



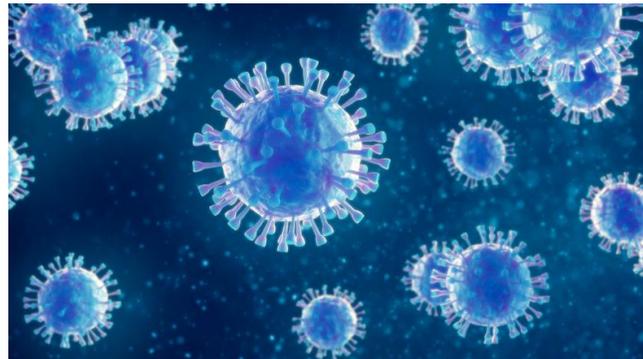
WELCOME TO OUR MONTHLY NEWSLETTER

At Central Compounding Center South, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Jennifer L. Burch, Pharm.D., CDE, CPP

Fight Off Infections – Strengthen Your Immune System

There are many factors that can challenge a healthy immune system including stress, exposure to toxic compounds, allergies, bacteria, viruses, irregular sleeping patterns and a poor diet. Our complex integrated immune system needs multiple specific micronutrients, including vitamins A, D, C, E, B6, and B12, folate, zinc, iron, copper, and selenium, which play vital, often synergistic roles at every stage of the immune response. Adequate amounts are essential to ensure the proper function of physical barriers and immune cells; however, daily micronutrient intakes necessary to support immune function may be higher than current recommended dietary allowances. Infection, stress, and pollution deplete micronutrient stores within the body. Supplementation with multiple micronutrients with immune-supporting roles may improve immune function and reduce the risk of infection. Many natural products can help to boost your immunity and aid in preventing viral, bacteria, and fungal infections. For example:



Supplementation with multiple micronutrients with immune-supporting roles may improve immune function and reduce the risk of infection. Many natural products can help to boost your immunity and aid in preventing viral, bacteria, and fungal infections. For example:

- Maitake mushroom is a highly concentrated source of Beta-1-6 Glucan which supports the body's first line of defense. Maitake D-Fraction provides comprehensive immune support.
- Vitamins C and E are powerful antioxidants and help build antibodies. The recommended daily allowance of vitamin C is around 90 mg per day. For optimal immune function, many experts now recommend supplementing with 1 gram (1,000 mg) of vitamin C daily in addition to a diet rich in fruits and vegetables.
- Astragalus is an herb that has been extensively studied for its ability to support the

immune system.

- Black elderberry serves as a source of anthocyanidins that are thought to have immune modulating effects.
- Probiotics can have significant beneficial effects through the activation of multiple immune mechanisms. The formulation of the probiotic is key.
- Vitamin D regulates the function of immune cells.
- Selenium is important for immune response. Studies in mice have shown that viral symptoms and infection times are more severe when dietary selenium is deficient.

References:

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Our professional pharmacy team can help your entire family strengthen their immune systems to reduce their risk of infection. Ask our pharmacist to recommend professional quality supplements.

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PLEASE NOTE: PAYMENT POLICY

We require pre-payment for all custom prescriptions. We do this in order to keep the cost of prescriptions down. When you are ordering refills online, you will be required to provide payment information. Lack of payment may delay your refill. We appreciate your cooperation and please contact us if you have questions. Thank you.

Share your experience with Central Compounding

If you have received excellent care or service from the pharmacists and staff at Central Compounding, we would appreciate an online review.

[REVIEW US ON FACEBOOK](#)

[REVIEW US ON GOOGLE](#)

ASK US ABOUT OUR WEIGHT LOSS PROGRAMS

We offer a physician managed program for patients who find weight loss exceptionally difficult.

[READ MORE](#)



REMINDER MESSAGE ABOUT CONSULTATIONS:

Central Compounding Center offers one on one personal consultations with Jennifer Burch, PharmD, CDE, CPP, who is experienced and specially trained in customized hormone therapy. Hormone consultations are by appointment only, and are \$175. **Call Mary, our Patient Care Coordinator, to schedule your appointment.**

HORMONE TESTING

We provide ZRT test kits to help us customize your hormone therapy specifically for you!



HOURS: Monday - Friday 9am - 5:30pm
Closed for lunch 12:30pm - 1pm
Closed Saturday and Sunday

