

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-Gental Mist,
100 mL



8⁹⁹

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



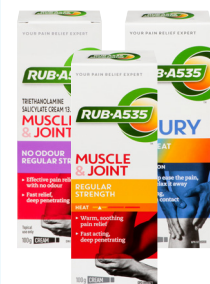
7⁹⁹

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



9⁹⁹

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



9⁹⁹

RUB A535®
Selected
Varieties,
100 g



7⁹⁹

Webber Naturals®
Vitamin D3,
1000 IU,
260 Tablets



15⁹⁹

Webber Naturals®
Coenzyme Q10
100 mg,
60 Softgels



18⁹⁹

Robax®
Platinum Back &
Muscle Pain Relief,
18 Caplets

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.



38⁹⁹

Physio Logic®
Blood
Pressure
Monitor

healthOne™

Compare & Save!

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



Prices in effect until Friday, February 27, 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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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 protect cells and support brain health. 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.



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

4⁹⁹



Aspirin®
Daily Low Dose,
81 mg,
30 Tablets

13⁹⁹



Jamieson™
Vitamin C,
1000 mg,
100 Caplets

17⁹⁹



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

10⁹⁹



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

8⁹⁹



Jamieson™
Zinc Lozenges,
Honey Lemon
Flavour,
30 Lozenges

8⁹⁹



Jamieson™
Zinc Lozenges,
Wild Cherry
Flavour,
30 Lozenges

9⁹⁹



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

8⁹⁹

Tylenol®
Extra Strength,
Rapid Release,
24 Gelcaps



8⁹⁹



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

healthOne

9⁹⁹



B-100 Complex
with Choline and
Inositol,
100 Tablets



Glucosamine
Sulfate
500 mg,
180 Tablets

7⁹⁹

Sleep Aid
Extra Strength,
50 mg,
20 Caplets



8⁹⁹

Eye Care
Time Release,
50 Tablets



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.

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