

FEEL BETTER, BE HEALTHIER, START NOW NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...

June 2026



WHY YOU NEED A MULTIVITAMIN (& WHICH ONE)

Most people assume they eat “pretty healthy.” Maybe you avoid soda, eat salads a few times a week, or try to avoid the drive-thru. But even people with good intentions are falling short when it comes to getting the nutrients needed in order to function at their best.

Modern food simply is not what it used to be. Soil depletion, food processing, busy schedules, stress, medications, poor sleep, and fast-food convenience culture all work against optimal nutrition. Add in the fact that many people skip meals, live on caffeine, or survive on whatever they can grab between work and kids’ activities, and it becomes clear why nutrient deficiencies are so common.

That is why Dr. Wayne believes a high-quality multivitamin is one of the smartest foundational supplements most people can take. Notice he said “high-quality.”

Not all multivitamins are created equal. Many big-box store vitamins are packed with cheap, poorly absorbed ingredients and only provide the bare minimum daily values. A quality multivitamin should do more than simply prevent deficiency — it should support energy, immune health, brain function, heart health, metabolism, and overall wellness.

Two of our favorite professional-grade multivitamins are **Prescription Support from Solutions Rx** and the **Power Multi from Healthy Living Solutions**.

Prescription Support is one of our top recommendations for patients taking pre-

scription medications. Many common medications — including those for diabetes, blood pressure, cholesterol, acid reflux, and even birth control — can gradually deplete important nutrients from your body over time.

For example, statin medications can lower CoQ10 levels, which may contribute to fatigue or muscle aches. Metformin has been associated with lower vitamin B12 levels. Some blood pressure medications can deplete magnesium, zinc, folate, and other nutrients. Prescription Support was specifically formulated by a pharmacist to help replenish these commonly depleted nutrients using highly absorbable forms of ingredients such as methylcobalamin B12, L-methylfolate, CoQ10, and digestive enzymes for better absorption.

For patients not taking medications — or those looking for an “all-in-one” wellness formula — we helped design the Power Multi specifically for you. This comprehensive formula supports energy production, antioxidant activity, heart health, bone health, blood sugar balance, mitochondrial health, and even hair, skin, and nail health.

One of our favorite things about the Power Multi is that it goes beyond the basics. Instead of sprinkling tiny amounts of ingredients onto the label for marketing purposes, we included meaningful levels of nutrients such as Vitamin D3 and K2, which work together to support both bone and cardiovascular health.

Another reason we love the Power Multi is its simplicity.

Many people find themselves taking a long list of separate supplements each day — a multivitamin, Vitamin D, biotin, magnesium, probiotics, and more. Not only can that become expensive, but it can also create “supplement fatigue.” The Power Multi was designed to combine many of the most commonly recommended wellness nutrients into one comprehensive formula. It has the potential to replace several separate products you may already be purchasing, making supplementation simpler, more convenient, and more cost effective.

The truth is, most people do not need another trendy wellness gimmick. They need a solid nutritional foundation. A good multivitamin can help fill nutritional gaps and support your body in a world that constantly drains it.

If you are unsure which multivitamin is best for you, stop by and talk with our team. We would be happy to help you choose the right option based on your medications, health concerns, and wellness goals.

Because feeling your best starts with giving your body the nutrients it needs to thrive.



Skyla Vorhes

Skyla has been part of the Norland team since January 2014 and loves getting to know customers and building lasting friendships. Originally from Wessington Springs, South Dakota, she graduated from Hot Springs High School and attended Black Hills State University. Before joining Norland, Skyla worked in a variety of healthcare settings, including a doctor’s office, a psychiatric office in Ohio, and a nursing home in South Dakota. She has called Chambersburg home for nearly 23 years and enjoys spending time with her church family, traveling to see waterfalls, lakes, and nature, and caring for her two pups and two cats.

LET'S TALK ABOUT ED (REALLY)

There are some topics men would rather discuss than erectile dysfunction. Taxes. Root canals. Parallel parking a pickup truck in front of a crowd. Yet ED is incredibly common, especially as men age, and avoiding the conversation doesn't make the problem disappear.

The good news? Today there are more options than ever — and some are far more convenient than the famous "little blue pill."

At Norland Avenue Pharmacy, we compound Tadalafil troches, a customized option designed to make treatment easier, more flexible, and in many cases, more natural feeling for couples.

Tadalafil belongs to the same class of medications as Sildenafil (Viagra®) and works by increasing blood flow to penile tissue. But unlike Sildenafil, which often requires careful timing before intimacy, Tadalafil has a much longer duration of action. In fact, one dose may remain effective for up to 36 hours. And let's be honest — most couples don't want romance to feel like scheduling a dentist appointment.

