

AUGUST 08

MONTHLY NEWSLETTER

# THE PROBLEM SOLVER

## Regel Pharmalab

1679 Bonnie Lane Suite 101  
Cordova, Tennessee 38016



REGEL PHARMALAB STAFF  
A COMPOUNDING PHARMACY

Josh Regel, Pharm.D., Summer Regel, Pharm.D.,  
Amy Maddox, Marketing Representative,  
Darlene Gregg, CPhT

### OUR PROBLEM SOLVERS

Solving medication problems is a specialized skill that requires a comprehensive understanding of medications, an understanding of the problem and two good ears. We have found that "two good ears" is the most difficult skill to master. Each one of our staff members understands that listening is the key to understanding your medication problem and is critical in developing a specialized medication to solve your problem and potentially change your life.

Below are some recent examples of how our services have improved or changed lives.

☼ Improve sleep without the need of sleep medications.

☼ Control minor pain without the need of strong pain medications.

☼ Increase libido by balancing hormones (men and women). Comfort patients and loved ones at the end of life (hospice) through specialized pain and comfort medications.

☼ Easing administration of veterinary medications.

☼ Developing medications for pediatric patients that are only available in doses designed for adults.

Give us a call to let us help you and your physician formulate a solution to improve and hopefully change your life.

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

### MONTHLY EVENTS

#### Tuesday August 26th

**Complete Hormone Makeover**  
Location: Germantown Aesthetics

7475 Poplar Pike  
Germantown, TN 38138

Time: 6:30 - 8:30pm

#### Tuesday September 30th

**Complete Hormone Makeover**  
Location: Mestemacher Clinic For Women

7918 Wolf River Blvd  
Germantown, TN 38138

Time: 6:30 - 8:30

**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

## Vitamins, Minerals, Nutrients, Herbs, Supplements

So many choices...what do you do now?

There is so much information available for neutraceuticals and when to take which ones. It's overwhelming. I started a list of all the products I felt like I needed to take based on the information I was reading. When my list reached twenty products, I realized "the list" needed simplifying. I don't like taking supplements but don't want to be fickle about

taking products for a while and then stopping because I'm tired of swallowing all the capsules and quite honestly, it cost too much. So, over the next few months, I am going to share information on the top five products I feel like most patients should be taking. There are always going to be additional products some people prefer and additional products we may recommend but my goal is to develop a guideline on the most recently studied information. This month, I am going to share the list of neutraceuticals and a quick comment on each product. If you are interested in learning more about these products, follow the link below to Pure Encapsulations and Nordic Naturals.

[www.purecaps.com](http://www.purecaps.com)  
[www.nordicnaturals.com](http://www.nordicnaturals.com)

## 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 2000-5000 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 Pharmalab 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 9/31/08