

Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature, and full pages from:

- Crampeze
- Fefol
- Glucojel

Ease cramps

CRAMPEZE contains magnesium and *Viburnum opulus* (cramp bark) to help relieve night cramps plus mild muscle twitches and spasms. Available in two different strengths - learn more on **p5**.

Back the bid

GLUCOJEL has teamed up with Netball Australia in its bid for the game's inclusion at the Brisbane 2032 Olympics.

By pledging their support, your customers could win a year's supply of beans, a pair of Asics shoes, some Diamonds gear, and more.

See **page seven** for details, and order your POS today.

Guild Tassie winners named

THE Pharmacy Guild of Australia Tasmania Branch celebrated outstanding contributors to community pharmacy at the 2026 Tasmania Community Pharmacy Awards, held in Hobart last night.

The awards recognised the individuals and teams redefining pharmacy practice through leadership, innovation, and deep community connection.

Monique Licht was named Community Pharmacist of the Year, demonstrating innovation and dedication to holistic care and strong leadership, while championing inclusive care for vulnerable populations.

TerryWhite Chemmart, Sorell (**pictured**), has set a new standard for integrated, patient-centred pharmacy care, earning it Community Pharmacy of the Year.

The 30-member team embraced innovation, training and technology

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to deliver compassionate, high-quality care.

Student Pharmacist of the Year was awarded to Mia Shinkfield, who has demonstrated resilience, leadership, and compassion throughout her pharmacy journey, as well as extraordinary perseverance in the face of a new learning disorder diagnosis.

"These winners exemplify the heart of community pharmacy in Tasmania - innovative, compassionate, and deeply committed to improving patient outcomes," said Tasmania Branch President Joe O'Malley.

"From student leadership and research to advanced clinical services and community outreach, they are setting new benchmarks for what pharmacy can achieve."

The winners will go on to represent Tasmania as national finalists at APP2026 in Mar. **KB**

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A way to go with med cannabis

AUSTRALIAN consumers are increasingly embracing contemporary healthcare, including telehealth and medicinal cannabis, according to research commissioned by Montu healthcare group.

The survey of 1,000 Australians found that three-quarters (75%) believed telehealth improves healthcare access for all Australians, with 94% agreeing it improves access for people in rural and regional areas in particular.

One-third (33.1%) thought telehealth would become the primary way they access essential healthcare and health advice within five years.

The survey also showed that medicinal cannabis has moved from the fringes to slowly becoming an integral part of healthcare in Australia, almost 10 years since it became legally available.

Nearly two-thirds (64%) supported integrating medicinal cannabis into mainstream healthcare, believing it to be a legitimate, evidence-based treatment.

"We're seeing clear evidence that Australians are becoming more sophisticated in how they engage with innovative models of care," said Leafio's General Manager, Nicole Le Maistre.

"They want convenient options like access to doctors and nurses at times that suit them, home delivery, they're selective about medications, and they view telehealth as a legitimate and long-term care model," she explained.

MEANWHILE, in a survey of 202 healthcare providers (HCPs),



comprising 50% pharmacists and 50% doctors, Montu found that significant systemic barriers remain to prescribing medicinal cannabis in Australia.

More than two-thirds (69%) of GPs and specialists stated the process is overly complex, or that they are unclear on how to navigate the Special Access Scheme or Authorised Prescriber pathways.

And while 85% of HCPs support the use of medicinal cannabis for specific conditions, and 78% believe it should be integrated into mainstream healthcare, medicinal cannabis prescribing rates remain low - only 15% of GPs and specialists surveyed were currently authorised, and 73% had never prescribed it.

Obstacles to prescribing include legal liability concerns, particularly around driving and drug-testing implications (51%), and a lack of clear and well-defined prescribing guidelines (41%).

Montu highlighted the importance of investing in clinical education and regulatory clarity, and said it plays an active role in shaping policy, including submissions to the current TGA consultation and contributions to the its working group. *KB*

Blooms hits blister pack milestone

BLOOMS The Chemist, in partnership with Pharmacycle, has reached a blister pack recycling milestone, doubling the number recycled to 20 million over the past 12 months.

The first national pharmacy company to launch the initiative nationwide in Nov 2022, Blooms The Chemist hit its 10 million milestone at the end of last year (PD 10 Dec).

In total, over 30,000 kilograms of aluminium and plastic has been recovered from recycled blister packs.

