

Transferring Your Prescriptions is Easy.

Ask Us How Today!

Your Local Pharmacy

May



8⁹⁹
RUB-A535™
 Pain Relief,
 Muscle & Joint,
 No Odour,
 Ice To Heat Relief,
 Regular or Extra
 Strength,
 100g



3⁹⁹
Gravol™
 Nausea Relief,
 Liquid Gels,
 8 Caplets



9⁹⁹
Helixia®
 Prospan®,
 Cough,
 Cough with Menthol
 or Cough Kids,
 Ages 1 to 11,
 Ivy Leaf Extract,
 100 mL



8⁹⁹
Aleve®
 Liquid Gel
 220 mg,
 20 Liquid Filled
 Capsules



4²⁹
Cepacol®
 Sensations,
 Honey & Lemon,
 Sore Throat &
 Blocked Nose,
 Sore Throat &
 Cough or
 Sucrose Free
 16 Lozenges



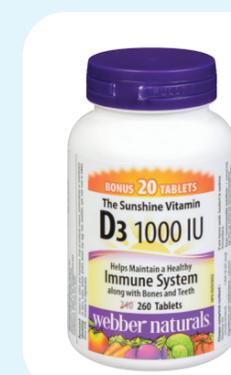
15⁹⁹
Imodium®
 Quick Dissolve,
 10 Tablets



13⁹⁹
Gelusil®
 Antacid &
 Anti-Gas,
 100 Chewable
 Tablets



12⁹⁹
Jamieson™
 B12,
 1,000 mcg,
 100 Tablets



7⁹⁹
Webber
Naturals®
 Vitamin D3,
 1000 IU,
 260 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.



21⁹⁹
Jamieson™
 Omega 3-6-9 or
 Omega 3 Select,
 150 + 50 Softgels



12⁴⁹
Tylenol®
 Extra Strength,
 100 eZTabs,
 500 mg



16⁹⁹
Polysporin®
 Antibiotic Eye
 Drops or Ear
 Drops + Pain Relief,
 15 mL



8⁹⁹
Benadryl®
 Children's Allergy Relief,
 Liquid,
 Bubble Gum,
 100 mL



6⁹⁹
Benadryl®
 Allergy Relief,
 25 mg,
 12 Caplets

healthOne™ Compare & Save!



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Arthritis

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

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.

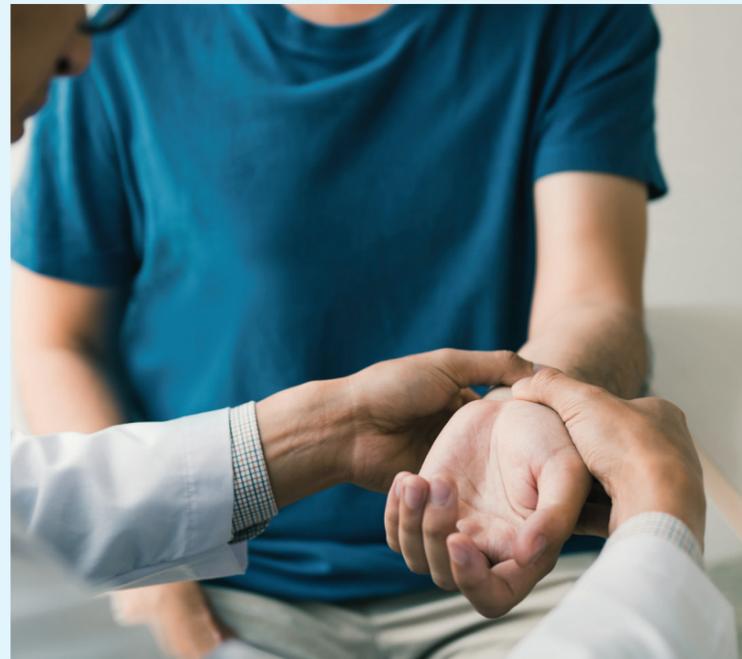
Management Options

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.



17⁹⁹

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



9²⁹

Salonpas® Large, Pain Relieving Patch, 6 Patches



5⁹⁹

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



7⁹⁹

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



14⁹⁹

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



8⁹⁹

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



10⁹⁹

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



15⁹⁹

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



17⁹⁹

Clera® Cold Sore Treatment, 5 mL, Gel



12⁷⁴

Arthritis Pain Relief 650 mg, 100 Caplets



7⁹⁹

Muscle & Back Pain Relief Extra Strength, 18 Caplets



12⁹⁹ Calcium 500 + Vitamin D3 400 100 Tablets



6⁴⁹ Vitamin D3 Extra Strength, 1000 IU, 180 Tablets

Speak to your medical professional or pharmacist for more information.

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