

## OTC Drugs and Items Catalog

MMM DICAS



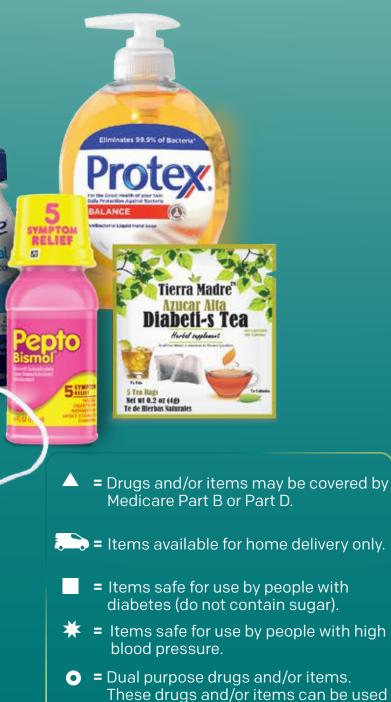




Monday - Friday, from 8:00 a.m. to 6:00 p.m. - Saturdays, from 8:00 a.m. to 1:00 p.m.

## MUCH MORE to take care of you!

More than 400 items to choose among OTC medications and products, many of them your favorite brands. We present you an extensive variety of natural, homeopathic, home safety products, and much more to address your needs in diverse aspects. Receive your selection at home in an easy and accessible manner through the **MMM Mobile Application** or with just one call. Order today!



for more than one condition.

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## **OTC 2023**

#### LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## PAIN RELIEF



Acetaminophen 325 mg Regular Strength Adult Tablets Equivalent to: Tylenol Regular Strength Quantity: 100 Price: \$4.99



**TYLENOL EXTRA STRENGTH 500 MG TABLETS** Equivalent to: -----

Quantity: 24 Price: **\$5.99** 



Pain Relief 500 mg Tablets Equivalent to: Tylenol Extra Strength Quantity: 24 Price: \$2.50

**A6** 



PANADOL 500 MG CAPLETS Equivalent to: -----

**Quantity:** 24 **Price: \$3.77** 



8HR Arthritis Pain Acetaminophen ER 650 mg ER Caplets Equivalent to: Tylenol 8 HR Arthritis Quantity: 50 Price: \$7.80



Acetaminophen 160 mg Tablets Chewable Equivalent to: Tylenol Chewable Quantity: 24 Price: \$5.99



Images and products may vary depending on availability.





Tension Headache (Acetaminophen - Caffeine) 500-65 mg Caplets Equivalent to: Excedrin Tension Headache Quantity: 100 Price: \$6.59



Aspirin EC 81 mg Tablets Equivalent to: Bayer Low dose Aspirin Quantity: 32 Price: \$1.39





### **PAIN RELIEF**





ECOTRIN 81 MG TABLETS

Equivalent to: ----Quantity: 45 Price: **\$4.29** 



Aspirin Low Dose 81 mg Chewable Cherry Equivalent to: Bayer Aspirin Chewable Quantity: 36 Price: \$1.59



Aspirin 325 mg Tablets Equivalent to: Bayer Aspirin Quantity: 100 Price: \$3.39











Back & Body (Aspirin- Caffeine) 500-32.5 mg Caplets Equivalent to: Bayer Back & Body Quantity: 50 Price: \$3.20



Naproxen 220 mg All Day Pain Relief Caplets Equivalent to: Aleve Quantity: 50 Price: \$5.30



ALEVE (NAPROXEN) 220 mg Caplets Equivalent to: -----Quantity: 24 Price: \$5.87



Ibuprofen 200 mg Caplets Equivalent to: Advil Quantity: 50 Price: \$2.49 ▲

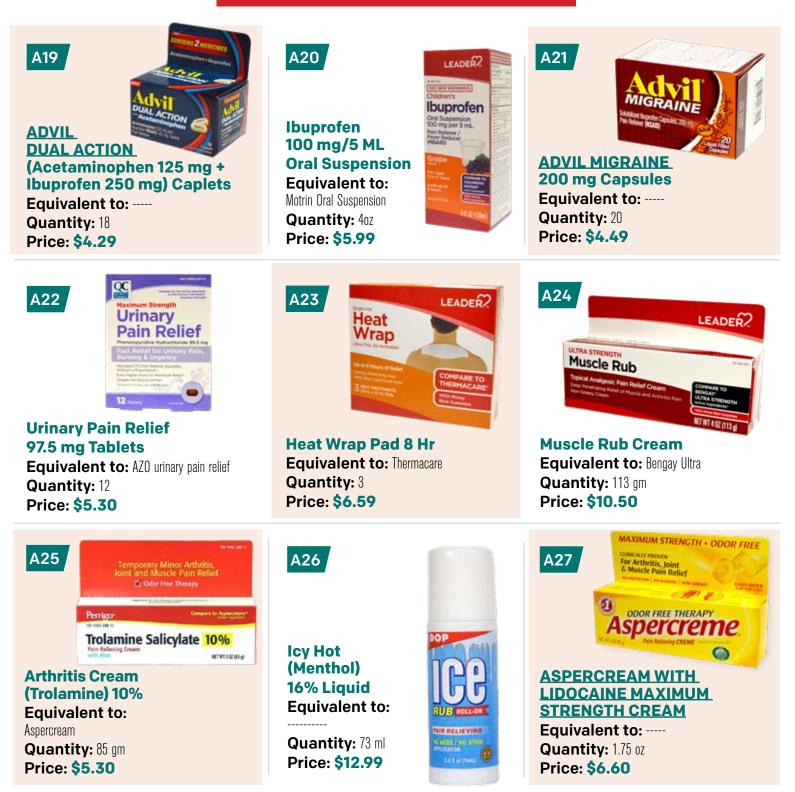


ADVIL LIQUID-GEL (Ibuprofen 200 mg) Capsules Equivalent to: -----Quantity: 20 Price: \$4.49

## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## PAIN RELIEF



Images and products may vary depending on availability.

**PAG. 6** 



## PAIN RELIEF

| A28Ice Blue<br>Gel 2%Equivalent to: lcy Hot<br>Quantity: 226.8 gmPrice: \$3.49                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | A29<br>WASLAC<br>Equivalent to:<br>Quantity: 3 02<br>Price: \$8.95                          | <image/> <section-header><section-header><section-header><section-header><section-header></section-header></section-header></section-header></section-header></section-header>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Volume       Volume         Volume       Volume         Equivalent to:       Quantity: 50 gm         Price: \$12.99       Image: State Sta | A32DRAGON<br>MUSCLE<br>ARTHRITIS<br>DAIN CREAMEquivalent to:Quantity: 2 02<br>Price: \$6.75 | A33DescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescriptionDescript |
| A34                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | A35                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

CONCORCHEN

THERAWORX RELIEF FOAM RESTLESS LEG SYNDROME Equivalent to: -----Quantity: 7.1 oz Price: \$26.37





## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **SLEEP AIDS**



## **DIZZINESS RELIEF**

C1

Motion Sickness Relief

LEADER?

## Motion Sickness Relief

(Dimenhydrinate) 50 mg Equivalent to: Dramamine Quantity: 12 Price: \$1.29

Images and products may vary depending on availability.

PAG. 8



### **BANDAGES AND SUPPORT AIDS**

**D1** 

Arm Sling Universal with Shoulder Pad Equivalent to: -----Quantity: 1 Price: \$10.95



**Tennis Elbow** Strap Universal Equivalent to: ----Quantity: 1 Price: \$5.99



### D3

-----

**D6** 

Wrist Splint Universal Equivalent to:

Quantity: 1 Price: \$10.98





Universal

Quantity: 1

D7



#### D5

\_\_\_\_\_

Wrist Wrap Universal Equivalent to:

Quantity: 1 Price: \$6.99



**Back Support** Universal Equivalent to: -----

Quantity: 1 Price: \$15.69



Knee Wrap **Open Patella** Universal Equivalent to: \_\_\_\_

Quantity: 1 Price: \$12.99









## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **BANDAGES AND SUPPORT AIDS**



Knee Elastic W/Stays Small Equivalent to: -----Quantity: 1 Price: \$8.43





Knee Elastic W/Stays Medium Equivalent to: -----Quantity: 1 Price: \$5.99





\_\_\_\_\_

Knee Elastic W/Stays Large Equivalent to:

Quantity: 1 Price: **\$8.43** 







Cushion Ring Equivalent to: -----Quantity: 1 Price: \$17.99



**MMM Conexión Rx** allows you to explore your pharmacy benefits in real time, access your prescription record, medications coverage, associated spending, as well as know about your health resources, which include references of medication interaction and side effects, among others.







### **COLD AND ALLERGY**

E1

ROBITUSSIN DM LIQUID Equivalent to: ----Quantity: 4 02. Price: \$7.15





Tussin DM Cough/ Chest Congestion Liquid Equivalent to: Robitussin DM Quantity: 4 oz. Price: \$2.69



E3 Tussin DM (Guaifenesin -Dextromethorphan) 200-20 mg/10MI Liquid Equivalent to: Robitussin DM Sugar Free Quantity: 4 oz. Price: \$5.36



#### E4

12 Hour Cough DM (Dextromethorphan) Orange Alcohol Free Oral Suspension Equivalent to: Delsym Quantity: 3 0Z. Price: \$8.55





**Tussin Cold CF Liquid Equivalent to:** Robitussin Multisymptoms Cold **Quantity:** 4 oz. **Price: \$2.90** 



Daytime Severe Cold & Flu Liquid Equivalent to: Dayquil Quantity: 237 ml. Price: \$4.99

**E6** 



E7 FTUENOL COLD & FLU 200-10-5-325 mg Caplets Equivalent to: -----Quantity: 24 Price: \$8.55



200-10-5-325 mg Caplets Equivalent to: Tylenol Cold & Flu Quantity: 24 Price: \$4.49



Cough &



Cold HBP (Chlorpheniramine -Dextromethorphan) 4-30 mg Tablets Equivalent to: Coricidin HBP Cough & Cold Quantity: 16 Price: \$3.99 \*

Images and products may vary depending on availability.

