

FEEL BETTER, BE HEALTHIER, START NOW

NEWSLETTER



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METABOLIC DAILY PRO—HELP YOUR BODY THRIVE

We're always looking for science-backed supplements that complement healthy lifestyles—and we're excited to announce that we're now carrying Pendulum's Metabolic Daily Pro. Think of it as a “gut plus metabolism support” probiotic: not your grandma's yogurt-based probiotic, but a precision-formulated regimen designed to support digestion *and* metabolic health.

What makes Metabolic Daily Pro stand out is its carefully chosen blend of probiotic strains—including the somewhat “famous among scientists” bacterium *Akkermansia muciniphila*, plus other gut-friendly microbes like *Clostridium butyricum*, *Clostridium beijerinckii*, *Anaerobutyricum hallii* and *Bifidobacterium infantis*.

Pendulum's research-team formulated Metabolic Daily to go beyond typical probiotics. In practical terms, for many people this could translate to better digestion, more stable energy, and support for healthy blood-sugar and carbohydrate processing — especially when combined with a balanced diet and lifestyle. Here's the “science meets your gut” explanation we like to share with our customers:

Fiber → fuel transformation: The bacteria strains in Metabolic Daily Pro go to work in your gut, breaking down dietary fiber (from fruits, vegetables, whole grains, etc.) and converting it into a type of beneficial short-chain fatty acid (SCFA) — especially **butyrate**.

Triggering helpful hormones (hello GLP-1): That butyrate — along with other beneficial byproducts generated by strains

such as *Akkermansia* — helps prompt your gut cells to produce a hormone called GLP-1 (glucagon-like peptide 1). GLP-1 plays a key role in how your body handles metabolism: it helps your body regulate blood sugar, affects insulin release, and can influence appetite, digestion rate, and energy balance.

Stronger gut barrier & better gut environment: The *Akkermansia* strain is also believed to support a healthy gut lining — by stimulating the production of mucin and strengthening the intestinal barrier. That barrier is essential to keep the “good stuff in the gut” and keep potential irritants out. A well-kept gut barrier supports digestion, overall gut health, and by extension metabolic balance.

Sustained energy, smoother processing: With fiber being effectively used, beneficial SCFAs circulating, and hormone regulation operating smoothly, your body is — quite literally — better equipped to turn food into fuel.

In short: Metabolic Daily aims not just to “boost digestion,” but to create a healthier, more balanced ecosystem in your gut—one that works with your body's metabolism. It's not about a magic pill; it's about giving your microbiome the right tools to do what it's designed to do.

Don't expect overnight miracles. According to the manufacturer, some people may notice mild digestive changes — like temporary gas or shifts in bowel habits — during the first week or two. This is often described as the gut microbiome “settling

in.” For more meaningful metabolic or gut-health changes, it typically takes consistent use. Pendulum suggests that benefits tend to emerge around one to three months after daily use.

As with any supplement, results vary widely depending on a person's diet, overall health, activity level, and gut microbiome. Metabolic Daily is *not* marketed as a weight-loss pill — rather, as a tool to support healthy metabolic processes and gut balance.

A few caveats to keep in mind. Some users report temporary digestive adjustment — mild bloating, gas, or other changes. As with any supplement, consistency matters: skipping doses or combining with very poor diet may blunt potential benefits.

We're excited to offer Pendulum's Metabolic Daily because it represents a thoughtful, research-driven approach to gut and metabolic health. It's not a quick fix — but for

customers seeking to support their digestion and metabolism naturally, it could be a valuable daily tool. Call or stop by with your questions! We are happy to help!



Shelly Bowers

Shelly was born in York, graduated from Ashland High School in Ohio, and currently lives in Shippensburg with her husband, Keith. Prior to joining the Norland team in 2006, Shelly was a stay-at-home mom and cleaned houses. She currently serves as the gifts manager and diabetic shoe fitter at Norland. Her favorite thing about working at the pharmacy is interacting with the customers. In her free time, Shelly enjoys spending time with her three grandsons. She says, “Working at Norland has changed my life both spiritually and emotionally.”

