

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

January 3-18



20⁹⁹

Cold FX[®]
First Signs,
48 Capsules or
Immune+ Plus,
45 Capsules

Tylenol[®]
Complete
Nighttime,
Cough, Cold
& Fever or
Cough & Cold,
Green Apple
or Bubble
Gum Flavour,
100 mL

8⁹⁹



Gravol[™]
Nausea Relief,
Liquid Gels,
8 Caplets

3⁹⁹



12⁹⁹
Flintstones[™]
Complete or
Active Kids,
60 Gummies



8⁹⁹

Advil
Selected Varieties



8⁹⁹

blink[®]
Intensive,
Dry Eye,
Lubricant Eye
Drops,
10 mL

Salonpas[®]
Pain Relief
Patch,
5 Topical
Patches

8⁹⁹



8⁹⁹
Benlyn[®]
Extra Strength,
Dry Cough or
For Children,
All-In-One,
Cold and Fever,
100 mL



10⁹⁹

Buckleys[®]
Cold & Sinus,
Day and Night,
24 Capsules

Tylenol[®]
Extra Strength,
Cold,
Daytime and
Nighttime,
10 eZ Tabs

6⁴⁹



Speed Stick[®]
Deodorant,
Ocean Surf,
70 g

3⁴⁹



MidNite[®]
Sleep Health,
1.5 mg
Melatonin+,
30 Cherry
Flavoured
Tablets

12⁹⁹

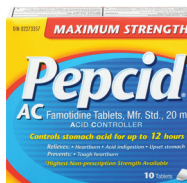


7⁹⁹

Batiste[™]
Original,
200 mL

Pepcid[®]
Acid Controller,
12 Hour Relief,
10 Tablets,
20 mg

8⁹⁹



4²⁹

Colgate[®]
2 in 1,
Whitening
Toothpaste,
100 mL



1⁸⁹
Colgate[®]
Extra Clean,
Toothbrush,
Soft or
Medium



3⁴⁹

Ricola[®]
Selected Varieties



7⁹⁹

Neutrogena[®]
Hand Cream,
Fragrance Free,
50 mL



6⁹⁹

Solarcaine[®]
Burn Pain Relief,
Lidocaine Spray,
Alcohol Free,
113 g

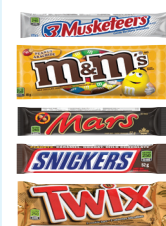
Cetaphil[®]
Gentle
Cleansing
Bar,
127 g

5²⁹



9⁹⁹

Cottonelle[®]
Ultra Comfort,
Soft,
6 Rolls



1²⁹

Mars[®]
Selected
Varieties



1²⁹

Trident[®]
Selected
Varieties



3⁴⁹
Pringles[®]
BBQ Flavour, Salt
& Vinegar,
Sour Cream &
Onion,
156 g or
Original Flavour,
148 g

healthOne[™]

Compare & Save!



7⁹⁹

Extra Strength
Acetaminophen
500 mg,
100 Caplets



9⁹⁹

Anti-Nauseant
50 mg,
100 Tablets



9⁹⁹

Cold & Flu
Day and Night,
24 Capsules

Flu, Cough & Cold
Complete
Extra Strength,
24 Capsules

8⁹⁹



9⁹⁹

Nitrile Gloves
Medium or
Large,
100 Gloves

Diet and Nutrition

Maintaining a balanced diet is essential for overall health and well-being, and vitamins play a crucial role in this. These organic compounds help the body perform vital functions, from supporting immune health to preventing chronic diseases. Understanding the importance of vitamins and how to incorporate them into your diet is key to promoting long-term health.