= Items safe for use by people with diabetes (do not contain sugar).





## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.



E10



Daytime Sinus Relief Pressure & Pain (Phenylephrine- APAP-Guaifenesin) TAB 5-325-200 mg Caplets Equivalent to: Tylenol Sinus Severe

Price: 24 Price: \$2.39





Mucus Relief DM (Guaifenesin -Dextromethorphan) 400-20 mg Tablets Equivalent to: Mucinex DM Quantity: 50 Price: \$5.69



E16

VICKS NYQUIL COLD & FLU CHERRY LIQUID Equivalent to: -----Quantity: 355 ml Price: \$12.96





Nighttime Cough Cherry Liquid Equivalent to: Vicks Nyquil Nighttime Cough Quantity: 355 ml Price: \$5.99



#### E15

Cough Drops 7.5 mg Lozenges Equivalent to: Halls Quantity: 30 Price: \$1.69



Cough Drops 7.6 mg Lemon Sugar Free Lozenges Equivalent to: Halls Cough Drops Honey Lemon Sugar Free Quantity: 25 Price: \$4.25





All Day Allergy (Cetirizine) 10 mg 24 hr Tablets Equivalent to: Zyrtec Quantity: 30 Price: \$3.00



Levocetirizine 24 Hour Tablets 5 mg Equivalent to: Xyzal Quantity: 10 Price: \$5.99







BENADRYL ALLERGY (DIPHENHYDRAMINE) 25 Mg Tablets Equivalent to: -----Quantity: 24 Price: \$7.53

Images and products may vary depending on availability.

PAG. 12



LEADER

lergy Relief

### **COLD AND ALLERGY**





Allergy (Diphenhydramine) 25 mg Tablets Equivalent to: Benadryl Allergy Quantity: 24 Price: \$2.65





Allergy Relief (Fexofenadine) 180 mg 24 HR Tablets Equivalent to: Allegra Allergy Quantity: 15 Price: \$12.39

#### E22

E25

E28

Loratadine 10 mg Tablets Equivalent to: Claritin Quantity: 30 Price: \$3.99

#### E23

E26

Allergy (Loratadine) 5 mg/ 5 ml Sugar Free Liquid Equivalent to: Claritin Sugar Free Liquid Quantity: 4 oz Price: \$9.89



#### E24

Nasal Allergy Spray 24 hr (Triamcinolone) 55 mcg/ Spray Equivalent to: Nasacort Quantity: 0.57 oz Price: \$22.38



Fluticasone Solution Nasal Equivalent to: Flonase Allergy Relief Quantity: 15.8 ml Price: \$18.49



Saline 0.65% Nasal Solution Equivalent to: Ocean Quantity: 88 ml Price: \$1.79



#### E27

Nasal Strips 30 Clear Medium Equivalent to: Breathe Right Quantity: 30 Price: \$12.80



#### Sore Throat 1.4% Cherry Spray Equivalent to: Chloraseptic Quantity: 177 ml Price: \$3.29

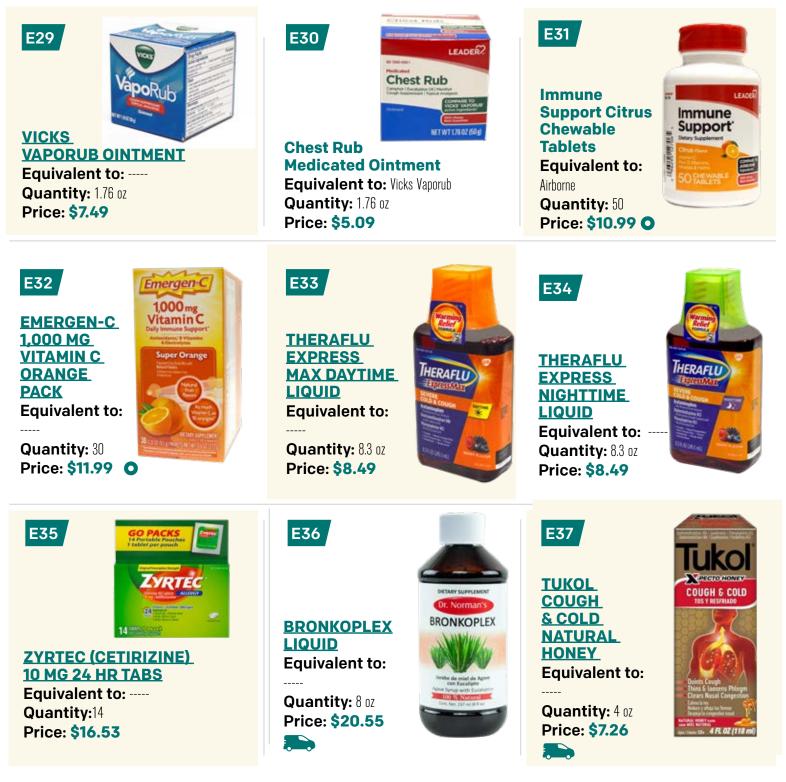




## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **COLD AND ALLERGY**



Images and products may vary depending on availability.

PAG. 14

 $\mathbf{O}$  = Dual purpose drugs and/or items. These drugs and/or items can be used for more than one condition.



### **COLD AND ALLERGY**



### **SMOKING CESSATION**

#### F1

Nicotine Patch 7 mg / 24 hr Equivalent to: Habitrol Quantity: 14 Price: \$57.10



### F2

Nicotine Patch 14 mg / 24 hr Equivalent to: Habitrol Quantity: 14 Price: \$57.10



#### Nicotine Patch 21 mg / 24 hr Equivalent to: Habitrol Quantity: 14 Price: \$36.60

F3







## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.



Diabetic **Sock Ankle Black - Medium** Equivalent to: -----Quantity: 1 pair Price: \$6.92



Diabetic Sock Ankle Black - Large Equivalent to: --Quantity:1 pair Price: \$6.92



Diabetic Sock Crew Black - Medium Equivalent to: -----Quantity: 1 pair Price: \$8.32



Images and products may vary depending on availability.

PAG. 16



### **DIABETES CARE**



Diabetic Sock Crew Black - Large Equivalent to: -----Quantity: 1 pair Price: \$8.40



G11 Compression Knee High Socks, Men's Black, Medium (Shoe Size 8-10), 15-20 mmHg Equivalent to: -----Quantity: 1 pair Price: \$15.00



G12

Compression Knee High Socks, Men's Black, Large (Shoe Size 10.5-12), 15-20 mmHg Equivalent to: -----Quantity: 1 pair Price: \$15.00

#### G13

Compression Knee High Socks, Men's Tan, Medium (Shoe Size 8-10), 15-20 mmHg Equivalent to: -----Quantity: 1 pair Price: \$15.00

#### G14

Compression Knee High Socks, Men's Tan, Large (Shoe Size 10.5-12), 15-20 mmHg Equivalent to: -----Quantity: 1 pair Price: \$15.00



G15 Compression Knee High Socks, Women's Tan, Small (Shoe Size 4-5), 8-15 mmHg Equivalent to: ----Quantity: 1 pair Price: \$14.25



G16

Compression Knee High Socks, Women's Tan, Medium (Shoe Size 5.5-7.5), 8-15 mmHg Equivalent to: -----Quantity: 1 pair Price: \$14.25

#### G17

Compression Knee High Socks, Women's Tan, Large (Shoe Size 8-10.5), 8-15 mmHg Equivalent to: -----Quantity: 1 pair Price: \$14.25



G18 Compression Knee High Socks, Women's Black, Small (Shoe Size 4-5), 8-15 mmHg Equivalent to: -----Quantity: 1 pair Price: \$14.25

b



## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **DIABETES CARE**

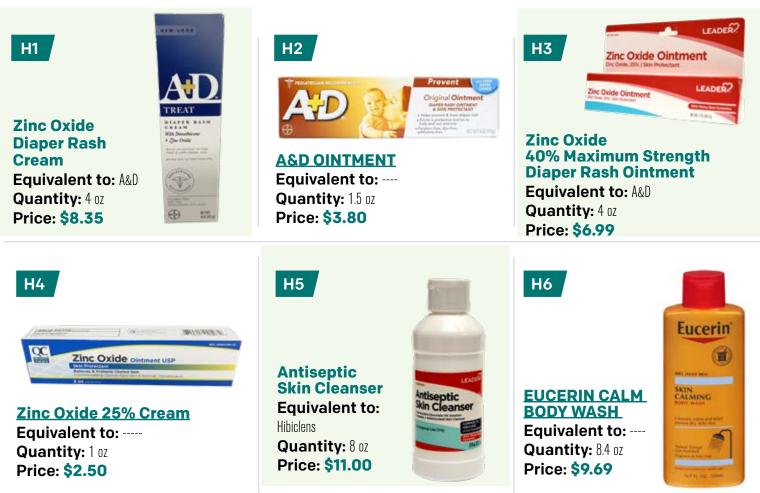
G19 Compression Knee High Socks, Women's Black, Medium (Shoe Size 5.5-7.5), 8-15 mmHg Equivalent to: -----Quantity: 1 pair Price: \$14.25



