

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

February 5-19

Kleenex®
Trusted Care™,
2-Ply Tissues,
144 Tissues

3.99



Excel
Selected
Varieties,
12 Pieces

99¢



**Werther's
Original®**
Caramel
Hard
Candies,
135 g

2.19



Maynards
Selected
Varieties,
60 g - 64 g

99¢



Halls
Mentho,
Selected Varieties

99¢



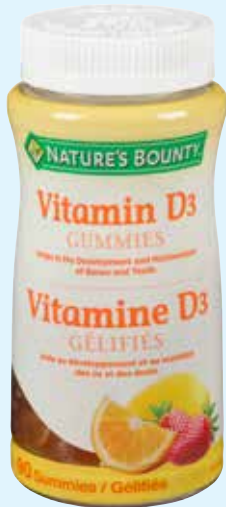
Halls
Mentho,
Triple Soothing Action,
Black Cherry Flavour,
9 Cough Tablets

99¢



Ricola
Selected
Varieties

2.79



6.99

Nature's Bounty®
Vitamin D3 Gummies,
90 Gummies



2.99

Palmolive®
Essential Clean,
Original,
828 mL



3.99

PharmaSystems®
Twice Daily,
Pill & Vitamin Planner

**health
One™**

4.29



Lens Wipes
30 Count

2.99

Lens Cleaner
2 oz



4.99

Aspirin®
Daily Low Dose,
81 mg,
30 Tablets Enteric
Coated



6.99

health One™
Cough & Congestion,
Herbal Original
Mixture,
100 mL



13.99

Cold-FX®
First Signs,
24 Capsules

Benylin®

7.49

All-In-One,
Cold and Fever,
Bubble Gum
Flavour or
Nighttime,
Apple Flavour
Dry Cough,
Extra Strength,
100 mL



Aspirin®
Quick Chews,
Daily Low Dose,
81 mg,
30 Tablets

5.99



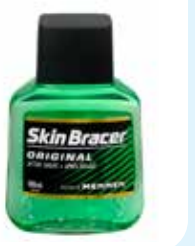
8.99

Rub • A535
Injury,
Ice to Heat Relief or
Muscle & Joint,
Regular Strength or
Extra Strength,
100 g Cream

**Skin
Bracer**

2.29

Original,
After Shave,
100 mL



6.99

Neutrogena®
Norwegian Formula®,
Hand Cream,
Fragrance-Free,
50 mL



15.99

Cetaphil®
Daily Advance,
Ultra Hydrating
Lotion,
Dry Skin,
Sensitive,
473 mL



3.49

**Speed
Stick®**
Ocean Surf,
Deodorant,
70 g



3.99

**Speed
Stick®**
Irish Spring,
Deodorant,
85 g

healthOne

Compare & Save!



9.99
Calcium
500 mg,
250 Tablets



12.99
**Glucosamine
Sulfate**
500 mg,
180 Tablets



14.99
**Multivitamin
& Minerals
Advantage**
100 Tablets

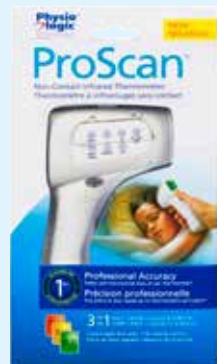


7.99
Acetaminophen
325 mg,
100 Tablets

HEART HEALTH

The world has been affected by the COVID-19 pandemic for over a year, and studies have shown that people who have a heart condition are at a higher risk to experience more complications if infected by the COVID-19 virus. If you have a heart condition or have had a stroke, which are termed underlying conditions, it is best to avoid exposure to the virus by staying home during outbreaks. Consider:

- Following the public health measures:
 - social distancing
 - proper handwashing
 - wearing a mask
 - not touching your face
- Having an adequate supply of your medications and having your refills delivered by your pharmacy.
- Quitting smoking and minimizing alcohol intake.
- A regular exercise routine.
- Stocking up on heart healthy foods and enrolling in grocery store online order and delivery service to receive groceries regularly, especially perishables such as vegetables and fruit.
- Cooking healthy meals by following Canada's Food Guide.
- Not avoiding medical appointments if you feel any symptoms that need medical attention, as virtual doctor appointments are available.
- Learning how to use a blood pressure monitor at home for regular monitoring. Ask your pharmacist which type and model is most appropriate for your needs.
- If you feel any symptoms of a heart attack or stroke, call or have your family member contact 9-1-1.



