

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

## Your Local Pharmacy

**949**



Orajel™  
Cold Sores,  
Instant Pain  
Relief,  
5.3 g

**999**



Helixia®  
Prospan®,  
Cough,  
Cough with Menthol or  
Cough Kids,  
Ages 1 to 11,  
Ivy Leaf  
Extract,  
100 mL

**799**



Dr Scholl™  
Circulatory,  
Socks,  
Selected  
Varieties

**999**



Neil Med®  
Earwax Removal,  
Complete Kit

**1099**



Tinactin®  
Tolnaftate  
Cream 1%,  
15 g

**1299**



HydraSense®  
Ultra Congestion  
Relief, Full  
Stream,  
Gentle Mist,  
Medium Stream  
or  
Ultra-Gentle Mist,  
100 mL



Tylenol®  
Extra Strength,  
Cold,  
Cold & Sinus or  
Flu,  
10 Day Time Caplets,  
and 10 Nighttime Caplets

**899**



**999**

Advil®  
Children's Advil &  
Junior Advil,  
Selected Varieties



Benylin®  
Extra Strength,  
Dry Cough or Children's  
All-In-One Cold and Fever  
100 mL

**799**



**1899**

Robax®  
Platinum Back &  
Muscle Pain Relief,  
18 Caplets

healthOne™

### Blood Pressure

High blood pressure is one of the leading modifiable risk factors for heart disease and early death. Managing it through lifestyle changes—such as eating a balanced diet, exercising, limiting alcohol, and quitting smoking—can make a big difference. Certain supplements may also help lower blood pressure when used alongside medical treatment.

These include vitamin D, B vitamins, potassium, CoQ10, vitamin C, beetroot, garlic, fish oil, probiotics, melatonin, and green tea.

Supplements can interact with medications or cause side effects if taken in excess, so it's essential to consult a healthcare professional before starting any.



Physio Logic®  
Blood  
Pressure  
Monitor

**3899**

**899** Extra Strength,  
Flu, Cough & Cold  
Complete  
24 Caplets



**699** Folic Acid  
1mg,  
100 Caplets



**1099** Naproxen  
220 mg,  
125 Caplets



**899**

Vitamin D  
400 IU,  
60 Gummies



**February**

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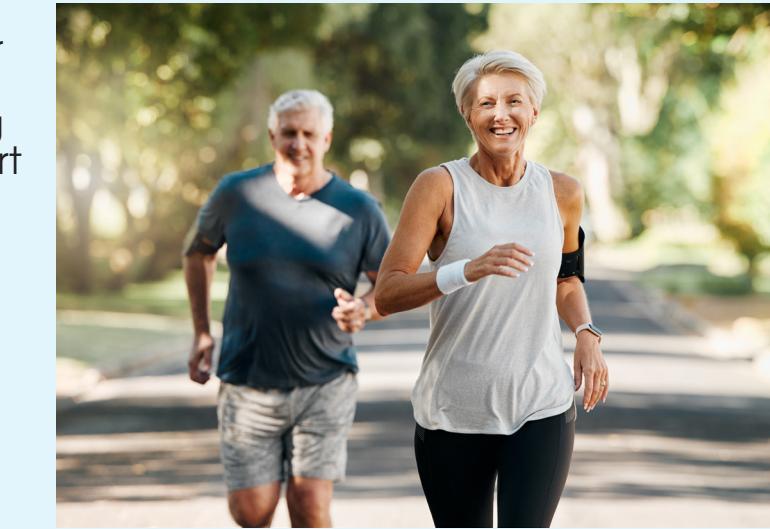
# Heart Health

## 8 Steps to Prevent Heart Disease

Heart disease, also known as coronary or ischemic heart disease, happens when plaque builds up in the arteries, reducing blood flow and increasing the risk of heart attack or heart failure. It's the second leading cause of death in Canada, but simple lifestyle changes can make a big difference. These eight heart-healthy tips can help you protect your heart and improve your overall health.

### 1. Control Portion Sizes

How much you eat matters as much as what you eat. Simple portion control supports a healthier heart and overall well-being.



### 2. Eat More Vegetables and Fruits

Fruits and vegetables are packed with vitamins, minerals, and fiber while being low in calories. They support heart health and make balanced eating easier.

### 3. Choose Whole Grains

Whole grains provide fiber and key nutrients that support heart health and help manage blood pressure. Make simple swaps—choose whole-grain bread, pasta, or rice instead of refined options.

### 4. Limit Unhealthy Fats

Cut back on saturated and trans fats to help lower cholesterol and reduce your risk of heart disease. Too much unhealthy fat can cause plaque buildup in your arteries, increasing the chance of heart attack or stroke.

### 5. Choose Low-Fat Protein Sources

Opt for lean proteins like skinless poultry, fish, eggs, and low-fat dairy. Fish rich in omega-3s—such as salmon, mackerel, and herring—help lower blood fats. Plant-based proteins like beans, lentils, and peas are also great choices.

### 6. Limit Sodium and Salt

Too much sodium can raise blood pressure. Aim for less than 2,300 mg of sodium per day. Use herbs, spices, or salt substitutes to add flavor instead.

### 7. Plan Ahead: Create Daily Menus

Use the tips above to plan balanced meals focused on fruits, vegetables, whole grains, lean proteins, and healthy fats.

### 8. Enjoy Treats in Moderation

It's perfectly fine to enjoy a treat once in a while—just keep it occasional. Focus on healthy eating most of the time, and balance is key.

Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: 8 steps to a heart-healthy diet. (n.d.). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702>. Rd, J. K. M. (2025, March 20). 11 supplements to take for high blood pressure. Healthline. <https://www.healthline.com/nutrition/supplements-lower-blood-pressure#green-tea>. 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.

## 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

4<sup>99</sup>



Aspirin®  
Daily Low Dose,  
81 mg,  
30 Tablets

13<sup>99</sup>



Jamieson™  
Vitamin C,  
1000 mg,  
100 Caplets

17<sup>99</sup>



Webber Naturals®  
Omega-3 Fish Oils,  
1000 mg,  
210 Softgels or  
1200 mg,  
150 Softgels

10<sup>99</sup>



Sinutab®  
Sinus Day,  
or Sinus &  
Allergy,  
24 Caplets

8<sup>99</sup>



Jamieson™  
Zinc Lozenges,  
Honey Lemon  
Flavour,  
30 Lozenges

8<sup>99</sup>



Jamieson™  
Zinc Lozenges,  
Wild Cherry  
Flavour,  
30 Lozenges

9<sup>99</sup>



Polysporin®  
Extra Infection  
Protection,  
Infection  
Protection or  
Kids Infection  
Protection +  
Soothing Pain,  
15 g

8<sup>99</sup>



Tylenol®  
Extra Strength,  
Rapid Release,  
24 Gelcaps

8<sup>99</sup>



Tylenol®  
Children's  
Fever & Pain,  
Bubble Gum or  
Grape Flavour,  
160 mg,  
20 Chewable  
Tablets

9<sup>99</sup>



18<sup>99</sup>  
B-100 Complex  
with Choline and  
Inositol,  
100 Tablets

Glucosamine  
Sulfate  
500 mg,  
180 Tablets

7<sup>99</sup>



Sleep Aid  
Extra Strength,  
50 mg,  
20 Caplets



8<sup>99</sup>



Eye Care  
Time Release,  
50 Tablets

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