



Specialty Medicine Compounding Pharmacy

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# Competent Compounding

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## Are Vitamins Right for You?

The typical American diet unfortunately is lacking in wise food choices, such as fresh fruits and vegetables. Eating on the run is often accompanied with a stressful lifestyle and frequent trips to McDonalds'. In such common place scenarios how can one be sure they are getting their recommended dietary allowances (RDA) of the vitamins and minerals they need?

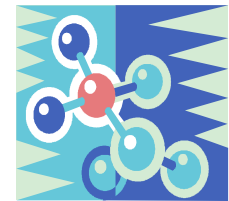
It is estimated that 70% of Adults in the U.S. take vitamin and mineral supplementation<sup>1</sup>. People take supplements for a variety of reasons, usually with the personal perception of fighting disease, prophylactic illness, or optimizing their daily energy. Many of

these notions are unfounded, although a large population of individuals can potentially benefit from a well informed supplementation closely monitored by their doctor and pharmacist.

Vitamins are a group of organic compounds that do not provide energy but are needed in small amounts in the diet to promote and regulate chemical reactions in the body. For example, vitamin A in the form of retinol is oxidized and binds the protein opsin to form rhodopsin. Rhodopsin is responsible for detecting small amounts of light, therefore required for night vision. Vitamin deficiencies are less common in

industrialized nations, except when ones diet is altered, such as in a vegans, severely ill patients, or pregnant women's diet. Vitamin toxicities are the result of harmful effects from the over consumption of vitamins. Toxicities are usually found with the fat soluble vitamins (Vitamin A, D, E, & K) or water soluble vitamins (Vitamin C and the B Vitamins) taken in mega doses.

In general water soluble vitamins are excreted in 6-8 hours, because tissue stores are negligent. Therefore an optimized multivitamin supplementation regimen would include vitamins taken 2-3 times a day. Fat soluble vitamins, on the other hand, are ex-



creted from the body over a much longer period of time due to their lipid soluble structure and large tissue storage. Most Americans can check with their local doctor or pharmacist to find a reliable product from a reputable manufacturer to ensure optimal quality in their supplementation.

Remember to take care when choosing a vitamin supplement. Vitamins are classified as foods rather than drugs and the strict guidelines that regulate the drug industry do not apply. This allows easy access at a modest price, but also potentially harmful or fraudulent vitamins/drugs can be sold to unknowing customers. Therefore before selecting supplements read the label carefully and compare amounts of vitamins with their RDA. Always take advantage of your pharmacist's advice and keep to a well balanced diet.

## Specialty Medicine Compounding Pharmacy

The demands of modern compounding have lead to the creation of pharmacies devoted solely to this art. Specialty Medicine Compounding Pharmacy has been serving your community for over 6 years. Here we specialize in bio-identical

hormone replacement therapies and veterinary medicine, to name a few. We have all the facilities and equipment needed to make anything from topicals to capsules and sterile injectables. We do not accept insurance, but do provide claims

forms with prescriptions we fill. So, next time a patient wants a compound you're unsure of - we'd be happy to serve them!

