

Transferring Your Prescriptions is Easy. Ask Us How Today!

Your Local Pharmacy



7.99

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



4.99

Pharma
Systems®
Large Weekly Pill
& Vitamin Planner



8.99

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

7.49



Aleve®
Liquid Gel
220 mg,
20 Liquid Filled
Capsules

8.99



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

10.99



12.99

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



15.99

Neilmed®
NasaFlo Neti Pot,
50 Premixed Packets



12.99

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



15.99

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



35.99

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

healthOne™

11.99 Muscle and Back
Pain Platinum Relief
18 Caplets

12.74 Arthritis Pain
Relief
Extra Strength,
650 mg,
100 Tablets



28.99

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



10.49 Stool Softener
100 mg,
100 Caplets



10.99 Cuticle Clipper



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.

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January

15.99



Advil®
Cold and Sinus,
Analgesic,
40 Capsules

14.99



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

Compare & Save!

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Diet & Nutrition

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.



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

17⁹⁹

Webber Naturals®
Omega-3 Fish Oils,
300 mg EPA/DHA
1000 mg
Cardiovascular Health
180+210 Softgels
BONUS 15% MORE

12⁹⁹

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

8⁹⁹

Jamieson™
Vitamin D3,
1000 IU
200+40 Tablets

9⁹⁹

RestoraFibre®
Daily Gummies,
30 Gummies

8⁹⁹

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

8⁹⁹

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

3⁹⁹

Gravol®
Nausea Relief,
10 Tablets

9⁹⁹

Webber
Naturals®
Calcium
Carbonate,
500 mg,
250 Tablets

12⁹⁹

Jamieson™
Vitamin B12,
1000 mcg,
100 Tablets

healthOne

6⁴⁹

Vitamin D3
Extra strength,
1000 IU,
180 tablets

7⁹⁹

Iron
Ferrous Gluconate,
324 mg,
100 Caplets

10⁹⁹

Diarrhea Relief
Loperamide
Hydrochloride Tablets,
2 mg,
30 Caplets

12⁷⁴

Rapid Digital
Thermometer

Speak to your medical professional or pharmacist for more information.

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