, Fumarate, Malate, Succinate), Magnesium (Oxide, Citrate, Fumarate, Malate, Succinate), Vitamin D3.			
Properties/Uses A factor in the maintenance of good health. Helps in the development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.			
Directions (adults) 1-3 caplets daily, a few hours before or after taking other medications, or as recommended by your health care professional.			
Notes:			

	VITAMIN D 400 IU, TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	270
Active ingredient Vitamin D3.			
Properties/Uses Helps in the normal development and maintenance of bones and teeth and helps in the absorption and use of calcium and phosphorus.			
Directions (adults) 1-2 tablets daily or as recommended by your health care professional.			
Notes:			

	VITAMIN D 1,000 IU, TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100 260
Active ingredient Vitamin D3.			
Properties/Uses Helps in the normal development and maintenance of bones and teeth and helps in the absorption and use of calcium and phosphorus.			
Directions (adults) 1 tablet daily or as recommended by your health care professional.			
Notes:			