



the brand you trust

&

Awaken

by **QUALITY CHOICE**

FREE STORE SIGNAGE PROGRAM

AISLE BLADE KIT



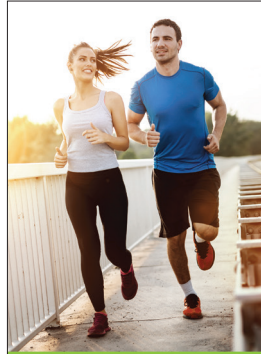
the brand you trust

offers
RELIEF



the brand you trust

offers
VALUE



the brand you trust

boosts
HEALTH



the brand you trust

supports
FAMILY



the brand you trust

makes you
SMILE


the brand you trust

**satisfaction
guarantee**

*100% satisfaction
guarantee or your
money back*




the brand you trust

**delivering
value**

*Quality Choice provides
great products with
prices that support
your family budget*




the brand you trust

**everyday
savings**

*Spend less time
clipping coupons and
more time relaxing*




the brand you trust

**pharmacist
recommended**

*Your pharmacist
recommends
Quality Choice as a
cost saving alternative*




the brand you trust

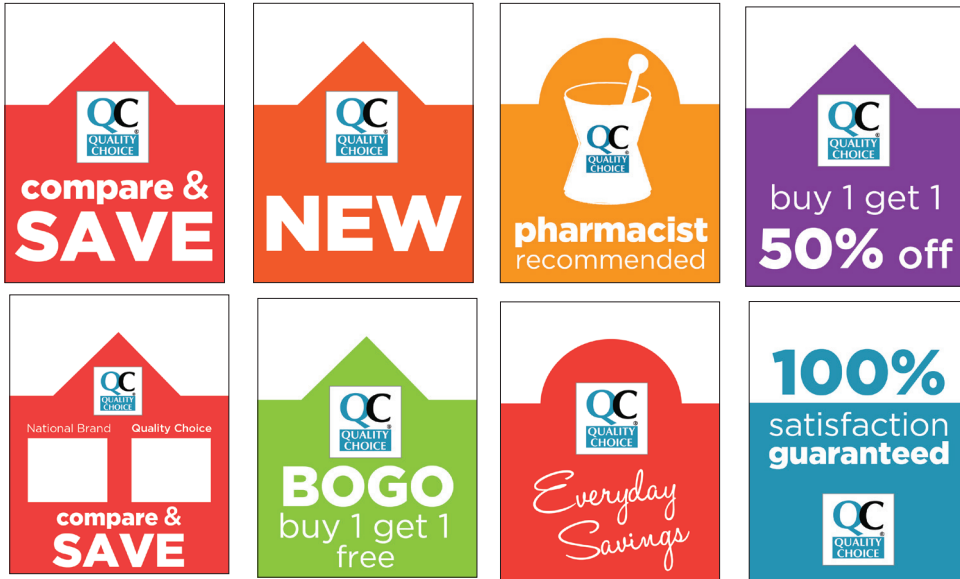
**compare &
save**

*The same quality as
national brands with
equivalent ingredients*



AISLE BLADE KIT: QC-70033 (pack of 10)
10 Versions, 1 of each version - 6" W x 16" H;
Mounting Hardware Included

SHELF TAGS, BUTTONS, COUNTER MATS & VINYL WINDOW CLINGS



SHELF TAG KIT: QC-70032 (pack of 80)
 8 Versions, 10 of each version
 2.75" W x 3.5" H
 Mounting Hardware Included



QC-70036 QC-70037

COMPARE & SAVE SHELF TAGS:

(packs of 50)

2 options:

C & S

C & S "Write-On"

2.75" W x 3.5" H

Mounting Hardware Included



front

back

BUTTONS:
 (Pack of 5)
 QC-99656
 2" x 2"

