

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

October 4-18



10⁹⁹

Buckley's®
Cold & Sinus,
Day/Night,
24 Capsules



8⁹⁹

Drixoral®
Nasal
Congestion,
Fast Acting,
12 Hour Relief
25 mL

Aleve®
Liquid Gel
220 mg,
20 Liquid Filled Capsules

7⁹⁹



Gravol™
Quick Dissolve,
Chewables,
Orange Flavour,
50 mg
8 Tablets

5⁹⁹



15⁹⁹

Advil®
Cold & Sinus,
Analgesic + Decongestant,
40 Non-Drowsy Caplets



3⁷⁹

Salonpas®
Pain Relieving
Patches,
Large,
4 Topical
Patches



8⁹⁹

RUB-A535™
Selected
Varieties,
100g



3⁴⁹

Ricola®
Selected
Varieties



8⁹⁹

BENLYN®
Children,
All In One for Cold & Fever
Relief, or
Extra Strength,
Dry Cough,
100 mL



19⁹⁹

Polysporin®
Antibiotic Eye
Drops or Ear
Drops + Pain
Relief,
15 mL



9⁹⁹

Listerine®
Selected
Varieties,
1L

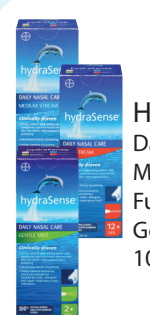
Q-tips®
Cotton Swabs,
170

3⁴⁹



8⁹⁹

Tylenol®
Complete Nighttime,
Cough, Cold & Fever,
Green Apple or Bubble
Gum Flavor, or
Cough & Cold,
Green Apple or Bubble
Gum Flavor,
100 mL



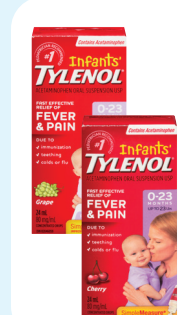
12⁹⁹

HydraSense®
Daily Nasal Care,
Medium Stream,
Full Stream, or
Gentle Mist,
100 mL



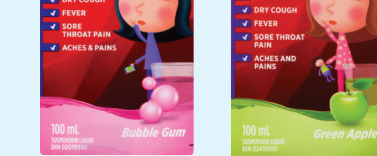
16⁹⁹

RestoraLAX®
Laxative,
14 Doses,
238g



10⁹⁹

Tylenol®
Infants,
Relief of Fever
& Pain,
0-23 Months,
Cherry or
Grape Flavour,
24 mL



1⁹⁹

Puffs®
VICKS®,
Plus Lotion,
48 Facial Tissues



9⁹⁹

Webber
Naturals®
Zinc Citrate,
50 mg,
180 Tablets

Tylenol®
Extra Strength,
10 eZTabs,
500 mg

3⁹⁹



Vaseline®
Original
Healing Jelly,
100g

3⁹⁹



1⁹⁹

Trident
Selected
Varieties

Kinder®
Surprise
20 g,
Chocolate

1⁹⁹



Kinder®
Bueno
43 g,
Chocolate



3⁴⁹

Skittles®
Original,
Bite Size
Candies,
191g

healthOne™

Compare & Save!



6⁹⁹
Zinc Tablets
50 mg



11⁹⁹
Ibuprofen
Extra Strength,
400 mg,
72 Gel Capsules



2⁹⁹
Antiseptic
Hand Sanitizer
59 mL



3⁹⁹
Anti-Nauseant
50 mg,
10 Tablets

Cold & Flu

Your nose is stuffy, your throat is scratchy, and your head is pounding. Is it a cold or the seasonal flu? Here are some basic guidelines for telling the difference between cold and flu symptoms.

Viruses cause colds and the flu. Both are respiratory infections. The simplest way to tell the difference is by looking at your symptoms.

If you have a cold, you'll probably have symptoms like these:

- runny or stuffy nose
- sore throat
- sneezing
- cough
- headache or body aches

Flu symptoms can include:

- dry, hacking cough
- shaking chills
- stuffy and runny nose
- moderate to high fever, although not everyone with the flu will run a fever

Colds come on gradually over a few days and are often milder than the flu. They usually get better in 7 to 10 days, although symptoms can last for up to 2 weeks. Flu symptoms come on quickly and can be severe. They usually last 1 to 2 weeks. Use your symptoms as a guide to figure out which condition you have. If you think you might have the flu, see your doctor to get tested within the first 48 hours of showing symptoms.

