

Your Local Pharmacy

April



9⁹⁹

One A Day
Men or Women,
50+,
90 Tablets



2⁹⁹

Jamieson
Effervescent,
Vitamin C,
10 Tablets



2⁹⁹

Tylenol
Muscle Aches & Body Pain,
16 Caplets



3⁹⁹

health One
Vitamin D3,
1000IU,
180 Tablets

healthOne™

Compare & Save!



8⁹⁹
Acid Reducer
Maximum Strength,
32 Tablets



6⁹⁹
Allergy Formula
20 Liquid Capsules



11⁹⁹
Areds
Eye Care,
50 Timed Release Caplets



4⁹⁹
Ibuprofen
Extra Strength,
Liquid Gel Capsules,
12 Capsules

Prices in effect until Friday, April 26, 2019 or while quantities last.



It is important to maintain good dental health as another step towards proactive overall health care. It not only prevents cavities but can also help prevent gum disease. Gum disease develops slowly and causes inflammation of the gums, bones, and tissues which support your teeth.

You can practice good dental hygiene to help prevent gum disease by taking the following steps:

- Brush your teeth 20 to 30 minutes after eating using a soft bristle toothbrush. Consider using an electric toothbrush if you have arthritis in your hands.
- Consult with your Dentist if you should use a toothpaste with fluoride.
- Use dental floss as it is effective for cleaning your teeth in tight spaces and is able to scrape the sides of each tooth. Consider waxed dental floss if plain dental floss becomes caught in your teeth.
- Use an oral irrigator to help remove food particles - it can also help reduce bleeding and gum disease.
- Add a microbial mouth rinse to your routine.
- Clean your dentures daily to avoid plaque and tartar build up. Soak your dentures in a denture cleanser regularly.

Speak to your Medical Professional or Pharmacist for more information.

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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
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



7⁹⁹

Jamieson
Omega-3,
For Kids,
60 Gummies



4⁹⁹

Rhinaris
Nasal Mist,
Dry Nose,
30mL



10⁹⁹

NeilMed
Nasaflo Neti Pot,
Includes 50
Premixed Packets



4⁹⁹

Clear Eyes
Extra Strength
or Triple Action
Relief,
15mL



5⁴⁹

Murine
Ear Wax
Removal System,
15mL



8⁴⁹

Earol
Olive Oil,
Ear Wax Removal
Spray,
1 Kit



6⁹⁹

Restoralax
7 Once Daily
Doses,
119g



7⁴⁹

Diovol
Plus Suspension,
Regular, Tropical
Fruit, or Mint AF,
350mL



6⁴⁹

Cetaphil
Moisturizing
Cream,
85g

healthOne



9⁹⁹
Omega-3
60 Softgels



1⁵⁹
**Daily Pill
Box**



5⁹⁹
Sinus Relief
Combo Pack,
18 Daytime Caplets,
6 Nighttime Caplets



14⁹⁹
Vitamin E
Synthetic,
100 Softgels

Transferring Your Prescriptions is Easy. Ask Us How Today!



1⁶⁹

Ricola
Original Herb
or Cherry
Honey,
10 Lozenges



5⁶⁹

Nytol
Sleep Aid,
Extra Strength,
20 Caplets or
Tablets



10⁹⁹

Beano
60 Tablets



6⁹⁹

**Nature's
Bounty**
Vitamin C,
1000mg,
With Rose Hips,
100 Coated
Caplets



7⁴⁹

**Webber
Naturals**
Vitamin B12,
60's - 120's,
Selected Varieties



2⁶⁹

Dex4
Fast Acting
Glucose,
10 Tablets,
Selected Varieties



5⁹⁹

Poise
16 - 48 Count,
Selected
Varieties



10⁹⁹

First Response
Pregnancy Test or
Rapid Pregnancy Test



10⁴⁹

Hydrasense
Advanced for Dry
Eyes or Night for
Dry Eyes,
10mL

Gum Disease

Did You Know?...Periodontitis is a serious gum infection that damages the soft tissue and destroys the bone that supports your teeth. It can also cause teeth to loosen or lead to tooth loss. Periodontitis is common but largely preventable as it's usually the result of poor oral hygiene. Brushing at least twice daily, flossing daily, and having regular dental checkups can greatly reduce your chance of developing it.



34⁹⁹

Nicorette
Quick Mist,
Fresh Mint or
Cool Berry,
150 Sprays