

# Transferring Your Prescriptions is Easy. Ask Us How Today!

# Your Local Pharmacy



7<sup>99</sup>

Jamieson™  
Vitamin C,  
500 mg,  
100 + 20  
Caplets



4<sup>99</sup>

Pharma  
Systems®  
Large Weekly Pill  
& Vitamin Planner

8<sup>99</sup>

Rhinaris®  
Nasal Gel,  
30 g,  
Nasal Mist,  
30 mL  
Secaris®  
Lubricating  
Nasal Gel,  
30 g



Drixoral®  
No Drip,  
Nasal  
Decongestant  
Spray,  
Original  
Unscented or  
Cooling  
Menthol,  
15 mL

7<sup>49</sup>



8<sup>99</sup>

Aleve®  
Liquid Gel  
220 mg,  
20 Liquid Filled  
Capsules



10<sup>99</sup>

Tylenol®  
Infants, Fever &  
Pain, Grape or  
Cherry Flavour,  
24 mL



12<sup>99</sup>

Tylenol®  
Extra Strength,  
Complete Cold, Cough, & Flu,  
12 Day Time Caplets,  
and 12 Nighttime Caplets



15<sup>99</sup>

Advil®  
Cold and Sinus,  
Analgesic,  
40 Capsules



12<sup>99</sup>

Tylenol®  
Extra strength,  
500 mg,  
100 eZTabs or  
100 Caplets



15<sup>99</sup>

Nicorette®  
Fresh Fruit  
Flavour,  
2mg or 4mg,  
or  
Mint Flavour,  
2mg or 4mg



35<sup>99</sup>

Nicoderm®  
Step 1, 21mg,  
7 patches,  
Step 2, 14mg,  
7 Patches or  
Step 3, 7mg,  
7 Patches



15<sup>99</sup>

Neilmed®  
NasaFlo Neti Pot,  
50 Premixed Packets



14<sup>99</sup>

A. Vogel®  
Echinaforce, Cold & Flu,  
Sore Throat Spray,  
30 mL or Hot Drink,  
100 mL

## Smoking Cessation

Smoking depletes important vitamins and antioxidants that protect against cell damage. While supplements can't reverse the harm, they help restore vital nutrients. Vitamin C boosts immunity and supports lung repair but is used up quickly in smokers. Vitamin E protects cells from free radicals but drops faster without enough Vitamin C. Vitamin D strengthens the immune system and slows lung function decline. B vitamins—B6, B12, and folate—reduce homocysteine levels, lowering heart disease risk. Zinc supports lung health and helps remove cadmium; a toxin found in cigarettes. Supplements can improve overall health, but quitting smoking remains the best way to protect your lungs and prevent long-term illness.



28<sup>99</sup>

Thrive®  
Nicotine Replace-  
ment Lozenges,  
Peppermint, 1  
mg, and Fruit  
Explosion or Pep-  
permint, 2 mg,  
108 Pieces

## healthOne™

## Compare & Save!

11<sup>99</sup> Muscle and Back  
Pain Platinum Relief  
18 Caplets

12<sup>74</sup> Arthritis Pain  
Relief  
Extra Strength,  
650 mg,  
100 Tablets

10<sup>49</sup> Stool Softener  
100 mg,  
100 Caplets

10<sup>99</sup> Cuticle Clipper



Prices in effect until Friday, January 30, 2026 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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# Diet & Nutrition

## 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

**What Foods Are Healthy?**  
For optimal health, research strongly supports following plant-based eating patterns such as the Mediterranean-DASH or MIND diets. These diets focus on whole, minimally processed foods and are proven to lower the risk of heart disease, cancer, diabetes, and neurodegenerative conditions.



- Key “superfoods” include:
- Berries – High in antioxidants that protect cells and support brain health.
  - Fatty fish – Salmon and sardines provide omega-3s for heart and brain
  - Leafy greens – Rich in vitamins A, C, and K, plus calcium.
  - Nuts and seeds – Great sources of protein and healthy fats.
  - Olive oil – Contains vitamin E and heart-protective fats.
  - Whole grains – Provide fiber and B vitamins for lasting energy.
  - Yogurt – Offers probiotics for gut and bone health.
  - Cruciferous vegetables – Include broccoli and cabbage, packed with vitamins and minerals.
  - Legumes – Beans and lentils supply fiber and protein for heart health.

**Should You Take Daily Vitamins?**  
Most healthy adults can get the nutrients they need through a balanced diet, but some people may benefit from supplements if they have specific deficiencies or dietary restrictions. Before starting any supplement, it’s important to talk to your doctor to ensure safety and proper dosage.

Supplements can fill nutritional gaps but shouldn’t replace real, nutrient-dense foods. Whole foods provide a combination of vitamins, minerals, and antioxidants that work together to protect the body — something no pill can fully replicate.



17<sup>99</sup>

**Webber Naturals®**  
Omega-3 Fish Oils,  
1000 mg,  
210 Softgels



12<sup>99</sup>

**Webber Naturals®**  
Magnesium Bisglycinate,  
200 mg,  
60 Capsules or  
Magnesium Citrate,  
150 mg,  
120 Capsules



8<sup>99</sup>

**Jamieson™**  
Vitamin D3,  
1000 IU  
200+40 Tablets



9<sup>99</sup>

**RestoraFibre®**  
Daily Gummies,  
30 Gummies



8<sup>99</sup>

**Tylenol®**  
Complete or  
Cough & Cold  
Bubble Gum or  
Green Apple  
Flavour,  
100 mL



8<sup>99</sup>

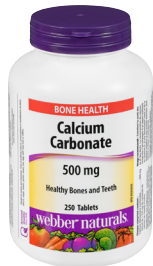
**Gravol®**  
For Kids,  
Nausea Relief,  
Liquid,  
75 mL



3<sup>99</sup>

**Gravol®**  
Nausea Relief,  
10 Tablets

**Webber Naturals®**  
Calcium  
Carbonate,  
500 mg,  
250 Tablets



9<sup>99</sup>



12<sup>99</sup>

**Jamieson™**  
Vitamin B12,  
1000 mcg,  
100 Tablets



6<sup>49</sup>

**Vitamin D3**  
Extra strength,  
1000 IU,  
180 tablets



7<sup>99</sup>

**Iron**  
Ferrous Gluconate,  
324 mg,  
100 Caplets



10<sup>99</sup>

**Diarrhea Relief**  
Loperamide  
Hydrochloride Tablets,  
2 mg,  
30 Caplets



12<sup>74</sup>

**Rapid Digital  
Thermometer**

Speak to your medical professional or pharmacist for more information.  
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