G20 Compression Knee High Socks, Women's Black, Large (Shoe Size 8-10.5), 8-15 mmHg Equivalent to: -----Quantity: 1 pair Price: \$14.25



**SKIN CARE** 



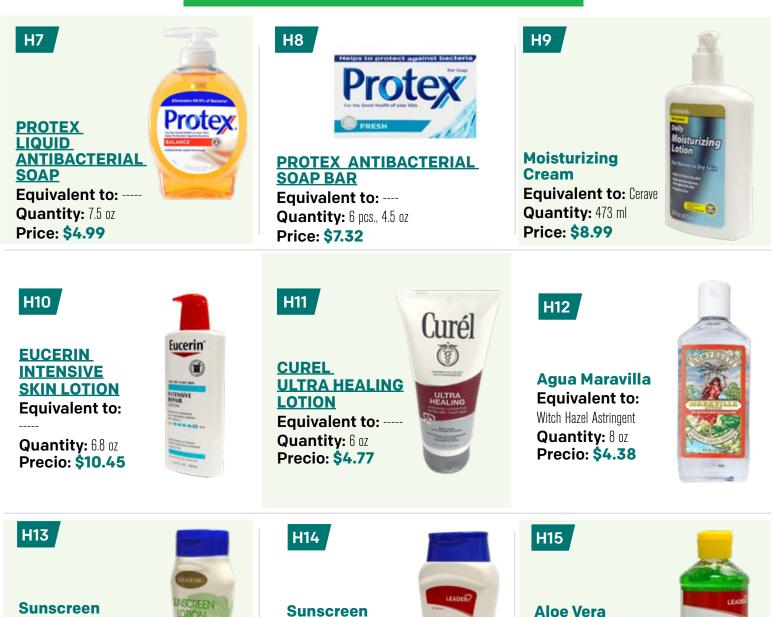
Images and products may vary depending on availability.

PAG. 18

 $\blacktriangle$  = Drugs and/or items may be covered by Medicare Part B or Part D.



### **SKIN CARE**



SPF 50 Lotion Equivalent to: Coppertone SPF 50 Quantity: 8 oz Price: \$9.99



Sunscreen SPF 30 Lotion Equivalent to: Coppertone SPF 30 Quantity: 8 oz Price: \$8.99



#### Aloe Vera Soothing Gel Equivalent to: Banana Boat Aloe Vera Quantity: 1 oz Price: \$5.49





## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.











REFRESH

----



### **EAR CARE**



Ear Wax **Remover Drops Equivalent to:** Debrox Quantity: 15 ml Price: \$3.29





## **OTC 2023**

#### LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **FOOT CARE**







## **DIGESTIVE AIDS**



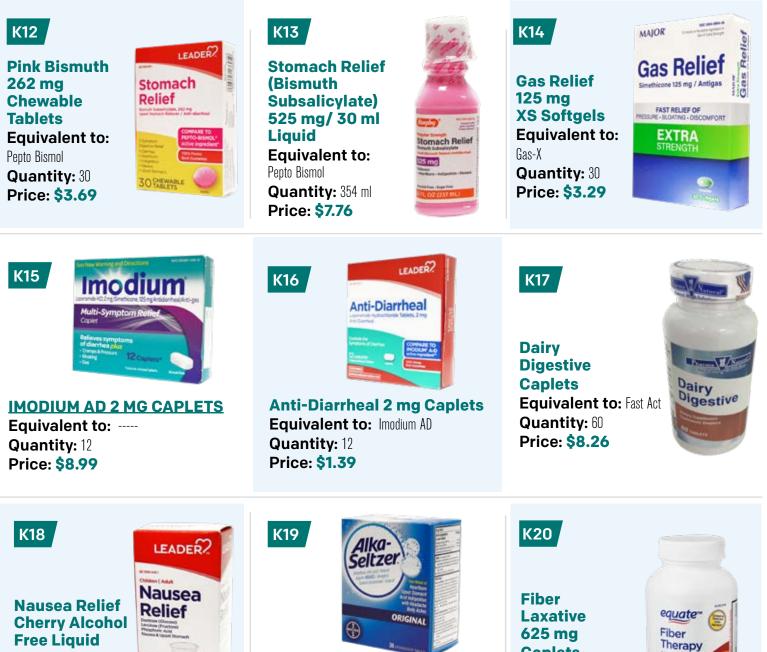
Images and products may vary depending on availability.

PAG. 23

## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **DIGESTIVE AIDS**



Equivalent to: Fmetrol Quantity: 4 oz Price: \$3.99





**ALKA-SEL HEARTBURN TABS EFFERVESCENT** Equivalent to: -----

Quantity: 36 Price: \$7.14

Caplets **Equivalent to:** Fibercon Quantity: 90 Price: \$13.57







### **DIGESTIVE AIDS**

#### K21

Fiber Laxative Orange Smooth Texture Equivalent to: Metamucil Quantity: 10 oz Price: \$10.59





Stool Softener 100 mg Gelcaps Equivalent to: Colace Quantity: 100 Price: \$3.99



### K23

K27

Mineral Oil Liquid Equivalent to: Roberts Quantity: 16 oz Price: \$5.59





Milk Of Magnesium Original Liquid Equivalent to: Phillips Milk of Magnesia Cantidad: 12 oz Price: \$3.99







Glycerin Laxative Suppositories Equivalent to: Glycerin Quantity: 2 gm Price: \$2.99 Clearlax Laxative Powder Equivalent to: Miralax Quantity: 3 oz Price: \$8.70

K32





ENEMA WATER BOTTLE COMBINATION Equivalente: -----Cantidad: 1

Precio: \$14.99







## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.





PRUNELAX REGULAR TABLETS Equivalent to: -----Quantity: 20 Price: \$5.35

Images and products may vary depending on availability.

MIRALAX POWDER

Equivalent to: -----

Quantity: 8.3 oz

Price: \$16.98

**14 ONCE DAILY DOSES** 



**ORIGINAL** 

Equivalent to:

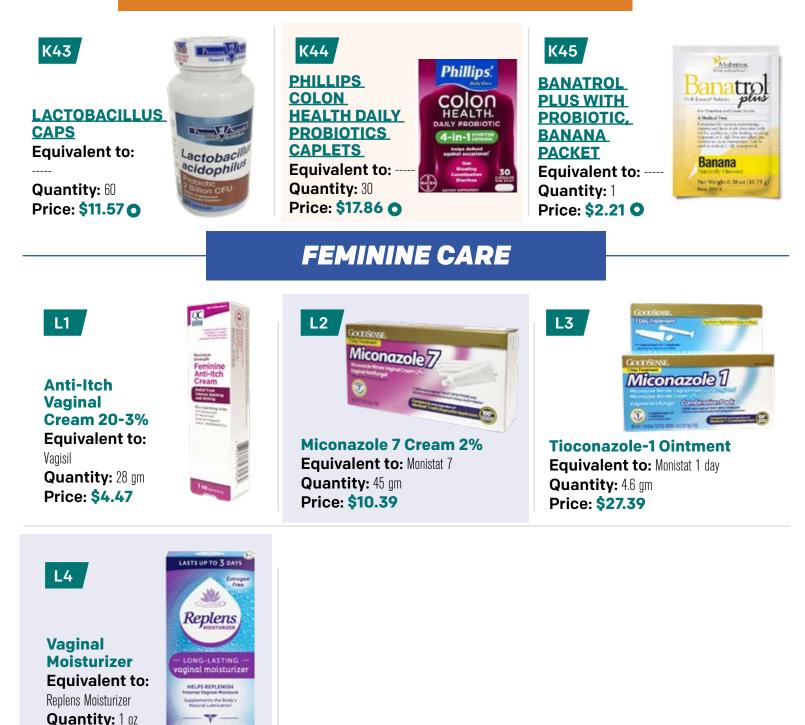
Quantity: 8 oz

Price: \$6.60

LIQUID



### **DIGESTIVE AIDS AND PROBIOTICS**



Images and products may vary depending on availability.