Prescription Medication Categories	Prescription Medication Names	Potential Nutrients to Include with Medications
Antibiotics	Amoxicillin, Cefazolin, Penicillin, Doxycycline, Clindamycin, Baclofen, Bismuth	B-Complex, Calcium and Vitamin K
Anti-inflammatory	Tylenol, Aspirin, Celecoxib, Ibuprofen, Naproxen	Calcium, Folic Acid, Vitamin C and Zinc
Anti-Seizure	Dilantin, Tegretol, Lyrica	Biotin, Folic Acid, Vitamin D, and Vitamin K
Hypertension	Accord, Lisinopril, Tenormin, Captopril, Hydrochlorothiazide, Furosemide, Lasix	Co Enzyme Q10, Magnesium, Vitamin B12 and Zinc
Cholesterol	Zocor, Lipitor, Pravastatin, Hecol, Crestor	Co Enzyme Q10
Diabetes	Glucocheck, Humulin, Prandin, Glucovance, Glucophage	Co Enzyme Q10, Folic Acid, and Vitamin B12
Alcoholics & Ulcers	Prilosec, Aciphex, Tagamet, Nexium, Pepto	Calcium, Potassium, Vitamin B12 and Zinc
Oral Contraceptives	Norplant, Depo-Provera, Ortho-Micon, Ortho-Novum, Norelgest, Necon	Folic Acid, Magnesium, Vitamin B6, Vitamin B12, and Zinc
Allergy	Allegra, Claritin, Zyrtec	Calcium, Folic Acid, Magnesium, Potassium and Selenium

COUNTER MAT:
 QC-70034
 17.75" W x 12" H



WINDOW VINYL:
 QC-70035
 24" W x 24" H

4 PANEL VITAMIN BROCHURE #70039

COMES IN PACKS OF 25

Compare & Save

Compare Quality Choice® formulas versus national brands for quality and savings!

Bone & Joint Health*	
Calcium 500 mg +D	Os-Cal® Calcium +D
Calcium 600 mg	Caltrate® 600
Calcium 600 mg +D	Caltrate® 600 +D
Calcium 600 mg +D +Minerals	Caltrate® 600 +D +Minerals
Glu-Chon Complex + MSM Ady 3X	Osteo Bi-Flex® Triple
Glu-Chon Ady + MSM 1500 mg	Schiff® Move Free® + MSM
Glu-Chon Plus	Flex-A-Min®

Digestive Health*	
Cranberry + Probiotic	AZO Cranberry®

Daily Multivitamins	
Estro Support Max + Energy	Estroven® Maximum Strength + Energy
Children's Chewable Complete	FLINTSTONES® Complete
One Daily Essential	One A Day® Essential
One Daily Men's Multi	One A Day® Men's Multi
One Daily Men's 50+ Multi	One A Day® Men's 50+
One Daily Women's Multi	One A Day® Women's Multi
One Daily Women's 50+ Multi	One A Day® Women's 50+
Multi-Vite	Centrum® Adults
Multi-Vite Men	Centrum® Men
Multi-Vite Women	Centrum® Women
Multi-Vite Senior	Centrum® Silver Adults
Multi-Vite Senior Men 50+	Centrum® Silver Men 50+
Multi-Vite Senior Women 50+	Centrum® Silver Women 50+

Energy & Metabolism Support*	
Iron 27 mg (Ferrous Gluconate)	Ferrogel®
Iron 65 mg (Ferrous Sulfate 325 mg)	Ferocoil®
Iron Slow Release	Slow FE®

Eye Health*	
OcuHealth® with Lutein	OcuVite® with Lutein
OcuHealth® Vision Support 2	Bausch+Lomb Preservation® AREDS 2

Heart Health*	
Kill Oil	MegaRed®

Prenatal*	
Prenatal	Stuart Prenatal®

Quality Choice® 4521 W. 23rd St. Novi, MI 48375 800-955-2382

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Healthy Living



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Quality Choice® Healthy Living

Today, the diets of nearly half of all Americans supply less than the official Recommended Daily Intake (RDI) levels of one or more nutrients.

RDIs are the minimum amounts sufficient to meet the nutritional requirements for the majority of healthy individuals in the US. They are certainly not, nor were they ever intended to be, optimum levels. RDIs – established by the Food and Nutrition Board of the National Academy of Sciences 1968 – are periodically revised as research increasingly discovers new evidence of the connections between nutrition and optimal health.

