

from conservative to bright, fun and whimsical. Shoes are available, too, offering both comfort and style to those in the medical community who must spend many hours a day on their feet.

Farmington Medical Supplies used to be called Hardy's Pharmacy, and was a Walgreen's franchise. Eventually Walgreen's dropped all their franchises, and the store became independent. At the time, it was owned by Ernie Borgon.

In the late 1980s, Borgon sold the store to pharmacists Bruce Plummer and Paul Flagg, who still own it today. A few years ago, Hannaford bought the pharmacy from Plummer and Flagg, at the same time hiring both men to be its pharmacists.

Plummer and Flagg continue to place their full confidence in Brenda's remarkable skills in management and creative growth potential for the store. Brenda's most recent achievement in creative expansion is the addition of Kabree's Es-Scents Fine Bath and Body Products. The product line includes body lotions, gels and mists, massage oils, shampoos and conditioners, and accessories such as loofahs. The products are made entirely on the premises in the Kabree's laboratory, and dozens of fragrances are available. Fragrance-free items are also available for fragrance sensitive people.

Kabree's Es-Scents is deeply rooted in aromatherapy and its positive effects on the mind, body and spirit. The moisture-rich, fragrant, quality products are created with the desire to "turn your stress into bliss!"

## **Supplement, You Ask?**

***By Tom Roy***

If there is one supplementation question that I get asked the most it is, "Should I use creatine or protein first?" Well, protein is the answer to that specific question, but I usually find that they have skipped a step. Simply, the multivitamin.

Many supplements have gone through "popularity crazes" that can rival any 'saying' or 'clothing' craze. I can't say that vitamins are "groovy" or "wicked"

because, like many supplement crazes, those expressions came and went, fast. (Hey, remember the Furby? Word of warning to MySpace.com...)

The echinacea craze is behind us now, ginseng has faded and they have backed way off the need for women to consume massive amounts of soy protein, but the multivitamin is here to stay.

Consider how many servings of fruits and vegetables you are supposed to consume in a day. (It's 5, by the way) Anybody hitting that number? Not me.

Even if you did, there is some question that with all of the synthetic fertilizers today, are you getting what you need? Add to that an active lifestyle, and you really *need* that multivitamin.

When shopping for a multivitamin, you are looking for "cold processed". When heat is involved in processing it greatly decreases the amounts of nutrients. Also be wary of small multivitamins. Most of us don't like horse pills, but they *are* cramming a lot of stuff in there. I use Complex 24 MultiVitamin/Mineral with CoQ10 by Eclipse. Sound like a mouthful? This formula is the superior multivitamin and mineral supplement. It contains chelated minerals, extra anti-oxidants, special digestive enzymes and trace minerals. The special time-released, mega potency formula is designed to offer a sustained supply of vital nutrients by taking just two tablets daily (one every 12 hours). The buffered, time-released, nutrient flow provides you with the best insurance for maximum absorption. It also contains CoQ10, which is found in every cell in your body and is critical in the production of energy within the cell.



### **Product of the Month:**

*Complex 24*

*MultiVitamin/Mineral with*

*CoQ10 by Eclipse is for*

*sale at the front counter here at Fitness*

*Stylz. If Tom likes it, it must be good!*