



HEALTHY LIVING

YOUR EXCLUSIVE GUIDE TO MODERN HEALTH
AUTUMN/WINTER 2025

**Help protect yourself
with vaccination**

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Hear to thrive

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War on germs

PAGE 14



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WWW.COSTCO.CO.NZ Item numbers vary.



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Welcome

AUTUMN/WINTER 2025

Welcome to the Autumn/Winter edition of Healthy Living!

In this issue, find advice to help support your health over the coming cooler months. Catch up on what's happening in the warehouse – Costco Pharmacy manager, Jackie, goes into detail on the range of vaccines available at the pharmacy on page 6. Get the latest on hearing aids available at the Costco Hearing Aid Centre on page 10, and learn how Costco's Optical Centre offers incredible value on page 12.

Boost your general health awareness with a run-down on how to help minimise the spread of germs this cold and flu season on page 14, and learn what you can do to reduce your likelihood of fatigue throughout the day on page 16. Finally, if you're living with type 2 diabetes, read a first-hand account on how to help improve your health on page 18.

The Healthy Living Team





HELP PROTECT YOURSELF WITH VACCINATION

Costco's pharmacy manager revises the importance of getting immunised.

Vaccination plays an important role in helping to create immunity against a range of infectious diseases in the wider community. In order to remain effective, it's crucial that vaccine uptake remains high. Despite Health New Zealand's goal of having 95% of children up to date in their vaccinations by two years of age, as of 30 September 2024, rates were only at 74.9%*.

"Vaccines help prevent illness or help mitigate the severity of illness in most people," says Costco Pharmacy manager and pharmacist, Jackie Chun. "This is important for everyone, as getting an illness without vaccination usually results in more severe symptoms. Those who have other long-term medical conditions are even more likely to have trouble recovering due to the stress their bodies are already under." Getting vaccinated also slows disease transmission in the community, which is an important facet of protecting the minority who have medical issues that prevent vaccination.

All vaccines on New Zealand's National Immunisation Schedule are free for children under 18 years old, and are available to everyone regardless of citizenship status. Depending on government criteria, some vaccines are also free for adults. The Costco Pharmacy offers most of the vaccines on the schedule, free of charge for eligible people. Here's an overview of the diseases these vaccines cover.

Whooping cough, tetanus and diphtheria

Children get vaccinated against whooping cough, tetanus and diphtheria at school in year 7. It is also funded for pregnant

people in the second trimester, some adults at 45 years old, all adults from 65 years old, and for those needing a tetanus booster due to a wound.

Whooping cough is a contagious respiratory disease most significantly affecting children under one year of age. The vaccine is inactive, which means it can be given during pregnancy and to people with compromised immune systems," says Jackie. It is recommended in pregnancy as it prevents mothers from contracting whooping cough and passing it to their baby once born, plus it encourages antibodies that pass to the baby in the womb. New Zealand is currently in a whooping cough epidemic, so staying up to date on vaccines is crucial.

Shingles

The shingles vaccine protects against shingles and related complications. Shingles comes from the same virus as chickenpox, which can be present in the body and re-appear later in life as shingles. This disease mainly affects older people, causing painful rashes and potentially leading to nerve damage.

"You can get shingles without having had chicken pox, so those in the recommended age range or as directed by their doctor should get this vaccine," says Jackie.

Two doses of the vaccine are funded at 65 years of age and for some immunocompromised people over 18 years old, however, it is recommended for everyone over 50 as well.

HPV

The HPV vaccine covers nine types of HPVs, and is funded for people aged nine to 26 years old (inclusive). "All ages get

*Health New Zealand Immunisation Coverage – 12 months to 30 September 2024. Accessed March 2025.

the same vaccine, but multiple doses are needed for complete coverage,” explains Jackie. “People should get this vaccine before they become sexually active, as it helps to protect against HPV infections that can lead to cancer in areas like the genitals and throat.” However, the Immunisation Advisory Centre notes that those who already have HPV may still benefit from this vaccination to prevent infection with alternate strains.