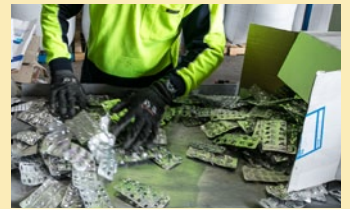
Partners include Pharmacycle, the country's first and only end-to-end recycling program with specialised technology to process medicinal blister pack waste, and key sponsor Reckitt Benckiser.

"This initiative reflects Blooms'

commitment to responsible business practices," said Blooms The Chemist's Chief Strategy and Innovation Officer Pamela Bishop.

"By reducing waste, we're supporting a healthier planet and healthier people, in line with our purpose to build a future where everyone, everywhere has access to good health and wellbeing.

"We're proud of our partnership with Pharmacycle and Reckitt, proving that collaboration can drive meaningful change," Bishop concluded.



CWH, Priceline among most loved retailers

CHEMIST Warehouse is among Australia's top 10 favourite retailers, according to Power Retail's second annual *Most Loved Retailers* report.

Power Retail surveyed over 3,000 Australian respondents about their online experiences with a range of retailers over the last six months, including how likely they were to recommend the retailer, overall satisfaction and ease of interaction.

Chemist Warehouse came in at number seven overall, and third in the health and beauty segment, with the report noting it delivers customers "great value, a huge product variety,

and a consistently convenient experience, no matter how or where they shop".

"It is quick to stock trending and exclusive products, and with features like click-and-collect, same-day delivery in metro areas, real-time stock availability helps bridge the gap between digital and physical retail."

Priceline ranked fourth in the health and beauty segment, scoring high for customer satisfaction, but falling behind other retailers on active recommendations.

The most loved retailer overall was Adore Beauty, which also topped health and beauty.

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Editor's Choice: Kadura launches debut botanical haircare collection

AUSTRALIAN herbal haircare company Kadura Beauty has launched its debut vegan haircare range, formulated with native botanical ingredients like kakadu plum, guarana and lemon peel oil, as well as effective, scientifically backed actives.

"We've focused on science-led botanical care that respects both the scalp and the environment," said the brand's product development team.

The range includes a Root Revival Shampoo (\$47.90) that invigorates thinning or oily hair and Shea Sanctuary Conditioner (\$35.90) to nourish dry, brittle strands with shea butter and squalane for soft, resilient hair.



Meanwhile, the Deep Clean Scalp Scrub (\$35.90) exfoliates with pink salt and tea tree, and the Hydra Bomb Hair Mask (\$47.90) deeply hydrates damaged hair

using hyaluronic botanical complex and wheat protein.

Each product in the range is pH balanced and free from sulphates, silicones and microplastics.

Skin-friendly cosmetics



DB COSMETICS has recently launched its Daylight Defence collection, combining sun protection with lightweight textures and glow-boosting formulas.

Inspired by global cult brands like Violette FR, Summer Fridays, Rhode and Laura Mercier, the line-up offers affordable beauty options for everyone, starting from \$14.99.

"People don't want sticky SPF or another step in their routine - they want makeup that protects without compromising feel or finish," says Amanda Connors, Chief Marketing Officer at DB Cosmetics.

Some of the highlights of the range include the Who's the Gloss Hydrating Lip Tint with SPF50 (\$14.99), formulated with aloe and Vitamin E, as well as the limited edition Radiance Milk Universal Tinted Serum with SPF25 (\$24.99).

There is also the Quick Stix Lip and Colour Cream with SPF25 protection (\$22.99) and the Mineral Veil On the Go powder with added sun protection that reduces shine.

Available now in community pharmacies nationwide.

Brow perfection kit

THE 1000 Hour Brow Perfection Kit (RRP \$48.96) has all the tools needed to keep brows in place.

Easy to use, the pack features a micro brow pencil to fill and define with precision, a microblading pen to create ultra-fine, hair-like strokes, brow styling wax to tame brows and a dual-ended brow brush to groom and blend.



Gentle protection for the whole family

JUST in time for the Christmas holidays and long summer days, Fend insect repellent offers the whole family a clinically proven way to keep mosquitoes away for 14 hours as well as provide protection from ticks, wasps, midges and sandflies.

The product is also safe for babies from two months old as well as pregnant and breastfeeding mums.

Fend is formulated with IR3535, a gentle active ingredient endorsed by the World Health Organization, as well as control-related technology that offers long-lasting, lightweight coverage.

Available in a travel pump (50ml for \$19.95) and roll-on (50ml for \$19.95), in pharmacies nationwide as well as Chemist Warehouse online.