Price: \$17.25

14



## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## ORAL CARE







#### COLGATE SENSITIVE COMPLETE PROTECT

Equivalent to:---Quantity: 6 oz Price: \$7.49

M10

#### Equivalent to: Dental Tape Waxed Cantidad: 1 Price: \$2.59 M12

**Dental Tape Waxed** 

M11

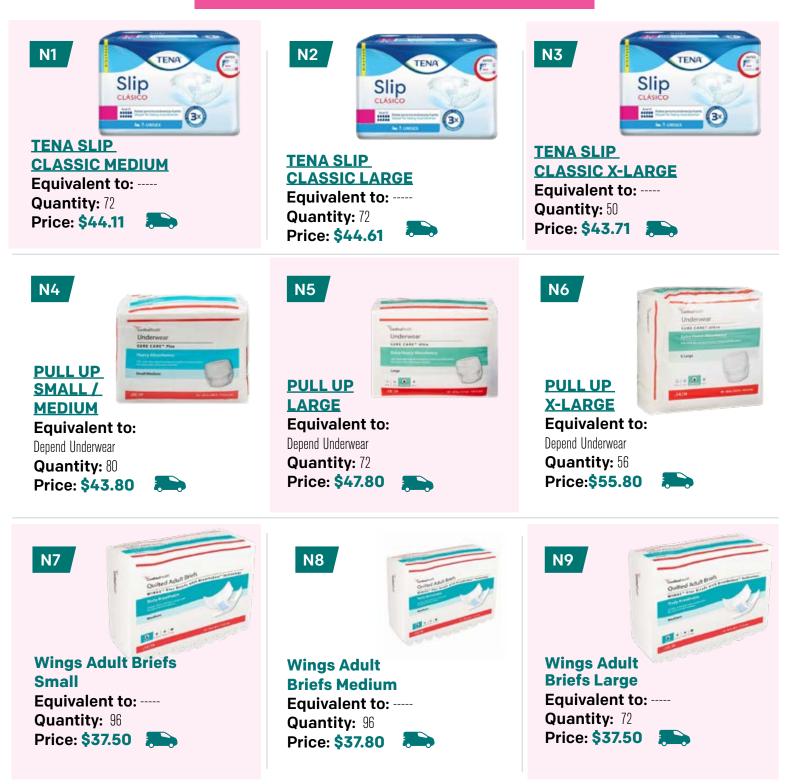








## INCONTINENCE







# MUCH MORE to take care of you!

## More options to order your OTCs:



MMM Mobile App By telephone

Choose your OTCs from the catalog or from our MMM Mobile App, where you can see our wide variety of available items.



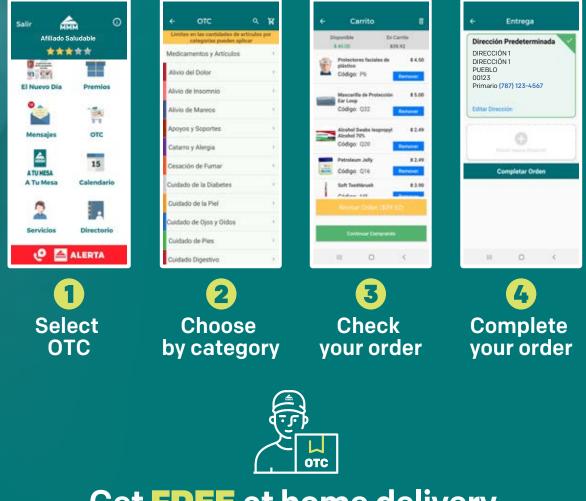
You may also order calling 1-833-333-0043 (toll free) or at TTY: 711 (hearing impaired).

## More options to get your OTCs:



## How to order your OTC in our MMM Mobile App?

## Follow the next steps:



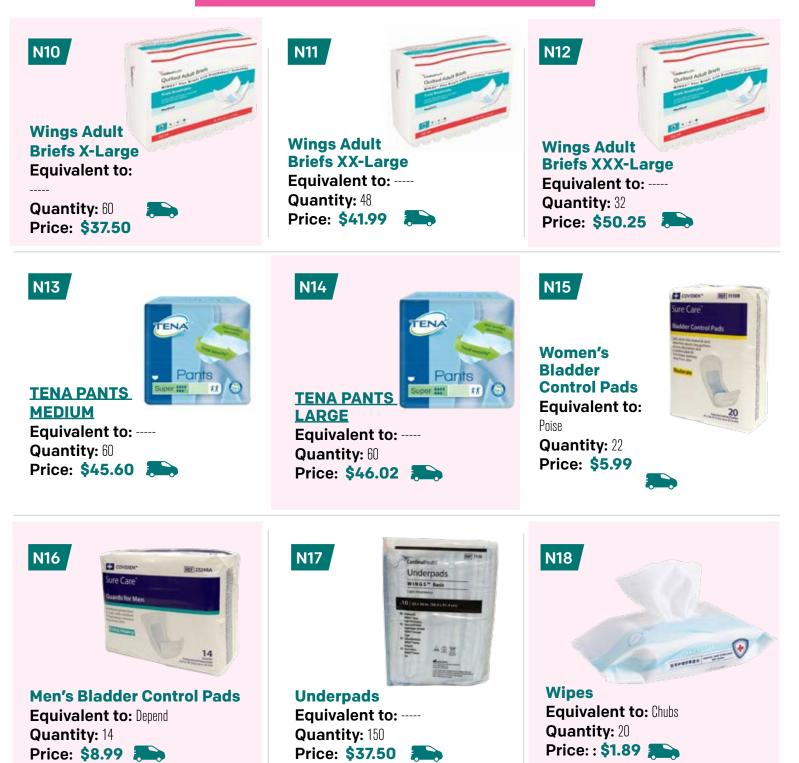
## Get **FREE** at home delivery.

Note: Remember that, if you use the OTC AT THE PHARMACY benefit, it will show in the balance when you make OTC orders by phone. Pharmacy prices may vary per business. The prices in the catalog only apply to home delivery. Consult with your health provider about the medications and items that fit your needs.

## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.









### INCONTINENCE



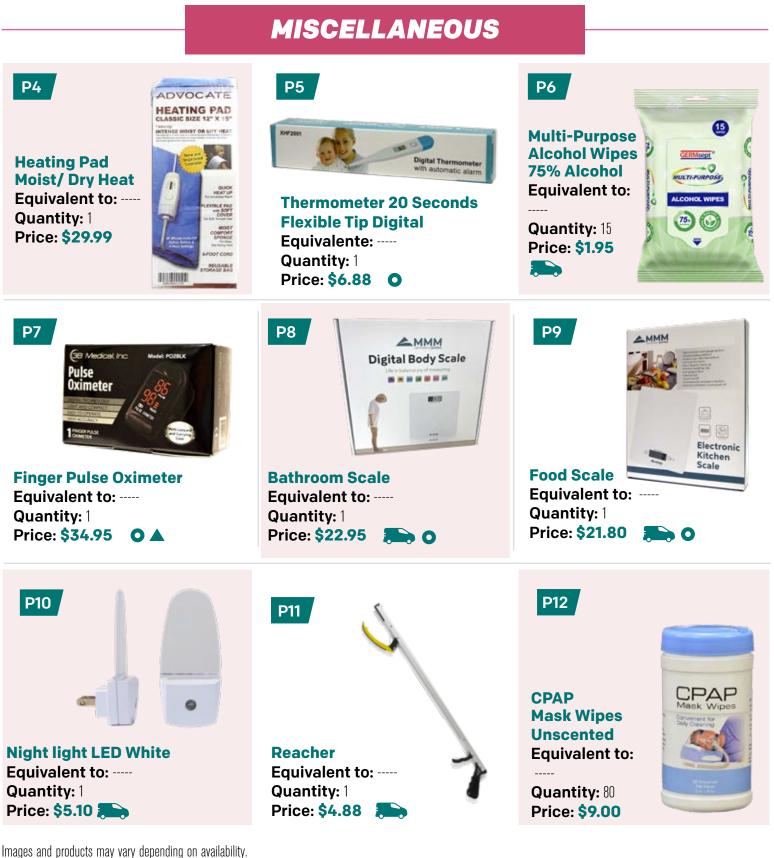
Images and products may vary depending on availability.

PAG. 33

 $\mathbf{O}$  = Dual purpose drugs and/or items. These drugs and/or items can be used for more than one condition.

## **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.



es and products may vary depending on availability.

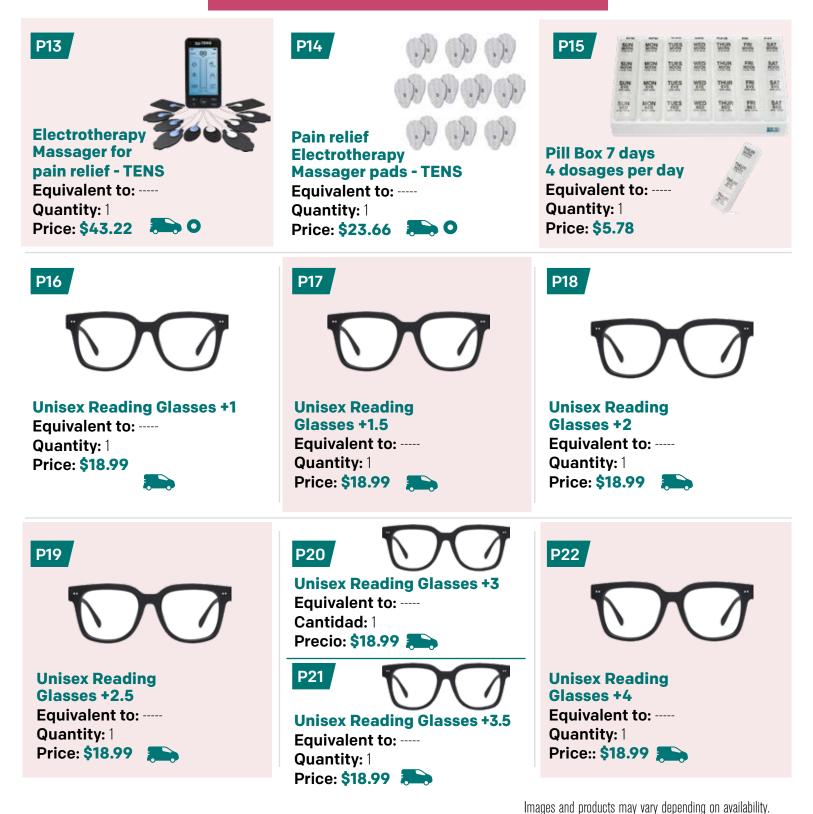
PAG. 34

 $\blacktriangle$  = Drugs and/or items may be covered by Medicare Part B or Part D.