One of the biggest advantages of Tadalafil is that it can be taken daily at lower doses. This allows for more spontaneity because the medication is already in your system when the moment happens. It only works in the presence of sexual stimulation, so you don't need to worry about "awkward" moments.

Our most common compounded option is a 3.75 mg Tadalafil troche. A troche is a small flavored lozenge that dissolves between the cheek and gum, allowing the medication to absorb gradually into the bloodstream. Many patients find troches easier and more pleasant to take than traditional tablets.

Daily use has another potential benefit: studies suggest Tadalafil may work better over time when taken consistently rather than only occasionally. Think of it like exercise. One trip to the gym won't change much, but consistency often produces better long-term results.

For men who prefer not to take medication daily, Tadalafil can also be used on an as-needed basis at higher doses, typically 10–20 mg. We can even compound it as a sublingual liquid that dissolves under the tongue for those who prefer an alternative dosage form.

Of course, erectile dysfunction is not just about intimacy. ED can sometimes be an early warning sign of underlying health concerns such as poor circulation, diabetes, high blood pressure, obesity, low testosterone, stress, or cardiovascular disease. In other words, your body may be trying to tell you something important.

That's why we encourage men not to ignore the issue or simply chalk it up to aging. You are not alone, and there is no shame in seeking help.

We understand these conversations can feel uncomfortable. Our goal is to provide a professional, discreet, and judgment-free environment where patients can ask questions and learn about their options.

If you would like more information about compounded Tadalafil troches, stop by or call 717-217-6790. We can even provide information to share with your healthcare provider. Because while ED may not be every man's favorite topic, finding solutions that help restore confidence and quality of life is always worth discussing.

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I'm not keen on taking pills, so when my doctor gave me a prescription to lower my blood pressure, I asked her if there were any side effects.

"Yes," she said. "Longevity."

Q. What's a basketball player's salary based on?

A. His NET worth.

Q. What does a sailor take to prevent motion sickness?

A. Vitamin Sea

INFLAMMATION, ENERGY, & WEIGHT

FREE SEMINAR

DATE: WED, JUNE 24TH

TIME: 6:00-7:00PM



SPEAKER: HEATHER TILLMAN, MSN, CRNP, FNP-BC, BOARD CERTIFIED FAMILY NURSE PRACTITIONER SPECIALIZED IN FUNCTIONAL MEDICINE

Why Feeling Tired or Stuck Isn't a Failure

In this session, you'll learn:

- What inflammation is and why it matters
- How inflammation affects energy, pain, and weight
- The role of blood sugar and stress in chronic fatigue
- Why "doing everything right" doesn't always work
- Small changes that help calm inflammation naturally

You'll walk away with:

A new way to think about fatigue, weight struggles, and chronic symptoms.

Seating is limited, be sure to reserve your spot today: 717-217-6790 or NorlandRx.com/events

CLEAN HANDS, CLEANER LIVING

We are excited to introduce a fresh new addition to our gift shops — Plant Therapy Foaming Hand Soaps and reusable Glass Foaming Soap Bottles. These products combine beautiful design, clean ingredients, and essential oil-powered scents to turn an everyday routine into something a little more enjoyable.

The reusable 8 oz Glass Foaming Soap Bottle is a simple way to reduce single-use plastic waste while adding a stylish touch to your kitchen or bathroom sink. Both the glass bottle and silicone sleeve are dishwasher safe, making it easy to keep clean and ready to use again and again. Paired with Plant Therapy's premium foaming hand soaps, each pump delivers a rich, airy foam that gently cleanses without leaving hands feeling dry or tight. Unlike many conventional soaps filled with harsh ingredients and synthetic fragrances, these formulas are made with thoughtfully selected ingredients and are free from parabens, phthalates, triclosan, formaldehyde donors, and synthetic dyes or fragrances. Choose from three options:

Defender Foaming Hand Soap features a bright, uplifting blend of Blood Orange, Lemon, Pink Grapefruit, and Lavandin balanced with grounding notes of Frankincense and Juniper.

Lavender Rosemary Foaming Hand Soap combines Lavender and Rosemary with hints of Sweet Orange, Eucalyptus, and Peppermint for a clean, herbal aroma that feels refreshing and relaxing.

Germ Fighter Foaming Hand Soap offers a warm, comforting blend of Rosemary, Eucalyptus, Clove, Cinnamon, and Lemon with subtle citrus and earthy notes from Blood Orange and Frankincense.

Plant Therapy Foaming Hand Soaps are available in a 32 oz refill size, which fills the reusable 8 oz bottle four times. It is an easy way to reduce waste while always having your favorite soap on hand.