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Beauty & Wellness
by Pharmacy Daily



Dispensary Corner

THERE'S nothing we love more than a quick, easy and cheap way to lose weight, and the latest miracle product is a spice you may well have in your kitchen cupboard.

Actually, you probably won't, but you might do after learning about its amazing obesity prevention and other health-giving properties.

Japanese research published in *Food Science & Nutrition* has found that *Nigella sativa*, also known as black cumin, reduces LDL cholesterol, and increases HDL cholesterol.

After consuming 5g of powdered black cumin seed daily for eight weeks, participants in the study had significantly lower LDL and total cholesterol levels.

After examining the cellular structure of the spice, researchers believe it stops the formation and growth of fat cells, with one bioactive compound, thymoquinone, potentially able to block the formation of fat cells, as well as improve metabolism.

The research builds on an earlier study that found taking daily black seed oil resulted in weight loss and reduced body fat, BMI and appetite.

The authors suggested further investigation involving comprehensive metabolic parameters is warranted.



mRNA flu vax promise

A NEW mRNA-based flu vaccine developed by Pfizer has been found to be 34.5% more effective against influenza-like illness compared to current flu vaccines, according to a new trial published in the *New England Journal of Medicine*.

The study included over 18,000 healthy adults in the US, South Africa and the Philippines, of whom half were given the mRNA flu vaccine and half a conventional one.

Only 0.63% of people injected with the mRNA flu vaccine came down with the flu, compared with 0.95% of people injected with the conventional flu vaccine, thereby demonstrating a relative vaccine efficacy of 34.5% for the mRNA vaccine.

This improved protection was almost entirely driven by strong results against influenza A viruses (H3N2 and H1N1), which are often responsible for more severe seasonal outbreaks, with a weaker antibody response against influenza B strains.

There were more side effects in the mRNA vaccine group, including pain, fatigue, and headache with fever, although the rates of severe and life-threatening side effects were low and similar in the two trial groups.

There was too little influenza B circulating during the trial to measure real-world effectiveness.

One potential benefit is that manufacturing mRNA vaccines is significantly faster than traditional methods, which rely on growing the virus in eggs or cells, a process that can take six months or more.

Faster production means vaccine strains can be selected closer to the flu season, reducing the risk of



mismatch with circulating viruses.

Professor Archa Fox from the University of Western Australia commented that the findings "should help make a case for rolling out mRNA flu vaccines".

"Currently, the only mRNA vaccines in Australia are for COVID-19," she pointed out.

Professor Fox also noted the higher rate of side effects, suggesting the mRNA vaccines seem to trigger a strong immune response.

"This matches another study this year that showed giving an mRNA vaccine in the 30 days before certain types of cancer treatment helps cancer patients' immune system tackle their disease," she added, referring to research on patients with advanced lung or skin cancer (PD 28 Oct).

Associate Professor Vinod Balasubramaniam from Monash University Malaysia highlighted some of the limitations of the study.

"We only know it's better than an existing vaccine, not its exact standalone efficacy; the trial was limited to one season and excluded vulnerable groups like children and the immunocompromised; and most crucially, it showed no significant benefit for adults over 65, the group most at risk from severe flu," he explained.

"This is a promising step forward but not a complete solution for all."

Read the study [HERE](#). KB

CSL to expand US operations

AUSTRALIAN biopharma giant CSL announced yesterday that it plans to expand its US presence over the next five years, with approximately US\$1.5 billion (A\$2.3 billion) in US capital investments.

These investments will generate hundreds of American jobs, strengthen US manufacturing capabilities of plasma-derived therapies, and aid in securing the US medicine supply chain, while helping to shore up an exemption to US President Donald Trump's proposed tariffs on imported pharmaceuticals (PD 29 Sep).

The company said in a news release that the plans reflect CSL's commitment to meet the growing clinical need for immunoglobulin over the long term.

"The US is the world's leading source for plasma, the main component of plasma derived therapies," said Paul McKenzie, CSL's Chief Executive Officer and Managing Director.

"These important medicines are often the most effective or only therapies available for many rare or serious diseases."

"By expanding our onshore production capacity in the US, we are deepening our commitment to patient care, creating high-quality jobs and driving innovation in the US."

The planned investments are subject to approval by CSL's Board of Directors.

Italian company Kedrion Biopharma has also pledged to invest million in the US, after its 10% intravenous immunoglobulin Qivigy received FDA approval in Sep.

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