Your Annual OTC Update
Target Audience: Pharmacists and Pharmacy Technicians

ACPE#: 0202-0000-18-065-L01-P/T

Activity Type: Knowledge-based
Disclosures

Stefanie Ferreri and Dan Krinsky declare no conflicts of interest, real or apparent, and no financial interests in any company, product, or service mentioned in this program, including grants, employment, gifts, stock holdings, and honoraria.

The American Pharmacists Association is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.
Learning Objectives

At the completion of this knowledge-based activity, participants will be able to:

1. List over-the-counter (OTC) products that entered or were removed from the marketplace during 2017 and the first quarter of 2018.
2. Summarize information that should be provided to patients about these new or discontinued OTC products.
Assessment Question

1. Which is a new product focused on topical pain relief?
   a) Qurb PM
   b) Xyzal
   c) ActiPatch
   d) Cognium
2. Which of the following new head lice treatments claims that one 5 minute application completely eliminates lice?
   a) Lycelle
   b) ResultZ
   c) Lice Clinics DIY Treatment
   d) Lice-Away
Assessment Question

3. What allergy medication, once available as a prescription, is now available over-the-counter?
   A. azelastine
   B. fluticasone furoate
   C. levocetirizine
   D. mometasone
Assessment Question

4. According to the Drug Facts label, what is the lowest age at which fluticasone propionate can be used?
   A. 2 years
   B. 4 years
   C. 6 years
   D. 12 years
Introductory Material
Community Pharmacist’s Value in Self-Care Arena

- The International Pharmaceutical Federation (FIP) recently published a report describing the value of community pharmacists in the self-care arena

- Titled: “Pharmacy As a Gateway to Care: Helping People Towards Better Health”

Community Pharmacist’s Value in Self-Care Arena

Report cites specific reasons community pharmacists offer value, including that they:

- “...know their communities’ health and social care needs and
- provide care in a safe, regulated environment without requiring an appointment.”

- Value includes providing education, addressing risks, and knowing when to refer
- Also of note is the recognition that there are barriers to optimal pharmacist engagement

New NCPIE Report and Application to Self-Care

Recent report published by NCPIE includes tips for patients to help them keep track of their medications and to use them as directed. These also apply to OTCs:

- Keep things simple
- Work with one pharmacy
- Coordinate prescription refills – correlate to OTCs is buy from 1 manufacturer
- Download a medication reminder app
- Explore other reminder tools or products that work best for you

www.BeMedWise.org

- Summary published: ONETOONE column, Pharmacy Today, August 2017, p. 22.
Aging, Drug Interactions, and Self-Care

University of Michigan National Poll on Health Aging

- December 2017 Report: Drug Interactions: How to Avoid Them
- Data suggest consumers are likely over-confident in their ability to manage drug interactions
- Only 35% of those polled spoke with someone about possible interactions
- 20% used more than 1 pharmacy in the past 2 yrs
- Opportunity!

FDA Draft Document on Child Safety Packaging

- Aug 2017: FDA published a draft guidance for mfrs, packagers, distributors, and others

- Goal: ensure these groups are aware of and ensuring child-resistant packaging (CRP) statements included on drug labels are clear, useful, informative and consistent as possible in content and format.

- FDA stated: "Because health care professionals and consumers may not be able to determine on visual inspection whether the packaging is child-resistant, a labeling statement may help to identify this attribute."

- Want to ensure labeling isn’t false or misleading

https://www.pharmacist.com/node/1395467
FDA Draft Document on Child Safety Packaging

- Language should only be used when the drug packaging has been shown to comply with the applicable US Consumer Product Safety Commission regulatory standards and test procedures for CRP.

- If included it "should appear in the HOW SUPPLIED/STORAGE AND HANDLING section as this is generally where practitioners look to ascertain information about a product's packaging."

- The guidance also features details on nonprescription drug products and nonprescription drug products marketed under an OTC monograph.

