

## **Davies Pharmacy Capsule Comments:**

Fat soluble vitamins (A, D, E or K) are better absorbed if taken with the fattiest meal of the day. This is usually dinner.

Sleeping problems are sometimes helped with an herb called valerian. It appears safe for short-term use and enhances the onset and perceived quality of sleep while reducing early awakenings.

Eczema (atopic dermatitis) affected 3% of children born in the `60's, 12% of those born in the late 70's and 18% born in the 90's. Eighty percent of eczema patients are under the age of one and for many, it continues into adulthood. Why the increase? Reasons might include environmental, food additives, house-dust mites and less breastfeeding.

Grapefruit juice can have an affect on how some medications work. But how much juice has that affect? It seems that one small glass is not likely a problem. However, eight ounces can cause a problem and it may take three days or longer for the effect to dissipate. If you are a grapefruit juice lover, check with our pharmacists whether the juice will affect your medication.

Medications can be double-edged swords. Let our pharmacists help you to get the most out of your medications. We'll inform you of any potentially serious interactions with food or other drugs.