

Transferring Your Prescriptions is Easy. Ask Us How Today!

Your Local Pharmacy

August



10⁹⁹

RUB A535®
Natural Source,
Arnica 65 g,
Muscle & Joint,
No Odour or
Maximum
Strength,
100 g



5⁹⁹

NeilMed®
WaxOut,
Ear Cleaners,
Reusable,
12 Ear Tools



13⁹⁹

Gelusil®
Antacid &
Anti-Gas,
100 Chewable
Tablets,
Cool Mint

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

10⁹⁹



8⁹⁹

Benylin®
for Children,
Dry Cough or
Cough & Cold,
100 mL,
Grape Flavour

Lacteeze®
Drops for Milk,
15.5 mL

10⁹⁹



Canesten®
Internal Cream,
Yeast Infection
6-Day,
50 g

6⁹⁹



17⁹⁹

Gaviscon®
Regular Strength,
Acid Reflux &
Heartburn Relief,
Soothing Ice Mint
or Fruit Blend,
340 mL

Alka-Seltzer®
Antacid,
Extra Strength,
24 Tablets

6⁹⁹



19⁹⁹

Claritin®
Allergy,
Non-Drowsy,
20 Tablets



7⁹⁹

Benadryl®
Allergy,
Liquid,
100 mL



4⁹⁹

Tylenol®
Extra Strength,
500 mg
24 eZTabs or
24 Caplets



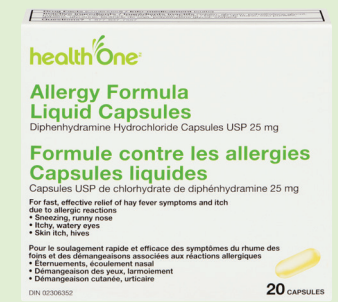
13⁹⁹

Coppertone®
SPF 50,
Kids Lotion Sunscreen,
237 mL,
Complete Spray,
156 g or
Lotion Sunscreen,
148 mL

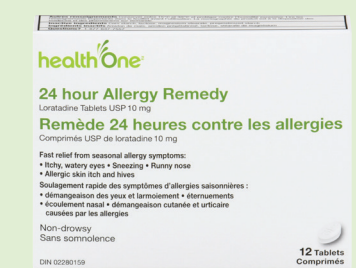
healthOne™

Compare & Save!

9⁹⁹ **Allergy Formula**
20 Liquid Capsules,
25 mg



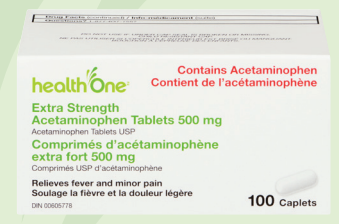
6⁵⁹ **24-Hour Allergy Remedy**
Non-Drowsy,
12 Tablets



2⁹⁹ **Hydrogen Peroxide**
473 mL



7⁷⁹ **Acetaminophen**
Extra Strength,
500 mg,
100 Caplets



Heartburn

Heartburn is a burning feeling in the chest caused by stomach acid rising into the esophagus. It often follows meals and is triggered by spicy or fatty foods, citrus, caffeine, alcohol, chocolate, or overeating. Managing symptoms includes eating smaller meals, avoiding trigger foods, staying upright after eating, and elevating the head while sleeping. Maintaining a healthy weight and avoiding tobacco can also reduce discomfort.

Occasional heartburn can be relieved with over-the-counter options like antacids, H2 blockers, or proton pump inhibitors. Frequent symptoms may indicate gastroesophageal reflux disease (GERD), which requires medical evaluation.

Pepcid®
Complete or
Maximum Strength,
25 Tablets or
Original Strength,
30 Tablets

15⁹⁹



Prices in effect until Friday, August 29, 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.

Prices in effect until Friday, August 29, 2025 or while quantities last.

Osteoporosis

Osteoporosis is a chronic condition in which bones become porous, brittle, and more susceptible to fractures. While it most commonly affects older adults, especially women post-menopause, prevention should begin early through nutrition, physical activity, and consistent health habits.

A foundational element in bone maintenance is calcium, the primary mineral stored in bones. Adults between the ages of 19 and 50 require about 1,000 milligrams of calcium each day. This requirement increases to 1,200 milligrams for women over 50 and men over 70 due to accelerated bone loss. Calcium-rich foods include:

- Low-fat dairy products (milk, yogurt, cheese)
- Canned sardines or salmon with bone
- Dark leafy greens such as kale and bok choy
- Calcium-fortified juices and plant-based milk

If these sources are not consumed regularly, due to dietary restrictions or personal preference, calcium supplements can be a helpful option.

Over-the-counter products like calcium carbonate and calcium citrate are commonly used and widely available in Canada.

Equally important is vitamin D, which enhances calcium absorption and helps regulate blood calcium levels. Daily intake recommendations range from 600 IU for adults under 70 to 800 IU for those over 70. Natural sources include:

- Fatty fish such as salmon and mackerel
- Fortified foods like milk, cereal, and orange juice
- Egg yolks

However, in northern climates such as Canada, sunlight exposure may be insufficient for adequate vitamin D synthesis, particularly during the winter months. In such cases, supplementation is often necessary and can be obtained through vitamin D3 tablets, softgels, or oral sprays available at most pharmacies.

In addition to calcium and vitamin D, other nutrients like magnesium and vitamin K support bone metabolism and may contribute to improved bone density.

Maintaining strong bones also requires consistent weight-bearing physical activity, such as walking, strength training, or resistance exercises. Avoiding tobacco and limiting alcohol intake further reduces the risk of bone loss.

By combining proper nutrient intake with healthy lifestyle habits, individuals can significantly reduce their risk of developing osteoporosis and maintain skeletal strength well into older age.

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, August 29, 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





7⁹⁹

Aleve®
Liquid Gels,
20 Liquid Filled Capsules



11⁹⁹

Jamieson™
Calcium Magnesium + D3,
200 Caplets or Calcium + D3, 500 mg, 90 Caplets



7⁴⁹

Webber Naturals®
Vitamin D3, 1000 IU, 260 Tablets



9⁹⁹

Benylin®
Extra Strength, Cough Complete or Cough & Chest, 100 mL, Syrup



15⁹⁹

Imodium®
Quick Dissolve, 10 Tablets



7⁹⁹

Benadryl®
Allergy, Extra Strength, 12 Caplets



12⁹⁹

hydraSense®
Drops, Long-Lasting Relief, for Dry Eyes, Sterile



11⁹⁹

Tylenol®
Arthritis Pain, 50 Caplets, 650 mg



6⁹⁹

Orajel™
Maximum Toothache Relief, Medicated, 13 mL or 9.5 g



13⁹⁹

healthOne®
Acid Reducer Maximum Strength, 50 Tablets, 150 mg



12⁹⁹

healthOne®
Heartburn Relief Fruit Flavour, 100 Chewable Tablets



10⁴⁹

healthOne®
Calcium 250 Tablets, 500 mg



6²⁹

healthOne®
Vitamin D3 Extra Strength, 1000 IU, 90 Tablets

Prices in effect until Friday, August 29, 2025 or while quantities last.