The number of doses needed is dependent on individual circumstances, like age and health factors, so if you think you’ve missed a dose, a medical professional can advise on the best course of action.

Measles, mumps and rubella

Measles, mumps and rubella present more severely in adults. “Measles is one of those diseases that would be eliminated if everyone was vaccinated,” says Jackie. “It is exclusively brought into New Zealand by non-immune people, and there have been recent outbreaks. Anyone who hasn’t had the vaccine, including those born in New Zealand before 1969, should get it.”

Mumps are characterised by the swelling of salivary glands, and the last outbreak in New Zealand was from 2017 to 2019. Rubella is rare due to vaccination levels, but can severely harm babies in the womb if contracted during pregnancy.

Meningococcal

There are two vaccines to help protect against meningococcal: the first is for groups A, C, W and Y, and the second is for group B. It’s important to get both vaccines as the groups causing disease change over time and by location.

The group ACWY vaccine is funded from 12 months old, subject to eligibility, with one dose given usually. The group B vaccine is funded from three to 12 months old, with two doses given usually. “Catch ups and boosters are funded for people of 13 to 25 years old. This is recommended if they are living in environments with lots of other people, like dorms, residential halls and hostels,” he says. “Both groups of vaccines are compatible and can be given at the same time.”

Flu

The flu vaccine is recommended annually for people six months and older, and is funded by the government for pregnant people, people over 65 years of age, and people under 65 years of age with a serious mental health condition.

“It’s important to get the flu vaccine every year,” says Jackie. “Because we’ve had effective vaccines for a while, we sometimes forget how severe the flu can be. Historical outbreaks like Spanish influenza were so deadly because people did not have the vaccines that we have today.”

Jackie stresses that it’s not just the flu itself that is of concern. “It’s the after-effects and the fact that it weakens your immune

system and makes you more prone to other diseases. In some severe cases, people are more susceptible to post-flu pneumonia, which seriously affects even young, fit people.”

Boosters and catch-ups

It is important to keep in mind that some vaccines need to be administered multiple times in order to be fully effective. Most are given during childhood, but if you are concerned you may have missed a dose or not sure if you need a booster, speak to your doctor or a pharmacist. “They will review your immunisation history and personal circumstances to make individualised recommendations,” Jackie explains.

WHO CAN GET VACCINATED AT COSTCO?

The Costco Pharmacy qualifies as a ‘whole of life vaccinator’, meaning everyone from infants to the elderly are accepted for vaccinations. “Walk-ins are accepted for adults, but parents wanting to bring in children under the age of five should make a booking in advance,” Jackie says.

Disclaimer: All medicines have risks and benefits. As with all vaccines, 100% protection cannot be guaranteed. Be sure to let your doctor or pharmacist know if you are potentially allergic to any vaccine ingredient, e.g. egg. All medical advice provided in this article is a general guide, and is not intended to be followed without further personalised consultation from a medical professional. Please contact your doctor or pharmacist to discuss any vaccine queries or concerns. Vaccine charges may apply. To learn more about the diseases and vaccines discussed in this article, visit the Immunisation Advisory Centre’s website, immune.org.nz. This article has not been sponsored.



Book your vaccination. Call the Costco Pharmacy at +64 9 870 4740 to make an appointment today.

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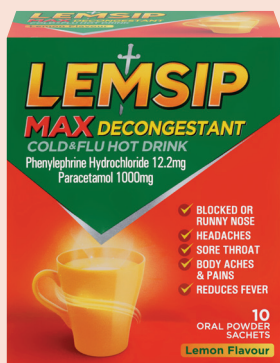
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Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines/ dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

TAPS NP22586



HEAR TO THRIVE

Costco's range of next-gen hearing aids offers revolutionary sound quality in a discreet size, leading to life-changing results.

THIS ARTICLE WAS WRITTEN BY KIM GILLAN. IT ORIGINALLY APPEARED IN THE JAN/FEB 2025 AU COSTCO CONNECTION.

