



## COASTAL SERVICES

- Compounding Pharmacy • Nutritional Health & Wellness
- Veterinary Medicine • Educational Events
- Retail Pharmacy • Café

# knowledgeable staff personalized service

## WE'RE NOT YOUR AVERAGE PHARMACY

At Coastal Pharmacy & Wellness, we believe in connecting with our patients to deliver whole health. What we do is like no other pharmacy in greater Portland.

Services that set us apart from the rest:

- compounded medications created under the highest regulatory standards
- pharmaceutical-grade supplements
- high-quality natural remedies hand-picked by our wellness specialists
- knowledge customers need for complete wellness. We listen to and educate our customers.

## VETERINARY MEDICINE

When your pet needs medication, you want it made with the same high standards as your own. We understand because we love our pets too. We offer a wide range of compounded veterinary medications in a variety of delivery options and flavors.

## RETAIL PRESCRIPTIONS

We stock a full range of prescription and over-the-counter medications.

## ONLINE AND MOBILE REFILLS

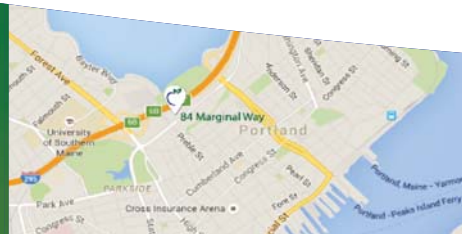
Order both compounded and retail prescriptions online or with our mobile app. We make it easy for you to manage your prescriptions anywhere you go.

## INSURANCE

We accept most health insurance plans, as well as Medicaid and Medicare.

## SHIPPING

We offer USPS delivery at no charge. There may be a fee associated with temperature-sensitive items due to refrigeration and expedited shipping. More shipping options are available upon request (may result in a charge).



84 Marginal Way - Portland, Maine 04101

Compounding & Retail Pharmacy: 207.899.0886  
Nutritional Health & Wellness: 207.899.0993

Monday - Friday      Saturday  
8:00 am - 6:00 pm    9:00 am - 5:00 pm  
Closed Sunday


[www.coastalpharmacyandwellness.com](http://www.coastalpharmacyandwellness.com)



Portland's Independent Pharmacy



compounding pharmacy 

veterinary medicine 

nutritional health & wellness 

retail pharmacy 

whole **HEALTH**  
*under one roof*



# Portland's independent pharmacy.

DEDICATED TO OUR COMMUNITY AND HERE FOR YOU

## NUTRITIONAL HEALTH & WELLNESS

We provide pharmaceutical-grade supplements, high-quality natural and homeopathic remedies and the knowledge customers need for whole health. We listen to and educate our customers. As a result of these interactions, we use over 100 vendors to accommodate your unique needs.

### Products

- Antioxidants
- Children's Health
- Digestion & Cleansing
- Fish Oils
- Herbal Extracts & Tinctures
- Homeopathy
- Joint Health
- Men's Health
- Multivitamins & Minerals
- Natural Beauty & Skin Care
- Natural Face & Body Care
- Prenatal Vitamins
- Probiotics & Flax Oils
- Protein Powders & Amino Acids
- Women's Health

### Knowledgeable Staff

Our wellness specialists' combined nutrition and wellness experience amounts to over 40 years. This experience ranges from sports nutrition to medicinal interaction and nutrient depletion. We work with you to integrate natural and conventional medicines as well as discussing how to support healthy lifestyles.

## EDUCATIONAL EVENTS

We hold educational events each month to keep you informed on various topics. In order to offer you a wide range of resources, presenters range from vendors to practitioners to members of the Coastal team.

## CUSTOM COMPOUNDED PRESCRIPTIONS

Sometimes, conventional retail prescriptions are not the best option for you. This may be due to

- an issue with taking pills,
- needing a different dosage form,
- the way your body absorbs medication, or
- needing a combination of different medications.

The possible reasons are endless. We work with you and your doctor to find the most effective treatment option and customize it for you.



## Accredited Lab and Nationally Certified Technicians

Our compounding lab is accredited by the Pharmacy Compounding Accreditation Board, certifying that our lab adheres to the industry's highest compounding standards. In addition, all lab technicians are nationally certified by the Pharmacy Technician Certification Board.



## WOMEN'S HEALTH CONSULTANT

A clinical nurse is on staff to conduct free personal women's health consultations. Topics include menopause, hormone replacement therapy and discussing and assessing appropriate supplements. Please call for an appointment.

## PHARMACIST ACCESS

Up to 4 pharmacists are in the pharmacy on a daily basis to assist patients, physicians, and practitioners.

This level of access benefits you by

- increasing your pharmacist interaction,
- receiving a more personalized service, and
- allowing practitioners to speak with a pharmacist more quickly.

## MEDICATION THERAPY MANAGEMENT (MTM)

MTM involves working with a patient to determine where there may be medication-related problems or confusion. We have a certified MTM pharmacist on staff who will review your medication history and determine if issues may exist.

This service is great for those who

- are transitioning care (i.e. from hospital to home),
- have multiple medications,
- want to reduce healthcare costs, or
- have changed medication regimens/doctors.

Please call or stop in to request this free service.

