

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

March 6 - 20



11⁹⁹

Reactine®
Allergy,
Extra Strength,
10 Tablets, or
Sinus + Allergy
10 Extended Release Tablets



12⁹⁹

Jamieson™
Magnesium
Extra Strength,
100 mg,
100 Tablets



16⁹⁹

RestoraLAX®
Laxative,
238 g,
14 Doses



9⁹⁹

Visine®
Sterile,
Eye Drops,
Allergy,
15 mL



14⁹⁹

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



16⁹⁹

RestoraFIBRE®
Daily Gummies,
90 Gummies



9⁹⁹

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



8⁹⁹

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



13⁹⁹

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



7⁹⁹

Breathe
Right®
Nasal Strips,
Extra Strength,
Clear or,
Tan,
8 Drug Free
Strips



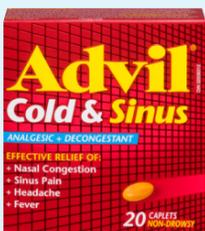
7⁹⁹

Benadryl®
Bug Bite Relief,
14 mL or,
Allergy,
25 mg,
12 Caplets



6⁹⁹

Penaten®
Original,
55 g



10⁹⁹

Advil®
Cold & Sinus,
Non-Drowsy,
20 Caplets



13⁹⁹

HydraSense®
Drops,
Extended
Protection,
Allergy
Complete,
10 mL



17⁹⁹

Renu®
Multi Purpose
Solution,
for Soft Contact
Lenses,
2 x 355 ml
bottles



12⁹⁹

Soothe®
Dry Eye Therapy,
Preservative
Free,
Sterile,
10 mL



11⁹⁹

Aveeno®
Anti-Itch Lotion,
118 mL



8⁹⁹

Olay®
Toner,
Witch Hazel,
212 mL



14⁹⁹

Aveeno®
Baby,
Eczema Care,
Moisturizing
Cream,
166 mL



2⁹⁹

Johnson's®
Baby Shampoo,
50 mL or
Baby Oil,
88 mL



9⁹⁹

Cottonelle®
Ultra Comfort,
Soft,
6 Rolls



1⁵⁹

Wrigley®
Skittles,
61 g or,
Starburst,
58 g



1²⁹

Hershey®
Chocolate Bars,
Selected Varieties



1⁴⁹

Excel®
Selected
Varieties
37 g

healthOne™

Compare & Save!



12⁹⁹

Muscle and Back
Pain Platinum Relief
200 mg,
18 Caplets



9⁹⁹

Allergy Formula
Liquid Capsules
25 mg,
20 Capsules



11⁹⁹

Extra Strength
Allergy Relief
10 mg,
24 Tablets



10⁹⁹

Desloratadine
Allergy Control
5 mg,
20 Tablets

Allergies

Allergies can be activated by many everyday substances. Common triggers include pollen from trees, grass, and weeds; dust mites, molds, and pet dander; and foods such as peanuts, milk, eggs, shellfish, fish, soy, and wheat. Medications—especially antibiotics—can also cause allergic reactions, as can insect stings from bees, wasps, hornets, and fire ants. Certain materials like poison ivy, nickel, and fragrances may trigger symptoms through direct skin contact. These allergens can enter the body through breathing, eating, or touch, leading to reactions that range from mild discomfort to severe responses.

Signs & Symptoms:

Symptoms vary depending on the person and the trigger. Common symptoms include nasal issues such as sneezing, a runny or stuffy nose, and post-nasal drip; eye symptoms like itchy, watery, or red eyes; skin reactions including hives, rashes, itching, swelling, or eczema flare-ups; and respiratory symptoms such as coughing, wheezing, and shortness of breath. Digestive symptoms—often linked to food allergies—may include nausea, vomiting, diarrhea, and stomach cramps. In severe cases, symptoms such as swelling of the lips, tongue, or throat, difficulty breathing, dizziness, or a sudden drop in blood pressure may occur and can indicate anaphylaxis, a life-threatening medical emergency.

