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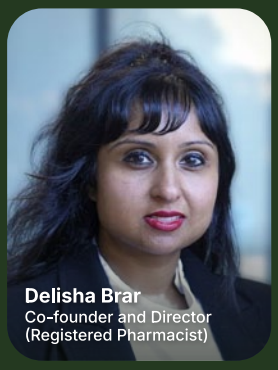
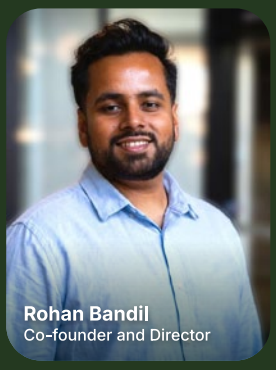
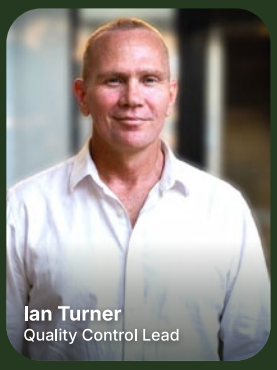


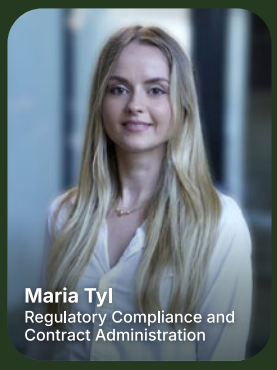
Delisha Brar
Co-founder and Director
(Registered Pharmacist)



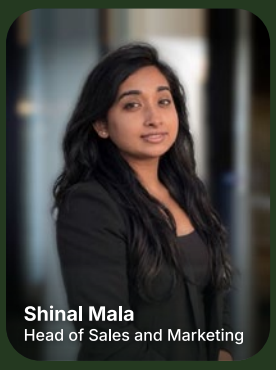
Rohan Bandil
Co-founder and Director



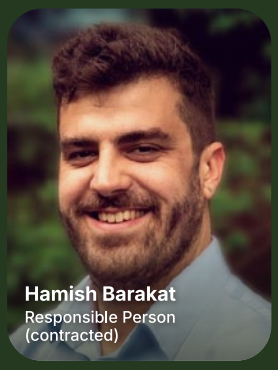
Ian Turner
Quality Control Lead



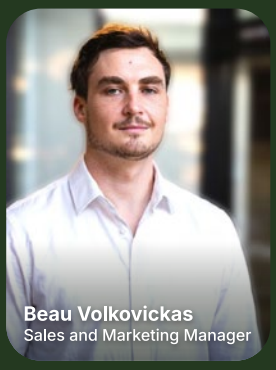
Maria Tyl
Regulatory Compliance and Contract Administration



Shinal Mala
Head of Sales and Marketing



Hamish Barakat
Responsible Person
(contracted)



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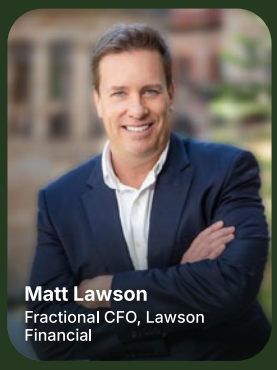
Hamza Al-Faraj CA
Accountant and Tax Agent



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Pharmacy Daily
Monday 23rd Nov 2026



Today's issue of *PD*

Pharmacy Daily today comprises two pages of the latest news, plus a front cover wrap from **Howdy Therapeutics**, and a full page from **Crampeze**.

Buy into Howdy

HOWDY Therapeutics is inviting expressions of interest for new shareholders - learn more on the **cover page.**

Win your way to APP2027

THE Guild is giving two pharmacy professionals and students the chance to attend Australia's leading pharmacy conference for free, with entries now open for the 'Win your way to APP2027' competition.

Entries close 15 Dec 2026 - learn more **HERE**.

$25 PBS co-pay frozen to 2030



THE Federal Government has announced that the maximum cost of Pharmaceutical Benefits Scheme (PBS) medicines will be frozen at $25 until 2030.

The Pharmacy Guild of Australia, which has run a long-term campaign for the price freeze, has welcomed the announcement as a major win for patients and families facing pressure on household budgets.

"This is great news for every Australian who needs essential medicines," Guild national president Trent Twomey said.

"People can delay a holiday or a new television, but they should never have to delay treatment for diabetes, asthma or high blood pressure because the family budget does not stretch far enough.

"This is the first ever freeze of the general co-payment in the history of the PBS [and] follows two historic price cuts to PBS medicines, which have saved patients $1.5bn since 2023."

The maximum general PBS co-payment was reduced from $31.60 to $25 on 01 Jan 2026, taking the maximum price of PBS medicines for general patients to its lowest level in 20 years.

While the concessional copayment of $7.70 was locked in until 2030, the general co-payment was due to begin rising with indexation from 01 Jan 2027.

