

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

June 4-18

health One™
Extra Strength
Ibuprofen,
Liquid Gel Capsules,
400 mg,
24 Capsules

5.99



2.49

Russell Stover
Selected Varieties,
85 g



1.29

Nestlé
Selected Varieties



99¢

Excel
Selected Varieties,
12 Pieces



6.49

health One™
Desloratadine Allergy Control,
24 Hour Relief,
Non-Drowsy,
5 mg,
20 Tablets



14.99

NeilMed®
Sinus Rinse™ Kit,
Includes 50
Premixed
Packets or
100 Premixed
Packets



9.99

Claritin®
Allergy,
Non-Drowsy,
10 mg,
10 Tablets or
Kids,
Grape,
1 mg,
120 mL



4.99

TUMS®
Smoothies™
Berry Fusion,
Extra Strength,
750 mg,
60 Count



6.99

Tiger Balm®
Pain Relieving
Ointment,
Ultra Strength,
Concentrated
Form,
18 g



6.99

Kolik®
Gripe Water,
Alcohol-Free,
150 mL



39.99

K-Citra® 10
Potassium
Citrate,
1080 mg,
100 Tablets



5.99

Jamieson™
Vitamin C,
Antioxidant Support,
500 mg,
Bonus 100 + 20 Caplets



6.99

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



14.99

Jamieson™
Multi Vitamin,
100% Complete,
Adults,
90 Caplets



17.99

Centrum™
Cardio™
For Heart
Health,
90 Tablets



15.99

Nizoral®
Anti-Dandruff
Shampoo,
120 mL



2.49

Palmolive®
Essential Clean™
Original,
Dish Liquid,
828 mL



9.99

Tucks®
Personal
Cleansing Pads,
Cool And Soothing,
40 Moist Soft
Cloth Pads



1.49

Kleenex®
Go Pack,
3 Packs,
10 3-Ply White Tissues



1.99

Mansfield
Cotton Balls,
Regular,
Pure 100%,
300 Count



1.99

health One™
Plastic
Bandages,
1.9 cm x 7.6 cm,
25 Count



9.99

Huggies
Natural Care®
Sensitive Wipes,
168 Wipes,

healthOne

Compare & Save!



5.99

Diarrhea Relief
Antidiarrheal,
2 mg,
12 Caplets



9.99

Dairy Digestive Supplement
Regular,
Lactase Enzyme,
100 Caplets



3.49

Foam Ear Plugs
Non Irritating,
6 Pairs



4.99

Isopropyl Rubbing Alcohol
70% V/V,
Antiseptic Cleanser,
473 mL

Skin Care

Skin Care: 5 Tips for Healthy Skin

Good skin care — including sun protection and gentle cleansing — can keep your skin healthy and glowing. Don't have time for intensive skin care? You can still pamper yourself by acing the basics. Good skin care and healthy lifestyle choices can help delay natural aging and prevent various skin problems. Get started with these five no-nonsense tips.

1. Protect yourself from the Sun

One of the most important ways to take care of your skin is to protect it from the sun. A lifetime of sun exposure can cause wrinkles, age spots and other skin problems — as well as increase the risk of skin cancer.

- Use sunscreen - use a broad-spectrum sunscreen with an SPF of at least 15
- Seek shade
- Wear protective clothing

2. Don't smoke

Smoking makes your skin look older and contributes to wrinkles.

3. Treat your skin gently

- Limit bath time
- Avoid strong soaps
- Shave carefully
- Pat dry
- Moisturize dry skin - consider a moisturizer that contains SPF

4. Eat a healthy diet

A healthy diet can help you look and feel your best. Eat plenty of fruits, vegetables, whole grains and lean proteins. Drinking plenty of water helps keep your skin hydrated.

5. Manage stress



11⁹⁹

Aveeno®
Protect + Hydrate®
Face & Body Sunscreen,
SPF 30,
81 mL Lotion



4⁹⁹

Fruit of the Earth®
Aloe Vera,
100% Gel,
Pure, No Color Added,
340 g



7⁹⁹

Batiste
Dry Shampoo,
Original,
200 mL



11⁹⁹

Neutrogena®
Ultra Sheer®
Dry-Touch
Sunscreen,
SPF 60,
88 mL Lotion



5⁹⁹

Vaseline®
Intensive Care®
Aloe Vera,
Non-Greasy
Lotion,
295 mL



6⁹⁹

Solarcaine®
Soothing Gel
With Pure Aloe,
110 mL

Tylenol®
Extra Strength,
500 mg,
100 Caplets

9⁹⁹



7⁹⁹

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

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



3⁹⁹

Speed Stick®
Ocean Surf™
Deodorant,
24HR Odour
Protection,
70 g



2⁹⁹

Skin Bracer®
Original,
After Shave,
100 mL



14⁹⁹

Biofreeze®
Cold Therapy
Pain Relief,
Gel 89 mL
or Roll-On 74 mL



14⁹⁹

Advil®
Liquid-Fast
Relief,
Extra Strength,
400 mg,
50 Ibuprofen Capsules



5⁹⁹

health One™
Platinum Muscle
And Back Pain Relief,
18 Caplets



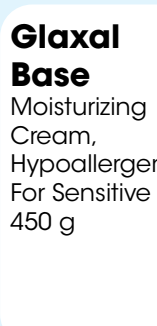
9⁹⁹

Aveeno®
Active Naturals®
Daily Moisturizing
Lotion,
Fragrance Free,
354 mL



6⁹⁹

Barriere®
Silicone Skin
Cream,
100 g



19⁹⁹

Glaxal Base
Moisturizing
Cream,
Hypoallergenic,
For Sensitive Skin,
450 g



5⁹⁹

Dr. Scholl's®
Duragel™ Technology
Corn Removers,
Maximum
Strength,
6 Medicated
Discs,
6 Cushions



4⁹⁹

health One™
Corn Remover,
With 10 Refill
Blades

health One™

Introducing **health One**, the newest value in private label healthcare products! Available at your local pharmacy and now online from HealthSnap, **health One** products provide an excellent alternative to brand name products' higher prices while still providing brand name equivalent health benefits. Manufactured by the leading generic manufacturers in Canada and recommended by local pharmacists, **health One** is great value for you and your family.



9⁴⁹

health One™
Digital
Thermometer,
Flexible Tip,
°C & °F



9⁹⁹

health One™
Calcium 500 +
Vitamin D3 400,
100 Tablets



2⁹⁹

health One™
Foam Ear Plugs,
1 Pair With Case



Ibuprofen Liquid Gel Capsules **7⁹⁹**
200 mg,
72 Capsules



6⁹⁹

Sinus Relief
Combo Pack,
Daytime Relief,
Non-Drowsy,
18 Daytime Caplets
and Nighttime Relief,
6 Nighttime Caplets



2⁴⁹
Hydrogen Peroxide 3%
473 mL



8⁹⁹

Children's Chewable Multiple Vitamins Tablet
100 Tablets

Speak to your medical professional or pharmacist for more information.

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