

# Your Local Pharmacy

March



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

**health One Allergy Control**  
5mg,  
Non-Drowsy,  
20 Tablets



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

**health One Naproxen**  
220mg,  
125 Caplets



**6<sup>99</sup>**

**Graval**  
Kids Liquid,  
Fruit Flavour,  
75mL



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

**Aleve**  
220mg,  
50 Caplets

health One

Compare & Save!

**5<sup>49</sup>**

**Sleep Aid**  
Extra Strength,  
20 Caplets



**6<sup>99</sup>**

**Super Calcium**  
with Vitamin D,  
120 Caplets



**4<sup>99</sup>**

**Vitamin C**  
500mg,  
100 Tablets



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

**Multi Vitamin**  
Plus,  
100 Tablets

Prices in effect until Friday, March 29, 2019 or while quantities last.



Allergies come in various types, such as seasonal air borne, medication, and food allergies. They are your body's response to what it perceives as a foreign substance. The offending substance or allergen, comes in contact with your body - you swallow it, you inhale it, or it touches your skin.

Once in your body, the allergen affects your immune system, combining with an antibody and binding it to cells known as mast cells. These mast cells rupture, releasing inflammatory substances, for example histamine. It is substances like histamine that produce the allergic symptoms of redness, itch, or swelling.

Allergies develop over time, with each exposure to the allergen producing a greater response. It takes repeated exposure, sometimes weeks, months, or even years to form antibodies. Once the antibodies are formed, each time you come in contact with the allergen, you will have an allergic response.

Usually the symptoms of the allergy occur at the place the allergen contacted your body:

- in the nose - runny nose, sneezing
- in the eyes - watery, teary eyes
- in the lungs and chest - wheezing, coughing, tightness, shortness of breath
- on the skin - rash, itch

If your symptoms are mild, you may try taking antihistamines to help relieve your allergy symptoms. As the name suggests, antihistamines neutralize the effects of histamine. Many antihistamines are found as over-the-counter medications and are available with or without sedating effects.

**Consult with your Pharmacist who can help recommend an antihistamine that is most appropriate to help manage your allergy symptoms.**

**Speak to your Medical Professional or Pharmacist for more information.**

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# 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



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

**Claritin**  
Allergy, 10mg,  
24 Hour,  
10 Tablets



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

**Aerius**  
Allergy, 5mg,  
24 Hour  
10 Tablets



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

**Reactine**  
Sinus + Allergy,  
10 Tablets or  
Extra Strength,  
10 Tablets



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

**Hydrasense**  
Nasal Care,  
100mL,  
Selected Varieties



**6<sup>99</sup>**

**Benadryl**  
Children's  
Allergy Liquid,  
Bubble Gum,  
100mL



**5<sup>99</sup>**

**Helixia**  
Cough  
Prospan,  
For Children or  
Adults,  
100mL

**Chloraseptic**  
Berry Cherry or  
Warming Honey  
Lemon, 15 Lozenges

**3<sup>29</sup>**



**Fisherman's Friend**  
22 Lozenges,  
Selected Varieties

**1<sup>39</sup>**



**2<sup>49</sup>**

**Ricola**  
19 Lozenges,  
Selected  
Varieties

healthOne



**4<sup>29</sup>**  
**Saline  
Nasal  
Mist**  
30mL



**2<sup>49</sup>**  
**Cold + Sinus**  
10 Non-Drowsy  
Caplets



**7<sup>99</sup>**  
**Heartburn  
Relief**  
Fruit Flavour,  
100 Chewable  
Foaming Tablets



**4<sup>99</sup>**  
**Deluxe  
Pill  
Splitter**

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



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

**Jamieson**  
Vitamin B12,  
2500mcg,  
60 Tablets



**10%  
Off**

**Webber  
Naturals**  
Collagen30,  
120 or 180 Tablets,  
or Collagen30,  
2500mcg 150g



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

**Webber  
Naturals**  
Biotin,  
Extra Strength,  
45 Vegetarian  
Capsules



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

**Gaviscon**  
Extra Strength,  
60 Chewable  
Foamtabs,  
Selected  
Varieties



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

**Compound W**  
Gel 7g or  
Liquid 10mL



**2<sup>49</sup>**

**Pharmasystems**  
Surgical Masks,  
10 Disposable Masks



**3<sup>99</sup>**

**Formedica**  
Single Use  
Underpads,  
17" x 24",  
20 Units

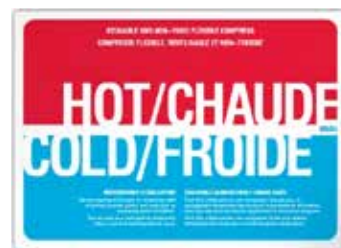


**14<sup>99</sup>**

**Tena**  
Protective  
Underwear,  
Small or  
Medium,  
14 Unisex  
Underwear

**Pharmasystems**  
Hot or Cold  
Gel Pack,  
Reusable

**2<sup>49</sup>**



## Dermatitis

**Did you know?...** Dermatitis is a general term that describes an inflammation of the skin and can have many causes and occurs in many forms. It usually involves an itchy rash on swollen, reddened skin. Dermatitis is a common condition and is not contagious. A combination of self-care steps and medications can help you treat dermatitis. Avoiding dry skin may be one factor in helping prevent dermatitis. These tips can help you minimize the drying effects on your skin:

- Take shorter baths or showers and use warm, rather than hot, water.
- Use fragrance-free, non-soap cleansers, or gentle soaps.
- After bathing, gently pat your skin dry with a soft towel.
- While your skin is still damp, seal in moisture with a lotion or cream.



**8<sup>49</sup>**

**Cetaphil**  
Moisturizing  
Lotion,  
250mL