

# BE HEALTHY, STAY HEALTHY

A MONTHLY GUIDE DESIGNED TO HELP IMPROVE QUALITY OF LIFE.

NOVEMBER 2024

## OUR QUEST TO BUILD A BETTER MULTIVITAMIN

After more than 20 years in business, we are still searching for ways to better serve our community. Earlier this year, we joined a group of like minded, independent pharmacies from across the country to collaborate on ways to care for our community and help more people be healthy and stay healthy.

With this in mind, we came up with the goal of creating the best multivitamin around. We are excited to share with you the results of that collaboration: Healthy Living Solutions' Power Multi (60ct, \$59). This product is formulated by pharmacists, third party tested, and made in the USA.

The Power Multi formula was designed to support overall health with a focus on enhancing Vitamin D3 and K2 levels, providing a comprehensive array of B vitamins, and supporting hair growth, blood sugar stability, mitochondrial function, and energy production.



### Ingredient Benefits

**Vitamin D3 & K2 Synergy:** Promotes optimal bone health and cardiovascular function, enhancing the proper utilization of calcium to support strong bones and a healthy heart.

**Comprehensive B Complex:** Fuels energy production, supports a healthy nervous system, and aids in the maintenance of good mental health, enhancing overall vitality and well-being.

**Multimineral Support:** Provides essential minerals that regulate enzymes and hor-

mones, crucial for the body's daily functioning and long-term health, including immune defense and metabolic processes.

**Hair Growth Enhancement:** High-dose biotin strengthens hair at the follicle level, promoting thicker, fuller hair and supporting skin health for a vibrant, youthful appearance.

**Blood Sugar Stability:** Chromium helps maintain healthy blood sugar levels by improving insulin sensitivity, supporting weight management and metabolic health.

**Mitochondrial and Energy Production:** Key nutrients like Acetyl L-Carnitine and Alpha Lipoic Acid boost cellular energy production, reducing fatigue and enhancing physical and mental stamina.

**Antioxidant Protection:** Powerful antioxidants like Vitamin E and Green Tea extract protect against oxidative stress and support cellular health, promoting longevity and reducing the risk of chronic diseases.

### Dosage Matters

We can confidently say that taking this one product easily replaces six to eight different supplements you could be buying and taking separately. When we set out on this quest, we wanted to see how much we could fit into two capsules a day; however, we chose to only include therapeutic doses.

We didn't want to just say that our Power Multi has Vitamin D3 in it. We wanted the product to have enough Vitamin D3 to make it matter (5000 iu). Same with the other ingredients. For this reason, there is very little filler in our Power Multi. It's packed with the good stuff.

You are probably also aware of how taking several vitamins and supplements can quickly add up in cost. This one product can save you easily \$100 versus buying the ingredients separately.

Supplement Facts		
Serving Size: 2 Capsules Servings Per Container: 30		
	Amount Per Serving	% DV
Vitamin A (as Beta Carotene)	1,250 IU	93%
Vitamin C (as Ascorbic Acid)	50mg	56%
Vitamin D3 (as Cholecalciferol)	(5,000 IU) 125 mcg	625%
Vitamin E (as Mixed Tocopherol / Tocotrienol)	8mg	53%
Vitamin K2 (MK-7)	50mcg	75%
Vitamin B1 (as Thiamine HCl)	30mg	2,500%
Vitamin B2 (as Riboflavin)	20mg	1,538%
Vitamin B3 (as Niacin)	50mg NE	313%
Vitamin B6 (as Pyridoxal 5-Phosphate)	5mg	294%
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	200mcg DFE	50%
Vitamin B12 (as Methylcobalamin)	2,500 mcg	104,167%
Vitamin B7 (as Biotin 98%)	4,000mcg	13,333%
Vitamin B5 (D-Calcium Pantothenate)	50mg	1,000%
Choline (from Choline Bitartrate)	30mg	5%
Copper (from Copper Bisglycinate Chelate)(TRAACS)	1mg	111%
Zinc (from Zinc Bisglycinate Chelate)(TRAACS)	20mg	182%
L-Selenomethionine	40mcg	73%
Chromium (from Chromium Picolinate)	1,000mcg	2,857%
Iodine (from Potassium Iodide)	10mcg	<1%
Potassium (from Potassium Citrate and Potassium Iodide)	45mg	1%
Acetyl L-Carnitine HCl	450mg	**
Alpha Lipoic Acid (ALA)	200mg	**
DL-Malic Acid	50mg	**
Green Tea Leaf Extract (std. 50% EGCG) (Camellia sinensis) (leaf)	35mg	**
TrueBroc™ SSS (Broccoli Seed Extract) (Brassica oleracea italica) (seed) (Glucoraphanin)	20mg	**

\*\* Daily Value (DV) not established.