Online forums were abuzz a few months ago when word spread that the Philips HearLink 9050 was coming to Costco. Rechargeable and powered by AI technology, the device has quickly garnered a cult following for its ability to remove background noise and prioritise speech.

"It features an embedded accelerometer, a new component within the hearing aid that detects movement by measuring changes in velocity over time," explains Rebecca Wood, Philips Head of Audiology. "It identifies if people are moving around or nodding their head and uses

more information about them and the way they exist in their environment to optimise speech and noise."

It takes the average person seven years from when they identify a hearing issue until they get hearing aids, so the fact that premium models like the Philips HearLink 9050 is stocked at Costco is great news for people who are struggling to keep up with conversations.

"The biggest barrier for a lot of people is the cost of hearing aids because they are thousands of dollars at some places," Costco audiologist Ivan Grové explains. "At Costco, they're competitively priced far cheaper than at a lot of other places,



Prioritise your hearing health. Find the right hearing aid for your needs at Costco's Hearing Aid Centre.

but more importantly, Costco clinicians really have the best interest of the individual at heart. The focus is really on being able to deliver the best service at the best price – members notice that and we get a lot of positive feedback.”

The right fit

Alongside the Philips HearLink 9050, Costco stocks equally impressive Jabra and Rexton models. “The Jabra is popular for its slimline design and it’s got very sharp, crisp sound quality,” Grové enthuses. “It’s the smallest one we have in stock, so if cosmetics is a concern, we take that into account when making a recommendation.”

Meanwhile, the Rexton is good for people with reasonably good hearing. “If they’re looking for a little boost of sharpness, the Rexton is very good,” Grové says. “It has minimal mechanical noise and has the benefit of not making your own voice sound artificial to you – it’s got some additional processing to help with that.”

When you make an appointment with a Costco audiologist, Grové says you’ll get a comprehensive hearing test. And, if you do need a hearing aid, your audiologist will ensure you get the best option for your needs.

“You’ve got the standard over-the-ear small devices through to invisible in-the-ear styles,” Grové explains. “The over-the-ear ones tend to offer better sound quality, but the in-ear ones are great for people who have poor hand dexterity. They all have slight advantages and disadvantages in terms of sound quality and feedback and situations where they’ll work well – it will depend on the individual as to which is best for them.”

Costco cares

More than anything, Grové hopes that knowing that Costco audiologists and audiometrists are on hand next time you’re at the warehouse will encourage more members to get their hearing checked.

“The sooner you get onto it, typically, the easier the transition is going to be,” Grové says. “Sometimes individuals have a stigma against hearing aids, but [in reality] people are going to notice that they’re withdrawing socially or not involved in conversations far more than they will ever notice a small hearing aid.”

Grové and Wood say their work is incredibly rewarding as they help members maintain good hearing so they can keep up a great social life and remain connected with family and friends.

“The vast majority of people are pretty shocked to see how small hearing aids have become – they’re virtually invisible on the vast majority of people as long as they’re properly fit,” Grové says. “All of Costco’s hearing aids have a similar focus in providing outstanding clarity when there’s noisy environments [to help] people have conversations with friends and family.”

HERE FOR YOU *and* YOUR HEALTH



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If symptoms persist see your healthcare professional. Supplementary to a balanced diet.
Factors Group, BC, Canada

TAPS Approval No: NP22247

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VISION ON VALUE

Costco Optical focuses on delivering the best possible care for your eyes.

THIS ARTICLE WAS WRITTEN BY JIYAN DESSENS. IT ORIGINALLY APPEARED IN THE NOV/DEC 2024 AU COSTCO CONNECTION.

Costco strives to offer quality and value in all areas, and its optical service is no exception. Members can find Costco Optical inside the New Zealand warehouse, offering a dazzling array of designer frames, quality lenses and contacts, all at outstanding value.

"What I really like about Costco – and I think what sets it apart – is the state-of-the-art equipment and the value offered to members," explains Costco optometrist Dr Sarah Bardouh. "It's part of our promise to give members the best quality service at the most affordable price."

