When a patient comes to you with a pulled muscle, maybe you should recommend Flora.

Perhaps the best time to start your patients thinking more seriously about their health is when they come to you with some more routine complaint.

It is now widely accepted that changes in diet and lifestyle can dramatically decrease the risk of Coronary Heart Disease developing.

So the best time to recommend Flora is before, not after, any symptoms of CHD present themselves.

Flora is high in essential polyunsaturated fats (cis-cis linoleic), because it is made with pure sunflower oil.

Whenever an opportunity arises to recommend ways in which your patients could reduce the CHD risk factors, recommend they change to Flora, too.

Flora. High in essential polyunsaturates.

For further information, please contact: The Flora Project for Heart Disease Prevention, 25 North Row, London W1R 2BY. Telephone: 01-408 2332.
Patients with hypertension or angina are infarction-prone

**BETIM**

timolol maleate

the beta-blocker with a difference

No other beta-blocker has performed as well as timolol in post infarction prophylaxis studies

---

Prescribing Information: Indications: Hypertension, angina and for protection after a myocardial infarction. Presentation: Each tablet contains 10 mg timolol maleate. Dosage: Hypertension: 2 tablets once daily. Angina: 3 tablets b.d. Myocardial infarction: 1 tablet b.d. for 2 days then 3 tablets q.d. Contra indications: Heart failure, heart block, cardiogenic shock, obstructive respiratory disease, myocardial depression anaesthesia, pregnancy. Precautions: Prolonged depression of sympathetic drive may precipitate cardiac failure. Caution in patients who are diabetic or who are taking antidiabetic drugs or sulphonylureas. Renal and hepatic dysfunction. Side Effects: Gastrointestinal symptoms, paraesthesia, cold limbs, headache, fatigue, tinnitus, sedation, depression, drowsiness, dryness, brownish heart block, heart failure, bronchospasm. Warning: Skin rash and or dry eyes discontinuation should be considered. Cessation of therapy should be gradual. Product Licence Number: 0728 00115 Basic N.H.S. Price: 100 x 87.