

OCTOBER 08

MONTHLY NEWSLETTER

# THE PROBLEM SOLVER

## Regel Pharmalab

1679 Bonnie Lane Suite 101  
Cordova, Tennessee 38016



**Josh Regel, Pharm.D., FACA**  
Compounding Pharmacy Specialist

I want to say thank you to all of our patients (two legged and four legged). At the end of this month, November 1st to be exact, we will celebrate our 5 year anniversary. What a joy it has been to serve you these past five years. Summer and I feel honored that you would allow us to custom formulate a medication to meet your unique need.

We feel privileged to be a part of your medical team. Helping provide you with answers to your medication problems is why we exist. We hope that you have found our medication expertise to be valuable to you and your family.

Summer and I look forward to the next 5 years to continue to provide you with exceptional service and pharmaceutical formulations.

### MONTHLY EVENTS

#### Tuesday October 23rd

**Complete Hormone Makeover**

Location: East Memphis Aesthetics

Dr. Kris Levinthal

[www.emabeauty.com](http://www.emabeauty.com)

4711 Poplar Suite 200

Memphis, TN 38117

Time: 6:30 - 8:30pm

#### Tuesday November 18th

**Complete Hormone Makeover**

Location: Regel Pharmalab

1679 Bonnie Lane #101

Cordova, TN 38018

Time: 6:30 - 8:30pm

### COSMACEUTICALS

What is a cosmaceutical?

A cosmaceutical is a blend of cosmetics and pharmaceuticals. For example, an anti-wrinkle cream contains pharmaceutical ingredients that provide anti-wrinkle and moisturizing benefits. Because it has this dual purpose, it is known as a cosmaceutical.

Over the last year our pharmacists at Regel Pharmalab have been developing a line of cosmaceuticals that include items such as:

- Anti-wrinkle or Anti-aging face cream
- Acne treatment cream and cleanser
- Toner and cleanser combination foam
- Exfollient scrub

- Eye Cream for dark circles and fine lines
- Lip area wrinkle cream

Each of these formulations contain ingredients are pharmaceutical quality but can be sold without a prescription.

Be sure to call and ask what formulation is right for you. As with our pharmaceutical products we provide, we also would like to customize your skin care to your specific needs.

[www.regelpharmalab.com](http://www.regelpharmalab.com)

December - No Seminar

**Please call (901) 757-9434 for reservations.**

**Price for seminar is:  
\$15 pre-registered  
\$20 at the door**

# Summer's Corner



Summer Regel, Pharm.D., BCPS  
Hormone Replacement Specialist

## OMEGA - 3 Fatty Acid

Omega-3's are also known as Essential Fatty Acids (EFA). Essential means the body cannot make these necessary nutrients. We must obtain these from our food intake. Many of us do not consume the necessary amount of fish to meet our need so taking a supplement is recommended.

There are many reasons to take Omega-3's and this is why I include them in my favorite five. Some of the more recently studied benefits of Omega-3's include:

- Cardiovascular protection
- Reduces risk factors for Cancer
- Reduces arthritis symptoms
- Optimizes Brain function (mood)
- Improves Vision
- Reduces risk of Alzheimer's
- Improves circulation

There are also documented benefits of taking Omega-3's during pregnancy and while breast feeding. Recent studies suggest supplementation during pregnancy improves fetal development as well as improving cognitive function of the infant and problems solving skills of children.

There are many signs and symptoms of Omega-3's deficiency. The more common symptoms are poor memory, dry skin, mood swings, feeling tired, depression and poor circulation. Many patients begin seeing results after 2 to 3 weeks of therapy.

An important factor to consider in selecting your Omega-3 supplement is noting the mercury content of the fish oil. Many companies formulate Omega-3's but we have chosen the Nordic Naturals brand for our pharmacy shelf. Nordic Naturals obtains Omega-3's from fish located in the Norwegian waters, which is noted to have the lowest amount of mercury known. Nordic Naturals also tests every batch of fish oil products to measure for heavy metals.

Call today to discuss an appropriate Omega-3 supplement for you.

*Tip: To get rid of the fishy taste, store the flavored capsules in the freezer.*

## Summer's Fav-5 of essential nutrients

### Multi t/d

Take 2 capsules daily

This is a well rounded multivitamin that is appropriate for most all patients. We featured this product in the June 2008 Problem Solver newsletter so see the past article on our website: [www.regelpharmalab.com](http://www.regelpharmalab.com) for more information.

### Pro Omega

Take 2 capsules (1000mg) daily  
(we use Nordic Naturals products)

This is a fish oil product that contains > 1000 mg of fish oils. It is a mercury free product from a very quality source.

### ProBiotic 5

Take 1-2 capsules daily (may take more based on individual patient)

This product is a probiotic which contains 5 bacteria to help maintain gastrointestinal health. Probiotics have been studied more recently and the data is overwhelmingly positive.

### Vitamin D<sub>3</sub>

Take 1000-5000 units daily  
based on individual patient

Vitamin D<sub>3</sub> has also been studied much more recently and the daily requirements of Vitamin D have been increased recently to support this new research.

Calcium Take 500-1500 mg daily  
in divided doses based on patient

Calcium has always been on the list of needed supplements, especially for women. The only two salts that are absorbed well are calcium citrate and microcrystalline hydroxyapatite. You can find both products in Pure Encapsulations in the products Calcium (MCHA) and OsteoBalance

**Regel**  
PharmaLab

Regel Pharamlab provides custom formulated medication for individuals that have medication needs that cannot be solved with commercial medication.

That is why we are:

**The Mid-South Problem Solving  
Pharmacy**

## Gift Certificate

This Certificate entitles you to one of the following:

\$3.00 off any Pure Encapsulation or Nordic Natural Product

\$10.00 off Summer's Fav -5 package

Redeem this Certificate before 12/31/08