- FDA accepted comments on the Draft through October 2, 2017

- Now working on final version

https://www.pharmacist.com/node/1395467
Product Approvals
Brimonidin tartrate 0.025% ophthalmic solution
(Lumify™)

- Dec 22, 2017
- Relief of redness of the eye due to minor eye irritations
- Directions: 1 drop in the affected eye(s) every 6-8 hours
- Onset: Clinical studies show 95% symptom improvement at one minute & reduced redness for up to 8 hours
- Cost: TBD - launching 2nd quarter 2018
- Administration
  - https://www.youtube.com/watch?v=PRjfGpejkhU
Levocetirizine dihydrochloride 5mg (Xyzal Allergy 24HR™)

- Jan 31, 2017
- 2nd generation antihistamine
- Directions: 5 mg once a day
- Onset: Symptom relief is reported in one hour
- Cost: $22.66 for 35 tablets, pack of 2
Fluticasone furoate 27.5 mcg/spray
(Flonase Sensimist Allergy Relief™)

- Aug 2, 2016
- Intranasal steroid for upper respiratory allergies
- Directions
  - Week 1: 2 sprays in each nostril daily
  - Week 2 – 6 months: 1-2 sprays in each nostril daily
- Onset: Relief from symptoms in as early as 8 hours
- Cost: ~$25 for 120 sprays
- Administration
  - https://www.youtube.com/watch?v=5cxPDNEDB6g
## Comparison of OTC Intranasal Steroid Sprays

<table>
<thead>
<tr>
<th>Product</th>
<th>Adult dose</th>
<th>Pediatric dose</th>
<th>Approx. cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budesonide (Rhinocort Allergy Spray)</td>
<td>1 or 2 sprays in each nostril once daily</td>
<td>Ages 6 to 11 years: 1 to 2 sprays in each nostril once daily</td>
<td>$15 (60 sprays) $19 (120 sprays)</td>
</tr>
<tr>
<td>Fluticasone furoate (Flonase Sensimist)</td>
<td>Week 1: 2 sprays in each nostril once daily Week 2 to 6 months: 1 to 2 sprays in each nostril once daily, as needed</td>
<td>Ages 2 to 11 years: 1 spray in each nostril once daily</td>
<td>$25 (120 sprays)</td>
</tr>
<tr>
<td>Fluticasone propionate (ClariSpray, Flonase Allergy Relief, Children’s Flonase Allergy Relief)</td>
<td>Week 1: 2 sprays in each nostril once daily Week 2 to 6 months: 1 to 2 sprays in each nostril once daily, as needed</td>
<td>Ages 4 to 11 years: 1 spray in each nostril once daily</td>
<td>$20 (120 sprays) $19 (60 sprays) $17 (120 sprays)</td>
</tr>
<tr>
<td>Triamcinolone (Nasacort Allergy 24HR)</td>
<td>1 to 2 sprays in each nostril once daily</td>
<td>Ages 2 to 5 years: 1 spray in each nostril once daily Ages 6 to 12 years: 1 to 2 sprays in each nostril once daily</td>
<td>$10 (60 sprays) $15 (120 sprays)</td>
</tr>
</tbody>
</table>
Adapalene 0.1% gel
(Differin Gel™)

- July 8, 2016
- Mild acne (Type 1 and 2)
- Directions: Once daily; apply to entire affected area
- Onset: May take 2-3 months for full effect
- Cost: $12.24 for 15 grams
Product Removals/Recalls
<table>
<thead>
<tr>
<th>Date</th>
<th>Company</th>
<th>Product Description</th>
<th>Issue</th>
<th>Recaller</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/30/2017</td>
<td>Bull, Chao Jimengnan</td>
<td>Dietary Supplement</td>
<td>Unapproved drug with sildenafil</td>
<td>Nutra Labs Inc.</td>
</tr>
<tr>
<td>12/13/2017</td>
<td>Marmex Corp</td>
<td>Male Enhancement</td>
<td>Unapproved new drug</td>
<td>Marmex Corp</td>
</tr>
<tr>
<td>12/04/2017</td>
<td>Comforts</td>
<td>Comforts FOR BABY Purified Water with Fluoride</td>
<td>Mold (Talaromyces penicilliun)</td>
<td>Kroger Company</td>
</tr>
</tbody>
</table>