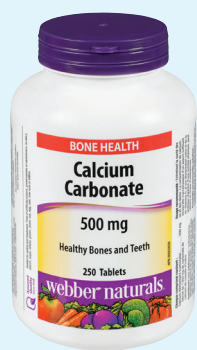
Vitamins are divided into two categories: water-soluble and fat-soluble. Water-soluble vitamins (e.g., Vitamin C, B-complex) dissolve in water, aren't stored in the body, and must be consumed regularly to support energy, immunity, and red blood cell production. Fat-soluble vitamins (A, D, E, K) are absorbed with fats and can be stored in tissues, aiding functions like vision and bone health. Key vitamins include: Vitamin A: Supports vision and immunity, found in carrots and spinach. Vitamin B: Aids energy metabolism and red blood cell production; folate is vital for pregnancy, found in grains, meats, greens. Vitamin C: Antioxidant for tissue repair and immunity, found in citrus and strawberries. Vitamin D: Promotes calcium absorption and bone health, from sunlight and fatty fish. Vitamin E: Antioxidant for immune health, in nuts and seeds. Vitamin K: Supports blood clotting and bone health, found in leafy greens like kale.

Incorporating these supplements helps maintain overall health. It's especially important for individuals with restricted diets, higher nutritional needs, or those who find it difficult to meet daily intake requirements through food alone. For more information on dietary guidelines and vitamin supplementation, visit Health Canada's Food Guide: Canada's Dietary Guidelines (<https://food-guide.canada.ca/en/guidelines/>)



7⁴⁹

Jamieson™
Selected Varieties,
100 Tablets



9⁹⁹

Webber Naturals®
Calcium Carbonate,
Healthy Bone and Teeth,
500 mg,
250 Tablets



21⁹⁹

Jamieson™
Omega 3 or
Omega 3-6-9,
200 Softgels



12⁹⁹

HydraSense®
Daily Nasal Care,
Medium Stream,
Full Stream,
Ultra-Gentle Mist
or Gentle Mist,
100 mL

Aspirin®
Daily Low Dose
120 Caplets or
Quick Chews,
100 Caplets,
81 mg

17⁹⁹



13⁹⁹

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



6⁹⁹

Redoxon®
Energy and
Immune Support,
Orange Flavour,
15 Tablets



3⁴⁹

Dex4®
Selected Varieties

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,
Cavity Protection,
Regular or
Winterfresh,
95 mL

2²⁹



G·U·M®
Soft-Picks,
Advanced,
60 Picks

6⁹⁹



9⁹⁹

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

Windex®
Original Glass
Cleaner,
765 mL or
Original Glass
Cleaner Refill,
950 mL

6⁹⁹



Palmolive®
Dishwashing
Liquid Soap,
Orange Citrus,
Marine Purity,
591 mL or
Original,
Essential Clean,
828 mL

4⁴⁹



Tylenol®
Extra
Strength,
10 eZ Tabs,
500 mg

3⁹⁹



15⁹⁹

NeilMed®
NasaFlo Neti Pot,
50 Premixed
Packets

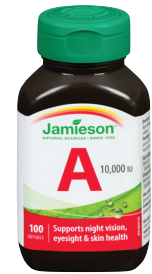
13⁹⁹



**Webber
Naturals®**
Vitamin E,
400 IU,
120 Softgels

Jamieson™
Zinc,
with Echinacea,
Vitamin C & D,
Lozenges,
30 Softgels

8⁹⁹



8⁹⁹

Jamieson™
Vitamin A
10,000 IU,
100 Softgels

Smoking Cessation

Quitting smoking can deplete important vitamins like C, E, and D, which are crucial for recovery and overall health. Taking vitamin C supplements can help repair tissues and boost the immune system, counteracting some of the damage caused by smoking.

Vitamin E acts as a potent antioxidant, protecting your cells from oxidative stress. Vitamin D is essential for reducing inflammation and supporting immune function, particularly important as your body heals after smoking cessation.

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

35⁹⁹



7⁹⁹

Jamieson™
Vitamin C,
500 mg,
120 Caplets

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

15⁹⁹



healthOne



10⁹⁹

Vitamin C
500 mg,
100 Chewable



12⁹⁹

Omega 3
1000 mg,
60 Softgels



12⁹⁹

**Calcium 500 +
Vitamin D3 400**
100 Tablets



6⁴⁹

Vitamin D3
Extra Strength,
1000 IU,
180 Tablets

Speak to your medical professional or pharmacist for more information.

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