

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

August 8 - 22



19⁹⁹
Claritin®
Allergy,
Non-Drowsy,
20 Tablets



9⁹⁹
Benylin®
Extra Strength,
Cough Complete
or Cough & Chest,
100 mL,
Syrup



11⁹⁹
Tylenol®
Arthritis Pain,
50 Caplets,
650 mg



7⁹⁹
Benadryl®
Allergy,
Extra Strength,
12 Caplets



7⁹⁹
Benadryl®
Allergy,
Liquid,
100 mL



8⁹⁹
Benylin®
for Children,
Dry Cough or
Cough & Cold,
100 mL,
Grape Flavour



9⁹⁹
Benadryl®
Children's,
Allergy,
Liquid,
Bubble Gum
Flavour,
100 mL



6⁹⁹
Orajel™
Maximum
Toothache Relief,
Medicated,
13 mL or
9.5 g



4⁹⁹
Tylenol®
Extra Strength,
500 mg
24 eZTabs or
24 Caplets



15⁹⁹
Imodium®
Quick Dissolve,
10 Tablets



17⁹⁹
RestoraLAX®
Mix-In Pax,
Laxative,
10 Packets,
17 g



13⁹⁹
Gelusil®
Antacid &
Anti-Gas,
100 Chewable
Tablets,
Cool Mint



13⁹⁹
Coppertone®
SPF 50,
Kids Lotion Sunscreen 237 mL,
Complete Spray 156 g or
Lotion Sunscreen 148 mL



6⁷⁹
Tums®
Selected
Varieties



12⁹⁹
hydraSense®
Drops,
Long-Lasting
Relief,
for Dry Eyes,
10 mL,
Sterile



18⁹⁹
Lacteeze®
Drops for Milk,
15.5 mL



2⁹⁹
Q-tips®
Cotton Swabs,
170 Paper Sticks



9⁹⁹
Aveeno®
Baby,
Daily Lotion,
227 mL or
Daily Wash &
Shampoo,
236 mL



13⁹⁹
Aveeno®
Daily
Moisturizing
Lotion,
Fragrance Free,
354 mL



7⁹⁹
Huggies®
Natural Care,
Wipes,
Sensitive & Fragrance Free or
Cucumber & Green Tea



16⁹⁹
Cottonelle®
Ultra Comfort,
12 Rolls,
244 2-PLY Sheets



1²⁹
Excel
Selected
Varieties,
12 Pieces



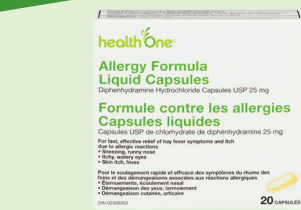
1⁶⁹
Nestle®
Selected
Varieties



3⁹⁹
Pringles®
Original,
Salt & Vinegar,
BBQ or
Sour Cream &
Onion,
156 g

healthOne™

Compare & Save!



9⁹⁹
Allergy Formula
20 Liquid Capsules,
25 mg



6⁵⁹
24-Hour
Allergy Remedy
Non-Drowsy,
12 Tablets



2⁹⁹
Hydrogen
Peroxide
473 mL



7⁷⁹
Acetaminophen
Extra Strength,
500 mg,
100 Caplets

Osteoporosis

Osteoporosis is a progressive condition characterized by decreased bone density and increased fracture risk. Although it often develops silently over time, the condition can lead to significant morbidity in older adults. Preventive measures, especially those centered around nutrition, are essential in maintaining bone integrity throughout life.

One of the most critical nutrients for bone health is calcium. It plays a central role in the development and maintenance of strong bones. According to the Mayo Clinic, adults aged 19 to 50 require approximately 1,000 milligrams of calcium daily, while women over 50 and men over 70 should aim for 1,200 milligrams per day. Dietary sources of calcium include dairy products,

dark green vegetables, calcium-fortified beverages, and canned fish with bones. When dietary intake is insufficient, due to dietary restrictions or medical conditions, calcium supplementation may be recommended. Products containing calcium carbonate or calcium citrate are commonly used and are available over the counter in Canada.

