

Commonly Requested Compounding Ideas for Wellness Throughout the Year: Looking Good and Feeling Good



Commonly Requested Formulas and Products for Patients Interested in Weight Loss/Fat Reduction

HCG Diet

- PCCA Document # 98130 Compounding Ideas/Formulations Marketing Sheet – HCG Diet
PCCA Document # 98379 Video on Demand Webinar Overview: HCG for Weight Loss (#45-2170)
PCCA Document # 98325 *Is HCG the Missing Link?* by Larry Thorne, BScPharm, RPh (Consultant's Corner, 05-11 *Apothegram*)
PCCA Formula # 10219 Chorionic Gonadotropin 125 U Base A Troche (Tablet Triturate 100 mg Mold)

Other

- PCCA Formula # 5524 Phentermine 15 mg Sorbitol Lollipop™ Base
PCCA Formula # 4080 Phentermine HCl 37.5 mg/Chromium Picolinate 300 mcg/Hydroxytryptophan (L-5) 100 mg Slow Release Capsules Size #0

- PCCA Document # 98763 Wellness Works Newsletter – Weight Loss Nutritional Support
- WW Item # 10060 Fiber Blend Natural Mix of Soluble Fibers
 - WW Item # 10036 Chromium Picolinate 200 mcg
 - WW Item # 10282 Perfect Protein Powder
 - WW Item # 10300 Diet Support with Garcinia Cambogis
 - WW Item # 10245 CoEnzyme-B
 - WW Item # 10271 Active Life Nutrient Capsules

- PCCA Document # 98923 Wellness Works Newsletter – Detoxification Support
- WW Item # 10325 Liposomal Glutathione 250 mg
 - WW Item # 10228 NAC 600 mg
 - WW Item # 10322 Alpha Lipoic Acid 300 mg
 - WW Item # 10332 Vitamin C Esterified 500 mg

Commonly Requested Formulas for Patients Who Are Trying to Reduce the Appearance of Cellulite

- PCCA Formula # 7955 Glycolic Acid 10% (W/W)/Lactic Acid 8% (W/W) Topical Day Gel (Cellulite Day Gel)
PCCA Formula # 7956 Caffeine Citrated/Green Tea Extract/Lipoic Acid Topical Cream (Cellulite Night Cream)

Commonly Requested Formulas and Products for People Who Overdid Their Workout

- PCCA Formula # 9874 Ketoprofen 10%/Cyclobenzaprine HCl 2% Topical Lipoderm® (BUD Study)
PCCA Formula # 6554 Ibuprofen 10% Topical Lipoderm®
PCCA Formula # 10153 Magnesium Chloride 10% Topical Lipoderm® ActiveMax™

- PCCA Document # 98714 Wellness Works Newsletter – Pain Management
- WW Item # 10318 InflammMove
 - WW Item # 10251 Curcumin Complex
 - WW Item # 10003 Acetyl-L-Carnitine 500 mg
 - WW Item # 10322 Alpha Lipoic Acid 300 mg
 - WW Item # 10306 Marine Fish Oil 1000 mg

Commonly Requested Compounding Ideas for Wellness Throughout the Year (cont'd)

- PCCA Document # 98706 Wellness Works Newsletter – Bone & Joint Health
- WW Item # 10235 Strontium Citrate 200 mg
 - WW Item # 10024 Calcium & Magnesium Plus
 - WW Item # 10252 Vitamin D 5000 IU
 - WW Item # 10225 Vitamin K2

Commonly Requested Formulas for Patients Interested in Anti-Aging and Microneedling

PCCA Document # 99244 *Microneedling: What You Can Offer* - Featured Story by Ranel Larsen (07-16 Apothagram)

Common Cosmetic Ingredients

- PCCA # 30-1705 or 30-4301 or 30-3856 Hyaluronic Acid **Aids as a moisturizer.**
- PCCA # 30-2949 Beta Glucan **Helps to repair the cellular wall.**
- PCCA # 30-4903 Retinol Molecular **A vitamin A that works as an antioxidant.**
- PCCA # 30-1689 Niacinamide **Skin restoring; decreases appearance of pore size, improves appearance of fine lines and helps against environmental damage.**
- PCCA # 30-1483 Ascorbic Acid **Antioxidant**
- PCCA # 30-3697 Acetyl Hexapeptide-8 **Reduces the appearance of wrinkles brought on by repeated facial expressions.**
- PCCA # 30-3771 Acetyl Dipeptide **Helps with muscle relaxation to decrease wrinkle expressions.**