The following were recalls in 2017:

- [https://www.fda.gov/Safety/Recalls/ucm569173.htm](https://www.fda.gov/Safety/Recalls/ucm569173.htm)
  “Man of Steel” (erectile dysfunction supplement) tainted with sildenafil

- [https://www.fda.gov/Safety/Recalls/ucm579121.htm](https://www.fda.gov/Safety/Recalls/ucm579121.htm)
  Rhino 7 Platinum 5000, Papa Zen 3300, Fifty Shades 6000, Grande X 5800: erectile dysfunction supplements tainted with sildenafil, tadalafil, or desmethyl carbodenafil
The following were recalls in 2017:

- [https://www.fda.gov/Safety/Recalls/ucm553631.htm](https://www.fda.gov/Safety/Recalls/ucm553631.htm)
  Erectile dysfunction supplements (Xrect, Monkey Business, BigNHard, Enhancerol, Uproar, others) tainted with sildenafil and tadalafil

- [https://www.fda.gov/Safety/Recalls/ucm576834.htm](https://www.fda.gov/Safety/Recalls/ucm576834.htm)
  VEGETABLE VIGRA: erectile dysfunction supplement tainted with undeclared sildenafil
The following were recalls in 2017:

- [https://www.fda.gov/Safety/Recalls/ucm583820.htm](https://www.fda.gov/Safety/Recalls/ucm583820.htm)
  Naturally HL Bedsore Relief Cream, Extra Strength PreTAT by TAT Balm Carbomer Free Gel, Extra Strength Naturally HL Hemorrhoid Numbing with Lidocaine: FDA inspection found significant violations of current Good Manufacturing Processes (cGMPs). Possible decreased product quality and consistency.

- [https://www.fda.gov/Safety/Recalls/ucm579405.htm](https://www.fda.gov/Safety/Recalls/ucm579405.htm)
  A1 Slim: Weight loss product tainted with sibutramine and N-desmethylsibutramine

- [https://www.fda.gov/Safety/Recalls/ucm552934.htm](https://www.fda.gov/Safety/Recalls/ucm552934.htm)
  Hylands teething products
  Infant homeopathic teething products (Hylands Baby Teething Tablets and Hylands Baby Nighttime Teething Tablets) likely had inconsistent amounts of belladonna alkaloids differing from what was on the package label.
Product Recalls/Removals

The following were recalls in 2017:

- [https://www.fda.gov/Safety/Recalls/ucm572873.htm](https://www.fda.gov/Safety/Recalls/ucm572873.htm) - Ninjacof and Ninjacof A: cough/cold products contaminated with *Burkholderia cepacia*

- [https://www.fda.gov/Safety/Recalls/ucm571001.htm](https://www.fda.gov/Safety/Recalls/ucm571001.htm) - Leader, Major, Rugby recall
  - various liquid vitamin and other liquid products recalled due to possible contamination with *Burkholderia cepacia*

- [https://www.fda.gov/Safety/Recalls/ucm569967.htm](https://www.fda.gov/Safety/Recalls/ucm569967.htm) - various liquid docusate products recalled due to possible contamination with *Burkholderia cepacia*
The following were recalls in 2017:

- [https://www.fda.gov/Safety/Recalls/ucm557125.htm](https://www.fda.gov/Safety/Recalls/ucm557125.htm)
  dietary supplement tainted with anabolic steroid-like substances

- [https://www.fda.gov/Safety/Recalls/ucm554452.htm](https://www.fda.gov/Safety/Recalls/ucm554452.htm)
  This was a recall of frozen hash brown potatoes that may have been contaminated with extraneous golf ball materials!