Vitamin D is another essential component in the prevention of osteoporosis. It facilitates calcium absorption in the gut and maintains adequate serum calcium concentrations. Most adults need between 600 and 800 international units (IU) of vitamin D daily, with older adults typically requiring the higher end of this range. While the body can synthesize vitamin D through sun exposure, supplementation may be necessary in northern climates such as Canada, particularly during the winter months when sunlight is limited.

Incorporating these nutrients through a combination of food and supplementation, when appropriate, can support long-term bone health. Weight-bearing exercise and lifestyle habits such as smoking cessation and alcohol moderation are also recommended as part of a holistic approach to osteoporosis prevention.



7⁹⁹

Aleve®
Liquid Gels,
20 Liquid Filled
Capsules



11⁹⁹

Jamieson™
Calcium Magnesium + D3,
200 Caplets or
Calcium + D3,
500 mg,
90 Caplets



7⁴⁹

Webber Naturals®
Vitamin D3,
1000 IU,
260 Tablets



5⁹⁹

NeilMed®
WaxOut,
Ear Cleaners,
Reusable,
12 Ear Tools



10⁹⁹

RUB A535®
Natural Source,
Arnica 65 g,
Muscle & Joint,
No Odour or
Maximum
Strength,
100 g

Dr. Scholl's®
Corn Removers,
Seal & Heal
Bandage,
6 Medicated
Discs



5⁹⁹



6⁹⁹

Dr. Scholl's®
Foot Powder,
Odour-X,
Ultra Odour-
Fighting,
133 g



12⁴⁹

Webber
Naturals®
K2 + D3,
120 mcg,
60 Softgels

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

Colgate®
Toothpaste,
Pro-Relief,
Complete
Protection or
Gentle
Whitening,
75 mL



5⁴⁹



9⁹⁹

Listerine®
Mouthwash,
Cool Mint,
Fresh Burst,
Original or
Zero,
1L



13⁹⁹

Webber
Naturals®
Magnesium
Citrate,
150 mg,
120 Capsules

Canesten®
Internal Cream,
Yeast Infection
6-Day,
50 g



17⁹⁹

Band-Aid®
Tru-Stay,
Sheer Strips,
Comfort-Flex,
60 Sizes or
Flexible
Fabric,
50 Sizes



5⁹⁹



2⁴⁹

Colgate®
Kids,
Toothpaste,
Cavity Protection,
Mild Bubble Gum
Fruit Flavour,
75 mL



6⁴⁹

PerioGard®
Toothbrush,
Soft

GUM®
Proxabrush,
Interdental Cleaners,
8 Units or
Angled
Interdental
Cleaners,
6 Units



4²⁹



18⁹⁹

First
Response®
Early Result,
Pregnancy Test,
2 Tests

Polysporin®
Infection
Protection +
Vitamin E,
30 g



13⁹⁹

Heartburn

Heartburn is a burning feeling in the chest caused by stomach acid rising into the esophagus. It often follows meals and is triggered by spicy or fatty foods, citrus, caffeine, alcohol, chocolate, or overeating. Managing symptoms includes eating smaller meals, avoiding trigger foods, staying upright after eating, and elevating the head while sleeping. Maintaining a healthy weight and avoiding tobacco can also reduce discomfort.

Occasional heartburn can be relieved with over-the-counter options like antacids, H2 blockers, or proton pump inhibitors. Frequent symptoms may indicate gastroesophageal reflux disease (GERD), which requires medical evaluation.



10⁹⁹

Gaviscon®
Regular Strength,
Acid Reflux &
Heartburn Relief,
Soothing Ice Mint
or Fruit Blend,
340 mL

Alka-Seltzer®
Antacid,
Extra Strength,
24 Tablets



6⁹⁹

Pepcid®
Complete or
Maximum Strength,
25 Tablets or
Original Strength,
30 Tablets



15⁹⁹



13⁹⁹
Acid Reducer
Maximum Strength,
50 Tablets,
150 mg



12⁹⁹
Heartburn Relief
Fruit Flavour,
100 Chewable Tablets



10⁴⁹
Calcium
250 Tablets,
500 mg



6²⁹
Vitamin D3
Extra Strength,
1000 IU,
90 Tablets

Speak to your medical professional or pharmacist for more information.

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