

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

Your  
Local  
Pharmacy

May



8<sup>99</sup>

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



3<sup>99</sup>

Gravol™  
Nausea Relief,  
Liquid Gels,  
8 Capsules



9<sup>99</sup>

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

Aleve®  
Liquid Gel  
220 mg,  
20 Liquid Filled  
Capsules

8<sup>99</sup>



4<sup>29</sup>

Cepacol®  
Sensations,  
Honey & Lemon,  
Sore Throat &  
Blocked Nose,  
Sore Throat &  
Cough or  
Sucrose Free  
16 Lozenges



15<sup>99</sup>

Imodium®  
Quick Dissolve,  
10 Tablets



12<sup>49</sup>

Tylenol®  
Extra Strength,  
100 eZTabs,  
500 mg



8<sup>99</sup>

Benadryl®  
Children's Allergy Relief,  
Liquid,  
Bubble Gum,  
100 mL



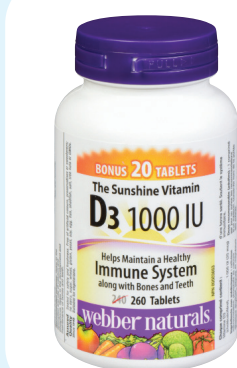
13<sup>99</sup>

Gelusil®  
Antacid &  
Anti-Gas,  
100 Chewable  
Tablets



12<sup>99</sup>

Jamieson™  
B12,  
1,000 mcg,  
100 Tablets



7<sup>99</sup>

Webber  
Naturals®  
Vitamin D3,  
1000 IU,  
260 Tablets



16<sup>99</sup>

Polysporin®  
Antibiotic Eye  
Drops or Ear  
Drops + Pain Relief,  
15 mL



6<sup>99</sup>

Benadryl®  
Allergy Relief,  
25 mg,  
12 Capsules

healthOne™

Compare & Save!

5<sup>25</sup> Allergy Formula  
12 Capsules,  
25 mg



14<sup>99</sup> Acid Reducer  
Maximum Strength,  
50 Tablets,  
150 mg



4<sup>99</sup> Anti-Nauseant  
30 Tablets,  
50 mg



13<sup>99</sup> Vitamin B12  
Time Release,  
120 Tablets



Mental Health

Mental health is influenced by various factors, including nutrition. Vitamins and minerals play a significant role in brain function and mood regulation. For example, B vitamins, particularly B6, B12, and folate, are essential for producing neurotransmitters like serotonin and dopamine, which affect mood. A deficiency in these vitamins may contribute to depression or anxiety.

Omega-3 fatty acids, found in fish oil supplements, support brain health by reducing inflammation and improving communication between brain cells. Vitamin D is another crucial nutrient, as low levels have been linked to depression and seasonal affective disorder (SAD). While supplements can help address deficiencies, they are not a replacement for a balanced diet or professional mental health care. Always consult a healthcare provider before starting any supplement regimen.



21<sup>99</sup>

Jamieson™  
Omega 3-6-9 or  
Omega 3 Select,  
150 + 50 Softgels

Prices in effect until Friday, May 30, 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 pharmacies are independently owned and operated. healthOne™ is a registered trademark of Kohl & Frisch Limited.

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Arthritis

Arthritis is a group of over 100 conditions that cause joint inflammation, leading to pain, stiffness, swelling, and reduced mobility. The most common types are osteoarthritis, caused by cartilage deterioration, and rheumatoid arthritis, an autoimmune disorder attacking joint linings.

Symptoms and Risk Factors

Symptoms include joint pain, swelling, stiffness, redness, and limited range of motion, which may vary in severity or occur in flares. Risk factors include age, obesity, family history, and previous joint injuries. Rheumatoid arthritis may also involve fatigue and systemic inflammation affecting other organs.

Management Options

While there’s no cure, treatment focuses on relieving symptoms and maintaining joint function. Over-the-counter NSAIDs, like ibuprofen, reduce pain and inflammation. Physical therapy strengthens muscles around the joints, improving flexibility and mobility. For advanced cases, surgical interventions, including joint replacement, may be necessary.

Lifestyle Modifications

Regular low-impact exercises, such as walking or swimming, help maintain flexibility. Weight management reduces stress on joints, particularly in weight-bearing areas like knees and hips. Heat or cold packs provide temporary relief from pain and swelling.

Consulting a healthcare provider for an accurate diagnosis and tailored treatment plan is crucial. Early management can slow progression and improve quality of life.

Speak to your medical professional or pharmacist for more information. The material in this flyer was sourced from: www.mayoclinic.org. It is intended for information purposes only and should not be used in place of consultation with a healthcare professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein. Prices in effect until Friday, May 30, 2025 or while quantities last.

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



17<sup>99</sup>

Tylenol® Arthritis Pain, Acetaminophen Extended Release Tablets, 100 Caplets



9<sup>29</sup>

Salonpas® Large, Pain Relieving Patch, 6 Patches



5<sup>99</sup>

Absorbine Jr.® Pain Relieving Solution, Original Liniment, 120 mL or Extra Strength Liniment, 60 mL



7<sup>99</sup>

Sleep-eze® Nighttime Sleep Aid, Extra Strength, 50 mg, 20 Caplets



14<sup>99</sup>

HydraSense® Dry Eyes, Advanced, Complete or Ultra Night, 10 mL



8<sup>99</sup>

Benylin® Extra Strength, Dry Cough or For Children, All-In-One, Cold and Fever, 100 mL



10<sup>99</sup>

Tylenol® Infants, Relief of Fever & Pain, 0-23 Months, Cherry or Grape Flavour, 24 mL



15<sup>99</sup>

Salonpas® Pain Relieving Cream, Topical Analgesic, 88 mL or 85 g



17<sup>99</sup>

Clera® Cold Sore Treatment, 5 mL, Gel

healthOne



12<sup>74</sup>

Arthritis Pain Relief 650 mg, 100 Caplets



7<sup>99</sup>

Muscle & Back Pain Relief Extra Strength, 18 Caplets



12<sup>99</sup> Calcium 500 + Vitamin D3 400 100 Tablets

6<sup>49</sup>

Vitamin D3 Extra Strength, 1000 IU, 180 Tablets

