



THIS ISSUE:

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THE DIFFERENCE

Of the 56 THOUSAND licensed pharmacy's in the United States, only about SIXTY are PCAB accredited to make compounded medications.

We are Michigan's leading accredited pharmacy and have been exclusively compounding medications for patients and doctors across the Midwest for the past 13 years.

SUNSHINE INDUCED Nutrient Depletion?



Sunshine, it is essential for your body's synthesis of Vitamin D. But did you know that it can also bring with it a host of nutritional depletions?

Antioxidants like Vitamins C and E are important immune system protectors that guard the body against the harmful effects of free radicals. These vitamins however, are sensitive to light; It only takes a few minutes of exposure to the sun's rays to significantly reduce their presence in your skin.

In addition to using a sunscreen suitable for your SPF needs, taking the following antioxidants will provide you with (even) further protection; After all, proper sun protection is both an inside and outside job.

CoEnzyme Q 10- Necessary for the basic functioning of cells. CoQ10 levels are reported to decrease with age and are low in patients with some chronic diseases including heart conditions, muscular dystrophies, Parkinson's disease, cancer, HIV/AIDS, and diabetes.

N-acetylcysteine (NAC)- Rapidly metabolized to intracellular glutathione. Glutathione acts as a powerful antioxidant in the body. Glutathione also detoxifies chemicals into less harmful compounds. Furthermore, NAC protects the body from acetaminophen toxicity— hospitals utilize it for patients with acetaminophen poisoning. It has also been shown to be effective at treating liver failure from other causes as well.

Vitamin C- An essential nutrient for life that is not manufactured in the body and must be obtained from outside sources. There are more than ten thousand published scientific papers that make it quite clear that there is not one body process and not one disease or syndrome that is not influenced by vitamin C.

Vitamin E- a fat-soluble vitamin, protects vitamin A and essential fatty acids from oxidation in the body cells and prevents breakdown of body tissues.



The **TRUTH** about **SPF**

It's a common problem people encounter when shopping for sunscreens...what SPF should I use? Some people go for the gusto, thinking more is better, but the truth is that studies have shown that products with a SPF over 50 do not provide significantly better protection than products over 30.

Whats Your **SPF?**

Rate yourself:

Select your skin type. The corresponding amount of time indicates how long you can stay safely in the sun before burning.

Fair skin - 10 minutes

Olive skin - 15 minutes

Dark skin - 20 minutes

Look at the Sun Protection Factor (SPF) on your sunscreen

Note the SPF is stated on the product labeling,

eg. SPF 20 to calculate your protection time, the amount of

time you can stay outside before burning: Multiply the sun

safety time for your skin type with the SPF listed on your sunscreen.

eg. 15 minutes (for olive skin) x SPF 20 = 300 minutes (5 hours) of sun protection

Result: Olive skin using a sunscreen with SPF 20 can stay in the sun up to 5 hours under ideal conditions.

Want to learn more? Just ask.

Health Dimensions Compounding Pharmacy



VANICREAM Sunscreen
Sport SPF 35

UVA/UVB for sensitive skin

\$17.99



Ortho Molecular Vitamin D
5000 IU

120 Capsules

\$23.99



Metagenics CoQ - 10 ST
60mg w/60 IU vitamin E

60 Softgels

\$26.99

FREE SHIPPING of compounded medication with the purchase of any supplement.

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