49⁹⁹

Physio Logic®
ProScan™,
No-Contact Infrared
Thermometer,
Professional Accuracy



13⁹⁹

RestoraLAX®
Laxative,
No Taste,
238 g,
14 Doses



11⁹⁹

Nature's Bounty®
Wild Salmon & Fish Oils,
1,000 mcg,
180 Softgels



9⁹⁹

health One™
Fibre Laxative,
Orange Flavour,
425 g,
72 Doses



16⁹⁹

Jamieson™
Omega 3-6-9
150 + 50 Softgels
or
CoQ10
120 mg,
30 + 30 Softgels



23⁹⁹

**Nature's
Bounty®**
Co Q-10,
100 mg,
90 Softgels



8⁴⁹

**Nature's
Bounty®**
Garlic,
Odorless,
1,000 mg,
100 Softgels



18⁹⁹

**Nature's
Bounty®**
Omega-3,
Fish Oil,
1,000 mg,
180 Softgels

Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

- Computerized patient files
- Med checks
- Compounding
- Compliance packaging
- Clinic days
- Prescription transfer from other pharmacies

Pepcid®
AC®
Maximum
Strength,
20 mg,
25 Tablets
Complete®
Dual Action,
Berry or Mint Flavour,
25 Chewable Tablets

12⁹⁹



9⁹⁹

Gaviscon®
Regular
Strength,
Soothing
Fruit Blend
or Icy Mint,
340 mL

Gravol™
Quick Dissolve
Chewable,
Adults,
50 mg,
8 Orange
Flavour
Tablets

3⁹⁹



7⁴⁹

Phillips'®
Antacid
Milk of
Magnesia,
Wild Cherry,
350 mL

Gastrolyte®
Oral Rehydration Salts,
10 x 4.9 g Sachets

11⁹⁹



Orajel™
Instant Pain
Relief,
Toothache Relief,
Maximum,
Medicated,
9.5 g

5⁹⁹



2⁶⁹

Listerine®
POCKETPAKS®,
Cool Mint,
24 Breath
Strips



5⁹⁹

Murine®
Wax Removal
System,
Ear Drops &
Ear Washer,
15 mL



10⁹⁹

Biotrue®
Dry Eye Relief,
Eye Drops,
Preservative
Free,
10 mL or 15 mL



9⁹⁹

health One™
Vitamin D,
1,000 IU Drops,
15 mL

Blood Pressure

If you have high blood pressure, making a few lifestyle changes can improve your heart health. If lifestyle changes do not successfully manage your blood pressure, your doctor may recommend medication. Some people use a blood pressure test at home to better track their heart health. If you have low blood pressure, your symptoms will depend on the cause. Together, you and your doctor can discuss the best treatment for you.

Physio Logic®

44⁹⁹



Blood Pressure Monitor



9⁹⁹

Jamieson™
Magnesium,
100 mg,
100 Tablets



5⁴⁹

**Nature's
Bounty®**
Folic Acid,
1 mg,
150 Tablets

health One®
9⁹⁹

Acetaminophen
Extra Strength,
500 mg,
100 Caplets



7⁹⁹

**Stool
Softener**
100 mg,
100 Capsules



14⁹⁹

**Probiotic
Adult 50+**
20 Capsules
Probiotic Adult
40 Capsules



1⁹⁹

**Hydrogen
Peroxide**
Antiseptic Topical
Solution,
450 mL



6⁹⁹

Vitamin D3
Extra Strength,
1,000 IU,
90 Tablets

Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.org; www.hearstandstroke.ca and www.canada.ca. It is intended for information purposes only and should not be used in place of consultation with a health-care professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein.

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