

# Your Local Pharmacy

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

January 9 - 23



12<sup>99</sup>

Tylenol®  
Extra Strength,  
Complete Cold, Cough, & Flu,  
12 Day Time Caplets,  
and 12 Nighttime Caplets



15<sup>99</sup>

Advil®  
Cold and Sinus,  
Analgesic,  
40 Caplets



15<sup>99</sup>

Neilmed®  
NasaFlo Neti Pot,  
50 Premixed Packets



14<sup>99</sup>

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



3<sup>99</sup>

Vaseline®  
Petroleum Jelly,  
100 g



79¢

Achoo!™  
10 13-Ply Tissues



12<sup>99</sup>

Tylenol®  
Extra Strength,  
500 mg,  
100 eZTabs or  
100 Caplets



3<sup>99</sup>

Gravol®  
Nausea Relief,  
10 Tablets



10<sup>99</sup>

Flinstones®  
Vitamins,  
Plus Iron,  
60 Chewable  
Tablets



30<sup>99</sup>

PreserVision®  
Eye Vitamin  
and Mineral  
Supplement,  
10 mg of Lutein,  
and 1000 mg of  
Omega-3,  
120 Soft Gels



349

Speedstick®  
Deodorant,  
Ocean Surf,  
70 g



129

Wrigley®  
Hubba Bubba,  
Outrageous  
Original, or  
Strawberry  
Watermelon,  
5 Pieces

Rhinaris®  
Nasal Gel,  
30 g,  
Nasal Mist,  
30 mL  
Secaris®  
Lubricating Nasal  
Gel,  
30 g

8<sup>99</sup>



Jamieson™  
Vitamin C,  
500 mg,  
100+20  
Caplets

7<sup>99</sup>



8<sup>99</sup>

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



4<sup>99</sup>

PathPharm®  
Digital  
Thermometer



8<sup>99</sup>

Gravol®  
For Kids,  
Nausea Relief,  
Liquid,  
75 mL



8<sup>99</sup>

Aleve®  
Liquid Gel  
220 mg,  
20 Liquid Filled  
Capsules



4<sup>99</sup>

Cloraseptic®  
Sore Throat  
Lozenges,  
Wily Berry, or  
Honey Lemon  
Flavour,  
15 Lozenges



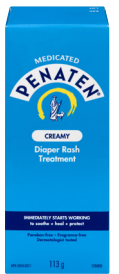
3<sup>99</sup>

Blistex®  
Selected  
Varieties



5<sup>99</sup>

Johnson's®  
Baby,  
Aloe & Vitamin E,  
Powder, and  
Hand & Face,  
25 Wipes



11<sup>99</sup>

Penaten®  
Creamy,  
Medicated  
Diaper Rash  
Treatment,  
113g

Nestle®  
Chocolate Bars,  
Selected Varieties

179



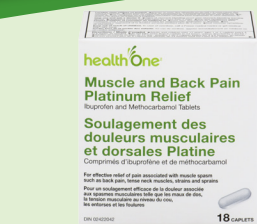
Mondelez®  
Candy,  
Selected Varieties

129



healthOne™

Compare & Save!



11<sup>99</sup>

Muscle and Back  
Pain Platinum Relief  
18 Caplets



12<sup>74</sup>

Arthritis Pain  
Relief  
650 mg,  
100 Caplets



10<sup>49</sup>

Stool Softener  
100 mg,  
100 Caplets



10<sup>99</sup>

Cuticle Nipper



Diet & Nutrition

**What Foods Are Healthy?**  
For optimal health, research strongly supports following plant-based eating patterns such as the Mediterranean-DASH or MIND diets. These diets focus on whole, minimally processed foods and are proven to lower the risk of heart disease, cancer, diabetes, and neurodegenerative conditions.

**Should You Take Daily Vitamins?**  
Most healthy adults can get the nutrients they need through a balanced diet, but some people may benefit from supplements if they have specific deficiencies or dietary restrictions. Before starting any supplement, it’s important to talk to your doctor to ensure safety and proper dosage.

