

# Transferring Your Prescriptions is Easy. Ask Us How Today!

# Your Local Pharmacy

April

Orajel™  
Maximum,  
Toothache Relief,  
13 mL Fast-Acting  
Liquid or  
9.5 g Gel

6<sup>99</sup>



5<sup>99</sup>

NeilMed®  
ClearCanal®,  
Earwax Removal,  
Complete Kit



11<sup>99</sup>

First  
Response®  
Early Result,  
Pregnancy Test,  
1 Test

RestoraLAX®  
Mix-In Pax,  
Laxative,  
10 Packets,  
17g

17<sup>99</sup>



Aspirin®  
Daily Low Dose,  
81 mg,  
30 Tablets

5<sup>99</sup>



Tucks®  
Cool and  
Soothing,  
40 Moist Soft  
Cloth Pads

7<sup>99</sup>



Biotene®  
Dry Mouth,  
Moisturizing Spray,  
44 mL,  
Mouthwash,  
473 mL,  
Toothpaste,  
100 mL or  
Balance Gel,  
42g

11<sup>99</sup>



Colgate®  
Toothpaste,  
Winterfresh or  
Regular,  
95 mL

1<sup>79</sup>



4<sup>49</sup>

Listerine®  
Total Care,  
Sensitive Teeth  
or Fresh Burst,  
250 mL



24<sup>99</sup>

Reactine®  
Allergy Relief,  
Extra Strength,  
30 Tablets or  
25 Liquid Gels



19<sup>99</sup>

Jamieson™  
Probiotic 10 Billion,  
60 Capsules or  
Lutein,  
40 mg,  
60 Softgels



8<sup>99</sup>

Advil®  
Selected Varieties



8<sup>99</sup>

Jamieson™  
Selected Varieties,  
100 + 20 Tablets

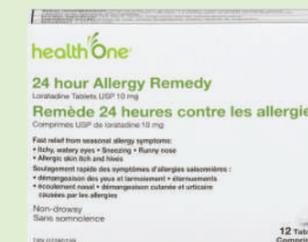
## healthOne™

## Compare & Save!

10<sup>79</sup> Allergy Relief  
Extra Strength,  
10 mg,  
24 Tablets



6<sup>59</sup> 24 Hour Allergy  
Remedy  
10 mg,  
12 Tablets



13<sup>99</sup> Vitamin E  
400 IU,  
100 Softgels



9<sup>99</sup> Eye Care  
Time Release,  
50 Tablets



### Oral Care

Maintaining proper oral hygiene is vital for overall health and well-being. Brushing your teeth twice daily with fluoride toothpaste and flossing once a day effectively removes plaque, the sticky film of bacteria that can lead to cavities and gum disease.

In addition to daily oral care routines, a balanced diet plays a significant role in promoting dental health. Limiting sugary foods and beverages helps prevent tooth decay, while avoiding tobacco products reduces the risk of gum disease and oral cancers. Drinking water frequently supports saliva production, which naturally cleanses the mouth and protects teeth.



3<sup>49</sup>

G·U·M®  
Pro-Weave,  
Dental Floss,  
Waxed or  
Waxed Mint,  
165m

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# Eye Care

## 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

Dry eye syndrome occurs when your eyes don't produce enough tears or when the tears evaporate too quickly, leading to discomfort and vision problems. Symptoms include a stinging or burning sensation, sensitivity to light, blurred vision, eye redness, and a sensation of having something in your eyes. These symptoms may worsen in environments with smoke, wind, or dry air, and during prolonged screen use.



Several factors can contribute to dry eyes:

- **Age:** Tear production tends to decrease with age.
- **Medical Conditions:** Diseases like diabetes, rheumatoid arthritis, and thyroid disorders can reduce tear production.
- **Medications:** Antihistamines, decongestants, and certain blood pressure medications may cause dry eyes as a side effect.
- **Environmental Factors:** Exposure to wind, smoke, or dry climates can increase tear evaporation.
- **Screen Time:** Staring at screens reduces blinking frequency, leading to increased tear evaporation.

To alleviate dry eye symptoms, consider the following strategies:

- **Artificial Tears:** Over-the-counter lubricating eye drops can provide temporary relief.
- **Lifestyle Adjustments:** Take regular breaks during screen use, increase indoor humidity, and wear sunglasses to protect your eyes from wind and sun.
- **Warm Compresses:** Applying a warm, damp cloth to your eyes can help unblock oil glands and improve tear quality.
- **Proper Hydration and Nutrition:** Staying hydrated and consuming a balanced diet rich in omega-3 fatty acids may support healthy tear production.

If symptoms persist, consult an eye care professional for a comprehensive evaluation and personalized treatment plan. They may recommend prescription medications or procedures to address underlying issues contributing to dry eyes.



10<sup>99</sup>

Systane® Ultra, Lubricated Eye Drops, 10 mL or Lid Wipes, 32 Wipes



5<sup>99</sup>

Visine® Original, Red Eye, 15 mL



9<sup>99</sup>

Similasan® Dry Eye or Pink Eye Relief, Sterile Eye Drops, 10 mL



8<sup>99</sup>

Tylenol® Children's, Fever & Pain, Berry, Banana Berry or Grape, 100 mL



19<sup>99</sup>

Claritin® Non-Drowsy, 24-Hour Allergy Relief, 20 Tablets, 10 mg



3<sup>99</sup>

Ricola® Selected Varieties, 19 Pieces



24<sup>99</sup>

Aerius® Non-Drowsy 24-Hour Allergy Relief, 20 Tablets, 5 mg



8<sup>99</sup>

Pepcid® AC, Maximum Strength, 10 mg, 10 Tablets



12<sup>99</sup>

Reactine® Children's, 24-Hour Allergy Relief, 118 mL, Grape Syrup or 12 Fast Melt Tablets



10<sup>49</sup>  
Calcium 500 mg, 250 Tablets



6<sup>29</sup>  
Vitamin D3 Extra Strength, 1000 IU, 90 Tablets



7<sup>79</sup> Acetaminophen Extra Strength, 500 mg, 100 Caplets

2<sup>99</sup> Weekly Pill Organizer 1 Unit



Speak to your medical professional or pharmacist for more information.

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