We encourage you to learn more about your body and how supplements can help!



Did you know half the population consume diets inadequate in nutrients? Lack of a balanced nutritional diet can impact health, in addition to the lifestyle factors below:

- Age - Older Americans eat smaller portions and may have problems with digestion and metabolism of nutrients.
- Gender - Normal hormonal changes throughout women's life stages may require added nutrients.
- Drugs - Many prescription drugs interfere with the proper metabolism of some nutrients.
- Smoking - Cigarette smoking interferes with absorption of Vitamin C.
- Dieting - Eating less means fewer nutrients.
- Stress
- Pollution
- Fast Foods

Many of us are susceptible to one or more of these factors, so considering to supplement your diet with vitamins and minerals is important to a healthy lifestyle.

There is a lot to learn about vitamins and minerals. Research indicates they may help balance your diet, as well as boost the immune system.*

The information presented in this brochure is not intended to replace the advice of your doctor. THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Vitamin Guide

Nutritional Roles of Vitamins

Vitamin A (Retinol)
RDI - 900 mcg (5,000 IU)

Supports eye health, the immune system and reproduction.* Also plays a role in the heart, lungs, kidneys and other organ health.*

B1 (Thiamin)
RDI - 1.5 mg

Helps convert food into energy.* Thiamin also supports the normal growth, development and function of the cells in your body.*

B2 (Riboflavin)
RDI - 1.7 mg

Helps convert food into energy.* Riboflavin also supports the normal growth, development and function of the cells in your body.*

B2 (Niacin)
RDI - 20 mg

Helps convert food into energy.* Plays a role in supporting the digestive system, skin and nerve function.*

B5 (Pantoic Acid)
RDI - 10 mg

Plays a role in supporting metabolism health and important for making fatty acids.*

B5 (Pyridoxine)
RDI - 2 mg

Supports energy and immune function.* Plays a role in healthy brain development during pregnancy and infancy.*

B12 (Cyanocobalamin)
RDI - 6 mcg

Supports nerve and blood cells health.*

Biotin
RDI - 300 mcg

Helps convert food into energy.* Biotin is also important to cell health and reproduction.* Hair and nails also need biotin to be healthy.*

Folic Acid (Folate)
RDI - 400 mcg DFE

An important nutrient during pregnancy.* Supports the production of new cells.*

Vitamin C
RDI - 60 mg

An important antioxidant nutrient that supports the immune system.* Aids in the protection of cells from the damage caused by free radicals.*

Vitamin E
RDI - 15 mg (30 IU)

An important antioxidant nutrient that supports the immune system.* Aids in the protection of cells from the damage caused by free radicals.*

Vitamin K
RDI - 80 mcg

Best known for its role in helping blood clot properly.* Also plays an important role in bone health.*

Vitamin D
RDI - 20 mcg (400 IU)

Essential for use of calcium and phosphorus.* Necessary for healthy bones, teeth and cartilage.*

Calcium (Ca)
RDI - 1,000 mg

Supports healthy bones and teeth.* Also plays an important role in supporting brain and nerve function.*

Mineral Guide

Nutritional Roles of Minerals

Chromium (Cr)
RDI - 120 mcg

Plays an important role in supporting the metabolism of fats and carbohydrates.*

Copper (Cu)
RDI - 2 mg

An important nutrient that works with iron to support red blood cell formation.* Aids in the health of blood vessels, nerves, immune system and bones.*

Fluoride (F)
RDI - 3 mg

An important mineral that supports bone and teeth health.*

Iodine (I)
RDI - 150 mcg

Supports thyroid function which aids normal metabolism.*

Iron (Fe)
RDI - 18 mg

Helps to support metabolism, growth, development and normal cellular functioning.*

Manganese (Mn)
RDI - 2.0 mg

An essential mineral function which aids normal metabolism.*

Magnesium (Mg)
RDI - 400 mg

An important mineral that supports bone health, muscle health and nerve function.*

Molybdenum (Mo)
RDI - 75 mcg

A trace mineral required by the body.* Lack of molybdenum can cause imbalances in the body.*

