

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

Your  
Local  
Pharmacy

July



7<sup>99</sup>

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



9<sup>99</sup>

NeilMed®  
Clear Canal,  
Earwax Removal,  
Complete Kit



8<sup>99</sup>

Secaris®  
Lubricating  
Nasal Gel,  
30 g



10<sup>99</sup>

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

9<sup>99</sup>



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

10<sup>99</sup>



16<sup>99</sup>

Ensure®  
Clear,  
8 g Protein  
Mixed Berry or Apple,  
6 x 237 mL



3<sup>99</sup>

Tylenol®  
Extra Strength,  
10 ezTabs,  
500 mg

Cryopak®  
Cold + Hot,  
Flexible Gel Compress

6<sup>99</sup>



6<sup>99</sup>

Benadryl®  
Bug Bite Relief,  
Triple Action,  
14 mL

Band-Aid®  
Tough Strips,  
Water Block,  
20 All One Size  
or Flexible  
Fabric,  
20 Assorted  
Sizes

5<sup>99</sup>



4<sup>99</sup>

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



5<sup>49</sup>

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

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.



7<sup>99</sup>

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

healthOne™

Compare & Save!

10<sup>99</sup> Allergy Relief  
Extra Strength,  
24 Tablets,  
10 mg



7<sup>99</sup> Ibuprofen  
Extra Strength,  
400 mg,  
32 Caplets



6<sup>99</sup> Diarrhea Relief  
12 Caplets,  
2 mg



9<sup>99</sup> Anti-Nauseant  
50 mg,  
100 Tablets



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Travel

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, mid-ship 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.

Speak to your medical professional or pharmacist for more information.  
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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





**6<sup>99</sup>**

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



**13<sup>99</sup>**

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



**2<sup>99</sup>**

**Mansfield**  
Travel First Aid,  
16 Essential First Aid  
Items



**12<sup>99</sup>**

**Benadryl®**  
Allergy,  
Extra Strength,  
12 Caplets or  
Liqui-Gels,  
20 Capsules



**9<sup>99</sup>**

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



**12<sup>99</sup>**

**Aerius®**  
Non-Drowsy,  
Allergy Relief,  
10 Tablets



**9<sup>99</sup>**

**Canesten®**  
External  
Antifungal  
Cream,  
15g



**6<sup>99</sup>**

**Aleve®**  
Naproxen Sodium,  
24 Caplets



**8<sup>99</sup>**

**Pepcid®**  
Acid Controller,  
Maximum Strength,  
10 Tablets



**6<sup>99</sup>**

**Hydrocortisone**  
Cream  
30g



**1<sup>99</sup>**

**Hand Sanitizer**  
Antiseptic,  
59 mL



**4<sup>99</sup>**

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



**7<sup>99</sup>**

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

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