

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

October 3 - 17



10⁹⁹

Advil®
Cold & Sinus,
Plus,
20 Caplets



8⁹⁹

RUB A535®
Muscle & Joint,
Regular Strength or
Injury,
Ice to Heat Relief,
100 g



9⁹⁹

Drixoral®
Decongestant
Nasal Spray,
30 mL or
Nasal Congestion,
25 mL

Aleve®
Naproxen
Sodium,
24 Caplets

6⁹⁹



14⁹⁹

A.Vogel®
Enchinaforce,
Cold & Flu,
Sore Throat Spray,
30 mL or
Hot Drink,
100 mL



13⁹⁹

Buckley's®
Complete plus
Extra Strength
Mucus Relief or
Complete,
150 mL



9⁹⁹

Tylenol®
Infants,
Fever & Pain,
Grape or Cherry
Flavour,
24 mL



8⁹⁹

Dristan®
Nasal Mist,
Original or
with Menthol,
30 mL



7⁹⁹

Benylin®
Extra Strength,
Dry Cough,
100 mL,
Syrup

Gravol®
Nausea Relief,
Orange Flavour,
8 Chewable
Tablets

5⁹⁹



8⁹⁹

Tylenol®
Complete or
Cough & Cold
Bubble Gum or
Green Apple
Flavour,
100 mL



9⁹⁹

Tylenol®
Flu,
Cold & Sinus or
Cold,
10 Daytime and
10 Nighttime
eZtabs



8⁹⁹

health One™
Cold & Flu,
Non-Drowsy,
12 Day Capsules and
12 Night Capsules



6⁹⁹

Breathe
Right®
Extra Strength,
Tan or Clear,
8 Strips



14⁹⁹

Lumify®
Redness Relief
Eye Drops,
3.5 mL



5⁹⁹

Redoxon®
Vitamin C,
Orange Flavour,
15 Tablets



8⁹⁹

Batiste®
Original,
200 mL



5²⁹

Aussie®
Miracle Moist,
Shampoo or
Conditioner,
360 mL



5⁹⁹

Johnson's®
Aloe & Vitamin E,
Powder,
425 g

Johnson's®
Hand & Face,
25 Wipes

5⁹⁹



2²⁹

Puffs®
Plus Lotion,
Vicks,
48 2-Ply Facial Tissues



99¢

Dentyne®
Gum,
Intense Ice,
Spearmint or
Fire Cinnamon

Mars®
Chocolate Bars,
Twix 4 Pack or
Mars 2 Pack

2³⁹



1²⁹

Pringles®
Original or
Sour Cream
& Onion
Chips

healthOne™

Compare & Save!



7⁹⁹

Cold Medication
Extra Strength,
12 Day & 12 Night
Caplets



6⁹⁹

Diarrhea Relief
2 mg,
12 Caplets



13⁹⁹

Acid Reducer
Maximum Strength,
150 mg,
50 Tablets



16⁹⁹

B-100 Complex
with Choline and
Inositol,
100 Tablets

Cold & Flu

There’s no instant cure for the common cold, but the right approach to symptom relief can make all the difference. **Rest is key**, slowing down helps the body fight the virus more effectively. **Staying hydrated** with water, herbal teas, and broths can soothe sore throats and help thin mucus, making it easier to breathe.

Over-the-counter medications offer reliable support. **Acetaminophen** and **ibuprofen** are go-to options for easing fever, headaches, and body aches. Saline nasal sprays or rinses can clear blocked noses without the side effects of medicated decongestants, and using a humidifier at home helps relieve dry nasal passages and coughing.

For throat discomfort, lozenges, warm saltwater gargles, or throat sprays provide targeted relief. Products with menthol or eucalyptus can offer a cooling, numbing effect that’s especially comforting at night.

Supplements like zinc or vitamin C are often used during colds, but their effectiveness is mixed. Zinc may slightly reduce the length of symptoms if taken within the first 24–48 hours, but side effects like nausea and bad taste are common.

The most reliable way to manage a cold is through comfort-focused care: combining rest, fluids, soothing remedies, and trusted OTC products. This balanced approach won’t cure a cold, but it will help you feel better while your body does the work.



15⁹⁹

NeilMed®
NasaFlo Neti Pot,
50 Premixed Packets



7⁹⁹

Jamieson™
Zinc Lozenges,
Wild Cherry or
Honey Lemon Flavour,
30 Lozenges



13⁹⁹

Benylin®
Extra Strength,
All-In-One,
Cold, Flu & Cough,
Syrup 180 mL or
Day and Night 24 Caplets



16⁹⁹

RestoraLAX®
Laxative,
14 Doses,
238 g

Anusol®
Plus with
Anesthetic,
Ointment,
30 g

9⁹⁹

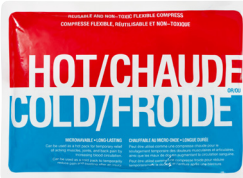


8⁹⁹

Rhinaris®
Nasal Mist
30 mL or
Nasal Gel,
30 g

Pharma
Systems®
Hot & Cold Gel Pack

3⁴⁹



9⁹⁹

Pharma
Systems®
Zoomometer,
Thermometer

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



4⁴⁹

Listerine®
Mouthwash,
Fresh Burst or
Total Care,
250 mL



3⁷⁹

Ricola®
Selected
Varieties



13⁹⁹

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

Tide®
Pods,
Free & Gentle,
16 Pods

8⁹⁹



3⁹⁹

Palmolive®
Ultra,
OXY or
Orange Citrus
Scent,
591 mL

Orajel®
Cold Sore,
53 g

8⁴⁹



Neocitran®
Selected
Varieties

14⁹⁹



13⁹⁹

Always®
Flex Foam Pads,
Size 1,
36 Pads or
Size 2,
32 Pads



6⁹⁹

Windex®
Original,
765 mL



4⁹⁹

Softsoap®
Liquid Hand
Soap,
Warm Vanilla &
Coconut Milk or
Lavender & Shea,
332 mL

Cancer

Certain vitamins and nutrients may play a supportive role in reducing cancer risk when obtained through food. Folate (vitamin B9), found in leafy greens and legumes, helps maintain healthy cell division and may protect against some forms of cancer, particularly colon and breast. Vitamin D is also being studied for its potential link to lower risk of prostate and colorectal cancers. While research is ongoing, getting these nutrients from a balanced diet, not high-dose supplements, is the safest and most effective approach for supporting long-term health and possibly reducing cancer risk.



27⁹⁹

Nature's
Bounty®
Co Q-10,
100 mg,
90 Softgels



17⁹⁹

Webber
Naturals®
Omega-3 Fish Oils,
1000 mg,
210 Softgels



6⁹⁹

Jamieson™
Vitamin D3,
1,000 IU,
100 Tablets



6⁹⁹

Vitamin D3
Extra Strength,
1000 IU,
90 Tablets



12⁹⁹

Muscle and Back
Pain
Platinum Relief,
18 Caplets



13⁹⁹

Heartburn Relief
Fruit Flavour,
100 Chewable
Tablets



5⁹⁹

Anti-Nauseant
50 mg,
30 Tablets

Speak to your medical professional or pharmacist for more information.

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