Phosphorus (P)
RDI - 1,000 mg

An important mineral that supports formation of bones and teeth.* Aids in the efficiency of B vitamins.* Supports kidney function and muscle contractions.*

Potassium (K)
RDI - 3,500 mg

An important mineral for your entire body.* Supports kidney and heart function, muscle contraction and nerves.*

Selenium (Se)
RDI - 70 mcg

Antioxidant nutrient that supports cells against free radical damage.* Works synergistically with vitamin E.* Also supports a healthy heart.*

Zinc (Zn)
RDI - 15 mg

Antioxidant nutrient that supports the immune system, healthy growth during childhood and aids in healing.*

Cholesterol

Approximately 1 in every 6 adults in the US has high cholesterol according to the Center of Disease Control (CDC). Factors like age, sex and heredity all play a role for risk, but your lifestyle choices including diet, weight and exercise also contribute to the risk factor.

Since high cholesterol symptoms aren't apparent, it's important to schedule regular check-ups with your healthcare provider to have your cholesterol tested. The following chart from the CDC indicates what levels of cholesterol are considered healthy.

Cholesterol	Desirable Levels
Total cholesterol	Less than 200
LDL ("bad")	Less than 100
HDL ("good")	40 or higher
Triglycerides	Less than 150

There are steps you can take to help manage normal cholesterol such as reducing the amount of saturated fat and cholesterol in food, maintaining a healthy weight, exercising regularly (approximately 150 minutes/week), and not smoking.*

*http://www.cdc.gov/cholesterol/cholesterol_consumer_cholesterol.pdf

Take the steps to start your Healthy Living

High Blood Pressure

An estimated 103 million U.S. adults have high blood pressure, according to new statistics from the American Heart Association. Worldwide, high blood pressure affects nearly a third of the adult population and is the most common cause of cardiovascular disease-related deaths.*

Blood Pressure Category	Systolic mm Hg (top number)	Diastolic mm Hg (bottom number)
Normal	lower than 120 &	lower than 80
Elevated Blood Pressure	120 - 129 &	80
High Blood Pressure (Hypertension) Stage 1	130 - 139 or 80 - 89	

*<http://www.heart.org/en/news/2018/05/01/more-than-100-million-americans-have-high-blood-pressure-aha-aps>

Bone & Joint Health

Glucosamine & Chondroitin

Many scientific studies have shown the effectiveness of supplements with the proper combination of glucosamine and chondroitin. These compounds, found in the soft cartilage, tendons, and synovial fluid, are key to healthy functioning tendons and joints, especially with advancing age.*



Benefits of Exercise

Exercise increases your body's capacity to take in oxygen, and thus increases your stamina and endurance. The most effective workout is of moderate intensity with long duration. You gain the maximum benefits by keeping the intensity of your exercise low enough to work out continuously for at least 30 minutes three to five times per week.

Calories Burned During Activity

1 Hour Activity (resting)	150 lbs	155 lbs	180 lbs	205 lbs
Bicycling	236	281	327	372
Running	472	563	654	745
Swimming	354	422	490	558
Golfing	266	317	368	419
Hiking	354	422	490	558
Walking	195	232	270	307
Kayaking	295	352	409	465

The Benefits of Regular Physical Activity

- Helps maintain your weight
- Supports a healthy heart
- Supports healthy blood pressure and cholesterol levels
- Strengthens bones and muscles
- Promotes healthier skin
- Improves mental health and mood
- Boosts your energy
- Supports better sleep
- Promotes a healthy sex life

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ENDCAP SIGNS



QC-70024



QC-70022



QC-70023



QC-70026



QC-70025



QC-70028



QC-70041



QC-70029



QC-70030

9 Versions - 36" W x 12" H; Mounting Hardware

VITAMIN DEPLETION CHART 8.5" X 11"

DOUBLE SIDED; LAMINATED

ENGLISH/SPANISH WITH CHAIN #70042



Take Control of Your Health!



