



3⁴⁹

Elastoplast
Fabric,
10 - 50 Bandages,
Selected Varieties



2⁴⁹

Aleve
220mg,
10 Tablets



8⁹⁹

Rub-A535
Natural Source,
Maximum Strength
Arnica Gel-Cream,
65g



3⁹⁹

Tums
Smoothies,
Berry Fusion or Extra
Strength Assorted Fruit,
60 Tablets

Ibuprofen 9⁹⁹
Liquid Gel
Capsules,
200mg,
72 Capsules



4²⁹
**Saline
Nasal
Mist**
30mL

Sinus Relief 5⁹⁹
Combo Pack,
18 Daytime Caplets,
6 Nighttime Caplets



**Cold &
Flu-In-One** 7⁹⁹
Convenience Pack,
12 Daytime Caplets,
12 Nighttime Caplets



Vitamins & Minerals



Vitamins and minerals are considered essential nutrients because acting together, they perform hundreds of roles in the body. They help support bones, heal wounds, and bolster your immune system. They also convert food into energy and repair cellular damage.

Many vitamins can be found in our daily diet, especially when following Canada's Food Guide. However, due to our activity or condition, we may require additional vitamins and minerals which are available as supplements. Consult with your Pharmacist who can help make recommendations based on your needs.

The benefits and sources of some key vitamins and minerals are listed below.

Vitamin	Benefits	Source
Vitamin A <i>Retinol</i>	Healthy eyes and good night vision	Cod liver oil, liver, dairy products, carrots, pumpkin, spinach
Vitamin B <i>Thiamine</i>	Proper heart and nervous system function	Wheat germ, whole grain cereals, sunflower seeds, nuts
Vitamin B2 <i>Riboflavin</i>	Metabolism of fats, protein, and carbohydrates	Fortified cereals, eggs, dairy products, almonds
Vitamin B3 <i>Niacin</i>	Healthy nervous system and normal brain function	Beef, chicken, tuna, peanut butter, barley, wheat and rice bran
Vitamin B6 <i>Pyroxidine</i>	Healthy nervous system, helps in the production of red blood cells	Bananas, sunflower seeds, wheat bran, liver, salmon, tuna
Vitamin B12 <i>Cobalamin</i>	DNA synthesis and red blood cell production	Egg, mussels, oysters, oily fish, beef, liver
Folate	Helps reduce the risk of neural tube defects	Lentils, leafy green vegetables, kidney beans, oat bran, liver, nuts
Vitamin C <i>Ascorbic Acid</i>	Healthy gums, bones, strengthens the immune system	Citrus fruits, guava, papaya, kiwi, leafy green vegetables
Vitamin D	Absorbs calcium and phosphorous for healthy teeth and bones	Milk, herring, fish oils, egg yolk, sardines, tuna, sunflower seeds, sunshine
Vitamin E <i>Tocopherol</i>	Anti-oxidant properties, helps skin healing and prevents scarring	Peanut and sunflower oil, peanut butter, sunflower seeds, almonds, olive oil
Vitamin K <i>Phyllochinone</i>	Blood clotting and maintenance of bones	Leafy green vegetables, liver, milk, wheat bran
Mineral	Benefits	Source
Calcium	Strong teeth and bones	Sardines and salmon with the bones, dairy, almonds, tofu
Iodine	Thyroid regulation and promotes the synthesis of protein	Iodized salt, seafood
Iron	Enables red blood cells to carry oxygen and is an important component of hemoglobin	Liver, red meat, spinach, dried fruits, spinach, leafy green vegetables, fortified cereals
Magnesium	Regulates calcium levels in the body to maintain the bone structure	Yogurt, eggs, okra, artichokes, dates, nuts, oats
Potassium	Regulates the fluid levels in the body, blood pressure, heartbeat and nerve impulses	Bananas, spinach, sweet potato, green beans
Zinc	Strengthens the immune system, helps towards healthy eyes, nails, and skin	Avocado, lima beans, oats, rye, wheat, dates, pomegranates

Speak to your Medical Professional or Pharmacist for more information.

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Prices in effect until Friday, December 28, 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



9⁹⁹

One A Day
Men's or Women's
Gummies,
60 Gummies



12⁹⁹

Nature's Bounty
Absorbable
Calcium,
1200mg,
200 Softgels



1⁶⁹

Sunkist
Zinc
Throat Lozenges,
Orange,
16 Lozenges

Jamieson
B12,
Fast Dissolving Strips,
1000mcg,
30 Strips

9⁹⁹



14⁹⁹

Jamieson
Vitamin E,
400 IU Bonus,
100 + 20 Softgels



5⁹⁹

Jamieson
Vitamin A + D
Fortified,
100 Softgels



9⁹⁹

Webber Naturals
Melatonin
Magnesium,
3/150mg,
100 Tablets



8⁹⁹

Holista
Omega-3
Premium Fish Oil,
1000mg,
Bonus 25% More,
120 + 30 Softgels



8⁹⁹

Webber Naturals
Coenzyme Q10
30mg,
Bonus 100% More,
60 + 60 Capsules

healthOne



9⁹⁹
Multi Vitamin Plus
100 Tablets



6⁹⁹
Super Calcium
With Vitamin D,
650mg,
120 Caplets



5⁹⁹
Vitamin C
Chewable
Orange Flavour,
500mg,
100 Tablets



4⁹⁹
Vitamin D3
1000IU,
90 Tablets

Transferring Your Prescriptions is Easy. Ask Us How Today!



12⁹⁹

Gaviscon
MAX Relief, or PM,
50 Chewable
Foamtabs,
Selected Varieties



5⁹⁹

Nytol
Quickgels,
16 Soft Gels



6⁹⁹

Voltaren
Emulgel,
Extra Strength,
30g



5⁹⁹

Webber
Vitamin E
Ointment,
50g



21⁹⁹

Metamucil
Smooth 75%
Less Sugar,
44 Packets of
5.8g

Sleep-Eze
25mg Regular
Strength,
20 Coated Caplets

4⁹⁹



14²⁹

Arthri-Forme
Arthritis Gloves,
Small/Medium,
or Large/Extra Large,
One Pair



14⁹⁹

Dr.Scholl's
Pain Relief,
Plantar Fasciitis,
Men's or Women's,
One Pair



4⁹⁹

Summer's Eve
Cleansing Wash,
Delicate Blossom
or Simply Sensitive,
266mL

Influenza

Flu viruses travel through the air in droplets when someone with the infection coughs, sneezes, or talks. You can inhale the droplets directly, or you can pick up the germs from an object — such as a telephone or computer keyboard — and then transfer them to your eyes, nose, or mouth.

People with the virus are likely contagious from the day or so before symptoms first appear, until about five days after symptoms begin. People with weakened immune systems may be contagious for a slightly longer time.

To help reduce the chance of infection:
Wash your hands thoroughly and frequently, contain your coughs and sneezes by using a tissue or the inner part of your elbow, and if possible avoid crowds during peak flu season.

If you're sick, stay home for at least 24 hours after your fever subsides so that you lessen the chance of infecting others.

Halls
Selected Varieties,
9 Tablets

99¢