And there were MANY other similar recalls during 2017.
New formulations and technology
New formulations

New Salonpas® Lidocaine Plus product line:
- Salonpas® Lidocaine Plus Pain Relieving Cream
- Salonpas® Lidocaine Plus Pain Relieving Liquid

Ingredients:
- Lidocaine HCl 4%
- Benzyl alcohol 10%

Apply 3-4 x/day; ≥12 years of age

Salonpas® Lidocaine Pain Relieving Gel-Patch:
- Ingredient: 4% lidocaine

Uses: temporary relief of back, neck, shoulder, knee, and elbow pain.
- [http://salonpas.us/](http://salonpas.us/)
New formulations

**ActiPatch®**: Electromagnetic Pulse Therapy products:

- Back Pain Relief
- Knee Pain Relief
- Muscle and Joint Pain Relief

- **MOA from the website**: “ActiPatch’s electromagnetic signal pulses 1,000 times per second to stimulate neuromodulation of the afferent nerves to dampen the brains perception of pain.”

- **New**: Smart Insole Heel Pain Relief

- **Not recommended in children, or pregnancy**

www.actipatch.com
New formulations

PAINBLOC 24™

- New topical product that claims it will manage arthritis and joint pain for 24 hours (once daily application recommended; can use up to two times daily)

- Active ingredient: capsaicin in a proprietary blend (details not available on the website)

- For adults > 18 years of age

www.vizuriusa.com
https://painbloc24.com/
New formulations

**Theraworx® Relief Spray or Foam:** targeted at relieving or preventing muscle cramps or muscle spasms

**Ingredients:**
- Magnesium sulfate
- Colloidal silver
- Citrus grapefruit extract
- Aloe
- Allantoin
- Vitamin E

[https://theraworxrelief.com/faq/](https://theraworxrelief.com/faq/)
New formulations

Theraworx® Relief Spray or Foam

- Dr. Drew is a spokesperson for the product
- Company claims several studies have been completed to prove effectiveness and more are underway
- No known side effects, interactions
- Recommend using 2-3 times daily
- Safe to use in individuals ≥2 years of age
- Can be used with other therapies such as TENS units

https://theraworxrelief.com/faq/
New formulations

**Omega 3 KIDi Bites: 3 products**

- Omega-3 supplement for kids that claims a higher concentration of DHA/EPA/ALA
- Dosage form: fish-shaped orange-chocolate flavored chewable ‘kidi bites’
- Designed for daily use
- Company has other products for kids that are promoted as free of GMOs, preservatives, gluten, nuts, transfats; all natural
- Available for private labeling by retailers

www.anlit4kids.com
New formulations

**Omega 3 KIDi Bites: 3 products and ingredients**

<table>
<thead>
<tr>
<th>Product</th>
<th>ALA</th>
<th>DHA</th>
<th>EPA</th>
<th>Omega 6</th>
<th>Omega 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIDi Bites Omega 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Focus High EPA</td>
<td></td>
<td>60 mg</td>
<td>90 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIDi Bites Omega 3</td>
<td>130 mg</td>
<td>30 mg</td>
<td>60 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KIDi Bites Omega 3 ALA</td>
<td>120 mg</td>
<td></td>
<td></td>
<td>37 mg</td>
<td>43 mg</td>
</tr>
</tbody>
</table>

[www.anlit4kids.com](http://www.anlit4kids.com)
New formulations

New Ricola Herbal Immunity products:

- Ricola Herbal Immunity Citrus Gummies
- Ricola Herbal Immunity Lozenges
- Both available in honey and citrus flavors
- Ingredients: ginseng, vitamins C, B6 and B12
- Also: Ricola herb mixture (elder, horehound, hyssop, lemon balm, linden flowers, mallow, peppermint, sage, thyme, wild thyme), Asian ginseng extract powder (root)

http://www2.ricola.com/en-us/Products/Herbal-Immunity-Citrus-Herb
New formulations

New Ricola Herbal Immunity products:

- Promoted to be immune boosters, fight fatigue
- Dose: 1 twice daily
- For individuals 4 years of age and older
- Per website:
  - Contains no artificial flavors or colors
  - Free of genetically modified ingredients
  - Contains proprietary blend of 10 natural Swiss herbs (previous slide)

http://www2.ricola.com/en-us/Products/Herbal-Immunity-Citrus-Herb
New formulations