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## MISCELLANEOUS

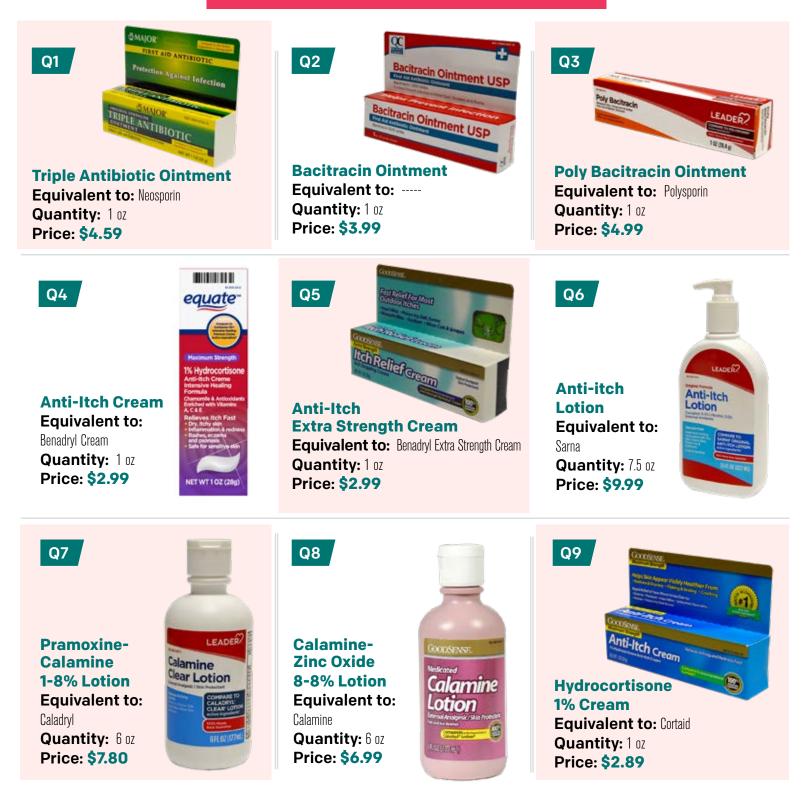




## **OTC 2023**

#### LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **FIRST AID**







### **FIRST AID**



Epsom Salt Granules Equivalent to: Epsom Salt Quantity: 1 lb Price: \$2.59



### Q11

Hydrogen Peroxide .3% Solution Equivalent to: Peroxide Quantity: 16 oz Price: \$1.49



### Q12

Q15

Merthiolate Tincture Equivalent to: Merthiolate Quantity: 1 oz Price: \$3.29



#### Q13

Iodine Tincture 2% Equivalent to:

**Quantity:** 1 oz **Price: \$7.89** 



#### Q14

Povidonelodine 10% Solution Equivalent to: Betadine Quantity: 8 oz Price: \$7.09



Alcohol Isopropyl 70% Solution Equivalent to: Alcohol Isopropyl Quantity: 16 oz Price: \$3.10





Triple Antibiotico Plus Pain Relief Equivalent to: ---Quantity: 1 oz Price: \$3.06



Powder Free Exam Gloves Universal Large Equivalent to: -----Quantity: 100 Price: \$9.99

Images and products may vary depending on availability.



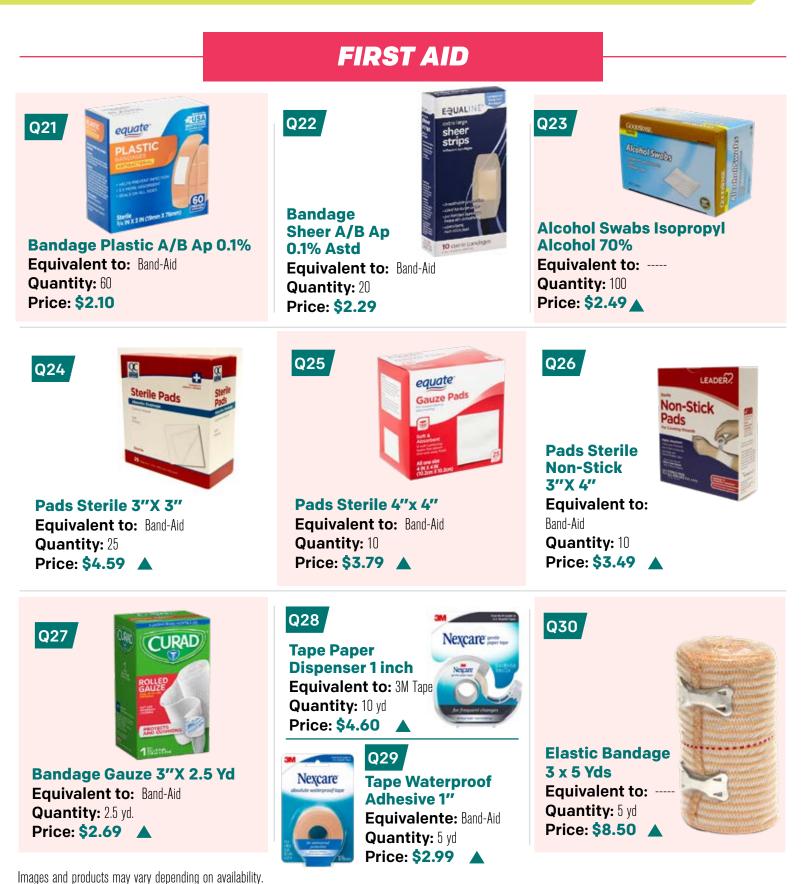
Quantity: 3.75 oz

Price: \$3.15



# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.



 $\blacktriangle$  = Drugs and/or items may be covered by Medicare Part B or Part D.



### **FIRST AID**





# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## **NUTRITIONAL SUPPLEMENTS**







### **NUTRITIONAL SUPPLEMENTS**

R10

GLUCERNA CHOCOLATE SHAKES Equivalent to: ----Quantity: 6 Price: \$12.65





GLUCERNA STRAWBERRY SHAKES Equivalent to: -----Quantity: 6 Price: \$12.65



## R12

**R15** 



GLUCERNA VANILLA SHAKES Equivalent to: -----Quantity: 24 Price: \$51.35

#### R13



GLUCERNA CHOCOLATE SHAKES Equivalent to: -----Quantity: 24

Price: \$51.35

#### R14

GLUCERNA STRAWBERRY SHAKES Equivalent to: -----Quantity: 24 Price: \$51.35



**BOOST** ORIGINAL VANILLA SHAKES Equivalent to: -----Quantity: 24 Price: \$47.99



R16 BOOST ORIGINAL CHOCOLATE SHAKE Equivalent to: Quantity: 24 Price: \$47.99



BOOST ORIGINAL STRAWBERRY SHAKES Equivalent to: -----Quantity: 24 Price: \$47.99







# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

### **NUTRITIONAL SUPPLEMENTS**



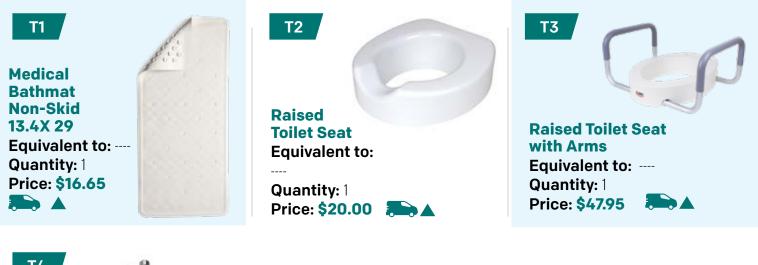
Images and products may vary depending on availability.

PAG. 42

= Items safe for use by people with diabetes (do not contain sugar).



### SAFETY DEVICES FOR HOME AND BATHROOM





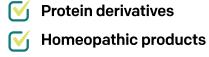




# **WEDO MORE FOR YOUR HEALTH NATURALLY!** Natural supplements<sup>1</sup> and their possible uses.

At MMM, we work for your well-being. This is why we provide you with the health alternatives you need to take care of yourself at all times.

In the next sections, you'll find natural products, such as:



**Protein derivatives** 

- **Probiotics**
- 🗹 Herbal products
- Vitamins and minerals **M**

Natural products are made from organically grown, chemical-free medicinal plants, to ensure the plants keep their natural structure, with all their nutrients and therapeutic properties. These products are not intended to diagnose, treat, cure, or prevent disease.

