

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

Your  
Local  
Pharmacy

March



17<sup>99</sup>

NeilMed®  
Sinus Rinse,  
Sinus Rinse Kit or  
Rinse Kit Refill,  
100 Premixed  
Packets



15<sup>99</sup>

Lax a Day®  
Gentle Relief,  
Laxative,  
Travel Size,  
10 Sachets or  
14 Doses  
239 g



6<sup>99</sup>

Gravol®  
Nausea Relief,  
Selected Varieties



9<sup>99</sup>

Drixoral®  
Decongestant  
Nasal Spray,  
30 mL or  
Nasal  
Congestion,  
25 mL



13<sup>99</sup>

hydraSense®  
Drops,  
Extended  
Protection,  
Allergy Complete,  
10 mL,  
Sterile



16<sup>99</sup>

RestoraFibre®  
Daily Gummies,  
30 Gummies



11<sup>99</sup>

Reactine®  
Allergy,  
Extra Strength,  
10 Tablets, or  
Sinus + Allergy  
10 Extended Release Tablets



10<sup>99</sup>

Advil®  
Cold & Sinus,  
Non-Drowsy,  
20 Caplets



16<sup>99</sup>

RestoraLAX®  
Laxative,  
238 g,  
14 Doses



12<sup>99</sup>

Advil®  
Extra Strength,  
Liquid-Fast  
Relief,  
24 Capsules,  
400 mg



5<sup>99</sup>

Aleve®  
Naproxen Sodium,  
24 Caplets



13<sup>99</sup>

Benlyn®  
Extra Strength,  
All-In-One,  
Cold, Flu & Cough,  
Syrup 180 mL or  
Day and Night 24  
Caplets



14<sup>99</sup>

A.Vogel®  
Echinaforce,  
Cold & Flu,  
30 Tabs,  
Sore Throat Spray,  
50 mL or  
Junior 90 Chewable Tablets

healthOne™

Compare & Save!

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



9<sup>99</sup> Allergy Formula  
25 mg,  
20 Caplets



11<sup>99</sup> Allergy Relief  
Extra Strength,  
10 mg,  
24 Tablets



10<sup>99</sup> Allergy Control  
24 Hour Relief,  
5 mg,  
20 Tablets



Headache Relief

Managing headaches often begins with understanding your triggers—such as stress, sleep changes or certain foods—and treating symptoms early. For tension-type headaches, over-the-counter medications like aspirin, ibuprofen (e.g., Advil) or acetaminophen (e.g., Tylenol) can provide quick relief. Resting in a quiet, dark room, applying hot or cold compresses and gently massaging the neck or temples may also ease discomfort. Migraine headaches may require prescription treatments such as triptans or preventive medications like beta-blockers or anticonvulsants. Keeping a headache diary can help identify patterns and guide long-term management. If headaches become frequent, persistent or suddenly severe—or if they are accompanied by symptoms such as confusion or vision changes—seek medical care promptly.



5<sup>49</sup>

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

Prices in effect until Friday, March 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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# Allergies

## 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

**Allergies** can be activated by many everyday substances. Common triggers include pollen from trees, grass, and weeds; dust mites, molds, and pet dander; and foods such as peanuts, milk, eggs, shellfish, fish, soy, and wheat. Medications—especially antibiotics—can also cause allergic reactions, as can insect stings from bees, wasps, hornets, and fire ants. Certain materials like poison ivy, nickel, and fragrances may trigger symptoms through direct skin contact. These allergens can enter the body through breathing, eating, or touch, leading to reactions that range from mild discomfort to severe responses.



### Signs & Symptoms

**Symptoms vary depending on the person and the trigger. The most common include:**

- Nasal symptoms: sneezing, runny or stuffy nose, post-nasal drip.
- Eye symptoms: itchy, watery, or red eyes.
- Skin reactions: hives, rashes, itching, swelling, or eczema flare-ups.
- Respiratory symptoms: coughing, wheezing, shortness of breath.
- Digestive symptoms (food allergies): nausea, vomiting, diarrhea, stomach cramps.

Severe reactions—such as swelling of the lips, tongue, or throat, trouble breathing, dizziness, or a sudden drop in blood pressure—may indicate anaphylaxis, a life-threatening emergency.

### Diagnosis

To identify allergy triggers, healthcare providers may use a few key tests such as skin prick testing, blood tests, and patch testing for contact reactions. In some cases, food or medication challenge tests are performed under medical supervision. These methods help confirm specific allergens and guide the best treatment approach.

### When to seek medical care:

If you think your symptoms may be allergy-related and over-the-counter medications aren't helping, consider seeing a healthcare professional. If your symptoms began after starting a new medication, contact the prescribing clinician right away.

Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: Allergies - Symptoms and causes. (n.d.-b). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes/syc-20351497> and Which treatment is best for your headaches? (n.d.). Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/chronic-daily-headaches/in-depth/headaches/art-20047375>. 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, March 27, 2026 or while quantities last.



**10<sup>99</sup>**

Claritin® Non-Drowsy, Allergy, Rapid Dissolve or Regular, 10 Tablets



**12<sup>99</sup>**

Aerius® Non-Drowsy, Allergy, Double Action, 10 Release Tablets or Fast & Effective, 10 Tablets

Claritin® Kids, Non-Drowsy, Allergy Relief, Grape Flavour, 120 mL  
Aerius® Kids, Non-Drowsy, Allergy Relief, Bubble Gum Flavour, 100 mL



**9<sup>99</sup>**



**12<sup>99</sup>**

Jamieson™ Magnesium, Extra Strength, 100 mg, 100 Tablets or Melatonin, 5 mg, 100 Sublingual Tablets



**8<sup>99</sup>**

Webber Naturals® Magnesium, 500 mg, 60 Tablets or Melatonin, Extra Strength, 5mg, 60 Sublingual Tablets



**9<sup>99</sup>**

Visine® Sterile, Eye Drops, Allergy, 15 mL



**8<sup>99</sup>**

Benlyn® For Children, Dry Cough, Cough Relief or Cough & Cold, Fast Symptom Relief, 100mL



**7<sup>99</sup>**

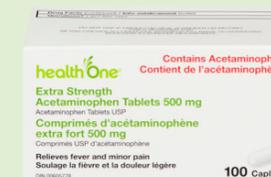
Benadryl® Bug Bite Relief, Triple Action, 14 mL

Benadryl® Allergy, 25 mg, 12 Caplets

**7<sup>99</sup>**



**9<sup>99</sup>**  
**14<sup>99</sup>**  
ASA 81 mg, 150 Tablets



**9<sup>99</sup>**  
Acetaminophen Extra Strength, 500 mg, 100 Caplets



**8<sup>99</sup>**  
Ibuprofen Extra Strength, 400 mg, 32 Caplets



**4<sup>99</sup>**  
Cold + Sinus Ibuprofen and Pseudoephedrine Hydrochloride Tablets, 10 Caplets

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