



Sharon Conley

Our 'Top Five' Supplements for Your Health

As the kids head back to school and the sharing of germs intensifies, I wanted to remind you of our Top Five recommended supplements. These are the supplements we recommend for anyone wanting to build health and develop a strong immune system:

1. If you live in America, chances are you need to supplement your diet with **a quality multivitamin**. You need nutrition throughout your day, so a multiple vitamin is meant to be taken multiple times a day. Remember, quality is key. We recommend Revitalize (90 capsules, \$32.99).
2. To strengthen your immune system, you have to take care of your gut. It's essential to keep the proper balance of good and bad bacteria. This is why we endorse **probiotics** and recognize them as essential for proper digestion and immune health. We recommend Solutions RX Superior Probiotic for beginners. It has six different healthy bacteria with 20 billion CFUs (colony forming units). This is a very good probiotic for a beginner because it has a pre-biotic as well. For those experienced probiotic users, we recommend Natural Creation's Enterobiotic SBO. It has 15 different strains of healthy bacteria (60 capsules, \$37.00).
3. Everyone should be supplementing with fish oil. Given the unhealthy nature of our Western food choices, supplementing your diet with **Omega 3 fatty acid** is essential and will help with a range of things—from brain and heart function to joint health. We recommend Ocean Blue Professional Omega 3 2100 (120 softgels, \$48.99).
4. Current research has noted the vital importance of **Vitamin D**. Not only has it been known to help with depression and furnish a healthier immune system, it can also help prevent cancer and heart disease. And, almost everyone is vitamin D deficient. We recommend at least 5000iu of Vitamin D3 per day.
5. Finally, **Coenzyme Q10**, "the sparkplug of the cell." **CoQ10** is a nutrient located in every cell of your body. You lose it with age – resulting in loss of energy. So everyone needs it. However, many drugs (especially -statins) deplete it. So it's imperative that anyone taking a statin drug supplement with CoQ10. For those of you under 30, we recommend CoQnol, the broken down form of CoQ10 (60 capsules, \$32.99)



For more information on specific products, stop in and talk to any of our team members.



If you love our free newsletter, please be sure to tell a friend!

In this Issue:

Hair, Skin & Nail Support	Pg 2
Get Rewards	Pg 2
Essentials Oil Tips & Tricks: Bug Spray	Pg 2
Proverbs to Live By: Speak Words	Pg 3
Featured Compound: FlavoRx	Pg 3
Coupon & Adjustable Rollator	Pg 4

Hair, Skin & Nail Support

Many times people come in to the pharmacy looking for a supplement that will help with thinning hair, brittle nails, or aging skin. I'm excited to tell you that we have a great product called Hair, Skin & Nails (RF).

The key to healthy skin, lustrous hair, and strong nails is to build them from the inside out utilizing key nutrients. The Hair, Skin & Nails (RF) formula is designed to help support healthy hair, skin, and nails by providing the widest range of essential nutrients including vitamins, minerals, and amino acids. The body then incorporates these nutrients in a series of complex biochemical and physiological processes which result in healthier hair, skin, and nails.

The true strength and quality of the hair, skin, and nails is build from the inside out. A bottle of 90 capsules is \$32.99.



Stop in for your bottle today!

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Back-to-school is just around the corner.

Stop in and check out the backpacks and lunch boxes from Mary Square.



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Ask for details at the store the next time you stop in!

Essential Oils TIPS & TRICKS

Non-Toxic Bug Spray

Are you looking for a natural and effective bug spray to keep ticks, mosquitoes and other pests away? Here is a great "must have" recipe for this time of the year (safe for children 6 months and older).

To a 2 oz dark glass spray bottle, add the following drops of essential oils, then fill remaining space in the bottle with equal parts Witch Hazel and Distilled Water.

- 10 Drops of Lavender
- 10 Drops of Citronella
- 10 Drops of Cedarwood

Shake well before each use. Suggested shelf life would be about 6 months for this blend.





THE BEST MEDICINE

Once you've seen a shopping center,
you've seen a mall.

“What happened to the wooden car with wooden wheels
and wooden engine?” asked the curious boy.
His mother took a deep breath and then replied,
“It wooden go.”

*“Happiness is a great power of
holiness. Thus, kind words, by their
power of producing happiness, have
also a power of producing holiness,
and so of winning men to God.”*

- Frederick William Faber

Proverbs to Live By

Speak Words that Bring Healing

*Proverbs 12:18 – Reckless words pierce like a sword,
but the tongue of the wise brings healing.*

*Proverbs 16:24 – Pleasant words are a honeycomb,
sweet to the soul and healing to the bones.*

*Proverbs 25:11 – A word aptly spoken is like apples of
gold in settings of silver.*

The words you speak can bring joy and healing to others.
What you say and how you say it is extremely important.
The Apostle Paul knew this truth and wrote ...

*Ephesians 4:29 – Do not let any unwholesome talk come
out of your mouths, but only what is helpful for building
others up according to their needs, that it may benefit
those who listen.*

FEATURED COMPOUND FLAVORx



The single biggest reason kids are not compliant with the medications designed to make them well is the flavor. You see, **when your child spits out a medication, they aren't getting the full dose that was prescribed by their physician. That can mean the medication won't work as it was intended, and you may have to spend additional money on more medicine.**

Taste is a chemical sense which provides important information on the chemical composition of food. It is one of the body's mechanisms developed to recognize foods needed for nutritional value as well as a natural defense mechanism helping to identify harmful substances. For example, bitter flavors are more commonly associated with natural toxins where sweet tastes are associated with energy rich foods needed for survival. Of course along with taste goes smell and how it looks.

Flavoring has been around since the beginning of pharmacy. The problem with today's manufactured products is they generally only come in one flavor. But think about how many flavor choices our children have for juices, cereals, and fruit snacks. The fact is every child has a different idea of what tastes good to them. Flavoring is a form of compounding that lets children and their parents customize the medicine to whatever they'd prefer it to taste like.

Making your child's medicine taste better isn't just as simple as adding a new flavor. That's why we work with the experts at PCCA (Professional Compounding Centers of America) and FLAVORx who have spent time scientifically figuring out how to cover up **bitterness, chalkiness, and certain chemical smells** that can make your child (or you) reluctant to take his or her medication.

Here is a little psychology trick I learned from the people at FLAVORx. **If you let your child pick his or her own flavor (don't pick it for them) they are much more likely to be compliant.** Kids like being part of the selection process, and you'll find you are no longer wrestling your child (or looking for them) every time the medicine is due.

Myers Drug continues to look for new and improved ways to solve your medication problems. Let us know if you have an idea for how we can better serve you.





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Constructed of a durable powder coated steel
Accommodates users up to 350 lbs
8" Wheels especially designed for outside navigation
Comes standard with convenient storage bag under the seat
Handles are height adjustable in 1" increments from 31" to 35"
Width between the handle bars: 17.5"
Overall Width: 24"

Specifications:

HPIS Classification: 630_20_40_20
Latex Free: No
Product Type: Basic
Seat Dimension: 12" X 12"
Top of the seat from the ground is 21"
Durable nylong bag (under the seat) dimensions: 14" X 7.5" X 6"
Product weight 19 lbs

STOP IN TODAY AND CHECK IT OUT FOR YOURSELF!