

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

September 3-17



9.99

Aveeno®
Active Naturals®
or Aveeno Baby®
Eczema Care,
Moisturizing Cream,
166 mL

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

3.99



Cottonelle®
FreshCare®
SafeFlush Technology®
42 Cloths

3.49



7.99

Jamieson™
Chewable Vitamin C,
500 mg,
Bonus 100 + 20 Tablets or
Premium Vitamin D3,
1,000 IU,
Bonus 200 + 40 Tablets

Excel
Selected Varieties,
12 pieces

99¢

Vicks®
VapoDrops,
Cherry Flavour
or **Vitamin C**,
Orange Drops,
20 Drops

99¢

Tylenol®
Extra Strength,
500 mg,
100 Caplets
or Easy to
Swallow
100 eZtabs

9.99

RUB • A535™
Muscle & Joint,
Maximum
Strength
or No Odour
Extra Strength,
100 Cream

8.99

G-U-M®
Soft-Picks®
Original,
With Travel Case,
80 Picks

4.99

Penaten®
Medicated
Cream,
For Common Skin Irritations,
55 g

5.99

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

2.39

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

1.49

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

7.99

Salonpas®
Pain Relieving
Topical Patch,
Large,
4 Patches,
13cm x 8.4cm

3.99

G-U-M®
Secure®
Denture Adhesive Cream,
Zinc Free,
Last Up to 12 Hours,
40 g

3.99

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

8.99

Pringles®
Potato Chips,
Original, 67 g or
Sour Cream & Onion, 68 g

1.09

Sleep-eze®
Nighttime Sleep Aid,
Extra Strength,
10 Coated
Caplets

3.99

Gravol™
Adults,
50 mg,
Taste Free Liquid
Gel Capsules,
8 Capsules or
Quick Dissolve
Chewable,
8 Orange
Flavour Tablets

3.99

TENA®
Unisex
Underwear,
Small 14,
Medium 14,
Large 13 or
XLarge 11

15.99

G-U-M®
Denture Brush

2.99

Kolik®
Original
Gripe Water,
150 mL Liquid

6.99

healthOne

Compare & Save!



4.99
Cold Medication
Extra Strength,
Combo Pack,
12 Non-Drowsy Day
& 12 Night Caplets



3.99
Ibuprofen
Liquid Gel Capsules,
Extra Strength,
400 mg,
12 Capsules

6.99
Diarrhea Relief
2 mg,
30 Caplets



11.99
Rapid Digital Thermometer
Flexible Tip,
10 Seconds,
°C & °F

Supplements

Who Needs Supplements?

Supplements aren't for everyone, but older adults and others may need them to get the nutrients they might otherwise lack.

You likely don't need supplements if you're a healthy adult who eats a variety of foods, including fruits, vegetables, whole grains, legumes, low-fat dairy products, lean meat, and fish.

But supplements — or fortified foods — may be appropriate if you:

- Are pregnant or are trying to get pregnant
- Are age 50 or older
- Have a poor appetite or have trouble getting nutritious foods
- Follow a diet that excludes entire food groups
- Have a medical condition that affects how your body digests nutrients, such as chronic diarrhea, food allergies, food intolerance, or a disease of the liver, gallbladder, intestines, or pancreas
- Have had surgery on your digestive tract that affects how your body digests nutrients

Choosing and using supplements

If you decide to take a supplement, it's important to:

- Check the label
- Avoid megadoses
- Watch what you eat
- Tell your doctor
- Watch for alerts and recalls
- Report problems



9.99

Jamieson™
Vitamin B12,
1,000 mcg,
100 Sublingual
Tablets



5.99

Redoxon®
Double Action,
Vitamin C & Zinc,
15 Orange
Effervescent Tablets



12.99

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



10.49

Flintstones™
Active Kids
Gummies,
With Calcium &
Extra Vitamin D,
50 Gummies



11.99

One A DAY®
Advanced
Multi-vitamin,
More Vitamin D
& Selenium,
Women or
Men 50+,
90 Tablets



17.99

Centrum®
Complete
Multivitamin/
Mineral
Supplement,
Women or
Men 50+,
90 Tablets



17.99

Centrum®
Select® Essentials
Adults 50+,
Complete
Multivitamin/
Mineral
Supplement,
100 Tablets



21.99

Centrum®
Cardio™
For Heart Health,
Complete
Multivitamin/
Mineral
Supplement,
90 Tablets

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

Benadryl®
Allergy,
25 mg,
12 Caplets

6.99



4.99

Clear eyes®
Allergy
Eye Drops,
15 mL



9.99

Bausch +Lomb renu®
Fresh™
Multi-purpose
Solution,
355 mL

Bausch +Lomb PreserVision™
Eye Vitamin
and Mineral
Supplement
**AREDS 2
Formula,**
60 Soft Gel
Capsules

15.99



Bausch +Lomb PreserVision™
Eye Vitamin
and Mineral
Supplement
**Omega-3
Formula,**
120 Soft Gel
Capsules

27.99



Dr.Scholl's®
Corn Removers,
DURAGEL™
Technology,
6 Medicated
Discs

4.99



Nix®
Dermal Cream,
For Scabies,
30 g

21.99



7.99

Barriere™
Silicone
Skin Cream,
100 g

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

8.99



7.99

Complex 15®
Daily Face Cream,
Hypoallergenic,
Oil Free,
100 mL

Acne Mistakes

People with acne might see better results if they avoid these common skin care mistakes:

- **Using oily products.** Instead use products that are water based and not likely to block pores.
- **Forgetting to wash your face daily.** Problem areas need gentle cleansing with lukewarm water and mild soap.
- **Being too rough with your skin.**
- **Touching your face.** Too much contact can cause flare-ups.
- **Picking/squeezing pimples.** Can cause infections or scars.



13.99

Cetaphil®
**Gentle Skin
Cleanser**
Face & Body
500 mL

Cetaphil®
**Moisturizing
Cream**
Dry to Very Dry Skin,
Body,
453 g

19.99



7.99

Neutrogena®
Oil-free
Acne Wash,
177 mL or 200 mL

healthOne



12.99
**Multiple Vitamins
+ Iron Tablets**
250 Tablets



13.99
**Glucosamine
& Chondroitin
with MSM**
1300 mg,
60 Tablets



8.99
**Calcium Plus
Chewables
or Eye Care**
50 Tablets



8.49
**Multivitamins
& Multiminerals**
With Ginseng,
75 Tablets

Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.org. It is intended for information purposes only and should not be used in place of consultation with a healthcare 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.

Prices in effect Friday, September 3 – Friday, September 17, 2021 or while quantities last. Flyer features and products available while supplies last. Where "assorted" and "selected" varieties are indicated, not all products may be available. We reserve the right to limit quantities due to space limitations or manufacturer supply issues. Not all items may be available as advertised. All prices are subject to applicable sales taxes. Any coupon offers will be subject to our coupon policy. Participating pharmacies are independently owned and operated. healthOne™ is a registered trademark of Kohl & Frisch Limited.