Exceptional service

Anyone who shops at Costco knows that the service is something else. This is particularly important to Dr Bardouh and her team within the optical department.

"We pride ourselves on the service that we give," explains

Dr Bardouh. "The quality of the eye exam and how we interact with the members; we want them to feel taken care of."

Each appointment is 30 minutes – that's 10 minutes longer than the industry standard. It includes a thorough examination and review of your current prescription and results, as well as a 3D scan of the back of your eye.

"We do this using optical coherence tomography, which is a machine used to diagnose and manage conditions like glaucoma," explains Dr Bardouh.

Most optometrists and specialists bill for this type of imagery, but Costco members receive this additional service free of charge.

"You can tell a lot about someone's general health from their eyes," says Dr Bardouh. "Some patients might have a condition, such as an arterial blockage, which could be a stroke risk, that they don't know about. We can pick that up and prevent their condition from deteriorating, just from a bulk-billed eye test."



Visit the Optical Centre. Regular eye tests are essential to maintain health as well as good vision.

Sensational savings

Members are used to seeing the biggest and best local and international brands at Costco, but the range and savings offered at the optical department are next level.

"We have a great range of frames for all face shapes," explains Dr Bardouh, adding that standout brands include Cartier, Jimmy Choo, Ray-Ban and Gucci. "But the best thing is the value offered! Members save \$100 on their second pair of complete eyeglasses*, but we also have ongoing designer promotions on frames and sunglasses all year round – so you can really save if you shop smart."

Costco Optical also offers a wide range of top-quality lenses, including singlevision, multifocal, adaptive and polarised.

"Lenses are crafted by leading suppliers and prescriptions are prepared in the Costco Optical Lab in Australia," adds Dr Bardouh. "We have close relationships with top global brands to ensure our patients are getting the best quality at the very best price." Other complimentary services include blue-light protection anti-reflective treatment, bulkbilled contact lenses and free contact lens consultations and fittings, plus free adjustments once your eyeglasses arrive to ensure a perfect fit. It's all part of the service offered, which goes well past the 30-minute eye exam. In fact, many members have been visiting Dr Bardouh for close to a decade.

"It's very fulfilling, being able to help people just see things clearer," she says, smiling. "My favourite moment is when someone puts on their new eyeglasses and they're so happy with the results. It's a very satisfying feeling."

*Current prescription required. Transaction must occur on the same day. Each pair of eyeglasses must be for the same individual. Complete eyeglasses are considered new frame and lenses. Valid only in the Costco warehouse.



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Directions

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WAR ON GERMS

Keeping antimicrobials working in cold and flu season and beyond.

THIS ARTICLE WAS WRITTEN BY LAWRENCE VARGA. IT ORIGINALLY APPEARED IN THE OCTOBER 2022 US COSTCO CONNECTION.

Microbes, aka germs, are tiny organisms that surround us and can live on or inside us. Almost all are harmless or even beneficial, but the remainder are pathogenic, meaning they can cause infection and illness. These microorganisms are divided into classes, such as bacteria, viruses, fungi and parasites, and different medications can kill them: antibiotics, antivirals, antifungals and

anthelmintics, respectively. Overuse or improper use of these medicines can cause germs to become resistant.

Taking an antimicrobial kills the germs, but sometimes stronger survivors are left to grow and multiply, especially if the full course of medication was not finished. These microorganisms can also become resistant through mutations and exchanging genetic material with each other.



Protect your health. Costco pharmacists can advise on flu and cold management.

We've had more than our share of practice with pandemic guidelines taking similar measures to prevent the spread of germs. Measures that help keep COVID at bay also work to avoid spreading some other microbes.

They include:

- Frequent hand-washing and hand-sanitising
- Not touching your face
- Staying at home when you are sick
- Getting vaccinated and taking all of your boosters

When taking antimicrobial medicines, remember to take your antibiotic exactly as directed and finish it. Now that you've met the enemy and know how to stop it, get out there and fight those bugs.



