



8⁹⁹

Aleve
Back & Body Pain,
26 Liquid Gels



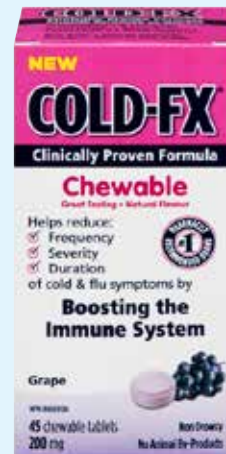
6⁴⁹

Beano
30 Tablets



5⁹⁹

Clear Eyes
Extra Strength or
Triple Action Relief,
15mL



21⁹⁹

Cold-FX
Grape or Orange,
45 Chewable Tablets

healthOne™

Compare & Save!



1⁹⁹
Cosmetic Pads
100 Pads



4⁴⁹
Foam Ear Plugs
6 Pair



2¹⁹
Weekly Pill Box



8⁹⁹
Heartburn Relief
Fruit,
100 Chewable
Foaming Tablets

Diabetes

To help manage your diabetes, and depending on the type of diabetes you have, your Physician may prescribe oral medication or insulin. Understanding how your medication works and the best way to use it will help you control your diabetes.

Oral Medications – patients with Type 2 diabetes who do not respond to changes in diet and exercise may need to use one or more medications.

Insulin – patients with Type 1 diabetes produce very little or no insulin and must take insulin by injection. Your Pharmacist or diabetes educator can help you learn the correct and most pain-free injection techniques.

You can help manage your diabetes by following these guidelines:

- * Eat healthy foods and exercise regularly. Proper diet and exercise are the most important factors in controlling your diabetes.
- * Take your insulin and diabetes medications on schedule and only as prescribed by your Doctor and instructed by your Pharmacist.
- * Monitor your blood sugar as recommended and record the results.
- * Tell your Doctor, diabetes educator/ Pharmacist if:
 - your blood sugar gets too low more than a few times in a few days
 - any other medications, including herbs and vitamins, are taken
- * Follow the sick day rules
 - always take insulin or diabetes medications if you are sick
 - check blood glucose often
 - check urine for ketones; call your Doctor if the results are positive
 - drink plenty of sugar-free fluids
 - call your Doctor if symptoms persist or become worse
- * Store your insulin correctly: Keep it at room temperature if you use a whole vial within 30 days. If your insulin is a mixture, gently roll it between your hands to mix and to warm before injecting.
- * Rotate your injection site if using injectable medications. If using more than one injectable, be sure to use different sites for each injection.



2⁹⁹

Dex4

Fast Acting Glucose,
10 Tablets,
Selected Varieties, or
Berry Blast Liquid 59mL, or
Tropical Gel Pouch 15g

NEW PERSONALIZED APP FEATURES

NEW! My Patterns allows you to view and track trends in your blood sugar and provides helpful suggestions, reminders, and tips giving you the power to actively self-manage your diabetes.

contournextone.ca

Download the **FREE** CONTOUR® DIABETES app at:

Ascensia Diabetes Care

© Copyright 2018 Ascensia Diabetes Care Canada. Published by Ascensia Diabetes Care Canada Inc.
© TM see www.ascensiadiabetes.ca/tm-mc.

See diabetes self-management in a new light.

Personalized, meaningful information that gives you more control to self-manage your diabetes

Your diabetes, illuminated.

Contour next ONE

Blood Glucose Monitoring System

Get a FREE* CONTOUR® NEXT ONE meter!

*with the purchase of CONTOUR® NEXT Test Strips

Your Pharmacist and diabetes educator can help answer questions about your medications as they are knowledgeable and are able to work with your Physician to help obtain the best results from your medication regimen.

Speak to your Medical Professional or Pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.org; www.diabetes.ca. It is intended for information purposes only and should not be used in place of consultation with a health care 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, November 30, 2018 or While Quantities Last.

Ask Your Pharmacist

Did you know your local pharmacy provides a host of services for you and your family?

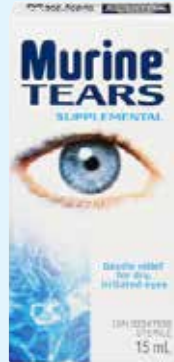
Next time you're in our pharmacy, please feel free to speak to one of our Pharmacists to find out more.

- Computerized patient files
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



7⁹⁹

Compound W
7g Gel



3⁹⁹

Murine
Tears,
Supplemental
15mL



11⁹⁹

Cetaphil
Moisturizing
Lotion,
500mL



4⁹⁹

VitaFusion
Complete
Multivitamin,
Men's or Women's,
60 Gummy Vitamins



10% OFF

Jamieson
Vitamin D,
Selected Varieties



9⁹⁹

Webber
Melatonin,
20% Bonus,
3mg 180 Tablets,
or
5mg 144 Tablets



13⁹⁹

Hydrasense
Baby Nasal Care
Aspirator Starter
Kit



5⁹⁹

Benylin
For Children,
All in One,
Cold & Fever
Nighttime,
100mL



12⁹⁹

Voltaren
Emulgel,
Extra Strength
100g, or Joint
Pain 120g

healthOne



9⁹⁹

Glucosamine & Chondroitin
900mg,
60 Caplets



9⁹⁹

Omega-3
1065mg,
60 Softgels



4⁹⁹

Pill Splitter
Deluxe



2⁴⁹

Plastic Bandages
25 Strips

Transferring Your Prescriptions is Easy. Ask Us How Today!



9⁹⁹

Imodium
10 Quick Dissolve
Tablets or Liquid,
240mL



15⁹⁹

Lactaid
Fast Act,
40 Caplets



36⁹⁹

Align
42 Capsules



9⁹⁹

Trojan
BareSkin,
10 Latex Condoms



16⁹⁹

First Response
Pregnancy Test,
Two tests



39⁹⁹

Clearblue
Advanced
Digital Ovulation
Test,
10 Tests

ZzzQuil
Nighttime Sleep-Aid,
36 Liquid Capsules

11⁹⁹



3⁹⁹

Formedica
Disposable
Underpads,
17"x24",
20 Units

Tena
Unisex Underwear
Ultimate-Extra,
Small or Medium,
14's

14⁹⁹



The Common Cold

Did You Know?...Although many types of viruses can cause a common cold, rhinoviruses are the most common culprit.

A cold virus enters your body through your mouth, eyes, or nose. The virus can spread through droplets in the air when someone who is sick coughs, sneezes, or talks.

It also spreads by hand-to-hand contact with someone who has a cold or by sharing contaminated objects, such as utensils, towels, toys, or phones. If you touch your eyes, nose, or mouth after such contact or exposure, you're likely to catch a cold.



7⁹⁹

Vicks
VapoRub,
Ointment,
115mL