As such, you should always consult your doctor or pharmacist and check if the supplements you order could interfere with your maintenance medications.

| PRODUCT(S)                          | POSSIBLE USE(S)                                                                                                                   |
|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Folic Acid (V17)                    | Blood cells, anemia, birth defects, memory.                                                                                       |
| Orange Blossom Water (PN1)          | Stress                                                                                                                            |
| Witch Hazel (H12)                   | Astringent, healing, anti-inflammatory, moisturizing.                                                                             |
| Garlic (PN14)                       | High blood cholesterol and high blood pressure.                                                                                   |
| Aloe Vera Soothing Gel (H15)        | Moisturizing gel for skin, burns, acne, psoriasis, diabetic foot ulcers.                                                          |
| Alpha lipoic acid (PN2)             | Weight loss, pain, heart, inflammation, aging.                                                                                    |
| Apetex (PN3)                        | Central nervous system, stress, energy, brain, digestion, appetite, red blood cells.                                              |
| Arnica (U1), (U2), (U3), (U4), (U5) | Bruising, inflammation, muscle pain.                                                                                              |
| Biotin (V7)                         | Brittle nails, diabetes, alopecia.                                                                                                |
| Black Cohosh (PN4)                  | Menopausal symptoms.                                                                                                              |
| Boswellia (PN5)                     | Anti-inflammatory, osteoarthritis, rheumatoid arthritis, joint pain, swollen joints (bursitis), and tendon swelling (tendinitis). |

| PRODUCT(S)                                                                      | POSSIBLE USE(S)                                                                                                                                     |
|---------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Caltrate (V9), Calcium + D3 (V10),<br>Calcium/ Magnesium/ Zinc (V11)            | Bone, heart, blood pressure, muscle, diabetes.                                                                                                      |
| Cinnamon (PN8)                                                                  | Diabetes                                                                                                                                            |
| Chamomilla (PN6)                                                                | Indigestion, stress, menstrual pain, diabetes, inflammation.                                                                                        |
| Collagen Plus Vitamin C (S1)                                                    | Joint pain, skin, osteoporosis, hair, nails.                                                                                                        |
| CoQ10 (V12)                                                                     | Antioxidant, heart, diabetes, myopathy, Parkinson's, physical performance.                                                                          |
| Cranberry (PN9)                                                                 | Prevention of urinary tract infections.                                                                                                             |
| Earache Relief Drops (U6)                                                       | Earache                                                                                                                                             |
| Echinacea (PN10)                                                                | Common cold.                                                                                                                                        |
| Eye Health W/ Lutein (PN12)                                                     | Eye disease, macular degeneration, cataract prevention.                                                                                             |
| Fish Oil (PN13), Super Omega 3 (PN34)                                           | Cardiovascular disease, cancer prevention, Alzheimer's disease, dementia, and cognitive function. Macular degeneration, dry eye disease, arthritis. |
| Ginkgo Biloba (PN16)                                                            | Anxiety, depression, brain function, dementia, antioxidant, inflammation.                                                                           |
| Glucosamine / Chondroitin W/MSM (PN17),<br>Osteo Bi Flex Triple Strength (PN31) | Anti-inflammatory, joints, arthritis, inflammation, pain.                                                                                           |
| Immune Support (E31),<br>Emergen-C (E32)                                        | Common cold, antioxidant, cardiovascular disease prevention, macular degeneration.                                                                  |
| Ginger (PN15)                                                                   | Nausea, indigestion, anti-inflammatory, muscle aches, slimming, menstrual cramps, common cold.                                                      |
| Juven Therapeutic Nutrition<br>Powder (S4), (S5)                                | Wound healing                                                                                                                                       |
| Lactobacillus (W1), Phillips Colon<br>Health Daily Probiotic (W2)               | Atopic Dermatitis, antibiotic related diarrhea, irritable bowel syndrome, cholesterol, obesity, post-antibiotic vulvovaginal candidiasis.           |
| L-Lysine (PN28)                                                                 | Anxiety, stress, bones, cold sores                                                                                                                  |
| Magnesium (V4), (V5)                                                            | Heart, constipation, high blood pressure, diabetes, osteoporosis, migraines.                                                                        |
| Melatonin (PN29)                                                                | Insomnia, jet lag, anxiety.                                                                                                                         |
| Menopause Cap (PN11)                                                            | Women's hormonal balance.                                                                                                                           |
| Milk Thistle (PN30)                                                             | Liver disorders and gallbladder problems.                                                                                                           |
| Papaya (PN32)                                                                   | Digestion                                                                                                                                           |
| Passion Flower (PN33)                                                           | Anxiety<br>Disketes, metabolis syndrome, polycyctic sycary syndrome, birth shalesterel layola                                                       |
| Chromium Picolinate (PN7)                                                       | Diabetes, metabolic syndrome, polycystic ovary syndrome, high cholesterol levels, weight control.                                                   |
| Potassium (V26)                                                                 | Blood pressure, kidney stones, bones, diabetes.                                                                                                     |
| Ferrous sulfate (V16)                                                           | Blood cells, anemia.                                                                                                                                |
| Tumeric (PN75)                                                                  | Inflammation, arthritis, digestive disorders, respiratory infections, allergies.<br>Insomnia, nervousness, tremors, headaches.                      |
| Valerian (PN76)<br>Vasoflex (PN77)                                              | Circulation, improves blood flow.                                                                                                                   |
| Vitamin A (V1)                                                                  | Eve health                                                                                                                                          |
| Vitamin B-1 (V2), Vitamin B-6 (V3),                                             |                                                                                                                                                     |
| B complex with Vitamin C (V4)                                                   | Central nervous system, stress, energy, brain, digestion, appetite, red blood cells.                                                                |
| Vitamin B-12 (Cyanocobalamin) (V5), (V6)                                        | Central nervous system, stress.                                                                                                                     |
| Vitamin C (V8)                                                                  | Common cold, antioxidant, prevention, cardiovascular disease, macular degeneration.                                                                 |
| Vitamin D3 (V13) (V14)                                                          | Bone, heart, blood pressure, and muscle.                                                                                                            |
| Vitamin E (V15)                                                                 | Immune system, antioxidant, skin.                                                                                                                   |
| Vitamins with Lipotropics (PN78)                                                | Ear health, dizziness and tinnitus (buzzing in the ears).                                                                                           |
| Zicam Sinus Gel Relief (U7)                                                     | Cold, allergy, congestion.                                                                                                                          |
| Zinc (V27)                                                                      | Immune system, wound healing, diarrhea, common cold, macular degeneration.                                                                          |

1. These statements have not been evaluated by the Food and Drug Administration. The Food and Drug Administration (FDA) suggests consulting with a health care professional before using any dietary supplement. Many supplements contain ingredients that have strong biological effects and such products may not be safe for everyone. Improper use of supplements can be harmful. Taking a combination of supplements, using these products in conjunction with medications, or substituting them in place of prescription medication can produce harmful, even deadly, results. Remember to always talk to your doctor.

References: https://ods.od.nih.gov/factsheets/list-all - https://www.mayoclinic.org/es-es/drugs-supplements - https://www.webmd.com/vitamins - https://search.medscape.com/search - https://search.medscape.com/search

# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

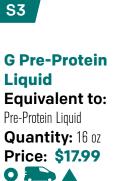
### **PROTEIN DERIVATIVES**

Collagen Plus Vitamin C Tablets Equivalent to:

**S1** 

Quantity: 90 Price: \$13.99 •







S4 JUVEN ORANGE THERAPEUTIC NUTRITION POWDER Equivalent to: Quantity: 8 Price: \$22.80 •



POWDER Equivalent to: -----Quantity: 8 Price: \$22.80 •



Images and products may vary depending on availability.



Items available for home delivery only.
 Drugs and/or items may be covered by Medicare Part B or Part D.



### **HOMEOPATHICS**



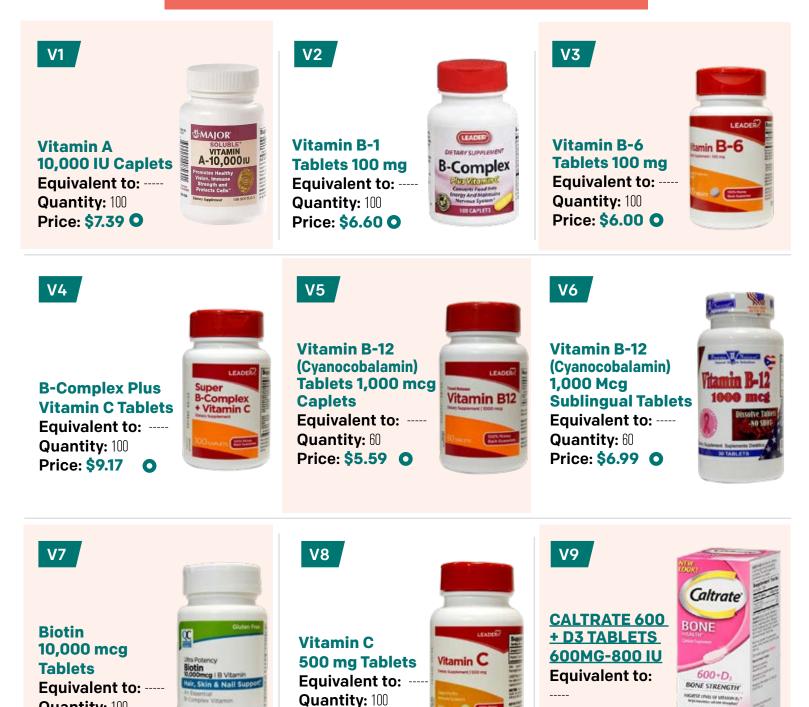




# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## VITAMINS AND MINERALS



Images and products may vary depending on availability.

PAG. 48

Quantity: 100

Price: \$13.19 **O** 

 $\mathbf{O}$  = Dual purpose drugs and/or items. These drugs and/or items can be used for more than one condition.