Are Your Medications Depleting Vital Nutrients?*
 You May Need to Take Vitamins or Supplements*

Prescription Medication Categories	Prescription Medication Names	Potential Nutrients to include with your Medications
Antibiotics	Augmentin, Keflex, Amoxil, Zithromax, Biaxin, Rocephin	B-Complex, Calcium and Vitamin K
Anti-Inflammatory	Naprosyn, Anaprox, Celebrex, Indocin, Aspirin	Calcium, Folic Acid, Vitamin C and Zinc
Anti-Seizure	Dilantin, Tegretol, Lyrica	Biotin, Folic Acid, Vitamin D and Vitamin K
Hypertension	Accupril, Lysinapril, Norvasc, Cozaar, Hyzaar, Prinivil, Prinzide, Univas	Co Enzyme Q10, Magnesium, Vitamin B6 and Zinc
Cholesterol	Zocor, Lipitor, Pravachol, Mevacor, Crestor	Co Enzyme Q10
Diabetes	Glucophage, Humulin, Avandia, Glucovance, Humalog	Co Enzyme Q10, Folic Acid and Vitamin B12
Antacids & Ulcers	Prilosec, Aciphex, Tagamet, Nexium, Pepcid	Calcium, Potassium, Vitamin B12 and Zinc
Oral Contraception	Minastrin, Desogen, Depo-Provera, Tri-Sprintec, Ortho Novum, Alesse, Necon	Folic Acid, Magnesium, Vitamin B6, Vitamin B12 and Zinc
Allergy	Allegra, Claritin, Zyrtec	Calcium, Folic Acid, Magnesium, Potassium and Selenium

VITAMIN & MINERAL DEFICIENCY CAN WEAKEN THE BODY'S ABILITY TO MAINTAIN GOOD HEALTH*

Purpose: for educational use by health care professionals only.

*Disclaimer: People taking prescription drugs may be more likely to have reduced levels of certain nutrients. Low nutrient levels may lead to other problems. Prescriptions are important to the consumer's health and will function without the recommended dietary supplements. The dietary supplements mentioned here are not intended to replace prescription drugs. It is important to advise consumers to consult with their health care provider before beginning a dietary supplement regimen.



Tome Control de su Salud!



¿Sus Medicamentos Están Agotando Nutrientes Vitales?*
 Puede ser Necesario Tomar Suplementos o Vitaminas*

Categorías de Medicamentos de Receta	Productos de Marca	Nutrientes que se Pueden Tomar con sus Medicamentos
Antibióticos	Augmentin, Keflex, Amoxil, Zithromax, Biaxin, Rocephin	Complejo de Vitamina B, Calcio, Vitamina K
Anti-Inflamatorios	Naprosyn, Anaprox, Celebrex, Indocin, Aspirin	Calcio, Ácido Fólico, Vitamina C, Zinc
Anti-Convulsivos	Dilantin, Tegretol, Lyrica	Biotina, Ácido Fólico, Vitaminas D y K
Hipertensión	Accupril, Lysinapril, Norvasc, Cozaar, Hyzaar, Prinivil, Prinzide, Univas	Co Enzima Q10, Magnesio, Vitamina B6, y Zinc
Colesterol	Zocor, Lipitor, Pravachol, Mevacor, Crestor	Co Enzima Q10
Diabetes	Glucophage, Humulin, Avandia, Glucovance, Humalog	Co Enzima Q10, Ácido Fólico, y Vitamina B12
Ántiácidos y Ulceras	Prilosec, Aciphex, Tagamet, Nexium, Pepcid	Calcio, Potasio, Vitamina B12 y Zinc
Anticonceptivos Orales	Minastrin, Desogen, Depo-Provera, Tri-Sprintec, Ortho Novum, Alesse, Necon	Ácido Fólico, Magnesio, Vitaminas B6 y B12, y Zinc
Alergia	Allegra, Claritin, Zyrtec	Calcio, Ácido Fólico, Magnesio, Potasio y Selenio

LA DEFICIENCIA DE VITAMINAS Y MINERALES PUEDE DEBILITAR LA CAPACIDAD DE MANTENER LA BUENA SALUD DEL CUERPO*!