- Common supplements and their benefits include:**
- Vitamin D – Supports bone health, immunity, and mood regulation.
  - Vitamin B12 – Crucial for nerve health and red blood cell production.
  - Iron – Helps transport oxygen throughout the body, especially important for women and vegetarians.
  - Calcium – Strengthens bones and teeth and supports muscle function.
  - Omega-3 fatty acids – Promote heart and brain health.
  - Magnesium – Aids in muscle relaxation, nerve function, and energy production.



17<sup>99</sup>

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



12<sup>99</sup>

**Webber Naturals®**  
Magnesium Bisglycinate,  
200 mg,  
60 Capsules or  
Magnesium Citrate,  
150 mg,  
120 Capsules



8<sup>99</sup>

**Jamieson™**  
Vitamin D3,  
1000 IU  
200+40 Tablets



12<sup>99</sup>

**Jamieson™**  
Vitamin B12,  
1000 mcg,  
100 Tablets



9<sup>99</sup>

**RestoraFibre®**  
Daily Gummies,  
30 Gummies



10<sup>99</sup>

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



9<sup>99</sup>

**Webber Naturals®**  
Calcium Carbonate,  
500 mg,  
250 Tablets



7<sup>49</sup>

**Drixoral®**  
No Drip,  
Nasal Decongestant  
Spray,  
Original  
Unscented or  
Cooling Menthol,  
15 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

**PathPharm®**  
Body Analysis  
Scale,  
Black or White

69<sup>99</sup>



11<sup>99</sup>

**PharmaSystems®**  
Flex Tip Digital  
Thermometer



3<sup>99</sup>

**PathPharm®**  
Fever Cooling  
Patch,  
5 Patches



9<sup>99</sup>

**Listerine®**  
Alcohol Free  
Mouthwash,  
Cool Mint,  
Fresh Burst,  
Zero or Original,  
1 Litre



15<sup>99</sup>

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

**Polident®**  
Antibacterial  
Denture Cleanser  
3 Minute Daily  
Cleanser and  
Overnight,  
40 Tablets

6<sup>29</sup>



35<sup>99</sup>

**Poise™**  
Ultimate Long  
Pads,  
42 Pads, or  
Maximum Long,  
62 Pads, or  
Overnight ,  
36 Pads



6<sup>99</sup>

**Energizer®**  
Max,  
AAA,  
2 Batteries

**Palmolive®**  
Dishwashing  
Liquid Soap,  
Essential Clean,  
Orange Citrus  
or  
Original,  
828 mL



3<sup>99</sup>



2<sup>49</sup>

**Softsoap®**  
HandSoap,  
221 mL

Smoking Cessation

Smoking depletes key vitamins and antioxidants that protect your cells. While supplements can’t undo the damage, they help restore lost nutrients. Vitamin C supports immunity and lung repair, Vitamin E protects against free radicals, and Vitamin D helps maintain immune function and slow lung decline. B vitamins (B6, B12, folate) lower homocysteine to reduce heart risks, and zinc supports lung health and helps clear toxins like cadmium. Supplements can help overall health — but quitting smoking is still the most effective way to protect your lungs.

**Nicoderm®**  
Step 1,  
21mg,  
7 Patches,  
Step 2,  
14mg,  
7 Patches or  
Step 3,  
7mg,  
7 Patches

35<sup>99</sup>



**Thrive®**  
Nicotine  
Replacement  
Lozenges,  
Peppermint,  
1 mg, and  
Fruit Explosion  
or Peppermint,  
2 mg,  
108 Pieces

28<sup>99</sup>



**Nicorette®**  
Fresh Fruit  
Flavour,  
2mg or 4mg,  
or  
Mint Flavour,  
2mg or 4mg,  
30 Pieces

15<sup>99</sup>

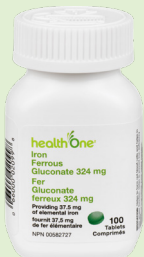


healthOne



6<sup>49</sup>

**Vitamin D3**  
1000 IU,  
180 Tablets



7<sup>99</sup>

**Iron**  
Ferrous Gluconate,  
324 mg,  
100 Caplets



10<sup>99</sup>

**Diarrhea Relief**  
Loperamide  
Hydrochloride Tablets,  
2 mg,  
30 Caplets



12<sup>74</sup>

**Rapid Digital  
Thermometer**

Speak to your medical professional or pharmacist for more information.  
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