



Personal Service & Professional Care

66 Otho Street
INVERELL 2360
Ph: 02 6722 3089
www.campbellandfreebairn.com.au



38 Albury Street
ASHFORD 2361
Ph: 02 6725 4013



Napoleon Perdis

Receive your 6 piece FREE gift set when you spend \$79 or more on Napoleon Perdis products in store!
(only while stocks last)



Call in and see Brendon, Emma, Justine, Clare, Annie Jane, Erica, Logan, Lisa, Suzanne, Liz, Sonia, Tiarna, Cassie, Trista, Renae, Jane, Kelly F, Sue, Sarah T, Sarah M, Kellie Mc, Emi, Phillipa, Montana, Teagan, Greg, Johnle, Phoebe, Gabby, Fiona, Paige, Charlotte D, Matilda, Fiona, Shannon, Kathy, Charlotte, Simone and Trudy.

Free Home Delivery
Monday to Friday
Free delivery to Delungra



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Please consider your Flu Vaccine NOW! We can still provide whooping cough, diphtheria & tetanus boosters.

Some free services we offer MedsCheck: a 30 minute sit down with a pharmacist to discuss your medicines and any problems. A written report is provided.

RUM: return of unwanted medicines. A safe, secure way to dispose of ANY unwanted or expired medicines from home. Hand them in to one of our staff, in a secure bag, and ask for them to be put in the Rum Drum!

This month our Healthy Savings Catalogue runs from 5th –27th May. Purchase any item from the catalogue and enter online to WIN a Samsung Galaxy A52s 5G phone & a Galaxy A52 Silicone cover. Valued at \$688

Healthy regards, **Brendon, Emma & Justine**

INFLUENZA VACCINATIONS
No Appointment necessary!
Call in store Monday to Friday
between 9.30am and 5pm.
Ages 10 years to 65 years



Fragrance

Don't forget Mother's Day
Sunday 8th May

Ralph Lauren "Romance"
50ml Eau de Parfum
\$125.00



NEW PRODUCTS INSTORE

Etch & Ethos—Natural, ethical, Australian skincare made from naturally derived ingredients in sustainable packaging.

Byron Naturals Detox foot patches—7 day program
14 patches \$25.00

Demazin Ultra—Effective immune defence formulated with 7 active ingredients with herbs traditionally used in Western herbal medicine to enhance healthy immune function and reduce the severity of common cold & flu symptoms.
24 + 10 tablets \$17.95

Elactalyte—Effervescent rehydration tablets available in Orange, Strawberry and Apple & Blackcurrant. 20 tabs \$12.50

Caruso's Quercetin- can help to support the health of blood capillaries and blood vessels, whilst also providing antioxidant support for the body.

Adult dose: Take 2 tablets daily. 60 tablets \$49.95

Imuni— Vegan capsules containing Quercetin, Zinc, Vitamin D3 and Vitamin C. Adult dose: Take 1 capsule twice daily
60 capsules \$44.95

ETHICAL NUTRIENTS

PROFESSIONAL NATURAL MEDICINES

Mega Magnesium Night

Mega Magnesium Night has been formulated to support healthy sleeping patterns. Combining Meta Mag®, a proprietary, easily absorbed form of magnesium with passionflower, it provides a multi-action effect that helps support the mind & body in preparation for sleep. Take two tablets before bed to support healthy sleeping patterns for a better night's sleep.

50 Tablets \$45.60



Practices to prevent or reduce jet lag

Before travel—starting 3 days before departure, shift both sleep and wake up time by 30 minutes per day so that the sleep cycle more closely resembles the time zone of the final destination. For Eastward travel- go to sleep earlier and avoid light in the evening, wake up earlier and seek bright light in the morning.

For Westward travel -go to sleep later and seek bright light in the evening, wake later and avoid light in the morning.

Inflight— set watch to destination time at the start of the flight, keep as physically active as possible during the daytime hours at the final destination. Maintain adequate hydration by drinking water—avoid tea, coffee and alcohol. Only sleep during night time at the final destination, minimise disruptions by wearing earplugs, an eyemask and layers of clothing to allow adjustment to temperature variation.

On arrival— maximise exposure to sunlight during the day and establish a new routine of meals and activities (including exercise). Adults: consider drinking 1-3 caffeinated beverages in the morning. If sleep deprived, take a short nap (up to 30 minutes) upon arrival at accommodation. Remain in the dark during night-time in the new time zone, even if unable to sleep.

NB If the stay at the destination is brief (eg less than 3 days), consider keeping home based hours instead of adopting destination sleep hours because the body clock may not have adequate time to adjust.