Diagnosis:

To identify allergy triggers, healthcare providers may use a few key tests such as skin prick testing, blood tests, and patch testing for contact reactions. In some cases, food or medication challenge tests are performed under medical supervision. These methods help confirm specific allergens and guide the best treatment approach.



10⁹⁹

Claritin®
Non-Drowsy,
Allergy,
Rapid Dissolve or
Regular,
10 Tablets



12⁹⁹

Aerius®
Non-Drowsy,
Allergy,
Double Action,
10 Release Tablets or
Fast & Effective,
10 Tablets

Claritin®
Kids,
Non-Drowsy,
Allergy Relief,
Grape Flavour,
120 mL
Aerius®
Kids,
Non-Drowsy,
Allergy Relief,
Bubble Gum
Flavour, 100 mL

9⁹⁹



6⁹⁹

Dristan®
Nasal Mist,
Spray,
15 mL



15⁹⁹

Lax a Day®
Gentle Relief,
Laxative,
Travel Size,
10 Sachets or
14 Doses
238 g



1⁹⁹

Fisherman's
Friend®
Selected
Varieties



6⁹⁹

Gravol®
Selected
Varieties



17⁹⁹

Neil Med®
Sinus Rinse,
Sinus Rinse Kit or
Rinse Kit Refill,
100 Premixed
Packets



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,
120 ml and
Total Active
Prevention +,
Deep Clean,
or Whitening,
70 mL

4⁴⁹



7⁹⁹

Head &
Shoulders®
Classic Clean, Classic
Clean 2 in 1 or,
Deep Scalp
Hydration Shampoo,
370 mL



12⁹⁹

Jamieson™
Melatonin,
5 mg,
100 Sublingual
Tablets



8⁹⁹

Webber Naturals®
Magnesium,
500 mg,
60 Tablets or,
Melatonin,
Extra Strength,
5mg,
60 Sublingual Tablets



4⁹⁹

Summer's
Eve®
Simply Sensitive
or,
Aloe Love,
32 Cleansing
Cloths



Olay®
Gentle Facial
Cloths,
Fragrance Free,
30 Textured
Cloths

7⁹⁹



8⁹⁹

Swiffer®
16 Dry Cloths



3⁹⁹

Mr Clean®
Magic Eraser,
Extra Durable,
2 Pads



7⁹⁹

Febreze®
Antibacterial
Spray,
700 mL



12⁹⁹

Always®
Infinity Flexfoam,
Size 1,
36 Pads or,
Size 2,
32 Pads



Headache Relief

Managing headaches often begins with understanding your triggers—such as stress, sleep changes or certain foods—and treating symptoms early. For tension-type headaches, over-the-counter medications like aspirin, ibuprofen (e.g., Advil) or acetaminophen (e.g., Tylenol) can provide quick relief. Migraine headaches may require prescription treatments such as triptans or preventive medications like beta-blockers or anticonvulsants. If headaches become frequent, persistent or suddenly severe—or if they are accompanied by symptoms such as confusion or vision changes—seek medical care promptly.

12⁹⁹

Advil®
Extra Strength,
Liquid-Fast
Relief,
24 Capsules,
400 mg



5⁹⁹

Aleve®
Naproxen
Sodium,
24 Caplet



5⁴⁹

Tylenol®
Extra Strength,
24 Caplets or
24 eZTabs,
500 m



healthOne

14⁹⁹

ASA
81 mg,
150 Tablets



9⁹⁹

Extra Strength
Acetaminophen
500 mg,
100 Caplets



4⁹⁹

Cold + Sinus
Ibuprofen and
Pseudoephedrine
Hydrochloride Tablets,
10 Caplets



8⁹⁹

Ibuprofen Extra
Strength
400 mg,
32 Caplets



Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: Allergies - Symptoms and causes. (n.d.-b). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497> and Which treatment is best for your headaches? (n.d.). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/in-depth/headaches/art-20047375>. It is intended for information purposes only and should not be used in place of consultation with a healthcare professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein.

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