



# Winter Wellness

## Choosing the right supplement

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## Introduction

As winter approaches, we all know that it is a hard time to stay healthy as coughs and colds are on the rise, particularly for those with other medical conditions who are at an increased risk. The key to a healthy winter is around eating well, staying warm and staying active. Getting your seasonal vaccinations is an important way to not only reduce your risk of serious illness but also protect your friends and family.

It is important to make sure you eat well and stay hydrated over winter with at least one hot meal per day with an appropriate mix of fruits and vegetables. However, it isn't always easy to get everything your body needs from your diet. PillTime offers a range of supplements that could help you stay healthy.

Common reasons for considering supplements include factors such as age, where the risk of vitamin D deficiency rises with age; medications, such as proton pump inhibitors affecting vitamin B12 absorption; medical conditions, like coeliac disease leading to nutrient deficiencies; food allergies, limiting nutrient intake for some individuals; specific diets, like veganism making it challenging to obtain enough vitamin B12; and pregnancy, where folic acid supplementation is recommended for women attempting to conceive.

### Understanding vitamins

Vitamin recommendations are often written as micrograms per day. A microgram is 1,000 times smaller than a milligram (mg). The word microgram is sometimes written with the Greek symbol  $\mu$  followed by the letter g ( $\mu\text{g}$ ).

Sometimes the amount is expressed as International Units (IU) e.g. 1 microgram of vitamin D is equal to 40 IU. So, 10 micrograms of vitamin D is equal to 400 IU.

### Pharmacist Supplement compatibility check

When you select your supplement choices, they will be entered into the PillTime system and checked by one of our Pharmacists to make sure they are compatible with your other prescribed medicines.

(% values feature where these is a recommended intake)



## Vitamin B

Vitamin B is important for the efficient functioning of your body, contributing to the health of our nervous system, proper blood cell functioning, and the maintenance of energy levels. When you don't get enough Vitamin B you can feel tired, have trouble sleeping as well as feeling that your get up and go has got up and gone.

**Symptoms that could require supplementation** – tiredness, trouble sleeping, lack of energy.

### Energy levels – Vitamin B

Our Energy levels – Vitamin B supplement can help top up your body's levels of these vital vitamins.



Order yours



## Vitamin C

Vitamin C helps the functioning of cells, helps keep skin healthy and supports the immune system. This type of vitamin leaves the body quickly and is only stored in small quantities, so you need to have it regularly in your diet to stay healthy. Vitamin C is thought to help reduce the duration of infections by helping your body fight them off.

**Symptoms that could require supplementation** – coughs and colds, tiredness, skin health.

### Boost your immune system – Vitamin C

Our Boost your immune system – Vitamin C supplement gives you all the Vitamin C that you might need.



Order yours



## Vitamin D

Getting the right level of Vitamin D helps keep bones, teeth, and muscles healthy as well as playing a role in the immune system. The Government in the UK recommends that everyone should consider taking a Vitamin D supplement in the autumn and winter months. This is because sunlight, a natural source of Vitamin D, is limited during these seasons, making it challenging to obtain the necessary amount for maintaining good health. Individuals who spend minimal time outdoors, reside in care homes, or regularly cover most of their skin with clothing are at a greater risk of having low levels of Vitamin D.

**Symptoms that could require supplementation** – bone pain, depression, tiredness, coughs and colds.

### Healthy Bones – Vitamin D

Our Health Bones – Vitamin D – helps ensure you get enough during those darker, winter months.



Order yours



## Multivitamin

Your diet doesn't always contain the necessary vitamins to fuel your systems from keeping your immune system tip top to helping your blood cells work efficiently. Our General Health Multivitamin is designed to supplement your diet, providing your body with the necessary nutrients it might be missing. Consider adding it to your routine to support overall health in addition to maintaining a balanced diet.

**Symptoms that could require supplementation** – poor diet.

### General Health – Multivitamin

Our General Health Supplement contains only the necessary vitamins to supplement your diet with the basics to keep you healthy.



Order yours



**30% OFF**  
when you  
subscribe for  
6 months

## IMMUNE BOOSTER BUNDLE

Combine these three supplement choices to give your system the best chance over winter with ingredients that could help you fight infections off quicker and maintain your general health.

### Immune Booster Bundle

- General Health Multivitamin
- plus Boost your immune system Vitamin C
- plus Healthy Bones Vitamin D

**One-off purchase £17.72**  
**(only 57p per day)**

**6 month subscription, charged**  
**monthly £12.40 / delivery**

Order yours



## Iron

Iron is essential for you to carry oxygen in your blood, and it is an important part of healthy blood cells. When you don't get enough iron, you can feel tired and have low energy. Getting the right level of Iron absorption from your diet can even be affected by the level of tea or coffee you drink.