Essential Oil Corner



WHAT HORMONE TREATMENT IS RIGHT FOR YOU?

FREE SEMINAR: HORMONES 201

SPEAKER: Cheryl Hade, RN, BSN, Hormone Specialist

DATE: Thursday, June 18th

TIME: 6:00-7:00pm

LOCATION: 12 St. Paul Drive, Chbg, PA



Maybe you've been to Cheryl's Hormone Seminar before. You know how to identify if you are in perimenopause or menopause and what's happening in your body at this time of life. Now... she's ready to take it to the next level.

In this seminar, Cheryl will cover treatment options for perimenopause and menopause including...

- Over-the-Counter Supplements
- Non-hormonal Prescription Medications
- HRT Hormone Replacement Options

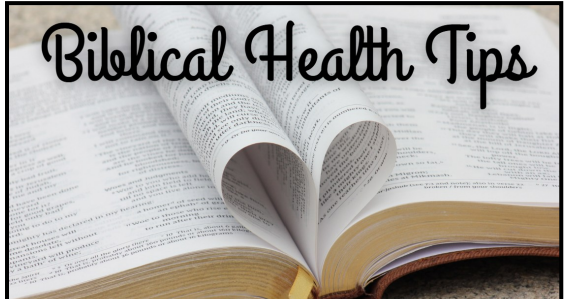
She will provide in depth information on the options that are out there and the benefits and risks of each option including patches, creams, pills, and more. This is not your basic, high-level overview. Cheryl has put in the research to make this a very comprehensive, detailed seminar for patients wanting to educate themselves to make the best decision for them.

Can't make the seminar? You can reach out to Cheryl at 717-377-3495 to schedule a one-on-one consultation (in person or over the phone).

No healthcare should be one-size-fits-all, but especially not when your hormone levels are unique to you.

Seating is limited, please call either pharmacy or visit one of their websites to reserve your spot: NorlandRx.com or CarlsDrug.com.

Biblical Health Tips



BEING PRIDEFUL BRINGS TROUBLES

Your pride can damage your health because your pride will eventually bring problems and troubles into your life. The Bible says

Proverbs 11:2a – When pride comes, then comes disgrace.

Proverbs 16:18 – Pride goes before destruction, a haughty spirit before a fall.

Proverbs 26:12 – Do you see a man wise in his own eyes? There is more hope for a fool than for him.

A prescription for pride:

Proverbs 11:2b – But with humility comes wisdom.

Romans 12:16 – Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

Be humble. It is good for your health and good for others.

Noah's House/Gracie's Place

NoahsHouse.org

A portion of this month's sales at Norland will be donated to this fine organization.



Non-Profit
of the
Month

NETwork Ministries

NETwork-Ministries.org

A portion of this month's sales at Carl's will be donated to this fine organization.



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June 24: FREE Inflammation Seminar (pg 2)

July 4: BOTH PHARMACIES WILL BE CLOSED IN OBSERVANCE OF INDEPENDENCE DAY

Feel better, be healthier, start now.

STOP GUESSING ABOUT YOUR HEART HEALTH

Heart disease is often called the “silent killer” because many people have no warning signs until a serious event occurs. You may feel perfectly healthy while underlying inflammation and cardiovascular risk continue to build quietly over time. That’s why prevention matters — and why knowing your Omega-3 Index could be the simplest step you take for your health.

The Omega-3 Index is a quick finger-stick test that measures the amount of EPA and DHA Omega-3 fatty acids in your red blood cell membranes. These specific Omega-3s play a critical role in heart, brain, eye, and joint health. The test gives you a percentage score that can help identify whether you are in a low, intermediate, or high-risk zone for heart disease.

An Omega-3 Index of 8% or higher is considered ideal and associated with the lowest cardiovascular risk. Unfortunately, many Americans fall at 4% or below — the highest risk zone. **Research has linked this range to a 90% higher risk of sudden cardiac death.**

Many people assume they are getting enough Omega-3s because they take a supplement or occasionally eat fish. But not all supplements are effective, and not all Omega-3s improve your Omega-3 Index. Only EPA and DHA have been shown to raise your levels. Low Omega-3 levels have also been associated with inflammation, joint pain, depression, dry skin, hair thinning, eye disease, and cognitive decline.

Don't wait for a health scare to start paying attention to your heart. Testing is simple, affordable, and gives you valuable insight into your long-term health. We offer Omega-3 Index testing for just \$50 with results available in less than a week.

Stop guessing. Know your number.

*These statements are culmination of the knowledge and experience of the team at Norland Avenue Pharmacy. 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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