

FEEL BETTER, BE HEALTHIER, START NOW

NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...

July 2026



ARE YOU RUNNING ON EMPTY?



If you've been feeling tired, stressed, mentally foggy, or like you just don't have the

energy you used to, the problem may not be a lack of sleep—it could be a lack of the nutrients your body needs to produce energy.

B vitamins are often called the body's "energy vitamins" because they help convert the food you eat into usable energy. They also play important roles in supporting brain function, nerve health, mood, metabolism, red blood cell production, and healthy detoxification pathways.

Unfortunately, many people are not getting optimal amounts of these critical nutrients. Stress, aging, poor dietary habits, certain medications, and digestive issues can all impact B-vitamin status. In fact, vitamin B12 deficiency becomes increasingly common with age because the body's ability to absorb it naturally declines over time.

Could You Be Low in B Vitamins?

Low B-vitamin levels don't always show up on routine lab work, but they can sometimes contribute to symptoms such as:

- Low energy or fatigue
- Brain fog or difficulty concentrating
- Mood changes
- Tingling or numbness in the hands

and feet

- Poor stress tolerance
- Difficulty maintaining healthy energy throughout the day

If any of these sound familiar, a high-quality B-complex supplement may be appropriate for you. What many people don't realize is that not all B vitamins are created equal.

Walk into any big-box store and you'll find shelves filled with B-complex products at a wide range of prices. While they may look similar on the label, the quality of ingredients and forms of nutrients can vary significantly. We don't choose supplements based on flashy marketing or the lowest price. We evaluate the science, the ingredient forms, the manufacturing standards, and whether a product is likely to deliver meaningful results.

Most traditional B-complex supplements contain forms of vitamins that must first be converted by the body into their active state before they can be used. Some individuals, particularly those with common genetic variations affecting methylation, may struggle to make this conversion efficiently. Methylated B vitamins are already in their active form, allowing the body to utilize them more readily.

That's why one of our favorite products is Healthy Living Solutions' Coenzymated B-Complex.

This once-daily formula provides the most bioactive forms of several key B vitamins, including methylcobalamin (active vitamin

B12), methylfolate (active folate), and pyridoxal-5-phosphate (active vitamin B6). These nutrients support energy production, healthy nervous system function, cognitive health, and the body's natural methylation processes.

In addition to its activated B vitamins, Coenzymated B-Complex contains supportive nutrients such as choline, inositol, PABA, and alpha lipoic acid, providing comprehensive support for metabolism and overall wellness.

Who may benefit from a high-quality B-complex supplement?

- Individuals experiencing low energy or fatigue
- Adults dealing with chronic stress
- People over age 50
- Vegetarians and vegans
- Those taking medications that may affect nutrient status
- Anyone looking to support healthy brain, nerve, and cardiovascular function

While no supplement can replace a healthy lifestyle, providing your body with the nutrients it needs is one of the foundational steps toward feeling your best.

If you're looking for a simple way to support energy, mental clarity, and overall wellness, ask one of our pharmacists whether Coenzymated B-Complex may be right for you.

Because sometimes feeling better starts at the cellular level.



Jen Justin

Jen joined Norland in December 2018 after working for CVS and has become an integral part of our team. As a Pharmacy Technician, she supports several important areas of the pharmacy including medication synchronization, packaging, inventory management, and compliance. When asked what she enjoys most about her job, Jen says it's the opportunity to serve others through packaging. She takes pride in helping patients stay organized with their medications. Originally from Petersburg, Virginia, Jen now lives in Saint Thomas. Outside of work, she enjoys knitting, crocheting, sewing, and reading.

PRESCRIPTION SAFETY FOR PETS

When most people think of pet poisoning, they think of chocolate, cleaning products, or toxic plants. Surprisingly, medications are now one of the leading causes of toxic exposure.

As the use of antidepressants, ADHD medications, pain relievers, opioids, and other prescription medications continues to rise nationwide, so does the risk to our four-legged family members. Many cases of pet poisoning are entirely preventable and often begin with something as simple as a dropped pill, an open purse, or a medication patch worn on the skin.



According to the ASPCA Animal Poison Control Center, prescription and over-the-counter (OTC) medications consistently rank among the top causes of pet poisonings reported each year. In recent reports, OTC medications accounted for approximately 16.5% of all toxic exposures, making them the leading category, while human prescription medications ranked among the top three causes. Pets are naturally curious. Novel smells, flavored suspensions, crinkling packaging, and dropped tablets can all attract their attention.

Common Ways Pets Are Exposed to Medications

Direct Ingestion: This is the most recognized—and often most serious—form of exposure. A pet may swallow a pill that falls on the floor, chew through a prescription bottle, or tear into a blister package containing medication.

Secondary Exposure: Pets can also be exposed by licking or coming into contact with medications applied to human skin, such as hormone creams, pain-relief gels, or medicated patches. Because these exposures often go unnoticed, they can be especially dangerous. For example, a pet that spends time cuddling with someone wearing a lidocaine patch may absorb significant amounts of medication through contact or grooming. Similar risks can exist for young children as well.

Environmental Exposure: Improperly discarded medications or drug-contaminated household waste can expose pets through ingestion, inhalation, or contact with medication residues.

Why Human Medications Are So Dangerous for Pets

A dose that is perfectly safe for a human can be toxic—or even fatal—to a pet. Differences in body size, metabolism, and liver function make animals far more vulnerable to many medications. For example, ibuprofen can cause severe stomach ulcers, kidney failure, and other life-threatening complications in dogs and cats. Cats are particularly sensitive because they lack certain liver enzymes that help process many medications, including acetaminophen, some anti-inflammatory drugs, and certain opioids.