- PCCA Formula # 12343 Hyaluronic Acid 1%/Beta Glucan 0.5%/Niacinamide 5%/Retinol Molecular 1% Topical Biopeptide Cream
- PCCA Formula # 12071 Sodium Hyaluronate 0.75%/Ascorbic Acid 10% Topical Serum
- PCCA Formula # 12342 Hyaluronic Acid 0.75%/Beta Glucan 0.5%/Niacinamide 5% Topical Biopeptide Cream
- PCCA Formula # 12346 Hyaluronic Acid 0.75%/Retinol Molecular 1% Topical Gel (PracaSil™-Plus)
- PCCA Formula # 12349 Retinol Molecular 2%/Ascorbic Acid 5% Topical Biopeptide Cream
- PCCA Formula # 12345 Hyaluronic Acid 0.75%/Beta Glucan 0.5%/Niacinamide 5%/Retinol Molecular 1% Topical Gel (PracaSil™-Plus)
- PCCA Formula # 12348 Retinol Molecular 2%/Ascorbic Acid 5% Topical Serum
- PCCA Formula # 7562 Mandelic Acid 2%/Glycolic Acid 2% (W/W)/Lactic Acid 3% (W/W)/Beta Glucan 0.6%/Panthenol 1.5%/Sodium Pyrrolidone Carboxylate 2% Topical Gel *Combining AHAs improves the appearance of fine lines and help decrease the appearance of pore size.*
- PCCA Formula # 12152 Caffeine Citrate 1%/Phenylephrine 0.1%/Squalane 2% Topical Serum *This fast-drying formula can be used around the eyes to stimulate circulation and moisturize and decrease the appearance of fine lines.*
- PCCA Formula # 9847 Acetyl Hexapeptide 15%/Acetyl Dipeptide 3% Topical Serum
- PCCA Formula # 8743 Palmitoyl Pentapeptide 5%/Acetyl Hexapeptide 15% Eye Cream
- PCCA Formula # 12037 Estriol 0.1%/Palmitoyl Pentapeptide 5%/Acetyl Hexapeptide 15% Biopeptide Eye Cream (PCCA Dilution) *The combined peptides improve collagen production in the skin and moisturize.*
- PCCA Formula # 12062 Ascorbyl Palmitate 10%/Estriol 0.05%/Retinol Molecular 1% Topical Cream (XemaTop™)
- PCCA Formula # 11713 Sodium Hyaluronate 0.05%/Collagen/Aloe Vera/Glycolic Acid/Vitamin E Acetate Topical Cream (Clarifying™) *Ideal anti-aging option for acne/oily skin which moisturizes, reduces the appearance of wrinkles and pores and restores the skin membrane.*
- PCCA Formula # 7557 Sodium Ascorbyl Phosphate 6%/Phytonadione 0.5%/Urea 2%/ Vitamin E Acetate 1% Compound Eye Cream *Reduces the appearance of dark circles under the eye.*

Commonly Requested Compounding Ideas for Wellness Throughout the Year (cont'd)

PCCA Formula # 9192	Aminobutyric Acid 1%/Acetyl Hexapeptide 5%/Kinetin 0.1% Topical Lotion
PCCA Formula # 8741	Acetyl Dipeptide Facial Cream
PCCA Document # 99257	<i>Topical Glutathione for Skin Lightening</i> - Consultant's Corner by Jane Jones (02-15 Apothagram)

Commonly Requested Formulas for Female Patients with Excessive Hair Growth on the Face (Hirsutism)

* See January 2017 Apothagram

PCCA Formula # 11359	Finasteride 0.25% Facial Cream
PCCA Formula # 11760	Spironolactone 5% Topical Cream (Clarifying™)

Commonly Requested Formulas for Patients Experiencing Hair Loss

PCCA Formula # 10632	Minoxidil 8.5%/Finasteride 0.1% Scalp Solution
PCCA Formula # 10935	Minoxidil 10%/Finasteride 0.1%/Tretinoin 0.025%/Fluocinolone Acetonide 0.025% Topical Solution
PCCA Formula # 11355	Minoxidil 5%/Tretinoin 0.025%/Finasteride 0.05% Topical Solution

