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Personalized
Hormone Tele-
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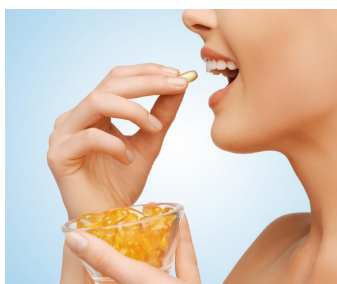


Struggling with
symptoms such as
weight gain,
irritability, fatigue,

Ageless & Wellness News

Volume 3, Number 4

Dear Ageless and Wellness,



"Vitamins and supplements can be highly effective to support the restoration of hormonal balance, the revitalization of energy, and the normalization of many important bodily functions."

-- C.W. Randolph Jr., M.D.

You hear our clinicians and Wellness Store staff referring to "pharmaceutical-grade" vitamins and supplements -- but what exactly does that mean? Why are they better than the ones at your local grocery store? Read to on to learn more. Also check out our ***Real Patients ~ Real Experiences*** feature this month! We also have an update on medical reasearch for Metformin, a medicine now available at Dr. Randolph's Pharmacy. And you can **Save 20% on our Basic Hormone Tele-Consultation Kit this month ONLY at the [Wellness Store Online!](#)**

Please stay in touch!



What Are "Pharmaceutical-Grade" Supplements?

depression, and low libido? Need quick and private expertise that you cannot find locally?

We now offer personalized "Hormone Tele-Consultations."

[Kits now available at the Wellness Store Online!](#)



February
Special!



Save 20% on our Basic Hormone Tele-Consultation Kit! This kit tests:

Estradiol,
Progesterone,
Testosterone,
DHEA, and Cortisol.
Also includes a 20-minute consultation with one of our expert clinicians as well as personalized treatment recommendations.

SHOP NOW:
[Wellness Store Online](#)

You may have noticed the term "pharmaceutical-grade" used to describe the vitamins and supplements available at Dr. Randolph's Pharmacy and Wellness Store. But what does it mean?



Vitamins and supplements are not regulated by the FDA like food and drugs. There is a wide variation in quality among supplements! Unfortunately, many vitamins and supplements sold in chain health food stores, big box stores, and grocery stores do not contain the ingredients listed on the bottle. (See our 2015 [Press Release](#) for more.) However, vitamins and supplements can be highly effective to support the restoration of hormonal balance, the revitalization of energy, and the normalization of many important bodily functions. We choose to offer only "pharmaceutical-grade" products because they provide our patients and customers with the highest *verifiable* quality and efficacy. The difference is significant. With high demand (more than half of people in the U.S. take some kind of dietary supplement), and minimal oversight of a \$30+ billion-dollar industry, it is critical to feel confident in the quality of the supplements you take.

These are Dr. Randolph's criteria for every product we offer:

(1) All ingredients meet U.S. Pharmacopeia standards.

The USP establishes standards for medicines, food ingredients, and dietary supplement products that are used by regulatory agencies and manufacturers to help to ensure that these products are of the appropriate identity, as well as strength, quality, purity, and consistency. Don't settle for anything less.

(2) Each manufacturer should perform extensive in-house testing. This means that they test all raw materials when they arrive for identity and purity, then test again when the finished product is complete. They should also do "stability testing" to ensure that products do not lose efficacy before the expiration date.

(3) Each manufacturer uses a third-party verification system. This means that the manufacturer invites the FDA and third-party auditors to review their manufacturing processes. It is an added layer of security beyond any strict in-house procedures.

(4) Intended use of product is established in medical literature or current research. Historical use is one thing to consider, but a universally reliable basis for using any ingredient is well-controlled human clinical trials published in peer-reviewed medical journals.

Talk to your clinician (or our knowledgeable staff at the Wellness Store) to learn more about the pharmaceutical-grade products we source for you!



Dr. Randolph



Click [HERE](#) to learn more about Dr. Randolph and our team of clinicians!

Dr. Randolph's Pharmacy & Wellness Store

8am-6pm Mon-Fri
9am-2pm Saturday

Suite 100
1891 Beach Blvd.,
Jacksonville Bch, FL
32250

Pharmacy:
904-746-3046
rx@cwrandolph.com

Wellness Store:
904-249-4372
medshop@cwrandolph.com

Real Patients ~ Real Experiences



"I just want to let women know that there is help! Menopause is so overwhelming: all the symptoms, all the things your body goes through. I initially went to see my primary care physician, but he put me on pharmaceuticals that did nothing for me. From beginning to end, my experience with Dr. Randolph's Ageless & Wellness Center has been life changing! Steven Garces, ARNP, is amazing. It's not easy to talk about menopause, but "Dr. Steven" made it easy. It was like he could read my mind! All the staff is amazing, in fact, from the moment you walk in the door. When I go in to get my shots, all the nurses are professional and ready to answer any questions I have. The pharmacy does a great job, too. After following my treatment plan, I found myself again, lost weight, stopped all the embarrassing hot flashes (not to mention those awful night sweats), started sleeping at night -- and it completely re-vamped my libido! ALSO I think it's important for people to know that office visits are covered by most insurance policies, and the staff can guide you through any insurance questions you may have. I have referred so many people to Dr. Randolph. He truly changed my life... there is an answer to menopause: it's Dr. Randolph's Ageless & Wellness Center!"

-- Vivian Jill Upton

Metformin Now Available!

Metformin (transdermal) is now available at Dr. Randolph's Pharmacy! It is a medication traditionally given to patients with type 2 diabetes, to help control blood sugar. It works by targeting the enzyme AMPK (AMP activated protein kinase), which induces muscles to take up glucose from the bloodstream.

New research indicates that metformin may also promote optimal aging and may help prevent disease: "Metformin increases the number of oxygen molecules released into a cell, which appears to boost robustness and longevity... To analyze the advantage outside treatment of diabetes, the Food and Drug Administration has green-lighted a clinical trial in the U.S. for what has become known as the Targeting Aging with Metformin (TAME) study. The researchers will give Metformin to about 3,000 elderly people, who either suffer from or have a high risk of developing diseases like cancer, heart disease, or cognitive problems. They'll then track them over six years to see if the drug prevents aging-related diseases that were not pre-existing. They'll also be looking to see if it prevents diabetes and lengthens their life spans. It will be a double-blind, placebo-controlled study."

Check out this link to learn

more: <http://www.worldhealth.net/news/metformin-may-promote-anti-aging/>

And...see MORE health news and medical research when you LIKE our page on Facebook!



Please let us know how we can help you on your path to optimal aging and wellness!

To Your Health,

Dr. Randolph

Ageless & Wellness Medical Center
1891 Beach Blvd., Suite 200
Jacksonville Beach, FL 32250
904.249.3743

SAVE
10%
On ALL Supplements!

EVERY Saturday
at Dr. Randolph's
Pharmacy &
Wellness Store

*Cannot be combined with any other sale/offer. Not available online.
Only available at the Wellness Store in Jacksonville Beach, FL.*

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C.W. Randolph Jr., M.D., P.A., 1891 Beach Blvd, Suite 200, Jacksonville Beach, FL 32250

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