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570-454-2476



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Hazleton, Pa. 18201  
570-454-2958

### Did You Know You're a Magician?

Yes, that's right. Your body does a magnificent magic trick when it takes the ultraviolet light from the sun and turns it into cholecalciferol, also known as vitamin D3.

Then presto... the D3 is whisked away to your liver and kidneys where it is activated to help your body absorb calcium from the foods you eat. It also supports healthy immune defenses and mood too! Ta dah! For your next trick you can work on pulling a rabbit out of your hat!

To have your body perform this magic trick, you need to make sure you are getting your fill of sunshine each day: 5-10 minutes and then you can load on the sunscreen. However, if you live in the northern half of the U.S. or in an area where the sun doesn't shine every day, you may want to take to your healthcare provider about getting tested for vitamin D deficiency and possible vitamin D supplementation that is right for you.

Hazle Drugs own unique brand of "Vitamin D" is also known as the "sunshine vitamin" is an essential vitamin that plays many important roles in the proper functioning of the body. Though classified as a vitamin, Vitamin D is actually a key regulatory hormone for calcium and bone metabolism. Adequate vitamin D status is essential for ensuring normal calcium absorption and maintenance of healthy calcium plasma levels. For more information regarding Vitamin D and Vitamin D deficiency, please contact our Certified Clinical Nutritionist, Bill Spear, at Hazle Drugs, 1 E. Broad St, Hazleton, Pa. 18201, [www.hazle drugs.com](http://www.hazle drugs.com), 570-454-2476.

***Bill Spear, R.Ph., CCN is a Compounding Pharmacist and Certified Clinical Nutritionist. He is available for personal Nutritional Consultations at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, (570)-454-2476 Call for more information or to schedule your Nutritional Consultation today!***

### **What Does Vitamin E Do for Me?**

Most importantly, vitamin E helps to protect your cell membranes against damaging free radicals. Cell membranes

are essential to your overall health; damage to them can eventually lead to many chronic diseases.

Vitamin E is one vitamin that is extremely difficult to get enough of from the foods that you eat. For example, you would have to consume 15 ounces of almonds a day (that's over 2,500 calories) to get the recommended daily dose of vitamin E; that's the entire daily calorie intake for many of us—not leaving any room for other foods to get all the other essential vitamins and minerals you need.

But don't worry— you can easily get your daily vitamin E by taking it in a supplement form. Hazle Drugs all natural brand of “Vitamin E Mixed Tocopherols” is a major antioxidant and the primary defense against lipid peroxidation. This special unesterified form is particularly important in protecting the body's cells from free radical/oxidative damage.

For more information regarding the benefits of Vitamin E, please contact our Certified Clinical Nutritionist, Bill Spear, at Hazle Drugs 1 E. Broad St. Hazleton, Pa. 18201, 570-454-2476, [www.hazledrugs.com](http://www.hazledrugs.com)

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