Quillivant XR™ Medication Guide, continued.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.
This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Quillivant XR?
- Store Quillivant XR in a safe place at 59°F to 86°F (15°C to 30°C).
- Keep Quillivant XR and all medicines out of the reach of children.

General information about the safe and effective use of Quillivant XR
Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Quillivant XR for a condition for which it was not prescribed. Do not give Quillivant XR to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Quillivant XR. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Quillivant XR that was written for healthcare professionals. For more information, please contact NextWave Pharmaceuticals, Inc., at 1-800-206-8115 or visit the website at www.quillivantxr.com.

What are the ingredients in Quillivant XR?
Active Ingredient: methylphenidate hydrochloride
Inactive Ingredients: sodium polystyrene sulfonate, povidone, triacetin, polyvinyl, sucrose, anhydrous trisodium citrate, anhydrous citric acid, sodium benzoate, saccharide, poloxamer 188, corn starch, xanthan gum, talc, banana flavor, and silicon dioxide.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Overcome a common skin problem

Q: I’m 34 and still suffer from acne. It’s so embarrassing. Can changing what I eat help?
A: Not only can tweaking your diet improve your overall health, but it might also improve the health of your skin (your body’s largest organ). Recent research published in the Journal of the Academy of Nutrition and Dietetics reports growing evidence that dairy products and foods with a high glycemic index may increase your likelihood of getting acne. The latter cause your blood sugar levels to soar, and both high-GI foods and dairy increase the production of hormones that may cause inflammation and acne flare-ups. Try to limit sugary breakfast cereals, white bread, white rice and sweets; eat only two or three servings of dairy a day. Fill up on whole grains, produce, lean proteins, beans and healthy fats.

Make sense of a new superfood

Q: Everyone seems to be talking about coconut oil. Is it good for you?
A: Yes! Many claims about coconut oil—from those about its infection-fighting properties to those about its ability to prevent dementia—aren’t proven, but recent studies do indicate certain promising benefits. Its saturated-fat content (86 percent) was once thought to be unhealthy, but coconut oil may actually be good for both your waistline and your ticker. That’s because it contains medium-chain fatty acids, which researchers say may increase weight loss when added to a healthy diet. Additionally, coconut oil may elevate HDL, the “good” cholesterol. The oil is still a high-calorie fat (120 calories and 14 grams of fat per tablespoon), though, and should be consumed sparingly. When cooking, substitute coconut oil for butter or other oils on a one-to-one basis; its distinct flavor pairs well with seafood, roasted vegetables and stir-fries, and it also works well in baked goods.
Sink your fangs into our chocolatey new granola bar.

Expert advice

Stay well all winter

Q Now that my kids are back in school, I worry about our getting sick. (All those germs!) Are there any vitamins or supplements we can take to stay healthy?

A The most important move you can make is to keep colds and the flu at bay is to wash your hands frequently. But some diet tricks can also strengthen your immunity. Ensure that your family eats vitamin- and mineral-rich leafy greens and red and orange produce, all of which contain important immune-boosting compounds. The U.S. Department of Agriculture recommends at least 2½ cups of vegetables and 2 cups of fruit each day. In addition, studies suggest that taking 1 gram of vitamin C a day may help prevent the common cold and reduce the length of time you're sick; research also finds that taking zinc daily while you have symptoms may shorten the duration of colds. You can also get these vitamins and minerals through food. Red bell peppers, oranges and broccoli are good sources of vitamin C, and fortified breakfast cereal and chickpeas are high in zinc.

Beef up your breakfast

Q I really like having oatmeal for breakfast, but within an hour of eating it, I'm hungry again. What gives?

A First ask yourself if you ate enough. A breakfast that consists of a packet of quinoa and water is around 110 calories—not enough to give you the energy you need to last until lunch. As a general rule of thumb, you should aim to eat around 400 calories per meal and supplement with a healthy 150-calorie snack, such as a pear and a stick of string cheese, if you feel hungry in between. If your stomach is growling so soon after you finish breakfast, you can keep yourself feeling fuller longer by adding some protein to the mix. One study showed that women who included protein as part of their breakfasts (up to 35 grams) felt more satisfied throughout the day. To give oatmeal some protein power, prepare the oats with low-fat milk instead of water and top with a dollop of low-fat Greek yogurt. Round out the meal with fruit, such as berries or chopped apple (for extra fiber, which helps fill you up), along with 1 to 2 tablespoons of chopped nuts (for healthy fats, which also help with satiety).

* Dawn Jackson Blatner, RD, is the author of The Flexitarian Diet.

Ask A1 You... Do you have a diet or fitness question? Visit allyou.com/your-health.