Commonly Requested Formulas and Products for Patients Interested in HRT

PCCA Formula # 12114	Progesterone 10 mg/Gm to 100 mg/Gm Topical Cream (VersaBase®) (BUD Bracketed Study)
PCCA Formula # 12116	Estriol/Estradiol [50%/50%] 0.25 mg/0.5 Gm to 1 mg/0.5 Gm Topical Cream (VersaBase®) (BUD Bracketed Study)
PCCA Formula # 12115	Estriol/Estradiol [50%/50%] 0.25 mg/0.5 Gm to 1 mg/0.5 Gm/Progesterone 5 mg/0.5 Gm to 50 mg/0.5 Gm Topical Cream (VersaBase®) (BUD Bracketed Study)
PCCA Formula # 12229	Estriol 0.025% to 1% Vaginal Cream (VersaBase®) (BUD Bracketed Study)
PCCA Formula # 12372	Testosterone 2.5% to 10% (W/W) Topical Gel (VersaBase®) (BUD Bracketed Study)

PCCA Document # 98713	Wellness Works Newsletter - Bio-Identical Hormone Replacement Therapy <ul style="list-style-type: none">• WW Item # 10271 Active Life Nutrient Capsules• WW Item # 10306 Marine Fish Oil 1000 mg• WW Item # 10245 CoEnzyme-B• WW Item # 10252 Vitamin D 5000 IU• WW Item # 10317 BioDIM I-3-C Complex• WW Item # 10015 Black Cohosh Plus 40 mg• WW Item # 10060 Fiber Blend Natural Mix of Soluble Fibers
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Commonly Requested Formulas and Products for Patients During Cold and Flu Season

PCCA Document # 97928	Compounding Ideas/Formulations Marketing Sheet - Flu Outbreak
PCCA Document # 98704	Wellness Works Newsletter – Immune System Support

Proper diet, exercise, stress minimization and nutritional support can help to boost your immune system. However, when your immune system is stressed, ask your pharmacist for recommendations to get you back to peak condition. Some of the products they may recommend are:

- WW Item # 10320 Green Tea-70 High Concentration EGCG
- WW Item # 10319 Immuno-DMG Chewable

Commonly Requested Compounding Ideas for Wellness Throughout the Year (cont'd)

- WW Item # 10165 Zinc Lozenges 15 mg
- WW Item # 10330 Vitamin D3 1000 IU
- WW Item # 10252 Vitamin D 5000 IU

Commonly Requested Formulas and Products for Patients with Hangovers

WW Item # 10325	Liposomal Glutathione 250 mg
PCCA Formula # 8927	Cysteine (L) 200 mg/Ascorbic Acid 600 mg Oral Effervescent
WW Item # 10153	Vitamin B-Complex 100 mg
WW Item # 10351	Fruits & Greens Energy Drink
WW Item # 10304	Methylcobalamin B-12 Spray

Commonly Requested Formulas for Patients with Nausea

PCCA Formula # 12375	Promethazine HCl 12.5 mg/Gm to 25 mg/Gm Topical Lipoderm® (BUD Bracketed Study)
PCCA Formula # 6769	Ondansetron 8 mg Oral Effervescent
PCCA Formula # 8986	Ondansetron 4 mg/0.1 mL Topical Lipoderm® ActiveMax™

Commonly Requested Formulas for Patients with Headaches

CCA Formula # 11087	Sumatriptan 4%/Meloxicam 2%/Topiramate 5% Topical Lipoderm®
PCCA Formula # 10755	Sumatriptan 5%/Tramadol HCl 5%/Gabapentin 5%/Doxepin HCl 5%/Indomethacin 5% Topical Lipoderm®
PCCA Formula # 9379	Baclofen 2%/Ketoprofen 10%/Lidocaine 5%/ Gabapentin 5%/Topical Lipoderm®
PCCA Formula # 6556	Indomethacin 10% Topical Lipoderm®
PCCA Formula # 7921	Diclofenac Sodium 4% Topical Lipoderm®
PCCA Formula # 10154	Magnesium Sulfate Heptahydrate 10% Topical Lipoderm® ActiveMax™

Commonly Requested Formulas for Patients Interested in Smoking Cessation

PCCA Formula # 5372	Nicotine 2 mg Sorbitol Lollipop Base (Mocha)
PCCA Formula # 8731	Retinol Molecular 2%/Idebenone 0.5%/Ferulic Acid 0.5%/ Compound Facial Cream (Day-Time) <i>For the smoker (or hopefully ex-smoker) who desires facial rejuvenation to help improve the appearance of fine lines on the face.</i>

The formulas and/or statements listed are provided for educational purposes only. They are compounding ideas that have commonly been requested by physicians, and have not been evaluated by the Food and Drug Administration. Formulas and/or material listed are not to be interpreted as a promise, guarantee or claim of therapeutic efficacy or safety. The information contained herein is not intended to replace or substitute for conventional medical care, or encourage its abandonment. Every patient is unique, and formulas should be adjusted to meet their individual needs.