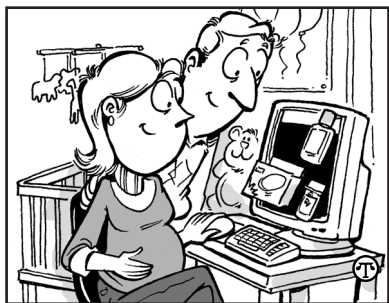




Ask Your Pharmacist

Living Naturally Q&A

(NAPSA)—Q: We're expecting our first child. How can I minimize my baby's exposure to the chemicals that seem to be part of almost everything?



Read the label carefully and ask your doctor if you have any questions about any product.

A: Today, man-made chemicals are present in most health and food products. Sometimes they serve a primary purpose, as with the active ingredients in a cold medication. Avoiding chemicals entirely is probably unnecessary. Your OB/GYN is the best source of information on what products are safe. The [drugstore.com](http://www.drugstore.com)[™] Web store has a chemical-free "Natural Store," where you will find everything from cleaning supplies to food and personal care items, as well as products formulated especially for babies and young children. A new line called "Earth Mama Angel Baby[™]" includes products designed especially for mothers and new babies.

To make the best choice for you and your family, educate yourself about natural products, including the vitamins, minerals and herbs they contain. The American Pharmaceutical Association publishes its "Practical Guide to Natural Medicines," available at the Web store, www.drugstore.com.