MAXIMIZE THE POWER OF YOUR PROBIOTIC

We recently introduced you to several new products from Pendulum including the GLP-1 Probiotic Pro and the Metabolic Daily Pro. These products are formulated with specific probiotic strains researched for individualized purposes, and our customers are loving them. We are now happy to introduce another great product from Pendulum: Polyphenol Booster. This product is derived from natural, plant-based ingredients: pomegranate, grape seed, and green tea.

Polyphenols are considered prebiotics, because they promote a healthy gut by benefiting the good bacteria in your gut microbiome. How do polyphenols help?

- Introducing higher levels of polyphenols to the microbiome has been shown to increase Urolithin A, a metabolite that stimulates cellular function and reduces cellular degradation to support healthy aging.
- Green tea and grape seed both contain high amounts of catechins, a subgroup of polyphenols that support cardiovascular health.
- Polyphenol Booster is shown to increase levels of Akkermansia muciniphila and other beneficial bacteria through polyphenol extracts that stimulate a prebiotic effect in the microbiome.

It usually takes around 90 days to see changes in your microbiome. However, results vary based on your personal microbiome and health history. Take one, twice a day with meals. You can store the bottle at room temperature in a cool, dry place. Refrigeration is not needed.



I accidentally took my cat's medication last night. Don't ask meow.

Son, "Dad, can you explain to me what a solar eclipse is?"

Dad, "No sun."

Why are elevator jokes the funniest? Because they work on so many levels.

Have you heard of the new sport called quiet tennis? It's like normal tennis, but without the racket.

WHAT DO YOU DO WHEN MEDICINE DOESN'T FIT?

Medicine should never be "one-size-fits-all." God made you uniquely you—and sometimes that means your medication needs to be just as unique. That's why we offer customized solutions through the state-of-the-art compounding lab at Norland Avenue Pharmacy. Think of it as the place where science meets creativity... and where stubborn medications finally learn to behave.

In the compounding lab, we can create medications to your doctor's exact specifications. This is a game-changer for anyone with allergies to fillers or dyes, those who need unique strengths, or anyone who looks at a horse-sized pill and thinks, "*Absolutely not.*" We've got options—lots of them.

Formats we can make include:

- Suppository
- Liquid
- Lollipop
- Lip Balm
- Cream/Ointment
- Pet Treat
- Capsule/Tablet
- Troche

So the next time you hit a roadblock with a commercially available medication, don't panic—just think outside the pill bottle. A custom compounded medica-

tion may be exactly what you need. And don't forget your pets! If you're tired of wrestling your cat like you're auditioning for a nature documentary, we can make a transdermal cream you simply rub into their ear or belly. Compounding helps the whole family—fur babies included.

Now, let's talk flavor, because kids have opinions. The truth is, the #1 reason kids don't take their medicine is flavor. If your child takes one sip, makes *that* face, and promptly spits it out—you're not alone. But it also means they're not getting the full dose, which can lead to the medication not working (and nobody wants round two of the same illness... or the same prescription bill).

Flavoring is actually a special form of compounding that lets kids and parents customize the taste of certain medications. And it's not as simple as dropping in a little cherry or bubblegum. That's why we partner with the experts at **PCCA** and **FLAVORx**, who have spent years perfecting how to mask bitterness, chalkiness, and those mysterious "medicinal" smells that kids seem to detect from a mile away.

We always recommend letting the child pick the flavor themselves—because when *they* choose it, they're far more likely to take it without a battle. (Or at



least with significantly fewer negotiations.)

We're constantly looking for better, smarter, more creative ways to solve your medication challenges. Whether it's custom compounding, flavoring, or helping your pet stop looking at you with betrayal in their eyes—our team is here for you.

If you have a need, an idea, or a "there HAS to be a better way" moment, let us know. We're ready to help you take the hassle out of taking your medication—with a little science, a little ingenuity, and maybe even a little fun.

