

SAND RUN PHARMACY

JUNE 2017

CoQ-10: What is it? Do I need it?

CoQ-10 Benefits

- Enhances Physical Performance
- Supports Cardiovascular Health
- Reduces Risk of Side Effects for Patients on a Statin (cholesterol medication)
- Helps Maintain Healthy Blood Sugar Levels
- Boosts Antioxidants
- Supports Important Neurological Functions
- Promotes Cellular Energy Production



Available at
Sand Run Pharmacy
in the vitamin section
\$32.40

What is CoQ-10?

Coenzyme Q10, or CoQ-10, is a substance that is similar to a vitamin, which is found in every cell of the body. The body produces CoQ-10 for your cells to use it to make energy, which your body needs for cell growth and maintenance. CoQ-10 is also used as an antioxidant, which protects the body from damage caused by harmful molecules.



Dietary Sources of CoQ-10

- ⇒ Beef, soy oil, sardines, mackerel, peanuts, broccoli

What is CoQ-10 used for?

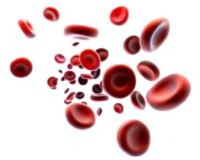
Cardiovascular Health

- ⇒ Promotes healthy circulation
- ⇒ Supports optimal functioning of the heart muscle
- ⇒ May also help support the blood vessel walls



Blood Sugar Balance

- ⇒ If you have diabetes, you may find CoQ-10 reduces your blood-sugar levels
- ⇒ If you do not have diabetes, CoQ-10 helps your body deal with sugar levels more efficiently



Neurological Health

- ⇒ CoQ-10 helps your body carry out normal every day functions, which may be depleted by medications you may be taking or your disease state(s)



What causes CoQ-10 depletion?

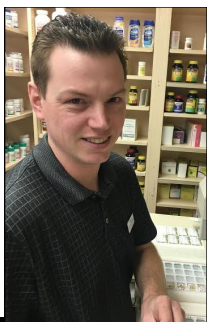
- ⇒ CoQ-10 levels decline with age
- ⇒ Your prescription medication, such as: beta blockers (i.e. carvedilol, metoprolol, atenolol) and statins (i.e. atorvastatin, simvastatin, pravastatin)
- ⇒ Smoking

How should CoQ-10 be taken?

- ⇒ CoQ10 is best taken with a meal containing fats or oils. This will allow for maximum absorption.

Ask your doctor or pharmacist if you should be taking CoQ-10 today.

Meet **SAND RUN PHARMACY'S**
Newest Team Member:



BRIAN
COTTRILL

Sand Run Pharmacy would like to introduce our newest member, Brian Cottrill. Brian is a new pharmacy technician. Brian, his wife Raina, and their two boys live locally in the Akron area. In Brian's spare time he enjoys working on cars, being actively involved in his son's boy scout troop, and spending time with his family. Brian will be working both up-stairs in the pharmacy as well as down-stairs in our compounding lab. Help us welcome Brian to the Sand Run Pharmacy team. He looks forward to getting to know our customers' names, so please be patient while he learns.



BELOW: Jason with his three boys Greg, Ben, and William



16th Annual Pet Expo!

SATURDAY JUNE 3RD, 2017
 10 AM - 4 PM
 HARDESTY PARK IN AKRON

PRESENTED BY: **Stark State COLLEGE**

WITH SUPPORT OF:

SAND RUN PHARMACY will have a booth at the Pet Expo on June 3rd! Stop by and see us! Friendly pets welcomed and encouraged! Information on Veterinary Compounding, Tips on Giving Your Pet Medication, and Givaways! Special Guest: Trace Lamb to make an appearance!



Goal of 200 Adoptions	Cutest Pet Contest at 2pm Courtesy of Marc's	"Stuff the Van" Bring Donations (food, treats, beds, toys)
Akron Police K-9 Demo's Courtesy of Valley Animal Hospital	Over 50 Vendors	Over 50 Shelters