**Symptoms that could require supplementation** – tiredness and lack of energy.

### Energy levels – Iron

Our Energy Levels – Iron can help top up your body's levels of Iron.



Order yours



## Selenium

Selenium helps the immune system work properly as well as protecting cells from damage. It also has a role in the metabolism of the body and the proper function of the thyroid via its effects on iodine.

**Symptoms that could require supplementation** – skin and nail health, confusion, coughs, and colds.

### Brain and Immune Health – Selenium

Our Brain and Immune Health – Selenium supplement gives you the Selenium you might need to support your immune system and brain health.



Order yours



## Glucosamine

Throughout your life your joints take care of you, but you can do more to look after them. Stay alert for signals of pain from your joints as this could be a sign that you might need to review your weight to make sure you aren't putting extra strain on your joints and that you are maintaining the right activity levels..

**Symptoms that could require supplementation** – joint pain.

### Joint Care – Glucosamine

Our Joint Care Supplement contains some of the key ingredients for joint health with supporting nutrients.

Order yours



## Omega 3

A key component to a Mediterranean diet, people who have higher intakes of Omega 3 tend to have lower levels heart disease compared to countries where people eat very little oily fish, such as the UK.

The Omega 3 fats EPA and DHA can help protect the heart and blood vessels from disease by lowering triglycerides (a type of fat that enters your blood after a meal), improving circulation (blood flow around the body), preventing blood clots, lowering blood pressure and keep the rhythm of your heart steady. Higher levels of the Omega 3 fats EPA and DHA in the blood have also been linked with a lower risk of dying from heart problems.

### Symptoms that could require supplementation

– fatigue, skin and nail health, reduce risk of heart problems, heart health, joint pain, lack of concentration.

### Brain and Heart Health – Omega 3

Our Brain and Heart Health – Omega 3 can help address diet deficiencies and support a health heart.



Order yours



## Living a healthy lifestyle

Throughout this guide we discuss that the key to a healthy winter is around eating well, staying warm and staying active. Take our [‘How Mediterranean is your diet?’](#) quiz to assess your lifestyle and get recommendations for how you can improve your score.

Take the quiz

## Health news

Stay informed and take charge of your well-being. By signing up for PillTime Pulse, our regular newsletter, you'll receive valuable news and updates on medication, health, wellness, and effective management of long-term conditions. Stay informed and take charge of your well-being.

Sign up today



## Packaging of our Supplements

Our supplements will come with your prescribed medicines in your pouches.

This not only provides you with the vitamins and minerals you need but also saves on packaging compared to the traditional method of purchasing these products, contributing to sustainability.

## What else can I do to stay healthy this winter?

Even as heating costs stay high, making sure you stay warm during winter is important, especially for those over 65 or with heart conditions, as cold can put additional strain on your heart. Maintain a steady and comfortable home temperature, usually around 18°C (64°F), and make sure to bundle up well. You can save on bills by heating only the rooms you use, turning off radiators in any unused rooms, and closing the doors. If you close all the curtains and keep the windows closed when the sun is setting, it will help keep heat in when the weather's at its coldest.

Staying active during the colder winter months is important, but you should take extra care out and about as the risk of falls is higher due to the more slippery ground from rain, leaves or ice. You can also reduce the risk of falls in your home by reducing clutter, choosing appropriate footwear, having good lighting, and using non-slip mats or rugs.

Food supplements must not replace a varied and balanced diet and a healthy lifestyle. Vitamin supplements are not intended to treat or prevent any disease. As with other food supplements, consult your doctor or pharmacist before using if you are under medical supervision, pregnant, breast-feeding, have epilepsy, suffer from food allergies, or are allergic to any of the ingredients. Supplements provided by PillTime will be checked against your medication records as an indication of compatibility, but this will only be against those medicines which you have had previously from PillTime. Not suitable for children.



**Morning Wednesday**  
SMITH, John (Mr)  
NHS: 5643121598  
24 Mar  
1 Omega-3 20mg GR caps  
Source: yellow  
1 Folic acid 5mg tabs  
Source: yellow  
1 Peppermint oil MR 0.2ml  
Source: blue  
2 Paracetamol 500mg tabs  
Source: white  
1 Co/Calciferol (Vit D3) 800u caps  
Source: white

**Lunchtime Wednesday**  
SMITH, John (Mr)  
NHS: 5643121598