

Transferring Your Prescriptions is Easy. Ask Us How Today!

Your Local Pharmacy



9⁹⁹

Gravol™
Nausea Relief,
Non-Drowsy,
Original or Ginger
Liquid Gels,
24 Capsules



25⁹⁹

Lax A Day®
Gentle Relief,
510 g,
30 Doses



9⁹⁹

Helixia®
Prospan®,
Cough,
Cough with
Menthol or Cough
Kids,
Ages 1 to 11,
Ivy Leaf Extract,
100 mL



3⁹⁹

Buckleys®
Fast Relief,
Sore Throat,
Bite-Me Cherry
or Menthol
Outburst,
18 Lozenges

Polysporin®
Antibiotic
Cream,
Non-Greasy
Infection
Protection or
Infection
Protection +
Vitamin E,
15g

9⁹⁹



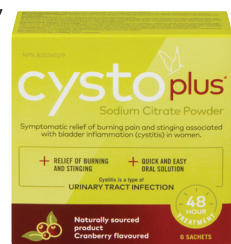
Band-Aid®
Flexible Fabric
or Tru-Stay,
Sheer Strips,
Comfort Flex,
80 Assorted Sizes

7⁹⁹



Cysto Plus®
Sodium Citrate
Powder,
48-Hour Treatment,
Cranberry Flavour,
6 Sachets

17⁹⁹



10⁴⁹

Jamieson™
Magnesium,
Extra Strength,
100 mg,
100 Tablets

Physio
Logic®
EssentiA+™,
Blood
Pressure
Monitor

39⁹⁹



11⁹⁹

Tylenol®
Complete Cold,
Cough & Flu,
Plus Daytime Mucus Relief,
12 Daytime + 12 Nighttime
Caplets



14⁹⁹

Vicks®
ZzzQuil™,
Melatonin,
48 Gummies



11⁹⁹

Neocitran
Selected Varieties,
10 Single Dose Pouches



15⁹⁹

NeilMed®
Sinus Rinse Kit,
50 Ready To Use Sachets,
or 100 Ready To Use Refills

healthOne™

Compare & Save!

6⁹⁹ Cold Medication
Extra Strength,
Day and Night,
24 Caplets

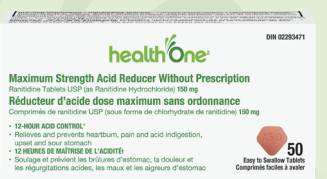


4⁹⁹ Anti-Nauseant
50 mg,
30 Tablets



7⁹⁹ Rapid Detection
Pregnancy Test
One-Step,
1 Test

15⁹⁹ Acid Reducer
Maximum Strength,
12-Hour Acid Control,
50 Tablets



Blood Pressure

Managing high blood pressure is essential for reducing the risk of heart disease and stroke. **Potassium (2,500-3,000 mg/day)** helps balance sodium levels, promoting healthier blood pressure. **Magnesium (200-400 mg/day)** relaxes blood vessels, enhancing circulation and supporting stable blood pressure. **Calcium (1,000-1,200 mg/day)** contributes to cardiovascular health by aiding proper muscle and heart function.

Omega-3 fatty acids (1,000 mg/day) from fish oil reduce inflammation and improve heart performance, further supporting blood pressure management. Combining these supplements with regular physical activity can significantly enhance overall cardiovascular well-being.



12⁹⁹

Jamieson™
B12,
1,000 mcg,
100 Tablets

Prices in effect until Friday, February 28, 2025 or while quantities last. Flyer features and products available while supplies last. Where "assorted" and "selected" varieties are indicated, not all product may be available. We reserve the right to limit quantities due to space limitations or manufacturer supply issues. Not all items may be available as advertised. All prices are subject to applicable sales taxes. Any coupon offers will be subject to our coupon policy. Participating

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Heart Health

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

Heart health is crucial for overall well-being and managing key risk factors such as high blood pressure, high cholesterol, and smoking is essential for reducing the risk of cardiovascular disease. Certain tools and supplements can assist in maintaining heart health and addressing these risk factors.

High blood pressure and cholesterol are major contributors to heart disease. Home blood pressure monitors can help track blood pressure levels regularly. To support healthy cholesterol levels, omega-3 supplements (1000 mg/day) and plant sterols (2 grams/day) are often recommended to reduce LDL cholesterol. Nicotine replacement therapies, such as patches or gum, are helpful for those quitting smoking.

Healthy Eating: In addition to a heart-healthy diet, specific supplements can further support nutrition. **Omega-3 fatty acids (1000 mg/day)** and **CoQ10 (100-200 mg/day)** are commonly used to reduce inflammation and support heart function, especially in individuals on statin medications. Fiber supplements, like psyllium husk, also help improve cholesterol and digestion.

Physical Activity: Regular exercise strengthens the heart, and fitness trackers or heart rate monitors can help you track your physical activity. Aiming for at least 150 minutes of moderate exercise per week can significantly benefit heart health.

Monitoring Health: Home-use devices such as blood pressure monitors, cholesterol test kits, and glucose meters allow individuals to keep track of important health indicators regularly.

Mental Well-Being: Stress management tools like magnesium supplements (200-400 mg/day) and L-theanine (100-200 mg/day) can help reduce stress levels, which directly benefits heart health.

By incorporating these products and supplements alongside healthy lifestyle habits, individuals can better manage their heart health.

For more detailed information about maintaining heart health, visit the Heart and Stroke Foundation: <https://www.heartandstroke.ca/>



16⁹⁹

Webber Naturals® Omega-3 Fish Oils, 1000 mg, 210 Softgels



5⁹⁹

Aspirin® Quick Chews, 81 mg, 30 Orange Flavoured Tablets



14⁹⁹

Webber Naturals® Coenzyme Q10, 100 mg, 60 Softgels



9⁹⁹

blink® Moisturizing, Dry Eye, Lubricant Eye Drops, Mild-Moderate 15 mL



10⁹⁹

Tylenol® Infants, Fever & Sore Throat Pain, 0-23 Months, Grape Flavour, 24 mL



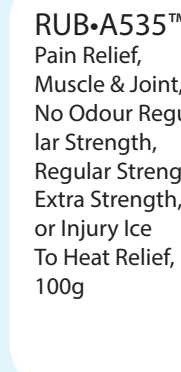
13⁹⁹

Benlylin® All-In-One, Cough, Cold & Flu, Day and Night, 24 Caplets or Mucus & Phlegm, 180 mL



16⁹⁹

RestoraLAX® Laxative, 14 Doses, 238 g



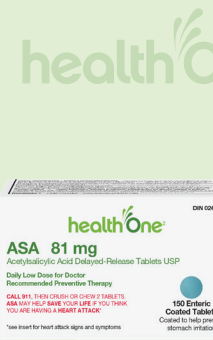
8⁹⁹

RUB-A535™ Pain Relief, Muscle & Joint, No Odour Regular Strength, Regular Strength, Extra Strength, or Injury Ice To Heat Relief, 100g



9⁹⁹

Drixoral® Nasal Congestion, 12-Hour Relief, 25 mL



7⁹⁹

ASA 81 mg, 150 Enteric Coated Tablets



12⁹⁹

Heartburn Relief Fruit Flavour, 100 Chewable Tablets



5⁵⁹

Vitamin D3 Softgel, 1000 IU, 100 Capsules



12⁵⁹

Multivitamin & Minerals 50+ Men's or Women's, 90 Tablets



Speak to your medical professional or pharmacist for more information.

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