Professor Twomey thanked the government and the patients, pharmacists, health advocates and parliamentarians who shared their concerns about the impact of rising medicine prices. *KB*

Cramp relief

CRAMPEZE can offer relief from leg cramps and spasms - learn more on **page three**.

Older Aussies underestimate RSV

MOST Australians aged 65 and over recognise that older age is a risk factor for serious consequences from respiratory syncytial virus (RSV), yet many do not consider themselves to be personally at moderate or high risk, according to new research commissioned by GSK Australia.

The pharma company behind the Arexvy RSV vaccine is currently running an awareness campaign, helmed by cricket great Merv Hughes, highlighting the added risk that chronic health conditions such as diabetes, asthma, COPD or heart disease can contribute to individual risk of becoming seriously unwell.

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Pharmacy Daily
Monday 23rd Nov 2026

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Dispensary Corner

GETTING relief for lower back pain may be simpler and less expensive than you think, with new research showing that talking it out with a therapist may actually be helpful when conventional treatments fail.

A study led by the University of NSW and the University of Warwick in the UK found that multiple drug-free interventions including education, exercise, psychological support and acupuncture and were more effective than standard care for back pain.

After analysing 20 studies involving almost 15,000 people, the researchers found that treatments centred on helping patients stay active, manage their symptoms and overcome fears about movement offered some of the greatest benefits.

"The good news for people with back pain is that some of the most effective treatments are also among the most cost-effective," said the study's senior author, Professor Manuela Ferreira, professor of musculoskeletal health at the University of NSW.

"Investing in evidence-based care such as exercise, physical therapies and psychological support could help more people get better while reducing pressure on health systems."



TWC talks holistic weight loss

WITH oral GLP-1 medicines now arriving in Australian pharmacies, TerryWhite Chemmart (TWC) has reinforced the important role community pharmacists play in assisting Australians on their weight management journey through individualised clinical care and ongoing professional support.

The Wegovy semaglutide pill became available in pharmacies on Fri last week, with Lilly's Foundayo (orforglipron) rolling out from tomorrow.

"New treatment options are an important development, but weight management remains a complex area of healthcare," TWC deputy chief pharmacist Kate Gunthorpe said.

"Treatment decisions need to consider each person's medical history, individual circumstances and broader health goals.

"For patients prescribed medication as part of their weight management plan, understanding how to use their treatment appropriately, recognising potential side effects and knowing when to seek further advice are all important," she explained.



TWC's Weight Care Program, delivered through the TerryWhite Chemmart app, provides eligible patients with complimentary ongoing support beyond the dispensing of select prescribed medical weight loss treatments.

"Pharmacists play a valuable role in supporting patients throughout that process, working alongside other healthcare professionals to help them manage their health with confidence," Gunthorpe said.

"Our focus is on ensuring patients receive appropriate clinical care and ongoing support, while continuing to strengthen the role of community pharmacists in helping Australians manage their health." *KB*

US loses measles elimination status

THE Pan American Health Organization (PAHO), the regional office of the World Health Organization (WHO) for the Americas, confirmed last week that the US has formally lost its measles elimination status, reversing a public health milestone maintained since 2000.

The decision followed sustained outbreaks that began in early 2025, with the US thus far recording more than 5,400 confirmed cases in 2026.

While this does not directly affect Australia, National Centre for Immunisation Research and Surveillance (NCIRS) interim director Professor Nicholas Wood said it was an important reminder that measles elimination status cannot be taken for granted.

"Achieving and maintaining it requires ongoing effort," Professor Wood explained.

"Some of the factors that contributed to the US losing its status, including declining vaccination coverage and growing immunity gaps, are also present in Australia."

Weekly Comment



Welcome to ***PD***'s weekly comment feature. This week's contributor is **Sally Tadros, cofounder and pharmacist at Vitaceuticals.**

Ubiquinol or CoQ10?

"IS UBIQUINOL worth the extra cost over CoQ10?" It's a question I hear often in the supplement aisle. For a good share of the customers asking, the answer is yes.

Both are coenzyme Q10. Most products contain ubiquinone, the oxidised form. Ubiquinol is the reduced form, and it is the one that acts as an antioxidant.

The body has to convert ubiquinone to ubiquinol, and most of the CoQ10 circulating in blood is already ubiquinol.

The problem is that both our own production and this conversion tend to decline with age. Statins add to it. They block the same pathway the body uses to make CoQ10, so levels fall.

For older customers and those on statins, I lean towards ubiquinol. It skips the conversion step, and studies suggest it raises blood levels more effectively.

That doesn't make ubiquinone the wrong choice. For younger, healthy customers it is a sensible recommendation at a lower price.

Whichever form you suggest, steer customers towards an oil-based soft capsule taken with a meal. It is also worth checking the medication history - CoQ10 may affect warfarin response, so customers taking both should have their INR monitored.

Asking about age and medicines will tell you which form to recommend - learn more HERE.

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