

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

December 5 - 19



5⁹⁹

Gravol™
Nausea Relief,
50 mg,
30 Tablets,
or Kids Gravol,
18 Chewables



3⁹⁹

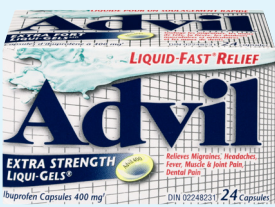
Tylenol®
Extra Strength,
500 mg,
10 eZ Tablets



17⁹⁹

Cystoplus®
Sodium Citrate
Powder,
48 Hour
Treatment,
6 Sachets

Imodium™
Loperamide
Hydrochloride,
10 Quick
Dissolve
Tablets



12⁹⁹

Advil®
Extra Strength,
400 mg,
24 Capsules



13⁹⁹

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



8⁹⁹

Tylenol®
Children's,
Fever & Pain,
Grape, Berry, or
Banana Berry
Flavour,
100 mL,
Syrup



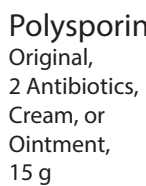
8⁹⁹

Benylin®
For Children,
Dry Cough,
Cough Relief or
Cough & Cold,
Fast Symptom
Relief,
100mL



8⁹⁹

Benylin®
Extra Strength,
Cough Complete,
Cough & Chest Congestion or
Mucus & Phlegm,
100 mL



9⁹⁹

Polysporin®
Original,
2 Antibiotics,
Cream, or
Ointment,
15 g



14⁹⁹

BioTrue®
Preservative Free,
Dry Eye Relief,
Eye Drops,
10 mL



5⁹⁹

Aspirin®
Acetylsalicylic
Acid Delayed-
Release Tablets,
81 mg,
30 Tablets



7⁹⁹

Jamieson®
Vitamin C,
Selected Varieties



15⁹⁹

Lax A Day®
Gentle Relief,
Laxative,
Travel Size,
10 Sachets or
14 Doses
239 g



9⁹⁹

Visine®
Sterile,
Eye Drops,
Allergy, or
Dry Eye
15 mL



25⁹⁹

Cold FX®
Daily Support,
Selected
Varieties



3⁹⁹

Vaseline®
Petroleum Jelly,
100 g



11⁹⁹

Olay®
Original Cream,
or Sensitive
Cream,
100 mL, and
Sensitive Lotion,
175 mL



8⁴⁹

Aveeno®
Baby,
Lavender & Vanilla
Scent,
Lotion,
227 mL
or Bath Wash,
236 mL



22⁹⁹

Neutrogena®
Hydro Boost,
Gel Cream,
For Extra Dry
Skin,
Fragrance Free,
50 mL



11⁹⁹

Bounty®
Paper Towel,
2 Rolls,
82 2-Ply Sheets



2⁴⁹

Lindor®
Milk Chocolate,
3 Pack,
36 g

Hershey®
Chocolate Bars,
Selected Varieties

1²⁹



Mentos®
Mint, Fruit,
or Rainbow,
37 g

1⁰⁹



healthOne™

Compare & Save!



6⁹⁹
Diarrhea Relief
2 mg,
12 Caplets



9⁹⁹
Heartburn Relief
Fruit Flavour,
100 Tablets



8⁹⁹
Zinc Citrate
50 mg,
100 Tablets



11⁹⁹
Ibuprofen Extra
Strength Caplets
400 mg,
72 Caplets

Immune System

The **immune system** is a complex network of organs, white blood cells, proteins, and chemicals that work together to protect the body from harmful invaders like bacteria, viruses, fungi, parasites, and even cancer cells. It defends the body by identifying and destroying threats, limiting their damage, and helping the body heal. A properly functioning immune system can recognize harmful germs, eliminate them, remember them for future defense, and stop the attack once the threat is gone.