KIDS AND THE FLU

"We also know that children play a key role in the transmission of flu within households and within the community, so it remains really important for children 6 months and older to be immunised." — T. Foster Jones

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FIGHT FATIGUE

Changing what you put inside your body may help boost the energy you are able to put out.

THIS ARTICLE WAS WRITTEN BY SUJA NATARAJAN. IT ORIGINALLY APPEARED IN THE DECEMBER 2022 US COSTCO CONNECTION.

Feeling sluggish? Fatigue can impact your ability to safely perform tasks throughout the day, such as work duties and driving. According to the Ministry of Transport, data from 2021 to 2023 showed that 7.3% of car and van crashes were partly caused by driver fatigue. Medical conditions, stress, physical exertion and lifestyle factors may cause persistent exhaustion.

Turning to processed foods and energy drinks may provide a temporary burst of energy, but a sugar crash often follows. Instead, a well-balanced diet can help provide steady energy throughout the day.

Protein

Protein supports the body's ability to grow and repair muscles, organs, hair and nails. It also provides energy.

Good protein sources include poultry, nuts, eggs, cheese and tofu. Andrea D'Ambrosio, a registered dietitian in Ontario, suggests eating protein-rich foods such as lean meat, fish, eggs, beans, legumes, and dairy or dairy alternatives.

Magnesium

Low magnesium levels can deplete energy levels. Magnesium can provide support for your sleep quality and help you feel more rested and energised.

Leafy green vegetables, beans, nuts, legumes and wholegrains are high in magnesium. Since most people get enough magnesium naturally from foods, Virginia-based registered dietitian Kristin Gillespie suggests that individuals with conditions such as diabetes, irritable bowel syndrome or celiac disease consider discussing supplementation with their doctor.

Complex carbohydrates

Carbohydrates are one of the body's primary sources of energy. A mix of complex carbs, protein and healthy fats provides long-lasting energy. Consuming complex carbs with other macronutrients may help relieve symptoms or headaches caused by spiked blood sugar from simple carbohydrates, says Maryland-based registered dietitian, nutritionist and Costco member Sarah Schlichter.

Wholegrain items, like wholewheat bread, wholegrain cereal and brown rice, are excellent sources of complex carbs. Avoid processed carbs such as white bread, white rice, snacks, sweets, added sugars and pastries, which quickly deplete energy.

B vitamins

Vitamin B12 is crucial for making red blood cells, which deliver oxygen to all parts of your body. A B12 deficiency can cause fatigue and weakness, says Boston-based Dr. William W. Li, physician, scientist and author.

Meat, poultry, fish and dairy products are good sources of vitamin B12. Most healthy adults get adequate B12 from their regular diet. However, vegetarians, vegans and older adults are at increased risk of vitamin B12 deficiency and may want to consider a B12 supplement.

Iron

Iron is an essential element in blood production. We need it to produce hemoglobin, the substance in red blood cells that enables them to carry oxygen. Low levels of iron could result in brain fog, dizziness and weakness.

Seafood, enriched grains, spinach, kidney beans, chickpeas, tofu, lentils and meat are excellent sources of iron. Pair iron-rich foods with vitamin C (think citrus, broccoli or bell peppers) to enhance iron absorption, says New York-based registered dietitian nutritionist and Costco member Katrina Trisko – for example, lentils and red bell peppers, healthy greens and lemon juice, or oatmeal with blueberries.

CoQ10

Coenzyme Q10 (CoQ10) is an antioxidant that assists in generating energy in the cells. The body produces CoQ10, which is abundant in the heart, kidneys, liver and pancreas. Because CoQ10 levels fall with aging, taking CoQ10 supplements may be helpful.

Dietary sources of CoQ10 include organ meats, oily fish and wholegrains.

Potassium

Potassium is one of the critical macro minerals (minerals required in relatively large quantities by the body) responsible for various functions, including energy production. Low potassium can cause muscle cramps, spasms and low energy levels, says Trisko.

