

# Your Local Pharmacy

August



**99¢**

**Cottonelle®**  
FreshCare,  
10 Flushable Cleansing  
Cloths



**9.99**

**Allegra®**  
Allergies,  
Non-Drowsy,  
12 Hour,  
36 Tablets



**5.99**

**Aleve®**  
Liquid Gels,  
Relieves Joint and Arthritis Pain,  
220 mg,  
20 Liquid Filled Capsules



**4.99**

**health One™**  
Heartburn Relief,  
Regular Strength,  
Fruit Flavour,  
100 Chewable Foaming  
Tablets

health One

Compare & Save!

**Vitamin D3** **5.29**  
Softgel,  
1000 IU,  
100 Capsules



**Allergy Formula** **5.99**  
**Liquid Capsules**  
25 mg,  
20 Dye Free Liquid Capsules



**Vitamin D3** **4.99**  
Extra Strength,  
1000 IU,  
90 Tablets



**Calcium Carbonate** **6.99**  
500 mg,  
250 Tablets



Prices in effect until Friday, August 28, 2020 or while quantities last.

# Osteoporosis

We often hear that as people age, their bones become more fragile and more likely to fracture, or that the elderly “shrink” or get “bent over” with age. This is all linked to osteoporosis – a gradual thinning and weakening of the bones due to excessive loss of bone mass which usually begins in the mid-thirties and into the senior years. Women who are at the highest risk are those who are older of Caucasian or Asian descent and are past menopause.

## What Are the Lifestyle Choices to Manage Osteoporosis?

You can make lifestyle choices to keep your bones healthy through:

- Calcium – including adequate amounts in your daily diet, as women who are between 18 and 50 years of age require 1,000 mg daily which increases to 1,200 mg after 50 years of age. Natural sources of calcium can be obtained from:
  - Dairy Products – Low-fat yogurt or milk
  - Soy products such as tofu
  - Dark leafy green vegetables including broccoli and cabbage
  - Almonds
  - Canned salmon or sardines with bones
  - Cereals and orange juice that have been calcium-fortified



You can also take calcium supplements if your daily diet does not give you enough calcium.

- Vitamin D – helps your body absorb calcium and improves the function of muscles. Sunshine is a natural source of vitamin D but many people use sunscreens or avoid the sun altogether due to the risk of skin cancer.

The recommended dose for those over 50 years of age is 800 to 1,000IU daily.

Ask your pharmacist about calcium and vitamin D supplements as they come in a variety of forms and strengths.

- Exercise – helps build strong bones and slows osteoporosis. Ensure that you are including both forms of the following types of exercises in your routine:
  - Strength-training exercises
  - Weight-bearing exercises
- Avoid – the following will reduce your risk of developing osteoporosis:
  - Quitting smoking
  - Reducing alcohol
  - Preventing falls

### Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: [www.mayoclinic.org](http://www.mayoclinic.org); [www.osteoporosis.ca](http://www.osteoporosis.ca). 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.

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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



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

**Jamieson™**  
Calcium + D3,  
500 mg,  
1,000 IU,  
90 Caplets



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

**Nature's Bounty®**  
Absorbable Magnesium,  
125 Softgels or  
Mega Value Vitamin D3,  
1,000 IU,  
500 Softgels



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

**Jamieson™**  
Vitamin D,  
1,000 IU,  
**Bonus 200 + 40**  
Tablets

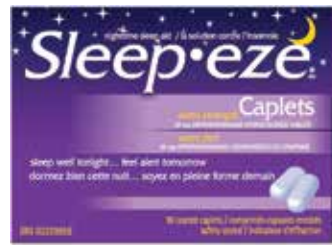
**Deep Relief®**  
Soothing Ice Cold Patch,  
4" x 5 1/2",  
6 Patches

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



**Sleep-eze®**  
Nighttime Sleep Aid,  
Extra Strength,  
10 Coated Caplets

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



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

**Rub-A535™**  
Muscle & Joint,  
Regular Strength,  
Extra Strength,  
or Injury  
Ice to Heat Relief,  
100 g Cream

**Eucerin®**  
Complete Repair,  
Dermatological  
Skincare,  
Fragrance-Free,  
454 g

**15<sup>49</sup>**



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

**AERIUS® kids**  
Allergy,  
Non-Drowsy,  
Bubble Gum Flavour,  
100 mL

**Flonase®**  
Allergy Relief,  
50 mcg Per Spray,  
60 Metered Sprays

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



healthOne®

**Dairy Digestive Supplement**

Regular,  
100 Caplets



**6<sup>49</sup>**

**Anti-Itch Cream**

Plus Moisturizers,  
Fragrance-Free,  
30 g



**Folic Acid**  
Yeast-Free  
Vegetarian Formula,  
1 mg,  
100 Tablets

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



**Glucosamine Chondroitin & MSM**  
1,300 mg,  
60 Tablets

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



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



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

**Jamieson™**  
Magnesium,  
100 mg,  
100 Tablets



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

**Breathe Right®**  
Nasal Strips,  
30 Large Tan Strips



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

**OXY®**  
Deep Pore,  
Daily Facial Cleanser,  
162 mL

**Nicoderm®**  
24HR Withdrawal  
Protection,  
Step 1, Step 2  
or Step 3,  
7 Clear  
Patches

**29<sup>99</sup>**



**Gravol™**  
Ginger,  
Non-Drowsy,  
20 Soft Lozenges  
or Tablets

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



**8<sup>29</sup>**

**Cetaphil®**  
Oily Skin Cleanser,  
Acne Prone,  
250 mL



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

**Gaviscon®**  
For Acid Reflux  
& Heartburn,  
Extra Strength,  
Fruit Blend,  
25 Chewable  
Foamtabs

**Pepcid® AC®**  
Acid Controller,  
Maximum Strength,  
20 mg,  
25 Tablets

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



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

**TUMS®**  
Antacid,  
Extra Strength,  
Peppermint or  
Assorted Fruit,  
750 mg,  
100

## Heartburn

Heartburn is a burning pain in your chest, just behind your breastbone. The pain is often worse after eating, in the evening, or when lying down or bending over. Another symptom can be a bitter or acidic taste in the mouth.

Occasional heartburn is common and no cause for alarm. Most people can manage the discomfort of heartburn on their own with lifestyle changes and over-the-counter medications.

Heartburn that is more frequent or interferes with your daily routine may be a symptom of a more serious condition that requires medical care.



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

**Diovol™ Plus**  
Anti-Gas Formula  
Antacid,  
Regular or  
Fresh Mint,  
350 mL