For these reasons, you should never give your pet a medication intended for humans unless specifically directed by a veterinarian.

What to Do If Your Pet Is Exposed

Unlike human poison control centers, veterinary poison cases require specialized animal toxicology experts. If you suspect your pet has ingested or been exposed to a medication, contact one of the following resources immediately:

ASPCA Animal Poison Control Center: 888-426-4435

Pet Poison Helpline: 855-764-7661

Please note that both services charge a consultation fee because they are not government funded.

Norland Avenue Pharmacy is proud to offer custom-compounded medications designed specifically for pets in our state-of-the-art, accredited compounding lab. When your pet needs medication, a veterinarian-prescribed formulation created specifically for animals is often the safest and most effective option.

As always, compounded medications can be delivered to Carl's Drug Store for pick-up by our Greencastle patients!



Q. Why did the mummy have to take a vacation?

A. He was coming unraveled.

The owner of a tuxedo store kept hovering over me while I was browsing, so I asked him to leave me alone.

He said, "Fine, suit yourself."

Q. Why do pharmacists make bad thieves?

A. They can't stop dispensing information.

Save THE DATE

We are going to be celebrating Carl's Drug Store's anniversary on Wednesday, August 5th.

Stay tuned to Carl's Drug Store's Facebook page for details on the day's sales and events! We hope to see you there.



SELF-CARE MAKE & TAKE WORKSHOP

Tuesday, July 21st, 6:30pm

Biblical Education Center

1542 Buchanan Trail East, Greencastle

(717) 597-2426

Wednesday, July 22nd, 3pm

Norland Avenue Pharmacy

12 St. Paul Drive, Chambersburg

(717) 217-6790

Essential
Oil Corner

It's a great time to pamper yourself! Essential oil specialist Sharon Smith will lead a workshop focused on self-care. Each attendee will make the following six recipes:

1. Nighttime Moisturizer
2. Soothing Muscle Rub
3. Detoxing Foot Soak
4. Moisturizing Lip Balm
5. Hydrating Hand Cream
6. Firming Eye Serum

Attendees will also receive a recipe book with all six recipes. There is a \$30 fee per person to be paid at the time of registration. Space is limited to 24 attendees in each class, so be sure to register early.

To register, please stop by either store or call to provide payment over the phone. Due to the cost associated, you cannot reserve a seat using the form on our website.



ONE REFILL DATE, LESS STRESS

Keeping track of multiple prescriptions can feel overwhelming. Between remembering refill dates, making trips to the pharmacy, and staying on schedule with your medications, it's easy for things to fall through the cracks.

That's where Medication Synchronization (Med Sync) can help.

With Med Sync, we coordinate all of your eligible prescriptions so they are filled on the same day each month. Instead of keeping track of multiple refill dates, you'll have one convenient pickup or delivery date. Our team will even contact your providers for new prescriptions when needed (as long as the prescriber's office allows us to) and prepare your medications before you run out—so you don't have to remember to call for refills.

The benefits are simple:

- One refill date each month
- Fewer trips to the pharmacy
- Less time spent managing medications
- Fewer missed doses
- Free delivery for Med Sync patients

For even greater convenience, pair Med Sync with our MyMeds+ or Dispill Packaging Program. For just \$10 per month, your medications are organized into easy-to-open dose packs labeled with the exact date and time each dose should be taken. No pill boxes. No sorting. No guesswork.

Medication Synchronization and MyMeds+ packaging help improve medication adherence, increase safety, and provide peace of mind for patients and caregivers alike.

If you're tired of managing multiple refill dates and medication bottles, ask a member of our pharmacy team about enrolling in our Medication Synchronization & Packaging Program today.



Biblical Health Tips



THE BIBLE SAYS EXERCISE IS WORTHLESS?

No! Here's what the Bible says...

1 Timothy 4:8 – For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Physical exercise does not have eternal benefits as godly exercises do, but physical exercise can improve the quality of your life here on earth.

Exercise is known to reduce blood pressure—often a forerunner of heart disease—and results in a bigger, stronger heart. But don't exercise beyond your capacity.

Nearly all types of pulmonary disease, lung trouble, asthma, tuberculosis, and others are aggravated—if not caused—by inactivity, lack of exercise, lack of fresh air, and a lack of sunshine. Your body was built for activity, it wasn't built to just sit or lie around all day.

Biblical Education Center

717-597-0057



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

Non-Profit
of the
Month

Mercy House

MercyHouseofChambersburg.org

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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July 20-25: Customer Appreciation Week (pg 4)

July 21 & 22: Essential Oil Make & Take Workshop (pg 3)

August 5: Carl's Drug Store Anniversary Event (pg 2)

Feel better, be healthier, start now.

APPRECIATED

You Are

At Norland Avenue Pharmacy and Carl's Drug Store, everything we do begins with people. For generations, you've trusted us with your health, supported our small business, and allowed us to serve your families. As a small way of saying "thank you," we're celebrating **Customer Appreciation Week** from **July 20-25**.

During the week, enjoy...

20% OFF all regularly priced Healthy Living Solutions' supplements

20% OFF all regularly priced gift items

Whether you've been wanting to stock up on your favorite vitamins, try a new supplement, or find the perfect gift, this is a great time to save.

We are grateful for the opportunity to serve our community every day and look forward to celebrating with you. Stop by during Customer Appreciation Week and let us thank you in person!

*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.

www.CarlsDrugStore.com
(717) 597-2426



www.NorlandRx.com
(717) 217-6790



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