Significant sources of potassium include potatoes, bananas, lentils, beans, milk, yogurt, tomatoes and spinach.

Good nutrition, hydration, sleep and exercise are beneficial approaches for sustained energy. See a doctor if your fatigue persists for two or more weeks and discuss it with them before taking a supplement.

Disclaimer: Vitamins and minerals are supplementary to a balanced diet. If symptoms persist see your healthcare professional.

CAN COFFEE MAKE YOU TIRED?

As a stimulant, caffeine boosts energy levels, but it can also make you feel tired. Caffeine blocks adenosine receptors from receiving adenosine (the chemical that regulates the sleep-wake cycle, particularly the initiation of sleep). However, it doesn't affect the production of adenosine molecules. When the caffeine wears off, the buildup of adenosine makes you tired. Furthermore, adding too much sugar to coffee spikes blood glucose levels, with crashes shortly after that, causing a drop in energy. Consume no more than 400 milligrams of caffeine (four or five cups of coffee) per day, and stay hydrated to avoid a caffeine crash.

POST-LUNCH SLUMP

The post-lunch slump is a common experience. According to the Sleep Foundation, the circadian rhythm drops significantly between 2 and 5 p.m., resulting in a period of decreased alertness called the post-lunch dip effect. Digesting a heavy lunch can worsen the effect. A brief nap, a brisk walk outside or eating a low-carb breakfast or lunch can help you fight the afternoon crash.



Energy support. The Costco Pharmacy can administer B12 injections to patients with a prescription. Talk to your doctor to determine if this might be right for you.



A PATH TO THRIVING

Making lifestyle changes can help reduce or reverse type 2 diabetes.

THIS ARTICLE WAS WRITTEN BY ADINA GENN. IT ORIGINALLY APPEARED IN THE NOVEMBER 2022 US COSTCO CONNECTION.

Paradoxically, my type 2 diabetes diagnosis was the best thing that ever happened to me. It inspired me to change my lifestyle, which put my diagnosis into remission and helped me to feel the best I have in decades. Results from my A1C test – which reflects blood sugar levels – dropped from a concerning 12 percent to 5.2 percent, and I lost about 10 kilograms and dropped two dress sizes.

You're not alone

According to Health New Zealand, over 300,000 people in New Zealand have been diagnosed with diabetes – and most are classified as having type 2 diabetes. Within these

statistics, Māori and Pacific peoples are represented at rates of three times higher than other ethnic groups.

More common in adults aged 30 to 40, type 2 diabetes is a chronic condition in which the body cannot properly make or use insulin, a hormone that helps convert food into energy. That insulin resistance can lead to elevated blood sugar levels and ultimately lead to heart disease, nerve damage, kidney disease, vision loss, gum disease and other problems.

This differs from type 1 diabetes, an autoimmune disease that prevents the pancreas from producing insulin. And while those with type 1 diabetes require synthetic insulin daily, people with type 2 may also require medication.

Making positive changes

The good news is that type 2 diabetes, as well as prediabetes, which can lead to type 2, can go into remission through eating changes and regular exercise.

Learning what to eat is challenging, especially when discovering how foods affect a type 2 diabetic. For example, cereals, breads, potatoes and almost all fruit except a small portion of berries can spike blood sugar. And while portion control is key, eating a low-carb and healthy-fat diet does not mean culinary sacrifice. There are plenty of delicious meals you can enjoy without risking the potential damage diabetes causes to organs.

There are many approaches, especially regarding the amount of carbs to consume. For example, I found success eating very low-carb, usually 50 grams or less per day. My endocrinologist was initially sceptical about whether this was sustainable, but seeing my results, she supported me.

Lowering blood sugar

To stay on point, track your glucose with a glucose monitor – some test before a meal, and then one to two hours after the beginning of a meal to track results – or by wearing a continuous glucose monitor (CGM).

