



3978 SORRENTO VALLEY BLVD. | SUITE 300
SAN DIEGO, CA 92121 | (858) 453-2500
lavitarx.com

La Vita Volume 10 Happenings

LIVING | BETTER | LONGER



The Best Doctors Use the Best Pharmacies!

La Vita is very proud to announce it has been awarded the prestigious PCAB Accreditation®! Only 1% of all pharmacies nationwide achieve this status and currently La Vita is the only pharmacy in San Diego to hold this prestigious accolade. You cannot afford to guess if the pharmacy you use is putting you or your family at risk. You can now be confident, knowing La Vita Compounding Pharmacy meets the highest quality and safety standards in the profession.

The PCAB Seal of Accreditation is a system of quality standards created by the Pharmacy Compounding Accreditation Board, a not-for-profit corporation composed of the leading experts in the compounding pharmacy field today. Our new accreditation status lets our community of physicians and patients know we are dedicated to protecting our patients. For more information on PCAB Accreditation®, visit www.pcab.org.

Ask the Pharmacist:

Is taking calcium enough for bone density?

It used to be taking calcium and doing weight bearing exercise were all you needed to ensure strong bones. [More on back...](#)

Prescription

Tip of the Month:

Importance of exfoliation!

Exfoliation, the process of removing dry surface skin cells, is an important component of skin health that is often overlooked. Not only does exfoliation contribute to glowing skin, it also allows the active ingredients in your skin care regimen to [More on back...](#)

Foods, Moods and Nutrition

You are what you eat!

Everyone faces fatigue at one point or another. However, there are key nutrients that, if deficient, may be contributing to your lack of energy. Deficiencies that go undetected can have significant effects on your overall health. Some helpful nutrients to consider:



- B Vitamins: Necessary for converting food into energy.
- Magnesium: Stores ATP (coenzyme used as an energy carrier).
- Carnitine: Decreases mental & physical fatigue in clinical trials.
- Chromium: Helps stabilize blood sugar.
- Vitamin A: Low levels lead to mitochondrial respiration & reduced ATP production.

Start taking charge of your nutritional health. Mention this ad and receive 10% off Micronutrient Testing. Call your local representative Shannon Loudon at (619) 850-1610 for more details!

Tired of Being Tired?



Are you tired most of the day? Forgetful? Emotional? Have a non-existent sex drive? Don't worry, relief is on the way!

La Vita's Wine, Women & Hormones™ event provides an amazing opportunity for women to come together, along with a team of experts, and learn more about their options regarding bio-identical hormones. Please visit www.winewomenandhormones.com for upcoming events and resources including research articles.

We do not present June-August but will resume these events in September so grab some girlfriends and join us for an amazing "girl's night out" that you won't soon forget! For more information, please call us at (858) 453-2500 or go to www.lavitarx.com, events page. If you know of a co-sponsor who would like to host one of these events, please contact Melanie@lavitarx.com.

Buy "Fit 365"!

Natural Protein Shake

5% to Shark's Soccer Club Scholarship!

Call La Vita to order
(858) 453-2500

Prescription

continued...

penetrate your skin more readily and get where they need to be to maximize their efficacy. Exfoliation may also clear up dry skin, acne, hyperpigmentations and clogged pores. Ask a La Vita pharmacist about our customized prescription skincare.

Ask the Pharmacist

continued...

While these activities are beneficial, we now know more about about bone density and there are other significant pieces to the puzzle.

Adequate amounts of Vitamin D₃, Magnesium, Vitamin B₁₂, Progesterone, Estrogen and Testosterone are of equal importance. If you are not maintaining sufficient levels, you could be putting yourself at risk for osteopenia or osteoporosis.

Talk to a La Vita pharmacist about ways to ensure bone density.