**Other Ingredients:** Capsule (Hypromellose), Magnesium Stearate, Silicon Dioxide.

**Who should be interested in our Power Multi?** We feel there are several groups of people who will be interested in the Power Multi:

1. Anyone who is considering taking vitamins and supplements but doesn't know where to start. This is a great place to start.
2. Anyone who wants to take as few capsules as possible each day.
3. Anyone who likes the ingredient benefits.

*Healthy Living Solutions' Power Multi can replace your current multivitamin, your B-complex, your Vitamin D3, biotin, zinc, and more!* If you are interested in trying this awesome new product, be sure to stop in soon. We anticipate selling out, that's how great we think it is.

As always, if you have any questions, please stop by or call and talk to our supplement specialist, Tracie.

# MENOPAUSE SYMPTOMS DO NOT HAVE TO BE TOLERATED

Society today would have you believe that—at a certain age—hot flashes, weight gain, mood swings, etc. are a “normal” part of life that have to be tolerated. Normalizing symptoms that can completely affect your quality of life is just not acceptable, and you don’t have to buy in to that idea anymore.

If you are at your wits end dealing with the symptoms of menopause, stop by the pharmacy today, and pick-up a saliva test kit. Saliva testing is a non-invasive collection method where you collect your saliva in plastic tubes in order to measure hormones like cortisol, estrogens, progesterone, and androgens. This non-invasive saliva collection is ideal, because it allows you to collect your sample in the privacy of your home.

Why saliva? Steroid hormones in the bloodstream are 95-99% bound to carrier proteins, and in this form are unavailable to target tissues. Saliva testing measures the amount of hormone available to tissues—the bioavailable amount. For this reason, saliva testing better relates to specific symptoms of excess or deficiency, and is a good option for monitoring hormone therapy.

With the results from the test, our specialists can work with you to develop a customized plan to get you back to feeling like yourself again! And, in our state-of-the-art compounding lab, with a prescription from your prescriber, we can make customized bio-identical hormone replacement solutions specific to your needs based on those test results.



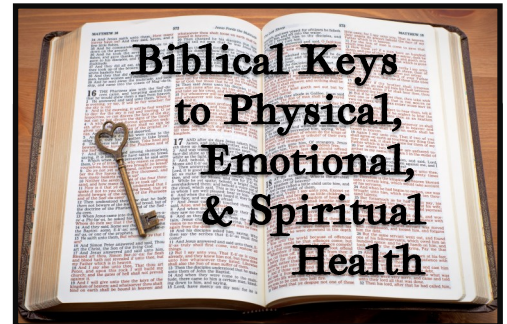
We offer several tests through the ZRT Labs’ at different price points. Our recommendation is a full salivary hormone profile (\$200) which tests estradiol, progesterone, testosterone, and DHEA-S as well as cortisol levels. This gives us a comprehensive view of your hormones to know how to best treat you.

You can pick a kit up at the pharmacy, and one of our team members will explain how to use it. Knowledge is power. Understanding your hormone levels based on the saliva test kit results will give you the knowledge to get you back to optimal health.

**Please stop by or give us a call at 717-217-6790 if you have any questions.**

**20% Off**

Bring this coupon in for 20% off a regularly priced gift item. Expires 11/21/24.



## MAKE A COMMITMENT

Visions never start with completion; they start with a commitment.

*Joshua 24:15b – But as for me and my household, we will serve the Lord,*



A portion of our sales for the month of November will be donated to Maranatha Ministry, Inc. The heart of Maranatha is to share the love of Christ with those who are searching for something in their lives that is more than just the need for food, budgeting, or housing. People need healing. They give a hand up not a hand out.

## MALE HORMONE SEMINAR

**GUEST SPEAKER:** Dr. Edward Fleming, MD

**WHEN:** THURSDAY, NOVEMBER 14TH, 3PM

**WHERE:** NORLAND AVENUE PHARMACY, 12 ST. PAUL DRIVE, CHBG



Dr. Fleming specializes in natural hormone replacement as well as seeing patients broadly in functional medicine and general family medicine. At this free seminar, he will discuss supplements and prescription agents and how they can support testosterone production. He will also touch on Testosterone Replacement Therapy and the pros and cons of these different methods.

**Seating is limited, be sure to reserve your spot: (717) 217-6790 or [www.NorlandRx.com/events](http://www.NorlandRx.com/events).**

# HOLIDAY ESSENTIALS KIT MAKE & TAKE EVENT

**DATE:** WEDNESDAY, NOVEMBER 20TH  
**TIME:** 2PM OR 5:30PM  
**LOCATION:** NORLAND AVENUE PHARMACY  
**COST:** \$30

Join our essential oils specialist, Sharon Smith, to make five essential oil blends perfect for the holiday season. Your cost includes five printed recipe cards, instruction by Sharon Smith, everything you need to make the five blends, a Christmas burlap storage bag, and an afternoon/night of fun with friends.