With a CGM, “I can learn what various foods affect my blood sugar and how do I respond to each of them,” says Lee Aase, a Costco member and co-founder of HELPcare Clinic, where he educates people on how to restore health through lifestyle changes.





Dr David Strobel, medical director of HELPcare Clinic says, "Keeping blood sugar below 130 milligrams per deciliter (mg/dL) will usually lead to good control of diabetes."

Consistently lower blood sugar can lead to weight loss, and the body can use insulin more efficiently, says Alefiya Faizullahoy, a diabetes educator with Northwell Health Physician Partners.

Hydration is important – drinking your weight in kilograms multiplied by 0.033 of water (e.g., if you weigh 60

kilograms, drink 2 litres of water daily) is reasonable, Strobel says, with exceptions such as for those needing dialysis.

Rest is also essential. "Sleep is a big thing," Faizullahoy notes. "When people eat to stay awake, that unfortunately leads to weight gain and increases risk [of] type 2 [diabetes]."

It may take a bit to hit your stride. Yoga, high-intensity interval training videos and walks are activities I enjoy. With my lowcarb way of eating, newfound energy and regular doctor visits, I'm grateful to thrive.

LOW-CARB SUBS

Palate-pleasing low-carb options abound. There are many low-carb foods; find them by checking nutrition labels, tracking ingredients via apps and consulting with care providers.

Instead of rice, sauté cauliflower rice in extra-virgin olive oil, with garlic, mushrooms and onions. Alefiya Faizullahoy, a diabetes educator, recommends adding fresh herbs, seasonings and broth (watch the sodium). Serve savoury meat sauce over zoodles (spiralised zucchini) rather than pasta. With fruit, opt for berries.

An egg-white wrap can be used like a tortilla for burritos, enchiladas and lasagne, says Lee Aase, a metabolic-health educator. And choose healthy fats. Olive oil, butter and ghee are among Aase's recommendations. For baked goods, swap out wheat flour for almond or nut-free flour. Opt for natural low-glycaemic sweeteners – monk fruit or stevia – rather than sugar or honey.

Check your monitor for spikes, and tweak recipes as needed.



Visit the Costco Pharmacy. Fill your prescriptions and seek advice from our pharmacists.

Pharmacy finds

Grab these items from the Costco pharmacy on your next visit.

1.



2.



1. AFT Paracetamol 500mg 100 Tablets

Item 206071

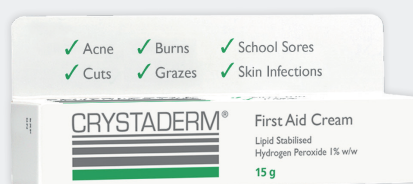
TAPS PP3670

AFT Paracetamol 500mg Tablets reduces fever and provides temporary relief of pain associated with headache, toothache, arthritis/osteoarthritis, period pain, migraine, sinus pain, cold & influenza symptoms, muscular aches & pains. Incorrect use can be harmful. Always read the label and use only as directed. If symptoms persist see your healthcare professional. AFT Pharmaceuticals Ltd, Auckland.

3.



4.



2. Regaine Men's Extra Strength Solution 4 x 60ml (4 months)

Item 136068

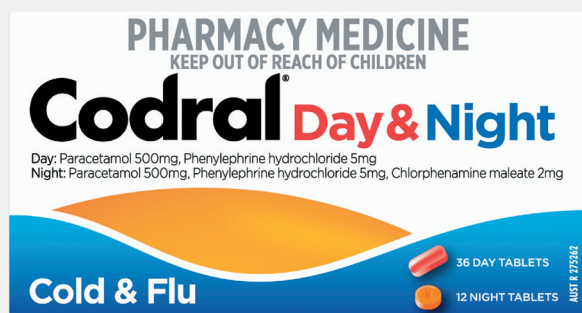
Hereditary hair loss treatment. Always read the label. Use only as directed. If symptoms persist, talk to your health professional. JNTL Consumer Health (New Zealand) Limited, Auckland.

