

Your Local Pharmacy



NOVEMBER



13.99

Voltaren Emulgel®
Topical Pain Relieving Gel, Extra Strength, 100 g



16.99

abreva®
Cold Sore Treatment, Pump or Tube, 2 g



3.79

Tylenol®
Fast Pain Relief, Extra Strength, 500 mg, 24 Caplets or eZ Tabs



5.99

Tylenol®
Cold, Extra Strength, 10 eZ Tabs (6 Daytime Tablets and 4 Nighttime Tablets)



2.99

SafeChek
Instant Hand Sanitizer, 300 mL

COMPARE & SAVE!



11.99

Calcium Antacid Chewables
Extra Strength, 750 mg, 160 Tablets



8.99

Vitamin E
400 IU, Antioxidant For Good Health, 100 Softgels



10.99

Rapid Digital Thermometer
Flexible Tip, 10 Seconds, °C & °F



1.99

Plastic Pill Box

Prices in effect until Friday, November 26, 2021 or while quantities last.

Diabetes is a condition in which body cells do not get adequate glucose to metabolize into energy. Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

The underlying cause of diabetes varies by type. But, no matter what type of diabetes you have, it can lead to excess sugar in your blood. Too much sugar in your blood can lead to serious health problems.

Symptoms

If you have one or more of the following 10 diabetes symptoms, consider going for a test:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss
- Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)
- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores
- Frequent infections, such as gums or skin infections and vaginal infections

Prevention

Type 1 diabetes can't be prevented. However, the same healthy lifestyle choices that help treat prediabetes, type 2 diabetes and gestational diabetes can also help prevent them:

- Eat healthy foods. Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains. Strive for variety to prevent boredom.
- Get more physical activity. Aim for about 30 minutes of moderate aerobic activity on most days of the week, or at least 150 minutes of moderate aerobic activity a week.
- Lose excess pounds. If you're overweight, losing even 7% of your body weight — for example, 14 pounds (6.4 kilograms) if you weigh 200 pounds (90.7 kilograms) — can reduce the risk of diabetes.



Don't try to lose weight during pregnancy, however. Talk to your doctor about how much weight is healthy for you to gain during pregnancy. To keep your weight in a healthy range, focus on permanent changes to your eating and exercise habits. Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem. Sometimes medication is an option as well, but healthy lifestyle choices remain essential. Have your blood sugar checked at least once a year to check that you haven't developed type 2 diabetes.

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



Dex4™
Fast Acting Glucose,
Assorted Flavours,
50 Tablets

8.99



37.99

Physio Logic™
essentiA, Blood Pressure Monitor, Monitor,
Large Easy To Read Score



BENLYN®
For People With Diabetes,
Cough & Chest, Congestion,
Extra Strength, 100 mL Syrup

6.99



10.99

Bausch + Lomb
renu® Fresh™,
Multi-Purpose Solution,
355 mL



4.49

Clear eyes®
Eye Drops, 15 mL



6.49

Aleve®
Up to 12 hours, 220mg, 24 Caplets



Nature's Bounty®
Cinnamon, 500 mg,
100 Capsules

12.99

Elastoplast
Fabric, Adapts To
Movements,
50 Assorted Sizes



4.59

Elastoplast
Knee & Elbow, Fabric, 10 Patches
or Spots, Plastic, 50 Spots

4.99



8.29

Eucerin®
Aquaphor® Skin Protectant
Ointment, For Dry, Cracked
or Irritated Skin, 50 g

healthOne™



14.99

**B-100 Complex with
Choline and Inositol**
100 Tablets



6.99

**Cough &
Congestion**
Herbal Original Mixture, 100 mL



7.99

**Balanced
B-50**
B Complex, Tablets,
Timed Release, 100 Tablets



10.49

**Prenatal Postpartum
Vitamins and Minerals**
100 Tablets

Transferring Your Prescriptions is Easy.

Ask Us How Today!



14.99

NeilMed®
NasaFlo® Clear Design, Neti Pot,
Includes 50 Premixed Packets



6.99

Sleep-eze®
Nighttime Sleep Aid, Extra Strength, 20
Coated Caplets or SoftGel Capsules



9.99

Gaviscon®
For Acid Reflux & Heartburn, Regular
Strength, Soothing Fruit Blend, 340 mL



8.99

Anusol® Plus
Ointment, With Anesthetic,
Fast, Long-Lasting Hemorrhoid
Relief, 30 g



12.99

Canesten®
Cures Athlete's Foot, Topical
Cream, Odourless, 30 g



6.99

Orajel®
Instant Pain Relief, For Toot ache,
Maximum Strength, 9.5 g



1.99

Werther's Original®
Caramel Hard Candies, No Sugar
Added, 70 g



10.99

Herbal Select™
Stevia, Liquid Extract,
Ethanol-Free, 60 mL



7.99

Truvia®
Calorie-Free, Sweetener, From
The Stevia Leaf, 80 Pack

Possible Health Benefits of Artificial Sweeteners

Weight control. Artificial sweeteners have virtually no calories. In contrast, a teaspoon of sugar has about 16 calories — so a can of sweetened cola with 10 teaspoons of added sugar has about 160 calories. If you're trying to lose weight or prevent weight gain, products sweetened with artificial sweeteners may be an attractive option.

Diabetes. Artificial sweeteners aren't carbohydrates. So unlike sugar, artificial sweeteners generally don't raise blood sugar levels. Ask your doctor or dietitian before using any sugar substitutes if you have diabetes.



7.99

Greeniche™
Stevia, 100% Natural Sugar
Substitute, 100 x 1 g Sachets

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