

Ranch View Family Medicine Pharmacy

	<p>Rejuvenation Science Maximum Vitality® Multivitamin; 60 tabs 2 tablets per day ** Iron Free for safety. Designed by nutritional experts to provide optimum multivitamin nutritional support for women and men. Recipient of the <u>top 5-Star quality rating in the Comparative Guide to Nutritional Supplements - ranking Maximum Vitality in the top 1% of 1,600 multivitamins</u> in the U.S. and Canada. Includes Coenzyme Q10, resveratrol, & vitamin E tocotrienols. Wheat/gluten Free. Take consistently each day for best results. Do not exceed recommended dose. Side Effects: Not for use by pregnant or nursing women. May cause stomach upset if taken without food. May interact with prescription medications.</p>
	<p>Douglas Laboratories Prenatal Vitamin; 60 tabs 2 tablets per day Designed by nutritional experts to provide optimum multivitamin nutritional support for pre-conceptive, pregnant, and nursing women. <i>This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.</i> Contains high doses of folic acid. Side Effects: May cause stomach upset if taken without food. May interact with prescription medications.</p>
	<p>Rejuvenation Science Children's Vitality Multivitamin; 60 chewable wafers 1 wafer per day Designed by nutritional experts to provide optimum multivitamin nutritional support for Children Ages 2-10. Contains <i>gamma E</i> complex, probiotics, fiber, vegetable and fruit extracts. Natural Berry Flavor. Caution: Contains bee products may cause an allergic reaction in some people. Discontinue use if this occurs. Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6.</p>
	<p>Nordic Naturals ProEPA; 120 tabs Two soft gels: EPA 850mg, DHA 200mg A high-potency EPA formula from concentrated fish oil delivered in easy-to-swallow soft gels. Nordic Naturals surpasses International Pharmaceutical Standards to protect consumers. Government fish oil quality standards do not exist in the U.S. To ensure consistent quality, Nordic Naturals adheres to and exceeds the stringent Norwegian Medicinal Standard (NMS), European Pharmacopoeia Standard (EPS) as well as standards set by the Council for Responsible Nutrition (CRN) and the Global Organization for EPA and DHA Omega-3 (GOED). These standards guarantee quality products free of peroxides, heavy metals (lead, mercury), dioxins, and PCBs. Side effects: GI side effects such as burping (try freezing the capsules), potential anticoagulant effects w/ large doses.</p>
	<p>Nordic Naturals ProOmega-D Two soft gels: EPA 650mg, DHA 450mg, VitD3 1,000IU A high-potency formula of the omega-3 essential fatty acids EPA and DHA, in addition to 1000 I.U. of vitamin D3, in one serving. Vitamin D3 (or cholecalciferol) is the natural form of vitamin D produced by the body, and is better absorbed and utilized than other forms. Side effects: Gut side effects such as burping (try freezing the capsules), potential anticoagulant effects with large doses.</p>
	<p>Nordic Naturals Arctic Cod Liver Oil – orange flavor DHA 410mg, EPA 625mg / 5mL From 100% Arctic cod livers without fish body oils or synthetic additives. Arctic cod (Skrei) has the highest DHA, vitamin A, and vitamin D content of any cod species. On average, Nordic Naturals CLO delivers over 125 mg more DHA per serving than other CLO products. Each teaspoon provides approximately 1035 mg of the essential omega-3 fatty acids, EPA and DHA. Flavored Arctic Cod Liver Oil liquids are perfect for customers who don't like to swallow pills. Side effects: Gut side effects such as burping (try freezing the capsules), potential anticoagulant effects with large doses.</p>
	<p>Douglas Laboratories Vitamin D3; 100 tabs One tablet: Vitamin D3 1,000 IU *or* 5,000 IU Vitamin D is the only Vitamin currently considered to have hormone function. It is normally produced by the skin from UV energy of the sun and is not abundant in food. As more people avoid the sun, and at higher altitudes, Vitamin D supplementation often becomes necessary. Cholecalciferol (D3) is thought to be a better source of vitamin D than ergocalciferol (D2). Although the Upper Limit for Vitamin D is 2000 IU per day, comprehensive research demonstrates that higher doses are safe. Side Effects: Side effects are rare and usually only occur at doses exceeding 100,000 IU/week. Blood levels should be monitored at doses of >2,000 IU/day. Vitamin D should be used cautiously by those taking cardiac glycosides and anyone with hypercalcemia.</p>
	<p>Douglas Laboratories Ubiquinol QH; 30 tabs One tablet: Co-enzyme Q 10 100mg Ubiquinol is the superior, anti-oxidant form of CoQ10, which naturally comprises over 90% of the CoQ10 in the human body. New studies have demonstrated that ubiquinol provides superior bioavailability and plasma retention to the commercially available oxidized ubiquinone form of CoQ10. Take with fat for best absorption. <i>This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.</i> Side effects: Rare side effects at doses <300mg/ day. May interact with prescription medications.</p>
	<p>Douglas Laboratories Folic Acid; 90 tabs One tablet: Folic Acid 400mcg Folic acid is a water-soluble essential B vitamin found in many foods including leafy green vegetables, citrus fruits and beans. Research has established that supplementation with folic acid before/during pregnancy can prevent neural tube defects in fetuses. In addition to its prevention of serious birth defects, folic acid plays a key role in the metabolism of homocysteine. High plasma levels of homocysteine appear to injure the vasculature and seem to be thrombogenic. Side Effects: No adverse side effects reported.</p>

