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VITAMIN guide

It's time to simplify vitamins.
Tips and advice from your pharmacist.



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Rite Aid Pharmacists: Helping You Understand Vitamins

Rite Aid is committed to providing the everyday products and services that help our valued customers lead healthier, happier lives. An important part of that quality service is found in customer education. That's why Rite Aid has developed this vitamin guide with information provided in part by Pharmavite, a trusted supplier of science-based vitamins, minerals, supplements and herbal products.

Your Rite Aid pharmacist can recommend the right vitamins for you and your lifestyle. Please don't hesitate to ask them about what to take and how certain vitamins may react with your medication. They're always there to help.

Did you know? If you're having difficulty sleeping, melatonin may help.



Vitamins At-A-Glance

Just about everyone is looking for ways to boost their energy level and improve their health. Vitamins can be an important part of reaching these goals. Along with good nutrition and regular exercise, vitamins, minerals and supplements can lead to significant improvements in overall health and well-being. In the next few pages, you can learn all about vitamins and how they can fit into your daily health regimen.

Important Facts About Vitamins

- Medications may affect nutrition intake and metabolism. Ask your pharmacist if you should be taking vitamins or supplements with your medication.
- Always inform your physician when taking vitamins or supplements.
- The following pages should only be used as a reference and should not take the place of advice from your physician.

Two Ways to Learn the ABC's of Vitamins

Rite Aid has created two tables to give you an idea of what the right vitamins may be for you. For vitamin information based on specific health conditions, please consult the first chart. To learn about the benefits of particular vitamins by name, please reference the second chart. But remember, always check with your doctor or pharmacist before starting a regimen.



Health Condition Supplement Guide

Acidophilus may help prevent antibiotic-induced diarrhea.



HEALTH CONDITION	NUTRIENTS AND DOSAGE
Aging	Multivitamin Vitamin E – 100 to 400 IU Vitamin C – 500 mg Beta-carotene – approx. 15 mg Zinc – 40 mg Vitamin B ₆ – 6 mg Vitamin B ₁₂ – 12 mcg Folic Acid – 0.8 to 1 mg
Bone Health	Calcium – >1000 mg Vitamin D – 400 to 800 IU Soy Isoflavone – 80 to 90 mg Magnesium – 150 to 750 mg
Diabetes Nutritional Support	Alpha-lipoic Acid – 600 to 1800 mg Fiber – 25 to 30 g Magnesium – 100 to 600 mg Vitamin E – 100 to 750 IU Zinc – 30 mg Coenzyme Q-10 – 100 to 200 mg Chromium – 200 to 1000 mcg
Digestive Health	Lactobacillus Acidophilus Bacteria – 10 ⁹ to 10 ¹⁰
Eye Health	Vitamin E – 100 to 400 IU Vitamin C – 500 mg Beta-carotene – approx. 15 mg Lutein – 6 to 12 mg Zinc – 40 mg
Hair/Skin	B-Complex Vitamin E – 200 to 400 IU Zinc – 30 mg
Heart Health	Multivitamin/B-Complex Soluble Fiber – 2 to 10 g Soy Protein – >25 g Soy Isoflavone – 50 to 100 mg Fish Oil – 1 to 4 g Green Tea Plant Sterols/Stanoles – 1.8 to 2.0 g Coenzyme Q-10 – 100 to 200 mg
Joint Health	Glucosamine – 1500 mg Chondroitin – 800 to 1200 mg SAME – 600 mg

HEALTH CONDITION	NUTRIENTS AND DOSAGE
Lactation	Calcium – >1000 mg
Lung Health	Fish Oil – 17 to 26.8 mg/kg EPA and 7.3 to 11.5 mg/kg DHA Vitamin C – 500 mg
Memory	Multivitamin/B-Complex Vitamin B ₆ – 16.5 mg Vitamin B ₁₂ – 500 mcg Folic Acid – 0.5 to 1 mg Vitamin E – 1000 IU Vitamin C – 500 mg Alpha-lipoic Acid – 50 to 100 mg Ginkgo – 120 to 240 mg
Mood	SAME – 400 to approx. 1600 mg St. John's Wort – 300 to 900 mg of standardized extract
Post-menopause	Multivitamin Calcium – 1000 to 1500 mg Soy Isoflavone – 50 to 120 mg
Prenatal	Prenatal Vitamin with Folic Acid – 400 mcg Talk to your doctor about the best supplement for you before and during pregnancy.
Sleep	Melatonin – 0.3 to 3 mg, 30 minutes before bed
Stress	B-Complex Vitamin C – 500 to 1000 mg
Vegetarianism	Multivitamin Calcium – 1000 to 1200 mg and fortified foods
Weight Management	Conjugated Linoleic Acid – 3.4 g

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. Individuals should consult a physician or preferred healthcare provider before starting or changing a supplement regimen. Product recommendations without dosage should be taken as directed. Always read and follow label directions and warnings when taking supplements.

