

Your Local Pharmacy

March



99¢

Kleenex
Go Packs,
10 3-Ply White Tissues,
3 Pcks



3.99

Tylenol
Extra Strength,
500 mg,
24 Tablets or Caplets



8.99

Jamieson
Melatonin,
10 mg,
60 Caplets



7.99

health One
Allergy Relief,
Extra Strength,
10 mg,
24 Tablets

healthOne

Compare & Save!

Sleep Aid **3.99**
Extra Strength,
50 mg,
20 Caplets

Anti-Nauseant **2.49**
Dimenhydrinate,
50 mg,
10 Tablets

Ibuprofen **5.99**
Extra Strength,
400 mg,
32 Caplets

Cosmetic Pads **1.99**
100% Cotton,
100 Pads



Prices in effect until Friday, March 27, 2020 or while quantities last.

SEASONAL ALLERGIES

Many people suffer from seasonal allergies starting in the spring, which can be caused by a reaction to pollen, grasses, plants and spores. To help control the symptoms, you may try the following:

Antihistamines

As the name suggests, antihistamines neutralize the effects of histamine such as runny nose, watery eyes, sneezing, rashes, and itching. Antihistamines are found in dozens of non-prescription medications for allergies and cold symptoms, but are also useful for hives, skin rashes, insect bites and stings.



Non-Sedating Antihistamines

- The newer generation of antihistamines do not have the side effects of drowsiness typical of the earlier class of antihistamines, and are available as over-the-counter medications. One of these products is Claritin.
- Eye drops containing antihistamines or anti-inflammatory medication can help reduce eye irritation.
- Many of the over-the-counter antihistamines are also available as generics.

Nasal Sprays

- Decongestant nasal sprays can help relieve a stuffy nose.
- Steroid nasal sprays may provide relief if antihistamines have not been effective.

Tips on Using Antihistamines

- Take an antihistamine early so it has time to be in your body before exposure to the allergen—about an hour before going outdoors.
- If you need to use antihistamines on a long-term basis, change the antihistamine as your body may become used to one type.
- Do not drink alcohol with antihistamines.
- Oral antihistamines are more effective, even for skin allergies, than creams containing antihistamines.

Ask your pharmacist about which of these products may be suitable for your condition.

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

Claritin
24 Hour Allergy Relief,
Non-Drowsy,
10 mg,
10 Tablets



8⁴⁹



8⁹⁹

Reactine
Complete
Sinus + Allergy
or Extra Strength,
10 mg,
10 Tablets



8⁴⁹

Aerius Kids
Non-Drowsy,
Bubble Gum Flavour,
100 mL

Eucerin
Original Cream,
Very Dry and
Sensitive Skin,
473 mL



15⁴⁹

Allegra
Allergies,
Non-Drowsy,
60 mg,
36 Tablets



13⁹⁹



PharmaSystems
Nasal Aspirator

2⁹⁹



Children's Benadryl
Allergy,
Under 12 Years,
Bubble Gum Flavour,
100 mL

7⁴⁹



14⁹⁹

NeilMed
Sinus Rinse,
100 Premixed
Packets or
Extra Strength,
70 Premixed
Packets



6⁹⁹

Bactine
First-Aid Spray,
Antiseptic,
105 mL

healthOne

1⁹⁹

Allergy Relief
Extra Strength,
10 mg,
12 Tablets



Alcohol Swabs
100 Swabs



5⁹⁹

Heartburn Relief
Fruit Flavour,
100 Chewable
Foaming Tablets



2⁹⁹

Fabric Bandages
1.9 cm x 7.6 cm,
40 Bandages



Transferring Your Prescriptions is Easy. Ask Us How Today!



13⁹⁹

Pedialyte
Powder,
Fruit Punch Flavour,
Kids and Adults,
8 x 8.5 Sachets

9⁴⁹

Advil
Extra Strength,
Liqui-Gels,
400 mg,
24 Ibuprofen Capsules



16⁹⁹

abreva
Cold Sore / Fever,
Blister Treatment,
2 g



4⁴⁹

new-skin
Liquid Bandage,
10 mL



9⁹⁹

Rub·A535
Arnica Cream,
65 g,
Maximum Strength,
or No Odour
Extra Strength,
100 g



1⁴⁹

Fisherman's Friend
Assorted Flavours,
22 Lozenges



7⁹⁹

Pure Protein
Strawberry Greek
Yogurt, Chocolate
Salted Carmel, or
Chewy Chocolate
Chip,
6 x 50 g Bars



3⁹⁹

Summer's Eve
Simply Sensitive,
Cleansing Cloths,
32 Cloths



19⁹⁹

**Webber
Naturals**
Osteo Joint Ease,
Ultra Strength,
Fast Relief,
80 or 120 Caplets



Headaches

Nearly everyone is familiar with the pain of tension-type headaches. But that doesn't mean that the world stops when the pain strikes. Over-the-counter or prescription medications may help, but simply taking good care of yourself also can help prevent a pounding headache. Start with the basics, including diet, exercise and relaxation.

9⁹⁹

Aleve
Naproxen Sodium,
220 mg,
50 Caplets



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