- Halls Kids Cough and Sore Throat Pops
  - Contain menthol
- Halls Kids Vitamin C Pops
  - Vitamin C supplement
- Remind Parents: Despite the imagery and promotional/advertising, these ARE NOT CANDY!!
- Website not very informative with regards to use, age ranges, possible side effects.

www.gethalls.com
**New formulations**

**Starkey® Hearing Technologies: new ear health product line**

- Only available through ear health professionals

Starkey® Hearing Technologies’ Ear Health products include:

<table>
<thead>
<tr>
<th>Ear Health Products</th>
<th>Links</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ear Wax Removal Drops</td>
<td>Ear Wax Removal Kit</td>
</tr>
<tr>
<td>All Natural Ear Wax Removal Drops</td>
<td>EarAche Drops</td>
</tr>
<tr>
<td>MiraCell® Ear Drops</td>
<td>Ear Drying Drops</td>
</tr>
<tr>
<td>EarPlanes® Ear Plug</td>
<td>Soft Foam Ear Plugs</td>
</tr>
<tr>
<td>ClearEars® Ear Plugs</td>
<td></td>
</tr>
</tbody>
</table>

[https://earhealth.starkey.com/](https://earhealth.starkey.com/)
New formulations

Example Product: Ear Wax Removal Drops

- Active ingredient: Carbamide peroxide 6.5%
- Inactive ingredients: glycerin, propylene glycol, peppermint flavor, citric acid, sodium lauroyl sarcosinate
- Purpose: ear wax removal product
- Warning: For use in the ear only
- For use in individuals > 12 years of age

https://earhealth.starkey.com/
New formulations

Ear Wax Removal Drops

Active ingredient
Carbamide peroxide 6.5%

Purpose
Ear wax removal product

Inactive ingredients
Glycerin, propylene glycol, peppermint flavor, citric acid, sodium lauroyl, sarcosinate

Warnings:
FOR USE IN THE EAR ONLY.

Do not use:
- If you have ear drainage or discharge, ear pain, irritation, or rash in the ear or are dizzy, ask a doctor.
- If you have an injury or perforation (hole) of the eardrum or after ear surgery unless directed by a doctor.
- For more than 4 days.
New formulations: EarAche Drops - Homeopathic

Mfr lists 6 homeopathic Active Ingredients then the Purpose for each. Examples (4 ingredients targeting specific otic issues):

- Calcaria Carbonica 30C HPUS: Throbbing ear pain
- Lycopodium 30C HPUS: Ear pain
- Pulsatilla 30C HPUS: Ear itching, pain worse at night
- Sulphur 30C HPUS: Ear pain with burning

Other 2 ingredients target fever and sleeplessness/irritability

No age limit for use

https://earhealth.starkey.com/
New formulations: EarAche Drops - Homeopathic

EarAche Drops

Active ingredients
- Belladonna 30C HPUS (less than 0.00000000001% Alkaloids)
- Calcarea Carbonica 30C HPUS
- Chamomilla 30C HPUS
- Lycopodium 30C HPUS
- Pulsatilla 30C HPUS
- Sulphur 30C HPUS

Purpose (respectively)
- Fever
- Throbbing ear pain
- Occasional sleeplessness and irritability
- Ear pain
- Ear itching, pain worse at night
- Ear pain with burning

Inactive ingredients
Citric Acid, Glycerine, Purified Water, Sodium Benzoate.
New formulations

Mack’s® Ear Plugs has ear plugs for just about EVERY possible use: including: sleep, snoring, swimming, musicians, noise reduction, motorcyclists, travel, studying

- Newest product: Flightguard® Airplane Pressure Relief Ear Plugs
- 2 benefits: Noise reduction and pressure relief
- www.Macksearplugs.com
New formulations

Earwax MD – new product marketed to remove earwax with one application/dose

Ingredients:

- Water, Glycerin, Sodium bicarbonate, Glycolic acid
- Potassium bicarbonate, Benzyl alcohol, Benzalkonium chloride

Packaging includes:

- Suggested use with directions and warnings
- Use by ingredient; results in 15-30 minutes; no age limit (nothing on website/packaging)
- The following claim: “In a clinical study 85% of ears were completely clear after 1 application (1-2 doses).”

www.earwaxmd.com
New formulations

New product for head lice

- **Ingredients:** LYCELLE Pre-combing Hair Gel contains:
  - sodium laureth sulfate, isopropanol, citronellyl acetate, hypromellose, methyl salicylate, methylparaben and citric acid.
  - The kit also includes a LYCELLE Comb to remove lice, eggs, and nits.
  - Claims that it also kills ‘super lice’ (evidence?)
  - “One and Done” treatment
  - Nothing on website regarding age limits for product use
New formulations

- Website has a link to a Consumer Product Sheet that provides product information, instructions for use, and diagrams to go along with the instructions.

Claims:

- One 10 minute application; BUT, if lice/nits still visible, recommend 2nd application 7-10 days later.
- Pesticide-free
- Eliminates lice, super lice, and their eggs
- Fine-toothed metal comb to assist with combing out lice and nits

www.lycelle.com
New formulations

New product for head lice: Resultz – Lice and Egg Elimination Kit

- Manufacturer claims:
  - Used successfully by millions around the world
  - Technology licensed for years
  - Scientifically proven in well-controlled US and European studies
  - FDA cleared in 2017; product launch date in US not yet determined.
  - Application time is just 5 minutes
  - Pesticide free
  - Kills ‘super lice’
  - Odorless, easy to apply

- No data regarding specific ingredients or age limits as of January 28, 2018.

www.ResultzLice.com
New formulations

Lice Clinics of America: They are in the business of killing lice
- They have head lice treatment clinics nationwide
- Treatment costs range from $45-200

Also have a ‘do-it-yourself’ product they sell:

Lice Remover Kit
- States it will kill ‘super lice’ and mentions a ‘lice apocalypse’
- No information on website regarding minimum age

www.liceclinicsofamerica.com
New formulations

DO-IT-YOURSELF

Lice Clinics of America’s Do-It-Yourself Treatment

Our most affordable option allows you to treat head lice at home. Once and For All.

Our DIY treatment kit includes all the topical treatment products required to kill head lice and remove nits. When you pick up supplies, one of our clinicians will provide detailed instructions on how to properly perform the comb-out with the DIY kit. The DIY lice removal treatment option offers savings to families to rid their loved ones of head lice. But because the AirAllé® treatment is not part of the package, the DIY Treatment is conducted over a 10-day period.

Why it Works

Unique Tools.
Proven Pesticide-Free Gel.

The Lice Remover Kit contains a non-toxic, pesticide-free liquid gel that kills lice, detangles hair and facilitates the removal of lice and eggs—all with no mess. We developed the product in our urgent care lice clinics, where we have successfully treated hundreds of thousands of lice infestations. Our gel easily rinses out of the hair and has a fresh pear blossom scent you’ll love. Our Complete Kit contains a no mess applicator to apply just the right amount of the pesticide-free gel. There’s no wasted product as often occurs with other brands. This step is followed by a comb out using the provided premium metal nit comb. The comb removes both dead lice and eggs. With the Lice Remover Kit, ending lice infestations at home is easy—and guaranteed (when used as directed).
New formulations
Genetic testing/ancestry data: Significant growth area

- **HomeDNA** line of at-home genetic testing products

Genetic testing to help consumers in the following areas:

- Paternity
- Ancestry
- Skin care
- Healthy weight

Cost: $69 and up

Also have a dog and cat DNA Health Screen and Life Plan!

www.HomeDNA.com
New formulations

Natrol Cognium – new product being promoted “For a sharper mind”

- Mfr claims product is proven to help as evidenced by the 9 clinical trials they cite on their website:

The ‘respected peer-reviewed journals’ include the following:


- Ingredient: CERA-Q: Silk protein hydrolysate

www.natrol.com
www.natrol.com/products/natrol-cognium/
New formulations

Natrol Cognium – new product being promoted “For a sharper mind”

- Manufacturer makes the following claims:

  “Cognium’s unique silk protein has shown statistically significant cognitive improvements in adults, seniors and children in as little as 4 weeks when taken as directed.”

