

February 2023



kenron.ca

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Monthly Mix

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February 20th is National Love your Pet Day!



We know you do not need a special day for this because you love your pet EVERY day! But did you know that we love your pets too? Kenron is proud to offer veterinary compounding services and we love nothing more than when our four-legged patients come to visit us.

Stressed? Muscle Pains? Migraines? Can't Sleep?

Magnesium is the 4th most abundant mineral in your body and it is critical for coping with stress. Over 1 in 3 Canadians are deficient in magnesium because magnesium levels in our soil, and thus the foods we eat are declining. Some prescription medications can also deplete your body of magnesium. Signs of deficiency include: trouble falling or staying asleep, muscle pain or spasms, restless leg syndrome, heart palpitations, depression, irritability or anxiety, fatigue and migraine headaches. Magnesium Bisglycinate is available without a prescription. Speak to your Kenron Pharmacist to find out if it is right for you!



Save 25%

On Magnesium Products
Until Feb 28th, 2023

Did you know that there are compounded medications to enhance female sexual satisfaction by improving ease of stimulation, sensitivity and intensity of orgasms? Speak to your Kenron Pharmacist today for more information!



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Chocolate Strawberry Cake

Enjoy this low-calorie, easy and decadent dessert with your sweetheart this Valentines Day!

Ingredients:

- 1/2 cup of sugar
- 3/4 cup of yogurt
- 1/2 cup of oil
- 1 tbsp. of butter
- 3 tbsp. of cocoa powder
- 1 cup of flour
- 150 grams of strawberries



Chocolate ganache:

- A few chocolate chunks
- 2 tbsp. of milk
- 1 tbsp. of cocoa powder

Instructions:

- Combine all cake ingredients and whisk in a mixing bowl.
- Pour cake batter into lined cake tin.
- Bake at 350F/180C for 35-40 minutes or until inserted skewer comes out clean.
- Cool it completely before removing it from tin.
- Pour over chocolates and microwave for 30 seconds.
- Pour the ganache over the cake and spread it uniformly.
- Decorate with chopped strawberries!
- Refrigerate for at least 30 minutes.

Enjoy!

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10% OFF
 ANY PURCHASE OF \$20 OR MORE
 Cannot be combined with other offers. No cash value.
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