The five blends are as follows:

**Stress Buster Lotion:** Because holidays are fun, but also a little stressful.

**Tummy Troubles Gel:** Because that second helping and all those Christmas cookies don't always agree with your belly.

**Energy Aid Perfume:** Because there is always so much to do.

**Immune Booster Roll-On:** Because all the Christmas parties and family gatherings can also gather germs.

**Tired Feet Lotion:** Because there isn't much time to sit down.

**In order to reserve your spot, you must call or stop by the pharmacy to provide payment. Seating is limited, and we expect this event to sell out.**

# FREE EAR PIERCING

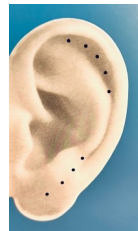
Did you know? Norland Avenue Pharmacy offers free ear piercing services to anyone six years of age and older with the purchase of a pair of Studex earrings. Gold plated stainless steel and stainless steel earrings are \$35, while 14K gold and white gold earrings are \$60. Everything required is included: earrings, cleaning solutions, and aftercare instructions.

In order to ensure an excellent ear piercing experience, you must call the store or visit [NorlandRx.com](http://NorlandRx.com) to make a piercing appointment. Our piercing specialists always wear single use disposable gloves to be as hygienic as possible. Our tools are cleaned before and after each use, and our earrings are always prepackaged and pre-sterilized.

Before piercing, your ears will be cleaned with an alcohol swab. Our "touch-free" ear piercing process highlights safety and hygiene. For anyone who would prefer, and for all customers under the age of ten, we will have two piercers pierce the ears simultaneously.

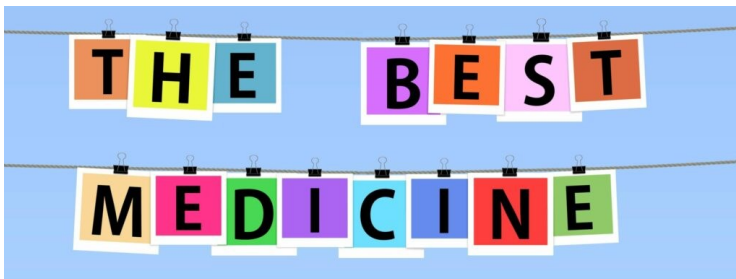


All earrings are non-allergenic with no nickel strike. You must be 18 years of age or have a parent or legal guardian present identification to have your ears pierced. Please note, we retain the right to turn away any customers who are not cooperating with our piercers.



For reference, the dots on this photo represent the areas we are able to pierce.

**Call (717) 217-6790 if you have any questions or if you would like to schedule an appointment.**



I found a great place online to order sausage. I'll send you a link.  
My new favorite song about allergies is "Blowin' in the Wind" by Peter Pollen Mary.

A lot of women say their husband never listens to them. I am proud to say I have never heard my wife say that.

In the corn maze, I felt like I was being stalked. It was eerie.

Your debt will stay with you if you can't budge it.

Crushing pop cans is soda pressing.

I have a chicken proof lawn. It's impeccable.

# REWARDS UPDATE

We are excited to announce that our Norland Rewards program is now combined with our Carl's Rewards program. You will now earn points any time you shop at either store, and you can use your rewards certificates at either store. If you haven't signed-up for our FREE Rewards program, be sure to ask any of our team members the next time you are at the store!

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- Menopause Symptoms Do Not Have to Be Tolerated (pg 2)
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## MARK YOUR CALENDAR...

- Nov 14: FREE Seminar (pg 2)
- Nov 20: Essential Oil Make & Take Event (pg 2)
- Nov 22: Christmas Open House
- Nov 28: Closed for Thanksgiving



# Sip & Shop

## AT OUR Christmas Open House

FRIDAY, NOVEMBER 22

*Hot chocolate & cookies (11am-2pm),  
20% off everything in our storefront,  
Grab bag coupons up to 50% off,  
Door prizes & more!*

**WE HOPE TO SEE YOU THERE.**



\*These statements are culmination of the knowledge and experience of the team at Norland Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and this product is not intended to diagnose, treat, cure or prevent any disease.

www.NorlandRx.com  
(717) 217-6790

- 1 Peter 3:8

*Finally, all of you, live in  
harmony with one another;  
be sympathetic, love as brothers,  
be compassionate and humble.*

Return Service Requested

12 Saint Paul Drive  
Suite 105  
Chambersburg, PA 17201



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