

Your Local Pharmacy

January



7⁹⁹

Pediatric Electrolyte
Apple, Fruit, or Grape, 1L



6⁹⁹

Tylenol
Flu, Extra Strength, Daytime, 20 eZTabs

5⁹⁹

Aleve
220mg, 20 Liquid Gels



1⁴⁹

Fisherman's Friend
Selected Varieties, 22 Lozenges

healthOne[®]

Compare & Save!

Folic Acid **3⁹⁹**
1mg, 100 Tablets



Platinum Muscle And Back **6⁹⁹**
18 Caplets



Ibuprofen **4⁹⁹**
Extra Strength, Liquid Gel, 12 Capsules



10⁹⁹
One-Step Pregnancy Test
One Test



Prices in effect until Friday, January 25, 2019 or while quantities last.



Winter is a popular time for travel, especially to warm destinations.

Whether you are travelling for a short or extended period of time, it is important to plan ahead in order to minimize any health risks.

If you are typically sensitive to traveler's diarrhea, ask your Doctor about Dukoral[®], a preventative medication in an oral vaccine form, or a medication that you can take when you are experiencing traveler's diarrhea. If you have traveler's diarrhea, drink plenty of bottled water or fluids that will help prevent dehydration.

Some people who fly encounter various discomforts such as:

Airplane ear – which is caused by sudden and rapid change in air pressure during take off and landing of a plane. This condition creates a vacuum in the middle ear and gives a “blocked hearing” discomfort which can for some people be very painful. To help release this feeling, you can try yawning, swallowing, or chewing gum.

Leg and foot swelling – is common and is a result of inactivity on a flight. It is mainly caused by sitting with your feet on the floor for long periods causing the blood to pool in your leg veins. The position of your legs while seated increases pressure in the leg veins. This contributes to foot swelling by causing fluid to leave the blood and move into the surrounding tissues.

To help prevent leg and foot swelling:

- * flex and extend your ankles and knees frequently while seated
- * drink plenty of water and non-dehydrating fluids
- * wear loose fitting clothing
- * take short walks during the flight
- * avoid alcohol

Your Doctor may recommend compression stockings or a blood thinning medication before departure.



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?

The 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



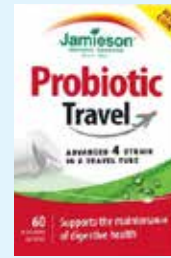
3⁹⁹

Gravol
Quick Dissolve Chewable,
8 Orange Flavour
Tablets



1⁰⁹

PharmaSystems
Soft Foam Ear Plugs
with Case,
One pair



15⁹⁹

Jamieson
Probiotic Travel,
Advanced 4 Strain
In A Travel Tube,
60 Capsules



8⁹⁹

Physiologic
Accuflex,
10 Second Results,
Flexible
Thermometer



6⁹⁹

Gas-X
Ultra Strength,
27 Softgels



9⁹⁹

Imodium
10 Quick Dissolve
Tablets, or 12
Liquid Gels

PharmaSystems
Surgical Masks,
10 Masks

2⁷⁹



9⁴⁹

Aveeno
Soothing Bath
Treatment,
8x42g Packets



6⁹⁹

Cetaphil
Moisturizing
Cream,
85g

healthOne

Diarrhea Relief **7⁹⁹**
2 mg,
12 Tablets



Allergy Formula **6⁹⁹**
20 Liquid Capsules



2⁹⁹
Foam Ear Plugs
With Case,
1 Pair



4⁹⁹
Foam Ear Plugs
6 Pair

Transferring Your Prescriptions is Easy. Ask Us How Today!



2⁴⁹

Ricola
Cough Suppressant,
19 Lozenges,
75g,
Selected Varieties



3⁴⁹

Tylenol
Regular Strength,
24 Caplets
or 24 Tablets



5⁹⁹

Benlyn
For Children,
All-In-One,
Cold and Fever
100mL or Cold
and Fever
Nighttime,
100mL



13⁴⁹

Webber Naturals
Most Complete,
Men's or Women's
90 Capsules, or
Men's or Women's 50+,
90 Capsules



7⁹⁹

Compound W
Fast Acting Liquid,
10mL

Formedica
Single Use Underpads,
23" x 36",
20 Units

7⁹⁹



9⁹⁹

Trojan
Ultra Thin,
12 Latex
Condoms



3⁷⁹

Summer's Eve
Deodorant Spray,
Island Splash or
Ultra,
63g

Tena
Protective Underwear,
10's - 14's,
Selected Varieties

14⁴⁹



Smoking Cessation

Did You Know?...quitting smoking is one of the best things you can do for your health. Quitting can reduce your risk of developing lung cancer, heart disease, Chronic Obstructive Pulmonary Disease (COPD), emphysema, and chronic bronchitis.

The positive effects begin in less than one day:

- Within 8 hours - blood carbon monoxide levels drop and oxygen levels normalize
- Within 2 days - risk of heart attack starts to decline, and senses of smell and taste improve
- Within 4 days - lung capacity increases and breathing is easier

Consult your Doctor or Pharmacist about smoking cessation programs and whether you need medication to help you reach your goal.



11⁹⁹

Nicorette
Gum
2mg or 4 mg,
30 Pieces,
Selected
Varieties