

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

March 5-19



2⁹⁹

Kleenex®
Soothing Lotion™,
With Aloe & E,
65 2-Ply Tissues

Toffifee®
123 g,
15 Pieces

2⁴⁹



Effem
Selected
Varieties

1¹⁹



Cadbury
Mini Eggs,
33 g

1⁰⁹



Halls
Selected
Varieties

2⁷⁹



Neutrogena®
Hand Cream,
Fragrance-Free,
50 mL

6⁹⁹



Cetaphil®
PRO
RESTORADERM,
Eczema Soothing,
Dry, Itchy Skin,
295 mL

14²⁹



3⁹⁹

Tylenol®
Extra Strength,
Fast Pain Relief,
500 mg,
Easy To Swallow 24
eZtabs or 24 Tablets

Allegra®
Allergies,
24 Hour,
Non-Drowsy,
12 mg,
12 Tablets

9²⁹



abreva®
Cold Sore
Treatment,
2 g

18⁹⁹



**Children's
TYLENOL®**
Fever & Pain,
Ages 2-11,
Banana Berry,
100 mL

7⁹⁹



7⁹⁹

Gold Bond®
Pain Relieving,
Foot Cream,
113 g

Vaseline®
Original
Healing Jelly,
For Dry Skin,
100 g

2⁹⁹



Q-tips®
Cotton Swabs,
170 Count

2⁹⁹



Cetaphil®
Oily Skin
Cleanser or
Moisturizing
Lotion,
250 mL

12⁹⁹



6⁹⁹

Jamieson™
Premium Vitamin D3,
1,000 IU,
Bonus 200 + 40 Tablets

Colgate®
Toothbrush,
Extra Clean
or Toothpaste,
95 mL

2⁴⁹



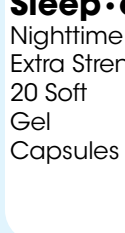
Colgate®
Total*
Clean Mint Paste,
120 mL or Advanced
Whitening Gel,
70 mL

4¹⁹



Sleep·eze®
Nighttime Sleep Aid,
Extra Strength,
20 Soft
Gel
Capsules

7⁹⁹



**Nature's
Bounty®**
Green Tea
Extract,
200 mg,
100 Capsules

13⁹⁹



Ester-C®
Vitamin C,
Stomach
Friendly,
500 mg,
90 Coated
Tablets

12⁹⁹



Cleenzee
Hand Sanitizer,
500 mL

8⁹⁹



healthOne™

Compare & Save!



12⁴⁹

**Ibuprofen Extra
Strength Caplets**
Pain Reliever,
400 mg,
72 Caplets



17⁹⁹

**Glucosamine
& Chondroitin
With MSM**
1,300 mg,
60 Tablets



8⁹⁹

**Zinc
Tablets**
50 mg,
100 Tablets



10⁹⁹

Eye Care
Time Release,
50 Tablets
Balanced B-50
B Complex Tablets
Timed Release,
100 Tablets

Allergies

In the spring, many people suffer from seasonal allergies, which can make you miserable and can interfere with your daily life and activities at work and leisure. It is possible to have allergies and a viral infection at the same time. It is important to identify your symptoms and if you have fatigue and a fever with your allergies, then contact your doctor.

Tips On Using Antihistamines

If your symptoms are not too severe, you can consult with your pharmacist for the recommended antihistamine that will help you manage your symptoms:

- Take it early so it has time to be in your body before exposure to the allergen - about an hour before going outdoors.
- If you need to use antihistamines on a long-term basis, change the antihistamine as your body may become used to one type.
- Do not drink alcohol with antihistamines.
- Oral antihistamines are more effective than creams containing antihistamines, even for skin allergies.



9⁹⁹

Claritin®
Allergy,
Non-Drowsy,
10 mg,
24 Hour,
10 Tablets



7⁹⁹

Children's Benadryl®
Allergy,
Liquid,
Under 12 Years,
Bubble Gum Flavour,
100 mL

Reactine®
Complete Sinus + Allergy,
12 Hour,
Non-Drowsy,
10 Extended Relief Tablets or
Allergy,
Extra Strength,
24 Hour Relief,
10 mg,
10 Tablets

9⁹⁹



4⁴⁹

Clear Eyes®
Allergy Eye
Drops,
15 mL



5²⁹

Dristan®
Fast Acting,
Nasal Mist,
15 mL Spray



10⁹⁹

Aerius® Kids
Allergy,
Once a Day
Formula,
Bubble Gum
Flavour,
100 mL

NeilMed®
Sinus Rinse™,
100 Premixed
Packets or Extra Strength,
70 Premixed
Packets

14⁹⁹



health One™
Allergy Relief,
Extra Strength,
10 mg,
12 Tablets

10⁹⁹



Ask Your Pharmacist

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

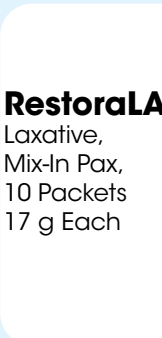
Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

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



7⁹⁹

Fleet®
Enema,
Mineral Oil,
Lubricant Laxative,
130 mL



13⁹⁹

RestoraLAX®
Laxative,
Mix-In Pax,
10 Packets
17 g Each



9⁹⁹

Jamieson™
Calcium
Magnesium,
Bonus 100 +
100 Tablets



12⁹⁹

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



10⁹⁹

Nature's Bounty®
Chelated Zinc,
50 mg,
100 Caplets



7⁹⁹

Gaviscon®
For Acid Reflux
& Heartburn,
Extra Strength,
Fruit Blend,
25 Chewable
Foamtabs®



6⁹⁹

Gravol®
Easy To
Swallow Tablets,
Adults,
50 mg,
30 FilmKote®
Tablets



9⁹⁹

Jamieson™
Fast Dissolving
Melatonin,
3 mg,
100 Sublingual
Tablets



21⁹⁹

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



18⁹⁹

Nature's Bounty®
Lutein,
With Omega-3,
45 Softgels

Headaches

Headache is pain in any region of the head. Headaches may occur on one or both sides of the head, be isolated to a certain location, radiate across the head from one point, or have a viselike quality. Headaches can develop gradually or suddenly, and may last from less than an hour to several days. Headaches usually can be treated with over-the-counter pain medications and healthy habits such as a regular schedule for sleeping and eating.



6⁹⁹

Aleve®
Liquid Gels,
Naproxen Sodium Capsules,
220 mg,
20 Liquid Gels



13⁹⁹

Nature's Bounty®
Absorbable
Magnesium,
125 Softgels



9⁹⁹

Advil®
Extra Strength,
400 mg,
32 Caplets



12⁹⁹

Cell-Fer
Ferrous Ascorbate,
60 Capsules

5⁹⁹

**Muscle And Back
Pain Relief**
Extra Strength,
18 Caplets



11⁹⁹

Desloratadine
Allergy Control,
24 Hour Relief,
5 mg,
20 Tablets



8⁹⁹

Acetaminophen Tablets
Extra Strength,
500 mg,
100 Caplets



17⁹⁹

**Multivitamins
& Minerals
Advantage**
100 Tablets

Speak to your medical professional or pharmacist for more information.

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