Transferring Your Prescriptions is Easy. Ask Us How Today!



Batiste® Original, Classic Clean, Dry Shampoo, 120g





NeilMed® Clear Canal, Earwax Removal, Complete Kit



899

1099

599

Secaris® Lubricating Nasal Gel, 30 g



Aerius® Kids, Non-Drowsy, 24-Hour Allergy Relief, 100 mL

Tylenol® Extra Strength, Cold & Sinus or Flu,

10 Daytime + 10 Nighttime Tablets or Infants, 24 mL, Grape Flavour



Polysporin® Extra Infection Protection + Pain Relief, Ointment, 15 g



Cryopak® Cold + Hot, Flexible Gel Compress

First Aid





First aid involves immediate care for sudden injuries or illnesses to preserve life,

prevent the condition from worsening, and promote recovery until professional

medical help is available. It encompasses various situations, including burns, cuts, fractures, choking, and cardiac emergencies.

For instance, in cases of severe bleeding, applying firm pressure with a clean

cloth can help control blood loss. In choking incidents, performing back blows

and abdominal thrusts can dislodge the obstruction. For cardiac emergencies,

cardiopulmonary resuscitation (CPR) involves chest compressions and rescue

breaths to maintain circulation. Proper first aid can be crucial in emergencies,

potentially saving lives and reducing the severity of injuries.

Benadrvl® Bug Bite Relief, Triple Action,

Band-Aid® Tough Strips, Water Block, 20 All One Size

or Flexible

20 Assorted Sizes

Fabric,

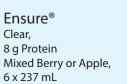




NeilMed® Neil Cleanse, Wound Wash, Sterile Saline Solution, 177 mL

Prices in effect until Friday, July 25, 2025 or while quantities last. Elver 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

Your Local **Pharmacy**





July

Tylenol® Extra Strength, 10 ezTabs, 500 mg



Pepto-Bismol® 5 Symptom Relief, Travel Size, 100 mL



After Bite® The Itch Eraser, Gel or Kids Gel, 20 g

health One

Compare & Save!

50 mg,

100 Tablets

Anti-Nauseant

Allergy Relief Extra Strength, 24 Tablets, 10 mg



Ibuprofen Extra Strength, 400 mg, 32 Caplets

health One health One **Ibuprofen Extra Strength Caplets** Caplets d'ibuprofène extra fort Diarrhea Relief Soulagement de la diarrhée

Diarrhea Relief 12 Caplets, 2 mg

health One

Anti-Nauseant Anti-nauséeux

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. health One™ is a registered trademark of Kohl & Frisch Limited.

Travel

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
- Compounding Compliance packaging
- - Prescription transfer from other pharmacies

Whether you're planning a scenic train ride through the Rockies or jetting off to Europe, one thing can disrupt even the best itinerary: motion sickness. It's more common than you might think, that woozy, unsettled feeling caused by the disconnect between what your eyes see and what your inner ears sense during movement.

Here's the good news: motion sickness can often be prevented or managed with a few easy strategies, and your journey can go back to being about discovery and joy, not dizziness.

Why It Happens

Motion sickness occurs when your inner ear, eyes, and deeper body sensory systems send conflicting information to your brain. You may feel like you're moving when you're not, or vice versa, and this confusion can trigger nausea, cold sweats, fatigue, and sometimes vomiting.

What You Can Do About It

Preparation starts with your seat choice. Aim for the most stable spots: over the wings in an airplane, midship near the waterline on a cruise, or the front seat in a car. If you're prone to symptoms, avoid looking at screens or reading — instead, fix your gaze on the horizon or a distant point to help realign your senses.

Fresh air matters too. Crack open a window, adjust an air vent, or step out for fresh air during stops. Avoid spicy or greasy foods before departure and opt for small, light snacks like crackers. Carbonated beverages can help settle your stomach, too.

Travel-Smart Remedies

Over-the-counter medications like Gravol (dimenhydrinate) is commonly available in Canadian pharmacies and are effective for many. These are best taken about an hour before travel — and be aware they may cause drowsiness.

Prefer a non-medicated route? Ginger supplements, candies, or teas are a natural option many swear by for nausea relief. Another popular aid is Sea-Band, a wristband that uses acupressure to target the P6 point on your inner wrist, helping to ease symptoms without any pills at all.

Final Boarding Call

Motion sickness doesn't have to ruin your travel plans. With a little foresight and a few items from your local pharmacy or health store, you can reclaim comfort and confidence on the go.

Gravol

Gravol® Nausea Relief, Kids. 18 Chewables or Adult, 30 Tablets



Med checks

Neutrogena® Ultra Sheer, Dry Touch Sunscreen, SPF 60 Aveeno® Protect+ Hydrate, SPF 50



10 Tablets

Mansfield Travel First Aid, 16 Essential First Aid

Benadryl® Allergy, Extra Strength,

12 Caplets or Liaui-Gels, 20 Capsules Benadryl



Q99 Visine®

Sterile, Eye Drops, Allergy with Antihistamine, Multi-Symptom or Dry Eye, 15 mL

Aerius® Non-Drowsy, Allergy Relief,



Canesten® External **Antifungal** Cream,

15g



Aleve® Naproxen Sodium, 24 Caplets



Pepcid® Acid Controller, Maximum Strength, 10 Tablets





Hydrocortisone

Cream 30g



199

Hand Sanitizer Antiseptic, 59 mL

Fabric Bandages 80 Bandages **Plastic Bandages** 100 Bandages



Vinyl Gloves **Medical Examination** Gloves, 100 Gloves. Medium or Large



Speak to your medical professional or pharmacist for more information.

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