



Personal Service & Professional Care

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We trust you are keeping your bodies hydrated and fully protected against the sun in this hot weather.

We farewelled our part time pharmacist, Erica in January. Her daughter Phoebe also worked for us afterschool as a Delivery Girl. They have moved to the Sunshine Coast to be closer to family. Good luck!

Our current catalogue runs until 17th February. Purchase any item from the catalogue and enter online to WIN a Dyson Pure Hot+Cold Fan Heater valued at \$699.00!

Healthy regards, Brendon, Emma & Justine

DONATIONS in January

We were pleased to donate to the following organizations last month:

- Inverell Junior Rugby Club
- McGrath Foundation
- Pink Stumps Day

Thank you for supporting our 100% **locally owned** and operated Pharmacy!
Open 8.30am to 6pm Monday to Friday and every Saturday 8.30am to 12.30pm

napoleon
PERDIS

Napoleon Perdus

AUTO PILOT PRE-FOUNDATION SKIN PRIMER



Scientifically-formulated to help makeup sync flawlessly with your skin, Auto Pilot Pre-Foundation Skin Primer preps and primes the face for makeup. Chamomile Extract, Yarrow Extract and Vitamin E work to strengthen and smooth the skin, boost hydration levels and ensure your makeup lasts the distance. Apply a thin layer directly to the skin or, if you have dry skin, apply after moisturiser. Follow with your choice of Napoleon Perdus foundation. Ideal for all skin types.

Pro-tip: Need to refresh your makeup? Use Auto Pilot Pre-Foundation Skin Primer to remove your base before reapplying foundation; it's a quick hydrating treatment to help reclaim your glow.

50ml \$59.00

Call in and see Brendon, Emma, Justine, Annie Jane, Logan, Lisa, Suzanne, Liz, Cassie, Trista, Jane, Kelly F, Sue, Sarah M, Montana, Gabby, Fiona, Shannon, Karen, Debbie, Mikayla, Paige, Annalisa, Sonia, Greg, Johnle, Phoebe, Heidi, Bindi, Charlotte, Matilda, Mia, Jenny, Kerri-anne, Amber, Simone Tiarna, and Trudy.

**Free Home Delivery
Monday to Friday
Free delivery to Delungra**

Fragrance

Valentine's Day Tuesday 14th February



For Her: Katy Perry Mad Potion
EDP 100ml \$69
Elle Fleur EDP 100ml \$50
Delta Goodrem Dream 30ml \$40
Delta Goodrem Destiny 30ml \$40

For Him: Dunhill London EDP 100ml \$80
Abercrombie & Fitch Away Tonight EDT
100ml \$63
Calvin Klein Eternity



Heart Health Myths

Myth– Dark Chocolate and red wine are good for your heart?

Sadly this gem falls into “too good to be true”! Looking at the active components:

Antioxidants are naturally occurring compounds in food that protect your cells against free radical damage. Red wine contains antioxidants but there's just not good evidence to confirm red wine can either prevent heart disease or be beneficial after a heart attack.

Polyphenols are a group of compounds found in certain plant based foods. They are the most abundant antioxidants in our diets.

We know that consuming high polyphenol cocoa/chocolate can reduce risk factors for heart disease, BUT most manufactured chocolate is low in polyphenols. And producers aren't obliged to list polyphenol amounts on the nutrition panel.

Dark chocolate doesn't mean the presence of high amounts of polyphenols.

Can red wine & chocolate be a part of a heart healthy diet?

Raw cocoa powder does have high levels of polyphenol and is highly recommended. Red wine has inconsistent and generally low levels of antioxidants.

The message for red wine is the quantity of alcohol drunk is more important than the type of alcohol.

ETHICAL NUTRIENTS

PROFESSIONAL NATURAL MEDICINES

Ethical Nutrients CLINICAL

ESTROVERA

Estrovera contains an exclusive ingredient, a unique rhubarb extract specifically researched to relieve a wide range of menopause symptoms such as hot flushes and vaginal dryness. It also supports healthy sexual function, decreases irritability and restless sleep, relieves muscle and joint pain and fatigue associated with menopause. Estrovera is an option for women wanting to confront the challenges of this period of life with a plant based alternative.

Dose: Take ONE mini tablet daily

60 Tablets \$59.95



INCREDIWEAR

INCREDIWEAR may assist to reduce symptoms associated with: arthritis, tendinitis, sprains, strains. Carpal tunnel, planar fasciitis, shin splints, lower back pain, hip injuries, post-operative healing, bursitis and disc injuries.

Call in store to see our wide range of incrediwear: ankle sleeves, arm sleeves, back brace, elbow & wrist sleeves, gloves, knee sleeves and more.

