



GENERAL HEALTH IMMUNITY

## GIVE OUR IMMUNE SYSTEM A FIGHTING CHANCE

The immune system is a fascinating defence network. Our “champion” against disease, bacteria and viruses, it works on protecting us from the day we’re born. The bad news: we are still going to get sick from time to time. Lack of sleep, poor nutrition and chronic stress are just a few of the things that can compromise our immune system. The good news: it is still possible to shorten or ease symptoms once they have begun.

## BOOSTING OUR IMMUNE SYSTEMS, NATURALLY

Eating a balanced diet, exercising regularly and getting enough sleep can all contribute to keeping our immune systems working properly.

Other immunity boosters include natural health products. Have a cold? Try Echinacea Purpea, which can soothe and shorten the duration of symptoms.

Want to know more about vitamins and natural health products? Talk to your pharmacist today. Because the more we know, the healthier we’ll be.

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.

	<b>ECHINACEA PURPUREA 1,200 MG CAPSULE</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	120
<p><b>Active ingredient</b> Echinacea Purpurea.</p> <p><b>Properties/Uses</b> Supportive therapy in the treatment of upper respiratory tract infections (e.g., common colds, influenza). Helps to relieve and to shorten the duration of the symptoms.</p> <p><b>Directions (adults)</b> 2 capsules, 4 times daily at the first sign of infection, or as recommended by your health care professional. Consult a health care professional for use beyond 8 weeks.</p> <p> • Consult your health care professional prior to use if you are taking immunosuppressants or if symptoms persist or worsen.</p>			
	<b>EXTRA-STRENGTH ECHINACEA 2,500 MG SOFTGEL</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
<p><b>Active ingredient</b> Echinacea Purpurea.</p> <p><b>Properties/Uses</b> Supportive therapy in the treatment of upper respiratory tract infections (e.g., common colds, influenza). Helps to relieve and to shorten the duration of the symptoms.</p> <p><b>Directions (adults)</b> 4 softgels daily at the first sign of infection or as recommended by your health care professional. Consult a health care professional for use beyond 8 weeks.</p> <p> • Consult your health care professional prior to use if you are taking immunosuppressants or if symptoms persist or worsen.</p>			
	<b>L-LYSINE 500 MG CAPSULE</b>	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
<p><b>Active ingredient</b> L-Lysine.</p> <p><b>Properties/Uses</b> Helps to reduce the recurrence, severity and healing time of herpes simplex virus (HSV) infection (e.g., cold sores). Essential amino acid for the maintenance of good health. Vegetarian capsule, free of animal product.</p> <p><b>Directions (adults)</b> 2 capsules, 1-3 times daily, or as recommended by your health care professional. Consult a health care professional for use beyond 6 months.</p> <p><b>Notes:</b> _____</p>			