Vitamin Supplement Benefits

Vitamins and supplements may interact with your medications. Always check with your Rite Aid Pharmacist first.



TYPE OF SUPPLEMENT	BENEFITS
Antioxidant	Antioxidants may help ensure that your immune and other systems remain strong to help prevent the effects of oxidative stress as you age.
Beta-carotene	An antioxidant nutrient that helps neutralize free radicals which may cause cellular damage in the body.
Calcium	One of the most important minerals for the body. Helps strengthen bones and teeth. Also required for nerve and muscle activity.
	Calcium plays an important role in maintaining proper nerve transmission, muscle contraction, heartbeat regulation, and blood coagulation. People concerned with cardiovascular health may benefit from taking a calcium supplement because it may be associated with healthy blood pressure levels.
	For athletes, adequate calcium and magnesium may help prevent muscle cramps.
Calcium Citrate	Calcium is a key factor in helping to prevent osteoporosis. The symptoms of osteoporosis may not be noticed until most of the bone loss has already occurred. Exercise and a healthful diet with adequate calcium intake throughout life are important for teen, young adult and postmenopausal women.
	Pregnancy and breast feeding increase the need for calcium.
	Seniors need supplemental calcium because they lose bone mass as they age and may not be able to absorb calcium as well as younger people.
Chromium Picolinate	Necessary for proper carbohydrate metabolism. Helps with normal metabolism of protein and fat. May have significant beneficial effects on glucose level maintenance.
Coenzyme Q-10	Helps maintain healthy blood pressure within the normal range.
	An antioxidant which is necessary for energy production.
Conjugated Linoleic Acid	May build lean body mass and help reduce body fat when combined with a healthy diet and exercise plan. Clinical studies have shown that CLA (Conjugated Linoleic Acid) promotes the loss of body fat.

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TYPE OF SUPPLEMENT	BENEFITS
Copper	Copper is necessary for collagen and elastin formation, and bone and joint integrity.
Fish Oil	May reduce the risk of coronary heart disease. Taking Omega-3 fatty acids may help maintain triglyceride and cholesterol levels already in the normal range.
Folic Acid	Folic acid has been shown to reduce homocysteine levels in the body. Normal homocysteine levels are important in maintaining heart health.
	Essential for the formation of red blood cells and normal metabolism. Center for Disease Control recommends women of child bearing years to take 400 mcg daily.
Iodine (from kelp)	Iodine, which naturally occurs in kelp, helps regulate metabolism.
Iron	Essential to a healthy pregnancy and baby-supporting energy, as well as the healthy development of fetus.
	Vital for red blood cell formation. Iron is an essential part of the hemoglobin, the protein substance which enables red blood cells to carry oxygen throughout the body.
L-Arginine	Boosts production of nitric oxide which helps promote healthy blood flow & cardiovascular health.
Lecithin	Lecithin is a natural source of choline which plays a role in maintaining a healthy nervous system.
L-Lysine	L-Lysine, an essential amino acid, plays a key role in the makeup of body proteins. It is necessary for tissue repair and production of antibodies, hormones and enzymes.
Lutein	Lutein may support eye health.
Magnesium	Helps nerve and muscle function. Magnesium is essential in the formation of bones and teeth, in converting blood sugar into energy and for effective nerve and muscle functioning.
	For athletes, adequate calcium and magnesium may help prevent muscle cramps.
Manganese (from manganese sulfate)	Manganese is essential for normal bone and skeletal growth.

Did you know? Medications can deplete certain vitamins. Ask your Rite Aid Pharmacist for recommendations.



