

Fredericton Medicine Shoppe (at the Fredericton Direct Charge Co-op)
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Compounding the Benefits for Co-op Members

In Focus

Talk to us . . .

If you would like to discuss with our pharmacists how compounding can work for you and your family, please call or e-mail us with your questions:

Phone: 453-1324

E-mail:

pharmacy@frederictoncoop.nb.ca

MORE OVER-THE-COUNTER (OTC) SOLUTIONS

The previous Compounding the Benefits Update (Summer 2007) covered several OTC compounding solutions, which generated great interest from our clients, so we thought we would provide a few more.

This edition profiles OTC compounds for a wide range of health issues—from leg cramps and insomnia to cold sores and head lice. But remember, we also have some effective com-

pounds for snoring, allergic reactions and sore muscles, strains and sprains.

Just ask us! Our compounding pharmacists can tailor a compound for your unique health need and put it in a form and dosage that is made exactly for you.



Take Magnesium for maximum health!

Most people are sorely deficient in magnesium - most likely due to the absence of magnesium in many processed foods, and the depletion of magnesium from agricultural soils. Magnesium helps with many conditions from palpitations, arrhythmias, leg cramps, fatigue, and restless leg syndrome; to insomnia, nervousness, anxiety, and lack of endurance and stamina. Magnesium also plays a vital role in helping the body maintain a healthy cardiovascular system. From arrhythmias to blood pressure, magnesium plays a central role in cardiovascular function and insulin regulation. It is involved in the relaxation of blood vessels, and keeps blood thickness in balance. Magnesium also plays an important role in processing lactic acid—so if you have sore muscles for longer than expected from exercise; or if you have muscle tension for any other reason, such as stress or fibromyalgia, your health will benefit from taking **Magnesium Glycinate**. **Recommended Dose: 600 mg twice daily.**

The Cold Sore Solution (Vira Cream DEOXY-D-GLUCOSE 0.19%)



This topical cream for cold sores has three active ingredients: Diphenhydramine HCL USP (painkiller), Pramoxine (anti-itch), Deoxyglucose or Alaskan red algae (anti-viral). The waters of southeast Alaska have something

to offer to sufferers of herpes viruses: two species of seaweeds of the Rhodophyta (red algae) group that grow along the coast have been found to relieve symptoms of herpes infections. Yes—cold season is here, but don't let cold sores get you down, let our cold sore solution work for you!!



QUESTION BOX: School's in & so are lice — what can I do?!

Try our over-the-counter lice repellent topical spray for your child. The spray contains ylang ylang, anise and coconut oils. It may smell great to us, but not to lice—these oils have scents that are naturally repellent to the lice, and they often are combined in a bitter-tasting isopropyl alcohol base. When determining the course of treatment for head lice infestation, compounding pharmacies offer a host of options unavailable on the commercial market, including many treatments, like this one, that are non-chemical in nature.



Your FREDERICTON MEDICINE SHOPPE

WE ARE A REGISTERED COMPOUNDING PHARMACY WITH THE PROFESSIONAL COMPOUNDING CENTERS OF AMERICA (PCCA), OUR TEAM OF COMPOUNDING PHARMACISTS, **MIKE DUFFY, CARLA HEBERT, KAREN REEVES, AND GREG MACFARLANE**, HAVE ALL RECEIVED *PRIMARY COMPOUNDING TRAINING*, AND ARE CONTINUOUSLY RECEIVING SELECT TRAINING IN SPECIFIC FIELDS SO WE CAN BETTER MEET YOUR UNIQUE HEALTH NEEDS.

COME BACK AND TALK TO US ABOUT HOW OUR COMPOUNDING SOLUTIONS CAN WORK FOR YOU!