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STAY CONNECTED



Help to Prevent and Relieve Stress

Ironically, stress is pervasive during "the most wonderful time of the year". Stress involves every system and organ in the body, especially the adrenal glands, nervous system and endocrine system. Whether positive (e.g., exercise) or negative (e.g., death of a loved one), stress can have a significant impact on a person's health and nutritional status. The body's requirements for B vitamins and vitamin C may increase during times of stress. It is important to replenish and or maintain optimal levels of these nutrients so the body can better handle stress and limit the potential physical and emotional damage. In addition to B vitamins and vitamin C, magnesium and calming herbs - such as valerian, hops, and skullcap - provide synergistic support to help calm the body. A regular bedtime can also be helpful. It is important to get the sleep you need (usually eight hours per night). New research shows that irregular sleepers are more likely to say they suffer from stress and depression. Ask our pharmacist about quality supplements to help with sleep and stress support.



Happy Holidays!

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Download our NEW App

ClearSpring mobileRx app allows you to refill prescriptions on your mobile device at your convenience. You can refill multiple prescriptions on a mobile device by entering your prescription numbers, scanning the barcode on the prescription bottles or using your Patient Profile.

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You can now receive Email and Text Notifications when your ClearSpring prescription is ready!



It's easy to sign up and helps you to avoid missed calls and voicemails. It is very convenient and reliable. Please come in and ask us how you can receive email and/or text notifications when your script is ready!!

LEARN MORE

Littleton

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Littleton, CO 80120
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303.707.1717 (fax)

Shop our Littleton Location



Cherry Creek

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Denver, CO 80206
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303.333.2208 (fax)

Shop our Cherry Creek Location



ClearSpring Pharmacy's Littleton location is a PCAB® Accredited Compounding Pharmacy. [Learn more about PCAB® Accreditation.](#)



We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.