How to Boost Your Immune System:
Maintaining a strong immune system involves adopting healthy lifestyle practices that support your

body’s natural defense mechanisms. A balanced diet rich in fruits, vegetables, lean proteins, and whole grains provides essential vitamins, minerals, and antioxidants that help your immune system function optimally. Discuss dietary options such as the Mediterranean diet with your healthcare provider to ensure adequate nutrient intake. Regular physical activity enhances circulation and immune response, while achieving and maintaining a healthy weight can reduce inflammation and improve immune regulation. Aim for 7–9 hours of quality sleep per night, as sufficient rest is critical for immune cell repair and recovery. Staying up to date with vaccinations prepares your body to recognize and fight infections effectively. Avoiding tobacco use and limiting alcohol consumption are also key to preventing immune suppression. Additionally, practice good hygiene—such as frequent handwashing—to reduce the spread of pathogens. Consult your healthcare provider for individualized recommendations on diet, exercise, and preventive care to strengthen your immune health.



18⁹⁹

Echinaforce®
Cold & Flu,
Immune Support,
30 Tablets, or
50 mL and
Junior,
90 Chewable Tablets



19⁹⁹

Bio-K Plus®
Probiotic,
Daily Care,
30 Capsules, or
Daily Care +,
15 Capsules



9⁹⁹

Jamieson™
Zinc,
Extra Strength,
25 mg
100 Tablets



9⁹⁹

Jamieson™
Zinc,
Lozenges,
Lemon & Menthol
, or Wild Cherry
Flavoured,
60 Lozenges



17⁹⁹

RestoraLAX®
Laxative,
Mix-In Pax,
10 Packets



3⁹⁹

Fisherman's
Friend®
Lozenges,
Original,
Honey Lemon,
or Cherry,
2 x 22 Lozenges



12⁹⁹

Flinstones™
Gummies,
Immunity Support,
60 Tablets



5⁹⁹

Neil Med®
Ear Cleaners,
Reusable,
12 Ear Tools

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®
Total Active
Prevention,
Clean Mint, or
Whitening,
and
Total Active
Prevention +,
Deep Clean,
or Whitening,
120 mL



4²⁹



2⁴⁹

Colgate®
Toothbrush,
Twister,
Medium



1⁹⁹

Chapstick®
Lip Balm,
Classic,
4 g



9⁹⁹

TheraBreath®
Fresh Breath,
Oral Rinse,
473 mL



10⁹⁹

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

Mansfield®
Travel First Aid
Kit,
16 Essential First
Aid Items



3⁹⁹



12⁹⁹

First Response™
Early Result,
Pregnancy Test,
1 Test



10⁹⁹

Energizer®
Max,
AA,
4 Batteries

Cascade®
Platinum,
Fresh Scent,
26 Pods



9⁹⁹



11⁹⁹

Trojan®
Bare Skin,
10 Latex
Condoms

Sleep

Sleep is a vital, complex process that allows your body and brain to rest and recover. Although it seems simple, quality sleep is essential for proper body and brain function. Poor or insufficient sleep can negatively affect how you feel and perform.

Most adults need 7 to 9 hours of sleep per night, though some may require as little as 6 or as many as 10 hours. Older adults typically need 7 to 8 hours. Feeling drowsy during the day is a clear sign you're not getting enough sleep. When you miss sleep, you build up a "sleep debt" that your body will eventually demand you repay.



12⁹⁹

MidNite®
Sleep Health,
1.5 Melatonin,
30 Cherry
Flavour
Chewable
Tablets



13⁹⁹

Rest-Eze™
Sleep + Stress Relief,
with Melatonin,
5 mg, and
Ashwagandha,
250 mg,
24 Caplets



14⁹⁹

Webber
Naturals®
Melatonin,
3 mg,
180 Tablets or
5 mg,
144 Tablets

healthOne



6⁹⁹

Pregnancy Test
1 Test



12⁹⁹

Dairy Digestive
Lactase Enzyme,
100 Caplets



4⁹⁹

Cold + Sinus
Ibuprofen and
Pseudoephedrine
Hydrochloride Tablets,
10 Caplets



11⁹⁹

Naproxen
220 mg,
125 Caplets

Speak to your medical professional or pharmacist for more information.

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