  “90% improvement in memory recall score after 3 weeks of use (results statistically significant)”

- Nothing on the website regarding dosing for different age groups, minimum age, duration.

- Refer visitors to www.Cera-Q.com for information on the studies. Information there not very convincing as product studied is not exactly the same as Cognium.

www.natrol.com

www.natrol.com/products/natrol-cognium/
New formulations

New Weight Loss “Shots”:

- Qurb and Qurb PM (caffeine-free)

Each 3-oz bottle contains the following ingredients:

- 10 g of Fibersol2 (soluble corn fiber)
- 400 mg Svetol (primarily chlorogenic acids) Premium Green Coffee Bean Extract
- Caffeine 50mg
- Stevia for flavor/sweetening

1 shot/day for fat-burning; 1-3 shots/day for appetite suppression

For use in people 12 years of age and older

www.qurbshot.com
New formulations: Upcoming Advertisement for product!
New formulations

Prenatal+DHA 300

- New prenatal vitamin and nutritional supplement
- Provides 25 vitamins and nutrients + 300 mg DHA
  - Including: Vitamin K, Lutein, Chromium and more
- Also includes 1000 mcg of Quatrefololate – ‘body-ready’ version of folic acid that doesn’t require conversion
  - Claim 50% of pregnant women have an MTHFR gene mutation that prevents conversion of synthetic to absorbable folic acid

www.zahlers.com
New formulations
Berkeley Life Heart Health supplement

- Promoted as a supplement to optimize nitric oxide which the mfr claims is important for cardiovascular health.

- Ingredients:
  - Vitamin C
  - Thiamine
  - Folate
  - Vitamin B12
  - Calcium
  - Potassium
  - NOx Complex: beet root extract, potassium nitrate, GCB extract, pomegranate fruit extract

www.berkeleylife.com
New formulations

Berkeley Life Heart Health supplement

- Promoted as a supplement to optimize nitric oxide which the mfr claims is important for cardiovascular health.
- Nothing on website about use in children
- Users can monitor their progress with optimizing nitric acid levels using the rapid saliva self-test strips: From the website:
  - “See your nitric oxide level in seconds.
  - Track your nitric oxide status throughout the day.
  - Simply place on your tongue to see where you are on the NO scale.”
- Have an App for tracking results

www.berkeleylife.com
New formulations

Nitric Oxide Saliva Test Strips
Check Nitric Oxide levels with the rapid saliva self-test strips

Berkeley Life Nitric Oxide Saliva Test Strips:
- Patented, non-invasive saliva test strips
- See your Nitric Oxide level in seconds
- Track your Nitric Oxide status throughout the day
- Simply place on your tongue and then see where you are on the NO scale

In stock

Buy now
Learn more

www.berkeleylife.com
New Technology

Clearblue Ovulation Test System - From the company website:

- “Clearblue® Connected Ovulation Test System:
- Identifies 4 or more fertile days each cycle
- Tracks 2 key fertility hormones
- Over 99% accurate at detecting the LH surge
- Connects via Bluetooth® to your phone – it’s the first and only test system to track 2 unique hormones and connect to your phone.
- Results are synced and displayed on your phone together with a monthly calendar, cycle comparison charts. You also have the ability to set smart reminders.”

www.clearblueeasy.com
New Technology

Connected Ovulation Test System

Clearblue's Most Advanced Ovulation Test
Now with Connectivity!

Maximize your chances of getting pregnant naturally
New Technology

First Check Cholesterol Home Test

- Mfr states test does not require fasting and fasting is discouraged as it may impact one’s ability to get enough blood to do the test

The following results are provided (in 5 minutes):

- total cholesterol (TC)
- high-density lipoprotein (HDL)
- approximate low-density lipoprotein (LDL)

www.firstcheckfamily.com
www.firstcheckfamily.com/products/health-tests/cholesterol-test/
New Technology

Omron has a new home BP measuring device: Evolv™

- Connects to Omron Wellness mobile app using built-in Bluetooth® technology – links to Smartphone
- No wires, tubes, nothing to set on a table – just attach it to the upper arm and the device measures BP and other metrics
- Fits arms up to 17” in circumference

www.OmronHealthcare.com
New Product in the future?!

