



NERVOUS SYSTEM



HOW TO STAY SHARP



The nervous system is a fascinating and complex network that includes the brain, spinal cord, as well as the nerves that run through our entire bodies. Think of it as a master control centre that connects all of the body's systems and allows them to communicate with each other in the blink of an eye. The fastest nerves in our nervous system sends messages to our brains at more than 322 kilometres per hour.



MAINTAINING A BETTER NETWORK, NATURALLY



As with any highly intricate system or network, problems can sometimes arise, including sleep disorders and depression. Good nutrition, exercise and supplements can act as supportive therapies in the treatment of some of these disorders. Our pharmacists can help suggest the right natural health products to help keep our nervous systems running more smoothly.


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.


	GINKGO BILOBA 60 MG TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	180
Active ingredient Ginkgo Biloba.			
Properties/Uses Helps enhance memory and cognitive function in an aging population. Supports healthy peripheral circulation.			
Directions (adults) 1 tablet, 2-3 times daily or as recommended by your health care professional. Consult a health care professional for use beyond 6 weeks.			
 <ul style="list-style-type: none"> Do not use if you are taking products that affect blood coagulation, may increase the risk of spontaneous bleeding. 			

	ST. JOHN'S WORT 300 MG CAPSULE	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	90
Active ingredient St. John's Wort Extract.			
Properties/Uses Traditionally used as a sedative for the relief of restlessness or nervousness and to help treat symptoms of sleep disorders.			
Directions (adults) 1 capsule, 3 times daily preferably with meals or as recommended by your health care professional. Consult a health care professional for use beyond 18 weeks. Use for a minimum of 1 week to see beneficial effects.			
 <ul style="list-style-type: none"> Interactions with other medications have been reported, consult with your health care professional prior to use. Discontinue at least 2 weeks before elective surgical procedures. 			

	GINKGO BILOBA 80 MG CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	90
Active ingredient Ginkgo Biloba.			
Properties/Uses Helps enhance cognitive function and support peripheral circulation.			
Directions (adults) 1 caplet, 2 times daily or as recommended by your health care professional. Consult a health care professional for use beyond 6 weeks.			
 <ul style="list-style-type: none"> Do not use if you are taking products that affect blood coagulation, may increase the risk of spontaneous bleeding. 			

	SIBERIAN GINSENG 650 MG CAPLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Siberian Ginseng.			
Properties/Uses Used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion.			
Directions (adults) 1-2 caplets, 2 times daily, or as recommended by your health care professional. Consult a health care professional for use beyond 1 month.			
 <ul style="list-style-type: none"> Do not use if you have high blood pressure. Using with anticoagulant or antiplatelet drugs may increase the risk of bleeding. 			

	MELATONIN 10 MG	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	60
Active ingredient Melatonin.			
Properties/Uses Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g., shift-work and jet lag). Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome and reset the sleep-wake cycle of circadian rhythm.			
Directions (adults) At bedtime only, as recommended by your health care professional. For use beyond 4 weeks, consult a health care professional.			
Notes:			

	MELATONIN 3 MG/5 MG SUBLINGUAL TABLET	PHARMACIST RECOMMENDS	
		AVAILABLE SIZE	100
Active ingredient Melatonin.			
Properties/Uses Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g., shift-work and jet lag). Helps reduce the time it takes to fall asleep in people with delayed sleep phase syndrome and reset the sleep-wake cycle of circadian rhythm.			
Directions (adults) At bedtime only, as recommended by your health care professional. For use beyond 4 weeks, consult a health care professional.			
Notes:			