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# La Vita Happenings

Volume 26



## Is your Doggy or Kitty having a tough time taking their medications?

Perhaps their dosage needs to be specially flavored or come in a different capsule size. If your special pet friend needs to have their medication in a certain way to ensure compliance, La Vita can take care of it for you. La Vita provides veterinarian compounding, giving the same care and attention to our favorite pet customers you are accustomed to. We have been serving pets of all breeds and types across San Diego and beyond, working hand in hand with veterinarians to make sure your pets get the help and medication they need. Our compounding services include: flavored solutions/suspensions, flavored drops, capsules and transdermal gels.

Let's get your pets happy and healthy again. Contact us for more information.

## Ask the Pharmacist:

### Transdermal Pain Creams

The next time you pull your lower back or get inflammation in your knee, ask your doctor about prescribing [More on the back....](#)

Please keep receipt for your records.  
Do not sign and return. Thank you!

## Prescription Tip of the Month:

### Melatonin and Sleep

Melatonin is a hormone in your body that helps control your sleep/wake cycles. It is only produced in total darkness. Things like glowing alarm clocks can actually decrease production. Levels also naturally drop [More on the back....](#)

## Foods, Moods & Nutrition

### Matcha Green Tea- A great alternative to Coffee



YOUR PARTNER IN  
NATURAL HEALTH CARE

**WHAT IS MATCHA?** It's a powdered form of green tea leaves that originated in Japan. The leaves are grown in the shade, causing the plant to produce more chlorophyll, giving it a vibrant green color.

**POTENTIAL HEALTH BENEFITS** The caffeine in 1 teaspoon of matcha powder is half the amount of caffeine in a cup of brewed coffee. Matcha contains the amino acid, L-theanine, which may have a calming and relaxing effect. Matcha also includes the powerful antioxidant catechin, epigallocatechin gallate (EGCG). EGCG concentrations in matcha are 2 to 3 times greater than brewed green tea.

**POTENTIAL CONCERNS** Knowing where your matcha was produced and processed is likely the most important safety concern. Buying organic may prevent pesticide contamination, but lead contamination is still possible which is why it is best to purchase matcha grown in Japan to avoid lead contamination.

By Erin Quinn & Neal Malik, DrPH, MPH, RDN Bastyr University.

## Tired of Being Tired?

It's not you. It's your hormones!



Join our fun, informative event and learn about your options regarding bio-identical hormone replacement therapy. Bring a friend. Wine, snacks & laughs included.

- 10/18 Kristine Reese, ND Eco Chateau Spa, San Diego
- 10/25 Brooke Leverone, ND Yogasmoga, La Jolla
- 11/9 Linda Olafson, MD Temple Solel, Cardiff by the Sea

To register, visit

[www.winewomenandhormones.com](http://www.winewomenandhormones.com)

### CUSTOMER REFERRAL OFFER

Get \$10 off our next La Vita Rx when you refer a friend to attend a Wine Women & Hormones event!

Voted BEST North Coast Pharmacy 2016 once again!!!

Thank you for your vote and support,

### Tip of the Month: *continued...*

with age. Supplementing with a pharmaceutical grade melatonin may help with sleep issues.

Ask our pharmacists about easy to use sublingual melatonin.

Simply put under your tongue as you are crawling into bed to start on the road to a great night's sleep!

For more information, visit or call us and talk to your pharmacist today.

### Ask the Pharmacist: *cont...*

a prescription only customized pain cream. With the nation in an opiate crisis, most doctors are extremely open to other options.

We are able to incorporate anti-inflammatories, muscle relaxants and ingredients for nerve pain into a cream to be applied at the site of pain.

They have less side effects and are more efficacious per studies. It's a win-win for all!