



## FOOD FOR THOUGHT

When it's all in working order we rarely give the digestive system a second thought. The reality is that turning all those carbohydrates, protein, fats and vitamins from the foods we eat into body fuel is actually a pretty elaborate process. Our gastrointestinal tract, pancreas, gallbladder and liver are all working in unison to keep us healthy, but every now and then, our digestive system needs a little "TLC" to stay in good shape. It's common knowledge that eating habits, lifestyle, medication or medical conditions can all disturb our digestion. Small changes in any one of these areas can break the delicate balance and lead to a host of problems, such as diarrhea or constipation.

## SOMETHING TO CHEW ON NOW

Wise meal choices and supplementing with natural health products, such as probiotics, can help keep our digestive systems healthy and relieve uncomfortable symptoms. Our pharmacists can help choose which products will work the best.

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.

# DIGESTIVE

	<b>HERBAL LAXATIVE TABLET</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
<p><b>Active ingredients</b> Senna, Cascara Sagrada, Licorice, Gentian, Rhubarb.</p> <p><b>Properties/Uses</b> Stimulant laxative for short term relief of occasional constipation.</p> <p><b>Directions (adults)</b> 2 tablets at bedtime or as recommended by your health care professional. Take a few hours before or after taking other medications or health products. Take two to three times per week. If results are not observed, the frequency of use may be increased up to once daily. Do not use for more than 7 days.</p> <p> • Do not use if you are pregnant or breastfeeding. • Do not use if you have cardiovascular or gastrointestinal disorders.</p>			
	<b>MILK THISTLE 150 MG SOFTGEL</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	90
<p><b>Active ingredient</b> Milk Thistle.</p> <p><b>Properties/Uses</b> Traditional herbal medicine to protect the liver. Used in herbal medicine to help support liver function.</p> <p><b>Directions (adults)</b> 1 softgel, 3 times daily, or as recommended by your health care professional. Use for a minimum of 3 weeks to see beneficial effects.</p> <p> • Avoid use if you are taking drugs that are metabolized by P450 enzymes CYP3A4 or CYP2C9.</p>			
	<b>DOUBLE STRENGTH COMPLETE MULTI STRAIN PROBIOTIC CAPSULE</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	40
<p><b>Active ingredients</b> 10 billion active cells (Lactobacillus Casei, Lactobacillus Rhamnosus, Lactobacillus Acidophilus, Bifidobacterium Longum, Bifidobacterium Breve).</p> <p><b>Properties/Uses</b> Source of probiotics providing live microorganisms that temporarily modify gut flora.</p> <p><b>Directions (adults)</b> 1 capsule, 1-2 times daily, preferably with meals, or as recommended by your health care professional. Take at least 2-3 hours before or after antibiotics.</p> <p> • Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).</p>			

	<b>COMPLETE MULTI STRAIN PROBIOTIC CAPSULE</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
<p><b>Active ingredients</b> 5 billion active cells (Lactobacillus Casei, Lactobacillus Rhamnosus, Lactobacillus Acidophilus, Bifidobacterium Longum, Bifidobacterium Breve).</p> <p><b>Properties/Uses</b> Source of probiotics providing live microorganisms that temporarily modify gut flora.</p> <p><b>Directions (adults)</b> 1 capsule, 3 times daily, preferably with meals, or as recommended by your health care professional. Take at least 2-3 hours before or after antibiotics.</p> <p> • Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).</p>			
	<b>ACIDOPHILUS &amp; BIFIDUS CAPSULE</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	180
<p><b>Active ingredients</b> 6 billion active cells (Lactobacillus Rhamnosus, Lactobacillus Casei, Lactobacillus Acidophilus, Bifidobacterium Longum).</p> <p><b>Properties/Uses</b> Source of probiotics providing live microorganisms that temporarily modify gut flora.</p> <p><b>Directions (adults)</b> 3 capsules daily with meals or as recommended by your health care professional. Take at least 2-3 hours before or after antibiotics.</p> <p> • Do not use if you have an immune-compromised condition (e.g., AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).</p>			