Propósito: para uso educacional por especialistas en el cuidado de la salud solamente.

*Descargo de Responsabilidad: Personas tomando medicamentos de receta pueden tener más probabilidad de tener niveles reducidos de ciertos nutrientes. Niveles bajos de nutrientes pueden causar otros problemas. Las medicinas de receta son importantes para la salud del consumidor y funcionan sin el uso recomendado de suplementos alimenticios. Los suplementos alimenticios aquí mencionados no tienen la intención de reemplazar al médico o medicamentos de receta. Es importante asesorar al consumidor de consultar con su médico antes de empezar un régimen de suplementos alimenticios.

VITAMIN COLOR CHART 5.5" X 8.5"
LAMINATED WITH CHAIN #70061



Vitamin Category Color Chart

VITAMINS • MINERALS • SUPPLEMENTS



Vitamin A



Vitamin B



Vitamin C



Vitamin D



Vitamin E



Herbs



Minerals



Specialty



Multivitamin

Compare & Save with Quality Choice National
Brand Equivalents Vitamin Section

EMPTY PDQ AND FLOOR DISPLAYS



**Floor Display
QC70057**



**12" PDQ
QC70058**



**24" PDQ
QC70059**

Item#	UPC#	Pieces	Description & Display Dimensions	Regular Price	Unit Cost w/% Off	Display Price	Order Qty
QC70057	n/a	1	Empty Floor Display - 13 X 11 X 63	\$0.00	n/a	\$0.00	
QC70058	n/a	1	Empty 12" PDQ Display 12.5 X 10.5 X 7.75	\$0.00	n/a	\$0.00	
QC70059	n/a	1	Empty 24" PDQ Display - 24.5 X 10.5 X 7.75	\$0.00	n/a	\$0.00	

For 2021, we've created a new program, allowing customers to order Empty Displays. This gives you the opportunity to create your own, unique Quality Choice Display(s). This page can be used as an order form and email orders to customer care@pbahealth.com or call 1.800.333.8097

Customer: _____ Account#: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

FEB2021



Signage Order Form

Email orders to customer@pbahealth.com or call
1.800.333.8097
Quantities may be limited based on inventory

Old QC Item#	New QC Item #	Description	Size	Case Pack	Order Qty.
99303	70022	QC Endcap Sign 36" x 12" Vitamins	1 pc.	1	
99304	70023	QC Endcap Sign 36" x 12" First Aid	1 pc.	1	
99307	70024	QC Endcap Sign 36" x 12" Compare & Save	1 pc.	1	
99356	70025	QC Endcap Sign 36" x 12" Cough & Cold	1 pc.	1	
99639	70026	QC Endcap Sign 36" x 12" Health & Wellness	1 pc.	1	
99740	70030	QC Awaken Endcap Sign 36" x 12" Beautiful	1 pc.	1	
99741	70028	QC Endcap Sign 36" x 12" Emergency Relief Center	1 pc.	1	
99357	70041	QC Endcap Sign 36" x 12" Pain Relief	1 pc.	1	
99802	70029	QC Endcap Sign 36" x 12" Pharmacist Recommends	1 pc.	1	
99656	99656	QC Pharmacist Recommended Buttons	5 pk.	1	
99312	70032	QC Shelf Tags 2.75" x 3.5" 8 Versions	80 pk.	1	
99347	70033	QC Aisle Blades 10 Versions	10 pk.	1	
99348	70034	QC Pharmacy Counter Mat	1 pc.	1	
99349	70035	QC Window Vinyl	1 pc.	1	
99484	70039	QC Vitamin Brochure	25 pc.	1	
99662	70036	QC Compare & Save Shelf Talkers	50 pk.	1	
99663	70037	QC Compare & Save "Write-On" Shelf Talkers	50 pk.	1	
n/a	70061	Vitamin Color Chart with Chain	1 pc.	1	
n/a	70042	Vitamin Depletion Chart English/Spanish with Chain	1 pc.	1	

Customer: _____ Account#: _____
 Address: _____ PO#: _____
 City: _____ State: _____ Zip Code: _____
 Phone: _____ Email: _____