

Be Healthy, Stay Healthy NEWSLETTER



MEET THE TEAM

Jozie Desautels

Jozie works part-time in customer care at both Norland Avenue Pharmacy and Carl's Drug Store. She has lived in Mercersburg her whole life and graduated from James Buchanan High School in 2024.

Jozie now attends Wilson College majoring in special education. She plans to either become a special education teacher or possibly become a guidance counselor.

When asked what she enjoys most about her job, Jozie said she loves the teams at both Norland and Carl's and the customer always make her smile.

When she's not working, Jozie likes to spend time with her fiancé, Ethan, and the rest of their families. Ethan is a firefighter, so she also enjoys spending time at the firehouse.

You're sure to always get a smile from Jozie. The next time you see her, be sure to say hello!



Feel Better, Be Healthier: Simplified

At Carl's Drug Store, we believe health isn't just about prescriptions—it's about supporting the whole person. That's why we're proud to offer a product that lives up to its name: **The Works Packets**. Designed for everyday people with real-life health needs, this all-in-one supplement system makes taking care of yourself simple, consistent, and stress-free.

Many patients come into the pharmacy asking what they can do to feel more energized and to strengthen their health and immunity, patients that are sick and tired of being sick and tired... and maybe forget to take their vitamins.

If you can relate, we recommend The Works Packets: a convenient, once-a-day nutrition solution designed to support gut health, immunity, energy levels, and more!

What's in The Works? Each single-serve packet contains five carefully selected supplements:

1. **Probiotic Formula:** 30 billion CFU, four strain probiotic for gut balance and microbiome health
2. **Multivitamin (iron-free):** balanced nutrition profile for foundational wellness, bioavailable micronutrient forms for optimal absorption and utilization, generous levels of B vitamins, and broad-spectrum antioxidant and phase I detoxification support
3. **Omega-3 Max:** IFOS five-star certified to ensure the world's highest standards for purity, potency, and freshness perfect for heart, brain, and inflammation support
4. **Magnesium:** formulated for enhanced absorption, helps support muscle, nerve, and mood balance
5. **Vitamin D3:** 2000iu supports bones and immunity

These are high-quality, pharmacist-selected supplements from Healthy Living Solutions, backed by the care and guidance of our expert team. One packet a day means no more juggling bottles and organizers. The packets are great for anyone on the go or anyone who wants a convenient solution without the work.

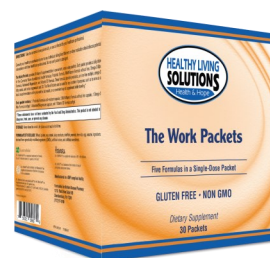
Take the first step today, whether you're...

- Trying to get back into a healthy rhythm
- Feeling overwhelmed by multiple supplements
- Looking for trustworthy, pharmacist-backed options

The Works Packets are for you! Stop by the pharmacy to get your 30-day supply (\$84.99).



As a comparison, purchasing these five supplements separately would cost over \$100. Need help deciding? Our staff members are here to help with any questions you have.



Let
The Works
Packets be
your starting
point toward
stronger,
smarter
self-care.
Because

feeling better isn't complicated—it
just takes the right support.

THYROID SUPPORT CAN HELP YOU THRIVE

Your thyroid gland may be small, but it plays a big role in your health. Shaped like a butterfly and located at the base of your neck, the thyroid is one of your body's largest hormone-producing glands, producing mainly T4 (inactive) and T3 (active)—that affect nearly every system in the body. These hormones regulate your metabolism, energy levels, weight, mood, cognitive function, and even your ability to handle stress.

When your thyroid is underperforming, you may experience fatigue, cold sensitivity, weight gain, brain fog, or mood changes. That's why we're excited to offer **Thyroid Support** from Health Living Solutions, a comprehensive formula designed to support your thyroid's natural function using a blend of science-backed vitamins, minerals, and herbs. Key benefits include...

Supports hormone production: L-Tyrosine, iodine-rich kelp, vitamins B6 and C, and copper are essential for producing thyroid hormones that influence energy, mood, and metabolism.

Improves hormone activation: Selenium helps convert inactive T4 into active T3, the form your body actually uses.

Enhances hormone receptor function: Zinc and vitamins A and D help thyroid hormones bind efficiently to cellular receptors, supporting metabolic and cognitive performance.

Promotes metabolic wellness: Magnesium supports energy production, while EGCG from green tea encourages calorie burn.

Reduces stress and supports adrenal health: Adaptogens like ashwagandha and bacopa help balance stress and improve cognitive function, both commonly impacted by thyroid imbalance.

Thyroid health isn't just about one nutrient—it's about the **right combination** of support. This formula delivers a comprehensive range of ingredients that nourish your thyroid and support your overall well-being. Whether you're dealing with occasional low energy or navigating thyroid imbalances, this product is designed to help you feel like yourself again. Plus, as an independent pharmacy, we're here to answer your questions and guide you through your wellness journey. Stop by today to talk with our team today about whether Thyroid Support is right for you.