Price: \$5.43 **O** 

Quantity: 60

Price: \$12.99 O

dimin GLORN



### **VITAMINS AND MINERALS**

V10 V11 V12 Calcium Calcium 600 + **CoQ10** CENTRE S Thursday 1 Magnesium **D3 Tablets** Tablets 200 mg Calcium+D<sub>3</sub> **Zinc Caplets** 600 mg-800 IU Calcium Magnesium CoQ-10 Equivalent to: ----m & Zinc + Equivalent to: Equivalent to: Quantity: 30 -----Caltrate 600 + D200 ma Price: \$14.91 O Quantity: 100 Quantity: 60 00 cursul Price: \$6.19 O Price: \$2.79 O V13 V14 V15 Vitamin E Vitamin D3 Vitamin LEADE 400 IU Softgel **D3** Tablets Tablets 1,000 IU Vitamin E 90 mg-10,000 IU Equivalent to: Equivalent to: --Equivalent to: ----------Quantity: 75 Quantity: 100 Quantity: 100 Price: \$3.49 O SOFTGELS Price: \$6.69 O Price: \$15.21 O V16 V18 V17 LEADER LEADER Multivitamin Adults **Folic Acid Multivitamin** LEADER 400 mcg **Ferrous Sulfate** Ferrous Sulfate Folic Acid **Adult Caplets** Iron **Tablets** 325 mg Tablets Equivalent to: Equivalent to: Equivalent to: Centrum Adults Back Feosol \_\_\_\_ Quantity: 300 Quantity: 250 Price: \$20.19 O Quantity: 125 Price: \$6.09 O Price: \$4.89 O

Images and products may vary depending on availability.

# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

### **VITAMINS AND MINERALS**



Images and products may vary depending on availability.

PAG. 50

 $\mathbf{O}$  = Dual purpose drugs and/or items. These drugs and/or items can be used for more than one condition.

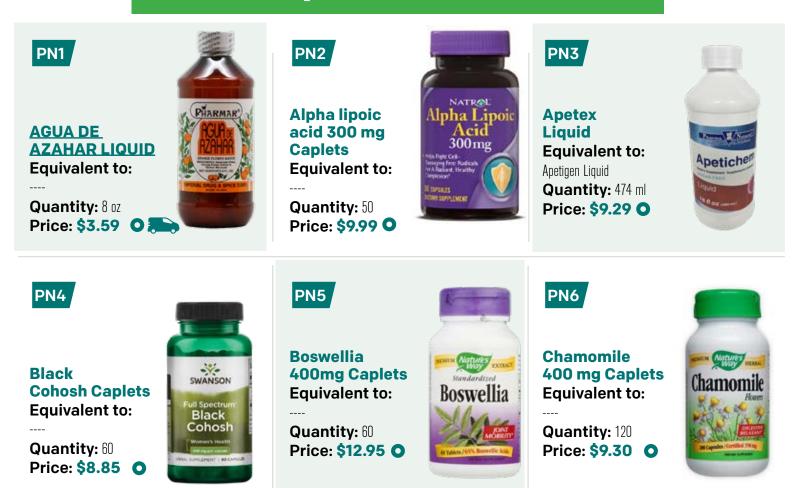


### VITAMINS AND MINERALS



**HERBAL/NATURAL PRODUCTS** 

Price: \$7.42 **O** 





# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

### **HERBAL/NATURAL PRODUCTS**



Images and products may vary depending on availability.

PAG. 52

 $\mathbf{O}$  = Dual purpose drugs and/or items. These drugs and/or items can be used for more than one condition.



### **HERBAL/NATURAL PRODUCTS**

PN16 PN17 Boit Naturals Glucosamine Glucosamine + **Ginkgo Biloba** / Chondroitin Chondroitin + MSM W/MSM Tablets 40 mg Tablets Nature's Blend Ind Party Lab Tested Equivalent to: Equivalent to: GINKGO BILOBA ----\_\_\_\_ 3 A Day 1 Month Supply 40 mg | Standardized L Quantity: 90 **Quantity:** 60 CAPRILES Price: Price: \$11.990 \$15.99 0

### LATIN DOCTORS PHARMA





# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## LATIN DOCTORS PHARMA

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| <section-header></section-header>                                                                  | <section-header>LD11 LD11 LATIN DOCTORS PHARMA-COLESTEROL Equivalent to: Duantity: 60 Price: \$41.94 Image: State of the state of t</section-header> | <section-header></section-header>                                                                                      |

Images and products may vary depending on availability.

PAG. 54

 $\mathbf{O}$  = Dual purpose drugs and/or items. These drugs and/or items can be used for more than one condition.



### **HERBAL/NATURAL PRODUCTS**

| <section-header><text><text><text><text></text></text></text></text></section-header>                                               | PN29Melatonin<br>5 mg Tablets<br>Equivalent to: :Quantity: 100<br>Price: \$4.09                                   | <section-header><text><text><text><text></text></text></text></text></section-header>                                  |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| <section-header>PN31OSTEO BI FLEX<br/>TRIPLE<br/>STRENGTH<br/>TABLETSEquivalent to:<br/>Quantity: 40Price: \$18.75</section-header> | <section-header></section-header>                                                                                 | <section-header><section-header><text><text><text><text></text></text></text></text></section-header></section-header> |
| <section-header><text><text><text><text><text></text></text></text></text></text></section-header>                                  | PN35 <b>TIERRA</b><br>MADRE-<br>ANTI-INFLAMATION TEAANTI-INFLAMATION TEAEquivalent to:Cuantity:5 bagsPrice:\$2.40 | <section-header></section-header>                                                                                      |

Images and products may vary depending on availability.

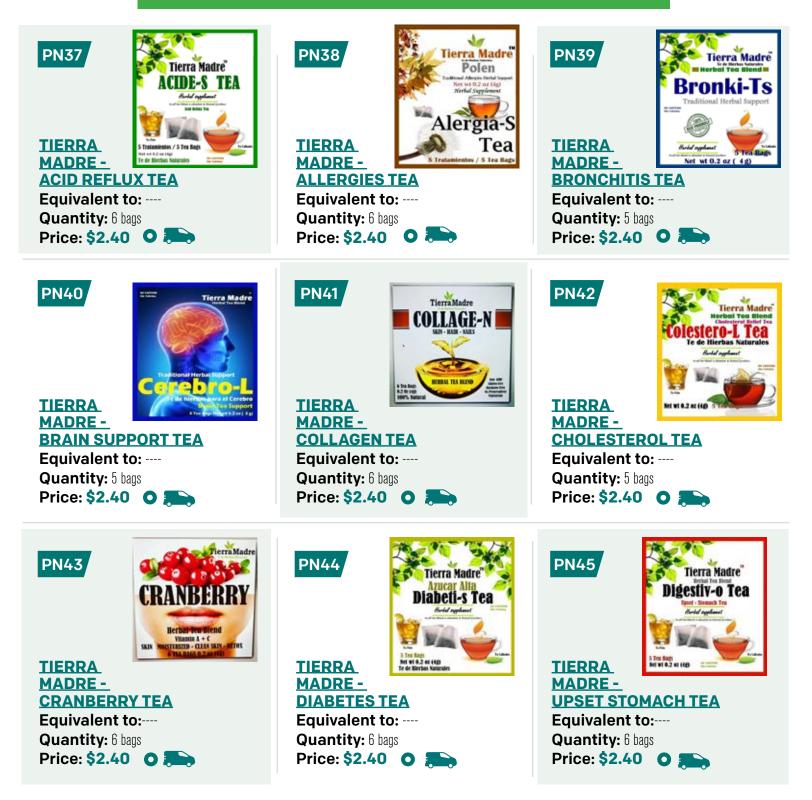
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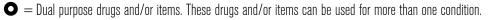
# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

### HERBAL/NATURAL PRODUCTS

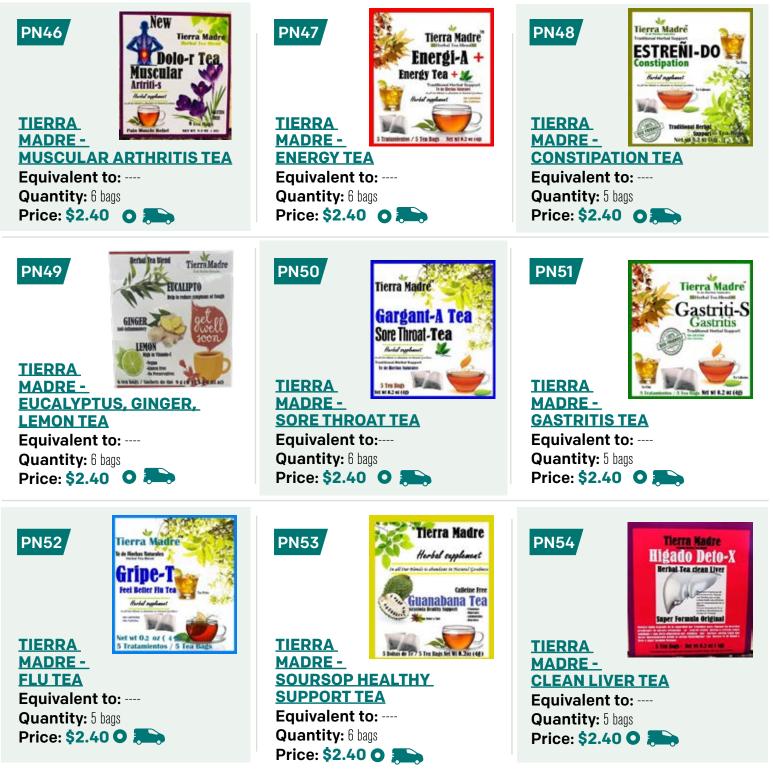


Images and products may vary depending on availability.





