

# HAPPY HOLIDAYS!

## SAND RUN PHARMACY

### DECEMBER NEWSLETTER

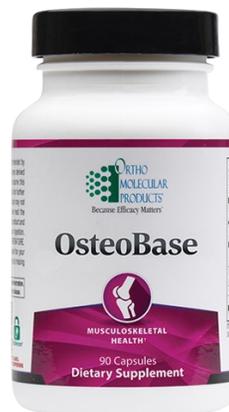
#### Fall Risk with Ice/Snow

During these cold and snowy months, sidewalks, steps, and parking lots can become very icy and dangerous. If you are someone who is at risk for falls or bone fractures, making sure you are taking effective supplementation to improve bone strength and increase bone density is crucial. Choosing a supplement can be hard and confusing with all the different ingredients. Here at Sand Run Pharmacy, we recommend using **Ortho Molecular Products** to aid in the improvement and maintenance of your bone and joint health. If you use a cane, here at Sand Run Pharmacy we have a great selection of our **Sugar Cane brand walking canes**. Making sure you have a sturdy and reliable cane along with a non-slip base can make a huge difference and decrease your risk of falls.



#### Ortho Molecular Product: KEEP YOUR BONES STRONG!

**OsteoBase** includes 300 mg of **elemental calcium** and 300 mg of **elemental magnesium** per serving, with multiple forms of calcium to ensure maximum absorption. OsteoBase also includes the highest-quality forms of **vitamin K**, and **vitamin D (D3)** to ensure maximum bioavailability and a synergistic benefit for the absorption of calcium within the body. OsteoBase covers the most common nutrient deficiencies in one convenient, foundational bone health formula. During these long winter months sun light can be hard to come by, that is why it is important to get adequate sources of vitamin D through your diet and supplements.



#### Supplement Facts<sup>V1</sup>

Serving Size 3 Capsules  
Servings Per Container 30

3 capsules contain	Amount Per Serving	% Daily Value
Vitamin D (D3 as Cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin K (K2 as Menaquinone-7 (MK-7, MenaQ7 <sup>®</sup> PRO))	45 mcg	38%
Calcium (as Calcium Hydroxyapatite, DimaCal <sup>®</sup> Dicalcium Malate)	300 mg	23%
Phosphorus (as Calcium Hydroxyapatite)	65 mg	5%
Magnesium (as DiMagnesium Malate)	300 mg	71%

Other Ingredients: Natural Vegetable Capsules, Stearic Acid, and Magnesium Stearate.

**When it is slippery outside, remember we continue to offer curbside assistance! Please text the number posted and we will be out to assist you.**



If you haven't received your flu shot yet, it's not too late. Flu activity often begins to increase in October and November. **Most of the time flu activity peaks between December and February**, and it can last until late Spring. The flu shot is recommended for anyone over the age of 6 months of age and older. Here at Sand Run Pharmacy, we can

vaccinate anyone **7 years of age or older**. We carry the "Senior" high-dose flu vaccine, the traditional quadrivalent flu vaccine and FluMist Nasal spray. The high-dose flu vaccine is only approved for patient **65 years of age and older**. Be sure to stop in and get your annual flu shot. **Appointments are not necessary; you may walk in anytime and we will check your temperature upon arrival.** We do ask that you wear a face mask or face covering to ensure others safety.

## Shop Holiday Favorites at Sand Run Pharmacy!

We carry a great variety of *Papyrus* brand, *Recycled Paper Greetings* cards and notes for any and all occasions. These are perfect for the holidays, birthdays, a thank you or just to let someone know you are thinking of them. Also back for the holidays *Waggoner's* Chocolates gift boxes.



## Holiday Hours

Thursday, December 24th: *Christmas Eve* 9 am - 2 pm

Friday, December 25th: *Christmas Day* Closed



Thursday, December 31st: *New Year's Eve* 9 am - 2 pm

Friday, January 1st: *New Year's Day* Closed