TYPE OF SUPPLEMENT	BENEFITS
Melatonin	May help promote sleep. Melatonin is a natural hormone in the body.
Niacin	Helps release energy from proteins, carbohydrates and fats.
	Niacin is important for overall health and for beautiful skin.
Pantothenic acid (from d-calcium pantothenate)	Pantothenic acid has roles in vitamin utilization, production of adrenal hormones, formation of antibodies, conversion of proteins/carbohydrates/fats to energy, aiding in the production of neurotransmitters, stamina enhancement metabolic functions, and aiding with normal functioning of GI tract.
Phosphorus	Helps build and maintain normal teeth and bones. Stimulates the regular contraction of the heart.
Potassium	Helps control activity from heart muscle. Potassium gluconate helps regulate water balance within the body. It works to control the activity of the heart muscle, nervous system and kidneys.
SAM-e	SAM-e (S-adenosylmethionine) is a naturally occurring compound found in all living organisms. SAM-e may help support and promote the health of a multitude of body functions including: joint health, mobility and joint comfort; mood and emotional well-being.
Selenium	Helps protect the body from free radicals. Complements vitamin E to help fight free radicals (oxidants) thought to be responsible for cellular damage. May promote a reduction in oxidative stress.
Vitamin A	Vitamin A is necessary for the normal function of our eyes and vision. Vitamin A also affects growth and development of our lungs, teeth, gums, skin and is essential for proper immune function.
Vitamin B-1	Essential for normal functioning of nerve tissue and digestion. Helps body cells convert food into energy. Vitamin B-1 helps utilize energy from food by promoting proper metabolism of carbohydrates.
Vitamin B-12	Vitamin B-12 is needed to synthesize hemoglobin and to help manufacture healthy red blood cells. It contributes to the health of the nervous system and the proper growth of children.

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TYPE OF SUPPLEMENT	BENEFITS
Vitamin B-2	Vitamin B-2 plays a role in converting food into energy, and promotes good vision and smooth skin.
Vitamin B-6	Vitamin B-6 plays a role in converting food into energy. It is also essential in red blood cell formation.
	Vital in cell development and is critical for the proper function of our immune system.
Vitamin C	Vitamin C is a powerful antioxidant that may protect the body against cellular damage, especially in the lungs and the lens of the eye.
	People with diabetes have been shown to have lower levels of vitamin C. Vitamin C may lessen oxidative (free radical) damage frequently found in people with diabetes.
	May also help protect the body from exposure to toxins and environmental pollutants, such as cigarette smoke.
Vitamin D	Important for the bone health and development of the mother and fetus.
	Vitamin D helps maintain joint comfort and helps develop strong teeth and bones.
Vitamin E	Helps prevent oxidative damage that can contribute to rough skin texture.
	Vitamin E is an antioxidant that may strengthen the body's immune and brain functions, and possibly protect the eyes, lungs, skin and heart health.
	Vitamin E may help boost the immune system and antibody responses.
Vitamin K	Vitamin K is necessary for activating a major bone protein, osteocalcin, and bone mineralization.
Zinc	Helps the body's natural defense system. Zinc has immune-enhancing properties and is also vital for normal growth and development.

Pregnant women may require extra dosages of some vitamins to ensure a healthy baby.



Do a Diet Double Take

Not sure what vitamins you may be lacking? A good first step is to take a look at your diet. Are you eating the recommended amount of red meat? If not, you may be low in iron. Not getting enough fruits and vegetables? You may want to look for a product with antioxidants. When choosing a vitamin regimen with your doctor or pharmacist, make sure you report any deficiencies you may have in your diet.

A Healthy Dose

Choosing the right vitamin dosage is a very important step in developing your vitamin regimen. In some cases, you can have too much of a good thing. For example, excess doses of vitamins A, D, E and K can't be flushed through the system like many other vitamins, and instead get stored in your body's fatty tissue. If the build-up continues, it may lead to serious health problems that may include hypertension, kidney failure and poor blood clotting.

Even though an excess dosage of many other vitamins won't lead to serious health problems, consider this – anything your body doesn't use is simply money down the drain. Plus, too much of some vitamins may have uncomfortable side effects. An excess of vitamin C in a short period of time can lead to diarrhea. So always ask your pharmacist or health professional what the correct dosage is for you.

Did you know? Some acid-suppressing drugs can deplete your body of calcium and vitamin B₁₂.

Here's one health club that won't cost you a thing.

To join the Rite Aid Vitamin Club and get healthy discounts, simply clip this card and present it at Rite Aid to receive 10% off vitamins, minerals, herbs and nutritional supplements every Tuesday. For Living More members, simply present your Living More card to receive this benefit – it's already part of the Living More program.

10% savings are valid on regularly priced vitamins, minerals, herbs and nutritional supplements.



Rite Aid Vitamin Club

Save 10% every Tuesday on vitamins, minerals, herbs and nutritional supplements.*

* See Health Information at www.riteaid.com for details.

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