### **HERBAL/NATURAL PRODUCTS**

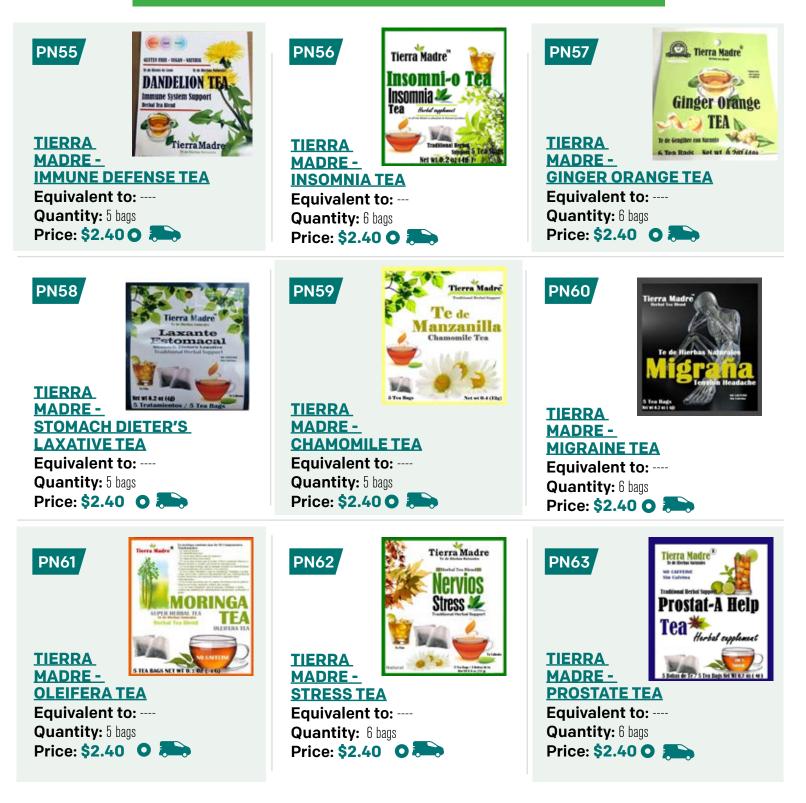




# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

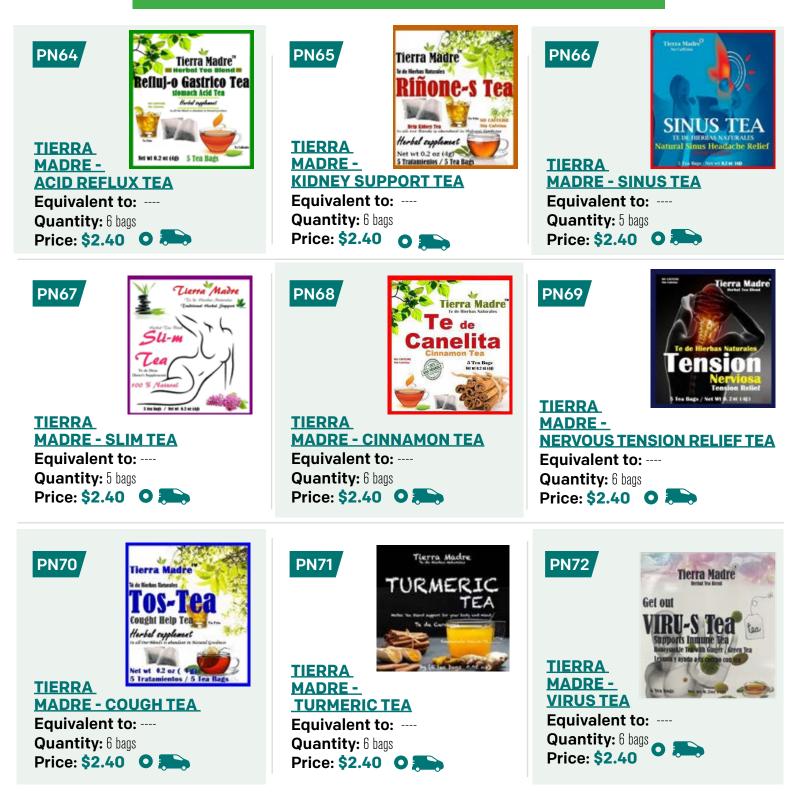
# HERBAL/NATURAL PRODUCTS



Images and products may vary depending on availability.



### HERBAL/NATURAL PRODUCTS

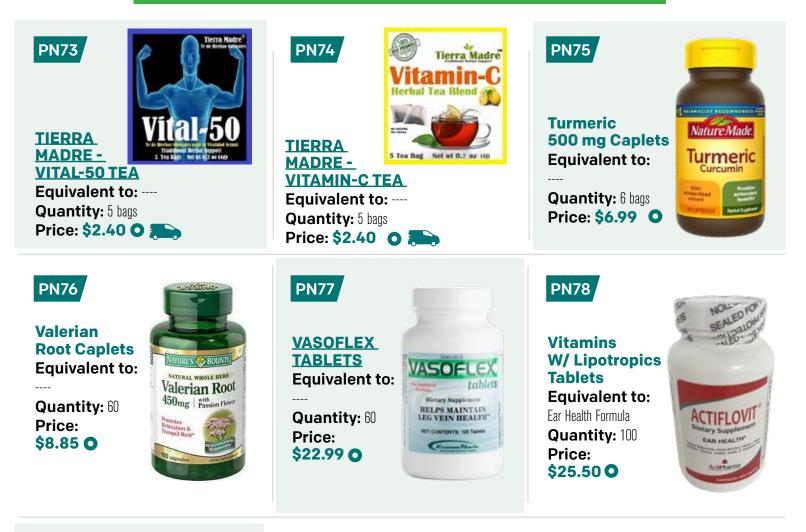




# **OTC 2023**

LIMITS IN THE QUANTITY OF ARTICLES BY CATEGORY MAY APPLY. PRICE VARIES BY ESTABLISHMENT.

## HERBAL/NATURAL PRODUCTS





Images and products may vary depending on availability.



• Dual purpose drugs and/or items. These drugs and/or items can be used for more than one condition.



### **COVID-19 TEST KIT**



### **PHYSICAL TRAINING BENEFIT**



PUZZLE IN A TUBE Equivalent to: -----Quantity: 150 pieces Price: \$13.50



PEDAL EXERCISE Equivalent to: -----Quantity: 1 Price: \$51.26



Images and products may vary depending on availability.



# **OTC 2023**

## FREQUENTLY ASKED QUESTIONS

#### What are OTC drugs?

OTC drugs and items are health-related drugs and items that are available over the counter, outside of the pharmacy area. The cost of these OTC drugs will not count towards your total Part D drug costs.

#### How does this benefit work?

Your coverage offers you a limited amount of money for OTC drugs and items. Refer to your Evidence of Coverage document for more details. This benefit offers you the opportunity to purchase drugs and items from a list that includes several categories, from painkillers to homeopathic medicines and vitamins. It also gives you the opportunity to maximize your Medicare Part D benefit and maintain your drug therapy throughout the year.

#### How long is this catalog valid?

The current catalog is valid for the 2023 policy year, until December 31st.

#### How long will it take for my order to be delivered?

If you use the At Your Door service, it will take approximately, no more than 5 working days after you complete the order. If you prefer to use your benefit at the pharmacy, you can pick up the items the same day.

## How do I know how much money I have available to order?

Each coverage has different benefits. To check the amount allocated to your coverage, check on the mobile application in the OTC at Your Door section directly, by calling Member Services, or by visiting one of our service offices near you.

## Can I share my benefit with a family member or friend?

OTC drugs and items are intended only for members' use to assist with a medical or health need. Use of this benefit to order OTC items for family and friends is prohibited.

## If I get a damaged item at home, what is the process for exchanging or returning?

If you receive a damaged item, call us within 30 days of receipt of your order. A replacement item will be sent to you. Other returns or exchanges are not allowed.

#### May I purchase disposable diapers and other adult incontinence items, pressure monitor, and gloves at the pharmacy?

No. These items are only available for home delivery.

#### Is there a different catalog for the pharmacy?

No, the catalog is the same. However, prices, presentations, and product names may vary by pharmacy.

## Where do I need to go in the pharmacy and how do I order catalog items?

You will be able to pick up OTC items at your favorite pharmacy WITHOUT A PRESCRIPTION in the pharmacy area. The items offered through this service are listed in the OTC catalog.

#### Which ones are the participating pharmacies?

You can find the list of pharmacies in the Providers' Directory or on our website: www.mmmpr.com.

## Are the prices shown on the OTC to your Door catalog the same as in my pharmacy?

Not necessarily. We study market prices to make sure that catalog prices are similar to those. However, there might be a slight difference in prices among the diverse businesses.

#### May I order by phone or on the mobile application directly to the pharmacy of my choice and pick it up later?

No. The phone or mobile ordering service is exclusive to the OTC at Your Door program.

#### If the total cost of the OTC items I'm picking up at the pharmacy surpasses my available balance, can I pay the difference at the pharmacy?

Yes. If the amount due is greater than your available balance, you can pay the difference at the pharmacy.





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## **OTC DRUGS AND ITEMS** CATALOG **2022**