Take control of your energy, focus, and metabolism. Ask us about Thyroid Support next time you visit, or call us today!



Biblical Keys
to Physical,
Emotional, &
Spiritual Health

BE A TRUE FRIEND

A true friend loves even when it is not easy to love.

Proverbs 17:17 – *A friend loves at all times, and a brother is born for adversity.*



CALL AHEAD TO SCHEDULE
717-597-2426



DO YOU KNOW WHAT'S IN YOUR SUPPLEMENT?

Here are four things we do to ensure the supplements we sell at our pharmacy are high quality supplements, because **the most expensive supplement you can buy is the one that doesn't work!**

1. We look for third-party certifications.
2. We read the labels carefully understanding that the ingredients are listed in descending order by weight. We also check serving size and the amount of each nutrient per serving, considering cost per serving and per day.
3. We research the manufacturer, looking for reviews and complaints. We check to make sure they adhere to Good Manufacturing Practices (GMP) standards and are registered with the FDA.
4. We are skeptical of claims. Supplements aren't miracle cures. They are meant to complement a healthy diet and lifestyle, not replace it.

We do the work for you, so you can rest assured that if you are buying it from us, it is a quality you can trust!

LAUGHTER IS THE BEST MEDICINE

Shout out to the people who don't know what the opposite of in is.

Just got hospitalized due to a freak peekaboo accident...
They put me in the ICU.

A little boy opened the big family Bible. As he fingered through the old pages, something fell out. He picked up the object and looked at it. What he saw was an old leaf that had been pressed between the pages.

"Mama, look what I found," the boy called out.

"What have you got there?"

He answered, "I think it's Adam's underwear!"

NON-PROFIT *of the month* MONARCH'S WAY

Monarch's Way is a private Christian school, based in a loving, family environment that is dedicated to helping at-risk girls ages 11-17 break free from life-controlling behaviors and circumstances. Their program aims to develop individuals who know their identity, believe in their purpose, and dream big about their destiny. Find out more at monarchs-way.org.



OLD HOME WEEK PLANNING

We are excited to celebrate Old Home Week with our community this August. For up-to-date details on the events of the week, visit oldhomeweek.org. Here's what we know so far:

Carl's Drug Store will be selling badges (\$6 each) starting in mid-July. And, wait until you see who is featured on the badge!

We have stocked up on Greencastle and small town apparel perfect to wear to all the events of the week. In addition, we will also have bunting available for purchase to get your house Old Home Week-ready!

Look for us in the parade on Thursday, August 7th, starting at 6pm. Be sure to get a flyer from one of our parade team members for a discount at the store.

The big event for us will be on Friday, August 8th. We will officially be celebrating the 200th anniversary of Carl's Drug Store. There will be sales and giveaways all day, but we are having an extra special ceremony at noon with some VIP guests on hand to recognize Carl's as the oldest independent pharmacy continuously serving the same community in the United States! Stick around after the ceremony, as we will be giving out free ice cream to the first 200 visitors.

Starting on Monday, August 4th, leading up to our anniversary celebration on Friday, we will have a variety of giveaway items on display in the store. For every \$5 you spend in our storefront, you will receive a chance to win! Winners will be chosen after the anniversary event and will be announced on Monday, August 11th.

It's going to be a great celebration of our town and our pharmacy! Mark your calendar now, so you don't miss a thing!



KEEP BUGS AT BAY THE NATURAL WAY

Embrace the great outdoors with our Nature Shield Spray, your trusty sidekick for a swat-free summer. Lightweight and free from harsh chemicals, this spray lets you enjoy warm summer nights and hiking trips without those pesky interruptions! Experience pest protection straight from Mother Nature, with pure essential oils like Citronella, Lemongrass, Cedarwood, Geranium, and more, creating a natural barrier that helps keep bugs at bay. (Cedarwood and Geranium are also known to repel ticks!)

This one-of-a-kind formula also nourishes skin with every spray thanks to a soothing blend of Lavender and Peppermint hydrosols with Aloe and Vitamin E. Plus, its naturally refreshing herbal aroma leaves you feeling refreshed and energized.

So whether you're lounging in your backyard or exploring new trails, Nature Shield Spray (\$10.99, 4 fl oz) helps you enjoy every sun-soaked moment without the buzzkill! Shake well before use. Spray onto exposed skin. For facial application, spray onto hands and gently apply to the face avoiding the eye area.



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MARK YOUR CALENDAR...

July 4: Closed

July 16-31: 20% Off All Toys



20% OFF ALL TOYS

JULY 16-31

*These statements are culmination of the knowledge and experience of the team at Carl's Drug Store. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and these products are not intended to diagnose, treat, cure or prevent any disease.

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(717) 597-2426

- Psalms 23:4

Even though I walk through the
valley of the shadow of death,
I will fear no evil, for you are
with me, Your rod and Your
staff they comfort me.

Return Service Requested

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Greencastle, PA 17225



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