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	<p>Douglas Laboratories Cal/Mag 2001; 180 tabs Two tabs: Cal 500mg, Mag 250mg, Vit D3 25 IU From Calcium Citrate/Carbonate/Ascorbate Complex. Mixtures containing calcium citrate are a better choice for patients 50 years and older or those taking medications that suppress gastric acid production. The body cannot handle more than 500mg calcium at one time, so if taking more than this dose - divide into two doses at least 8 hours apart. <i>This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.</i> Side Effects: Constipation (significantly reduced when Magnesium is combined with calcium. May interact with prescription medications.</p>
	<p>Rejuvenation Science Vitamin B12 1 tab: Vitamin B12/methylcobalamin 1mg (1,000mcg) Can be swallowed or dissolved under the tongue. Methylcobalamin is an active enzyme form of vitamin B-12. B12 levels are often low in those over the age of 50, with gastrointestinal disease, taking PPIs (acid-modifying drugs) or metformin and who are vegetarians or vegans. Oral vitamin B12 supplementation of 1000-2000 mcg per day is generally as effective as intramuscular injections. Side effects: Rare side effects. May interact with prescription medications.</p>
	<p>Douglas Laboratories Time Release Iron; 90 tabs 2 tabs: Iron Carbonyl (elemental Iron) 54mg (3 tabs equivalent to 375mg Ferrous Sulfate) Provides 54mg of elemental iron (Carbonyl Iron) per serving over a 6 to 8 hour period. Carbonyl iron is easily absorbed and has low toxicity. 54mg elemental iron equivalent to 270mg Iron Sulfate. Vitamin C helps iron absorption; calcium, high fiber and caffeine block iron absorption. <i>This product contains NO yeast, wheat gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.</i> Caution: Iron supplementation is not generally recommended unless there is a medical condition that warrants it, except for menstruating women, young children and during pregnancy. Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Side effects: (reduced in delayed release forms) constipation, gastrointestinal upset, potentially lethal toxicity in overdose.</p>
	<p>Douglas Laboratories Glucosamine Sulfate; 90 tabs 3 tabs: 1500 mg Glucosamine Sulfate Comprehensive research demonstrates improvement of joint pain caused by degenerative joint disease (DJD) or osteoarthritis (OA) using glucosamine products. Glucosamine, an amino sugar, is an essential structural component of glycosaminoglycans, large linear molecules that help to lubricate joints, nourish cartilage and connective tissue, and assist in wound healing. <i>At Ranch View, we chose a product free of chondroitin because chondroitin should be used with caution in patients with chronic medical problems including asthma and chronic lung disease and should not be used in patients with prostate cancer.</i> Research on improvement of joint pain symptoms related to DJD or OA suggests that doses must be 1500mg/day of glucosamine for at least 3 months to achieve benefit. Can be taken as once daily dosing or in divided doses. Caution: Patients who are allergic to shellfish can probably take glucosamine safely, but are at increased risk for allergic reaction. Glucosamine should not be used in patients on anti-mitotic chemotherapy. Side Effects: No known toxicity or serious side effects reported. Occasional reports of mild gastrointestinal discomfort or stomach upset. Based on animal studies, may alter glucose regulation/insulin sensitivity; Human Studies show that there is no increase in blood glucose in healthy or diabetic individuals taking glucosamine. May interact with prescription medications.</p>
	<p>Rejuvenation Science Probiotic + FOS; 50 Vcaps 1 Vcap: 25 billion organisms (CFU's) Probiotics are natural bacteria which are taken orally for manipulation of the intestinal microflora with a therapeutic intention. The greatest experience has been in antibiotic-associated diarrhea, inflammatory bowel diseases, ulcerative colitis, Crohn's disease, IBS, and clinical trials are emerging in several other conditions. This High Potency Probiotic is a combination of 10 acid-resistant species of beneficial bacteria. Regular intake of probiotics supports gastrointestinal health and immune system function. FOS assists in healthy growth of acidophilus and bifidus organisms. This product is GMP Quality Assured to deliver 25 Billion organisms through the 'Best By' date when stored under refrigeration. STORE IN REFRIGERATOR. Contains no salt, starch, wheat, gluten, soy, milk, egg, shellfish or preservatives. Note: If you choose to use yogurt as your probiotic source, make sure the yogurt product contains strains of probiotics with proven health benefits: <i>L. rhamnosus GG, L. rhamnosus GR1, L. fermentum RC14, L. acidophilus and B. longum.</i></p>