3. Regaine Women's Foam 120g (4 Months)

Item 136067

Hereditary hair loss treatment. Always read the label. Use only as directed. If symptoms persist, talk to your health professional. JNTL Consumer Health (New Zealand) Limited, Auckland.

5.



4. Crystaderm First Aid Cream 15g

Item 211127

TAPS PP3703

Crystaderm is a preservative-free, first aid antiseptic cream that provides effective protection against skin infection in minor cuts, wounds & grazes. Always read the label and use as directed. If symptoms persist see your healthcare professional. AFT Pharmaceuticals Ltd, Auckland.

5. Codral Day & Night 48 Tablets

Item 135953

Always read the label and follow the directions for use. JNTL Consumer Health New Zealand.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines/ dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

TAPS NP22586

6.



7.

**6. Ozi Choice Milky Bites 300g**

Item 119702

TAPS NP19517

Ozi Choice Milky Bites are delicious, cow shaped calcium bites packed with 100% A2 Protein Australian milk. Support for bones and growing kids. Australia's First Choice, Australia. Also available in vanilla flavour.

7. Bosisto's Eucalyptus Spray 3 x 200g

Item 183583

A multipurpose disinfectant spray with natural eucalyptus oil to clean and freshen your home. It kills COVID-19, Flu virus (Influenza H1N1) and 99.9% of germs.

8.



9.

**8. Kirkland Signature Co-Q10 150mg, 150 Soft Capsules**

Item 10026

TAPS NP22266

Supports natural circulation and cholesterol health, a powerful antioxidant that supports heart health, and supports natural levels of cellular energy. Factors Group of Nutritional Companies – UK.

9. Kirkland Signature Glucosamine, Chondroitin & MSM 240 Tablets

Item 10025

TAPS NP22269

For support of joint health. Factors Group of Nutritional Companies – UK.

10.



11.

**10. Kirkland Signature Vitamin C 1000mg 500 Tablets**

Item 28066

TAPS NP22268

Vitamin C has antioxidant properties, and vitamin C supports immune system health. Factors Group of Nutritional Companies – UK.

11. Kirkland Signature Natural Vitamin E 200 Capsules

Item 29238

TAPS NP22267

Supports heart health, powerful antioxidant. Factors Group of Nutritional Companies – UK.

Always read the label. Use only as directed. If symptoms persist see your healthcare professional. If you suffer from ulcers or asthma or take any blood thinning medications always consult with your healthcare professional before taking any medicines or complementary medicines / dietary supplements. If you are suffering cold and flu symptoms, stay at home and call Healthline on 0800 358 5453 for advice. Vitamins and minerals are supplementary to and not a replacement for a balanced diet. Losing weight takes time and effort and use of any weight management products should be in conjunction with a balanced diet and exercise. Individual results will vary. Breast milk is best for most babies. Infant formula is a healthy alternative if needed. The pharmacist reserves the right not to supply when contrary to his / her professional and ethical obligation. Limits may apply. Stock is subject to availability.

TAPS NP22586



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 - **UV protection**²
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1. Based on manufacturer stated oxygen transmissibility values vs. traditional hydrogel 1-day contact lenses. 2. Warning: UV-blocking contact lenses help provide protection against transmission of harmful UV radiation to eye but are not substitutes for protective UV-absorbing eyewear, such as UV absorbing goggles or sunglasses, as they do not completely cover the eye or surrounding area. Continue to use UV-absorbing eyewear as directed by your eye care professional. 3. CooperVision data on file 2019. Multi-visit study to assess handling performance and dehydration characteristics for 4 Daily disposable Contact lenses in 20 Contact Lens wearers. CooperVision soft contact lenses for vision correction. Your optometrist will advise if this product is right for you. Always read the label and follow the directions for use (<https://coopervision.net.au/patient-instruction>, <https://coopervision.co.nz/patient-instruction>) © 2024 Kirkland Signature is a trademark of Costco Inc., and its subsidiaries. SA12664

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If symptoms persist see your healthcare professional. Supplementary to a balanced diet.
Factors Group, BC, Canada

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