Keep in mind that compounded medications still require a prescription, and we will deliver compounded medications to Carl's for free.

FEATURED PRODUCT: PLANT THERAPY'S DARK SPOT FACIAL OIL

Essential
Oil Corner

Say goodbye to dark spots and dullness with this targeted, antioxidant-rich facial oil that promotes a visibly brighter, more even complexion. Plant Therapy's Dark Spot Facial Oil blends the power of nature and science to help reduce the appearance of discoloration while delivering deep hydration and antioxidant support.

Made with naturally derived, vegan-friendly ingredients, this powerhouse formula helps fade the look of dark spots, acne scars, and sun-related discoloration—leaving skin softer, smoother, and more radiant. Squalane hydrates and helps improve overall skin tone, while Rosehip Oil and Turmeric brighten the skin and visibly reduce areas of discoloration. A potent, long-lasting form of Vitamin C supports collagen production and actively helps fade dark spots by reducing excess melanin. Bakuchiol offers retinol-like benefits, gently encouraging cell turnover to help fade discoloration and even out skin tone without irritation, while Lemon and Vitamin E help boost radiance and protect against environmental stressors.



Use daily on targeted areas or as an all-over glow booster—just a few drops help fade dark spots and uneven tone while nourishing skin for lasting radiance. (\$24.99)

Made Without: parabens, phthalates, sulfates, synthetic fragrance.

How to Use: Apply 4-5 drops to clean, dry skin. Focus on areas of discoloration or apply evenly across the face for overall brightening. Gently tap into skin until fully absorbed. Use once daily, preferably after cleansing, and consistently for best results.

JOIN DR. WAYNE'S FREE STRESS & WELLNESS SEMINAR

Are you feeling overwhelmed, exhausted, or just “not yourself”? Stress is more than an emotion—it's a physical force that impacts nearly every system in your body:

- Drains your energy and contributes to chronic fatigue
- Weakens your immune system
- Disrupts sleep and worsens anxiety
- Throws hormones out of balance
- Slows metabolism and affects weight
- Impacts heart health and blood pressure



Join Dr. Wayne at his **FREE Stress & Wellness Seminar**, where he'll break down what stress is really doing under the surface, why it matters for your long-term health, and the simple changes you can make to regain control.

At this seminar, you'll learn proven strategies to calm your nervous system, support your hormones, and strengthen the parts of your body that take the biggest hit when stress builds. Dr. Wayne will also highlight natural supplements that can help your body adapt, restore balance, and boost resilience. If you've been feeling stuck or depleted, this is your chance to learn tools that truly make a difference—and it's completely free to attend.

TUESDAY, JANUARY 27TH, 6PM, NORLAND AVENUE PHARMACY

Seating is limited. Please visit NorlandRx.com/events or call 717-217-6790 to reserve your spot.



STAY HOME, WE DELIVER!

As the winter weather rolls in, keep in mind that we have great delivery drivers at both Norland Avenue Pharmacy and Carl's Drug Store to bring your medications and OTC items to you, so you don't have to brave the elements.

Whether there is a cost associated and when we can deliver depends on the distance from the pharmacy. Call the store to find out more:

Carl's: 717-597-2426 Norland: 717-217-6790

Museum of the Bible

www.museumofthebible.org

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



Non-Profit
of the
Month

YouVersion Bible App

www.youversion.com

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



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Coming Events

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Jan 5: Winter Sale (pg 4)

Jan 27: FREE Stress & Wellness Seminar (pg 3)

"Do to others as you would have them do to you."

Luke 6:31

HAPPY NEW YEAR!

END OF SEASON

SALE

GREAT WINTER

SPRING COLLECTIONS COMING SOON

DEEP DISCOUNTS UP TO 60% OFF VITAMINS, SUPPLEMENTS, ESSENTIAL OILS, & GIFTS!

Starting January 5th, while supplies last.

*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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