November 28, 2017: UK OKs Viagra for OTC Use – is the U.S. next?

- The UK's Medicines and Healthcare Products Regulatory Agency (MHRA) has allowed a reclassification of sildenafil (Viagra, Pfizer) to be sold as a non-prescription pharmacy medication.

- UK pharmacists can now dispense sildenafil 50mg based on the following:
  - Pharmacists must conduct a review process and consultation with the patient in advance
  - Pharmacists will first complete a training program
  - Expected implementation: by the end of Q2 2018

New **Product in the future?!**

Information from Pfizer's press office provides further details regarding this rollout, including:

- Only men older than 18 may purchase the product.

- Men seeking to purchase must answer questions posed by a pharmacist regarding their symptoms and health status along with other medications they are taking.

- A pharmacist should inform a patient to see their doctor within 6 months of starting this therapy, or if the pharmacist does not believe the patient to be a good candidate for further help.

Literature & Legislative Updates
### Updated legislature / literature

<table>
<thead>
<tr>
<th>Legislature</th>
<th>Literature (this afternoon!)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral Contraceptives</td>
<td>PPIs</td>
</tr>
<tr>
<td>Naloxone</td>
<td>Loperamide</td>
</tr>
<tr>
<td>Analgesics</td>
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<tr>
<td>Allergic Rhinitis</td>
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<tr>
<td>Insomnia</td>
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<tr>
<td>Women’s Health</td>
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State Policies Expanding Access To Oral Contraception

Expansion of pharmacists’ authority – 8 states + D.C.
• oral contraception only: TN, WA
• oral and transdermal (i.e. the patch) contraception: CO, OR
• All self-administered hormonal contraception (i.e. the pill, the patch, the ring, and injection): CA, D.C., HI, MD**, NM

Expansion of insurance coverage for contraception
• Insurers must cover 12 month supply – 12 states + DC: CA, CO**, DC, HI, IL, ME, NM*, NY, NV*, OR, VA*, VT, WA*
  • Insurers must cover at least one contraceptive of all prescription methods without cost-sharing^ – 8 states: CA, IL, MD*, ME, NY, NV*, OR, VT
• Insurers must cover over the counter and prescription contraception equally – 3 states: IL, MD*, OR**

NOTES: *Effective in 2018 (MD’s contraceptive equity law, NV, NM, VA, WA). **Effective in 2019 (CO, MD’s pharmacist prescribing law, OR’s Contraceptive Coverage Requirement).
^Insurers may apply cost-sharing for drugs or devices that are therapeutically equivalent to another contraceptive drug or device that is already covered under the same policy.

Resources for contraception information and pharmacists


Naloxone Access in Community Pharmacies

Based on data collected by NASPA (updated January 2018)

[Map showing naloxone access in U.S. states with color-coding to indicate different levels of access: Statewide Protocol/Pharmacist Prescribing, Statewide Standing Order, Dispense without a prescription, Standing Order, None.]
Resources for naloxone information and pharmacists

Assessment Question

1. Which is a new product focused on topical pain relief?
   a) Qurb PM
   b) Xyzal
   c) ActiPatch
   d) Cognium
Assessment Question

2. Which of the following new head lice treatments claims that one 5 minute application completely eliminates lice?
   a) Lycelle
   b) ResultZ
   c) Lice Clinics DIY Treatment
   d) Lice-Away
Assessment Question

3. What allergy medication, once available as a prescription, is now available over-the-counter
   A. azelastine
   B. fluticasone furoate
   C. levocetirizine
   D. mometasone
Assessment Question

4. According to the Drug Facts label, what is the lowest age at which fluticasone propionate can be used?
   A. 2 years
   B. 4 years
   C. 6 years
   D. 12 years
Thank you

Questions?