

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

November 6 - 20

Cottonelle®
FreshCare,
SafeFlush Technology,
42 Cloths

249



Russell Stover
Selected
Varieties,
85 g

249



Halls
Selected
Varieties

279



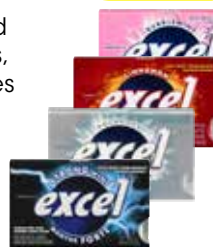
Werther's Original
Caramel Hard
Candies,
70 g

199



Wrigley's Excel
Selected
Varieties,
12 Pieces

109



399

New-Skin®
Liquid Bandage,
For Minor Cuts
& Scrapes,
10 mL

Enfamil™
50 mL

1099



D.VI.SOL
Liquid Vitamin D
Supplement,
400 IU

1299

POLY-VI-SOL
Liquid Multi-Vitamin
Supplement



abreva

Cold Sore Treatment
Traitement des feux sauvages

1599

abreva®
Cold Sore Treatment,
Tube or Pump,
2g



1649

clera™
Cold Sore
Treatment,
5 mL Gel



799

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



599

Sensodyne®
Toothpaste,
Value Size,
Whitening Plus
Tartar Fighting or
Fresh Mint,
135 mL



399

Tylenol®
Extra Strength,
Clinically Proven
Fast Pain Relief,
500 mg,
24 eZTabs



799

Infants' Tylenol®
Fever & Pain,
Cherry,
24 mL



99¢

G-U-M®
Toothbrush,
Dome Trim,
Soft

G-U-M®
Flossers,
Mint,
90 Count

149



1199

Cetaphil®
Oily Skin
Cleanser,
500 mL



1599

Cetaphil®
Moisturizing Cream,
Dry To Very Dry Skin,
453 g



499

pHisoDerm®
Clinical,
Restorative
Facial Cleanser,
225 mL



999

Aveeno®
Skin Relief
Moisturizing Lotion,
Diabetics' Dry Skin,
Fragrance Free,
354 mL



799

NIVEA
Soft,
Refreshing Soft
Moisturizing Cream,
200 mL



999

Dermal Therapy™
Heel Care,
90 g



699

Gold Bond®
Ultimate,
Moisturizing,
Skin Therapy
Cream,
160 g

healthOne

Compare & Save!



999

Vitamin B12
1500 Timed
Release,
120 Tablets



799

Men's Formula

999

Formula For Women

Triple Antibiotic Ointment

399

Vitamin E Enriched,
15 g



499

Diarrhea Relief
2 mg,
12 Caplets

Taking Control of Your Diabetes

The Clinical Practice Guidelines, developed by Diabetes Canada, can help people with diabetes live longer, healthier lives. Following these guidelines can help you prevent long-term complications such as heart disease, stroke, and eye, foot or kidney problems.

On a Daily Basis, You Are the One in Charge

Every day you can make choices that will have a positive effect on your diabetes. You choose what, when, and how much to eat; whether to be physically active; when and how to take your medications and keep track of your blood glucose (sugar) levels. Your pharmacist and diabetes educator can help you by providing you with information and teaching you about diabetes care, and what to expect from your healthcare team.

Check at Every Visit

Your blood pressure, weight and if you smoke, ask your pharmacist or diabetes educator about a plan to help you quit.

Check at Least Every 3-6 Months

A1c: This is the blood test that tells you what your average blood glucose has been for the past 2-3 months.

Check at Least Once a Year

Cholesterol, kidney function test, foot exam and eye exam.



8⁹⁹

Dex4®
Fast Acting
Glucose,
Assorted Flavours,
50 Tablets



10⁹⁹

**Nature's
Bounty®**
Cinnamon,
500 mg,
100 Capsules



6⁹⁹

Benlyn®
For People with
Diabetes,
Extra Strength,
Cough & Chest
Congestion,
100 mL



10⁹⁹

**health
One™**
Cell-Fer Plus,
Ferrous
Ascorbate,
Folate + B12,
60 Capsules



9⁹⁹

**Nature's
Bounty®**
Magnesium,
210 mg,
75 Tablets



11⁹⁹

**Caltrate
Plus®**
800 IU Vitamin D3,
Calcium,
Bone Building
Minerals,
60 Tablets

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

4⁹⁹



3⁹⁹

Advil®
200 mg,
24 Caplets



Children's 6⁹⁹

Advil®
Grape,
100 mL

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



5⁹⁹

**Clear
eyes®**
Redness Relief,
Extra Strength
or Triple-Action
Relief,
15 mL



12⁹⁹

hydraSense®
Advanced,
Night Therapy
or Allergy
Therapy,
10 mL

**Bausch
+ Lomb**
Multi-Purpose
Solution,
Lens Case
Included
**Sensitive Eyes
or renu**
2 x 355 mL
Bitrue
2 x 300 mL

14⁹⁹



5⁹⁹

Poise®
Microliners,
Long Length,
Lightest,
50 Liners



5⁹⁹

Trojan™
Premium
Lubricant,
12 Latex
Condoms



8⁹⁹

Rub-A535™
Muscle & Joints,
Maximum
Strength or No
Odour Extra
Strength,
100 g or Arnica,
65 g



21⁹⁹

RobaXacet®
Extra Strength,
40 Caplets



5⁹⁹

**Deep
Relief®**
Maximum
Strength,
Ice Cold Spray,
150 mL



5⁹⁹

Gravol™
Ginger,
Non-Drowsy,
20 Tablets or
Soft Lozenges



14⁹

**Fisherman's
Friend®**
Selected Varieties,
22 Lozenges

Sugar Alternatives

If you're trying to reduce the sugar and calories in your diet, you may be turning to artificial sweeteners or other sugar substitutes. Artificial sweeteners and sugar substitutes can help with weight management (artificial sweeteners have virtually no calories). Artificial sweeteners also don't contribute to tooth decay and cavities. But they aren't magic and moderation is key.

Truvia®
Calorie-Free
Sweetener,
Stevia Leaf,
80 Packets

6⁴⁹



**Whole
Earth
Sweetener
Co®**
Stevia & Monk
Fruit,
Zero Sugar
& Calories,
120 g,
80 Packets

5⁹⁹



Pure Via™
Stevia,
Naturally
Sourced
Sweetener,
Granulated,
275 g

7²⁹



3⁹⁹
Lens Wipes
Pre-Moistened
Lens Wipes,
30 Count



6⁹⁹
Melatonin
5 mg,
100 Sublingual
Tablets



4⁹⁹
Anti-Nauseant
50 mg,
30 Tablets



1⁹⁹
**Hydrogen
Peroxide**
Antiseptic Topical
Solution,
3% 10 Volume USP,
450 mL

Speak to your medical professional or pharmacist for more information.

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