How to treat a cold - Over-the-counter medications, such as antihistamines, decongestants, acetaminophen, and nonsteroidal anti-inflammatory drugs, can relieve congestion, aches, and other cold symptoms.

How to treat the flu - Drink plenty of fluids to prevent dehydration. Over-the-counter decongestants and pain relievers, such as ibuprofen and acetaminophen, may control your symptoms and help you feel better.



7⁹⁹
Jamieson™
 Zinc Lozenges,
 With Echinacea,
 Vitamin C & D,
 Wild cherry or
 Lemon & Menthol,
 60 Lozenges



15⁹⁹
Benylin®
 All-In-One,
 Cough, Cold & Flu,
 Syrup
 180 mL, or
 Day/Night,
 24 Caplets

Tylenol®
 Extra Strength,
 Complete,
 Day/Night,
 24 Caplets



15⁹⁹
NeilMed®
 NasaFlo Neti Pot,
 Nasal Rinse,
 50 Premixed Packets

3⁴⁹
PharmaSystems®
 Hot or Cold,
 Flexible
 Compress,
 Reusable,
 1 Unit



6⁹⁹
Breathe Right®
 Nasal Strips,
 Extra,
 8 Tan Strips



69⁹⁹
Braun
 ThermoScan® 7,
 Ear Thermometer,
 For Infants,
 Children
 and Adults,
 1 Unit



13⁹⁹
Earol®
 Olive Oil,
 Ear Wax
 Removal
 Spray,
 1 Kit



13⁹⁹
Webber
 Naturals®
 Vitamin C,
 Timed Release,
 1000 mg,
 150 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

5⁹⁹
Tampax
 Pocket
 Pearl
 Regular or
 Super,
 16 Tampons



11⁹⁹
Always
 Infinity
 flexfoam,
 Size 1,
 Regular Flow
 36 Pads or
 Size 2, Heavy
 Flow - 32 Pads



12⁹⁹
Nature's
 Bounty®
 Chelated Zinc,
 50 mg,
 100 Caplets



3⁹⁹
Colgate®
 2 in 1,
 Toothpaste &
 Mouthwash,
 Whitening,
 Liquid Gel,
 100 mL



3⁹⁹
Colgate®
 Total Advanced,
 Whitening with
 Stain Removal
 or
 Professional
 Clean,
 70 mL



5⁹⁹
Dove
 Bar Soaps
 Selected
 Varieties



6⁹⁹
TRESemmé®
 TRES CREATE,
 Flexible Hold,
 Styling Putty,
 85g



7⁹⁹
Batiste™
 Dry Shampoo,
 Clean &
 Classic
 Original,
 200 mL



4⁹⁹
Colgate®
 360° Toothbrush,
 Extra Clean,
 Medium,
 1 Unit



2⁴⁹
G•U•M®
 Soft-Picks®,
 Original,
 With Travel
 Case,
 40 Pieces



healthOne™

Get the quality you trust, for less. Health One™ delivers top-tier wellness products at unbeatable prices.

11⁹⁹
Webber
 Naturals®
 K2+D3,
 1000 IU,
 60 Softgels



13⁹⁹
Jamieson™
 Vitamin C,
 1,000 mg,
 100 Caplets



9⁹⁹
Jamieson™
 Zinc,
 Extra Strength,
 20 mg,
 100 Tablets



8⁹⁹
healthOne
 Flu, Cough &
 Cold Complete
 24 Capsules



5⁹⁹
healthOne
 Cough &
 Congestion
 Herbal Original
 Mixture,
 100 mL



9⁹⁹
healthOne
 Cold & Flu
 Rhume et grippe
 24 Capsules



9⁹⁹
healthOne
 Digital
 Thermometer
 Displays temperature
 in °C & °F,
 1 Unit



Speak to your medical professional or pharmacist for more information.

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