

# Your Local Pharmacy

September



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

**pHisoDerm®**  
Restorative Facial  
Cleanser,  
For Blemish-Prone Skin,  
225 mL



**11<sup>99</sup>**

**Jamieson™**  
Multi 100% Complete,  
Adults or Adults 50+,  
90 Caplets



**19<sup>99</sup>**

**Cold FX®**  
Daily Support,  
200 mg,  
60 Capsules,  
Extra Strength,  
300 mg,  
45 Capsules  
or 200 mg,  
45 Orange Chewable Tablets



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

**Aveeno®**  
Anti-Itch Lotion,  
With Triple Oat Complex,  
118 mL

healthOne<sup>®</sup>

Compare & Save!

**Antiseptic Hand Sanitizer** **2<sup>49</sup>**  
59 mL



**3<sup>99</sup>**  
**24 Hour Allergy Remedy**  
12 Tablets

**5<sup>99</sup>**  
**24 Hour Allergy Remedy**  
24 Tablets



**Muscle And Back Pain Relief** **3<sup>99</sup>**  
Extra Strength,  
18 Caplets



**Ibuprofen** **5<sup>99</sup>**  
Liquid Gel Capsules,  
200 mg,  
72 Capsules



Prices in effect until Friday, September 25, 2020 or while quantities last.

# Vitamins & Minerals

There are vitamins and supplements that can help boost your immune system to reduce the severity of infections and shorten the duration of illnesses caused by viruses and bacteria. Many vitamins can be found in our daily diet, especially by following Canada's Food Guide.

However, due to your activity or condition, you may require additional vitamins and minerals which are available as supplements. Consult with your pharmacist who can help make recommendations based on your needs. We will help clarify the benefits and source of some of the key vitamins and minerals, as well as alternative products that can help your immune system.



## VITAMINS

	<u>BENEFITS</u>	<u>SOURCE</u>
Vitamin A – Retinol	Needed for tissue in the respiratory and digestive tracts	Cod liver oil, liver, dairy products, carrots, pumpkin, spinach
Vitamin C – Ascorbic Acid	Strengthens the immune system to reduce the duration of cold symptoms	Citrus fruits, guava, papaya, kiwi, leafy green vegetables
Vitamin D	Absorbs calcium that supports healthy teeth, bones; facilitates normal immune system function	Milk, herring, fish oils, egg yolk, sardines, tuna, sunflower seeds, sunshine
Vitamin E – Tocopherol	Antioxidant, supports immune system, helps skin healing and prevents scarring	Peanut and sunflower oil, peanut butter, sunflower seeds, almonds, olive oil

## MINERALS

	<u>BENEFITS</u>	<u>SOURCE</u>
Iron	Enables red blood cells to carry oxygen and white blood cells to fight infections	Liver, red meat, spinach, dried fruits, leafy green vegetables, fortified cereals
Selenium	Supports cognitive function and a healthy immune system	Brazil nuts, seafood, meats
Zinc	Strengthens the immune system; helps wound healing, sense of taste and smell	Avocado, lima beans, oats, rye, wheat, dates, pomegranates

## ALTERNATIVES

	<u>BENEFITS</u>	<u>SOURCE</u>
Probiotics	Restores healthy bacteria in the gut and stimulates the immune system	Sauerkraut, kimchi, yogurt, kefir, kombucha
Echinacea	Increases white blood cells and production of signaling proteins important to the immune system's response	Available as an herbal supplement

### 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.hc-sc.gc.ca](http://www.hc-sc.gc.ca); [www.webbernaturals.com](http://www.webbernaturals.com). 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



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

**Centrum®**  
Multivitamin,  
For Men or  
Women,  
90 Tablets



**Redoxon®**  
Double Action,  
Vitamin C & Zinc  
15 Tablets

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

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

**Vitamin C,**  
1000 mg,  
15 Orange  
Effervescent Tablets



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

**Flintstones™**  
Gummies or  
Active Kids  
Gummies,  
50 Doses



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

**RUB • A535™**  
Muscle & Joint,  
Maximum Strength  
or No Odour  
Extra Strength,  
100 g or  
Natural Source,  
Arnica 65 g



**11<sup>99</sup>**

**One A Day®**  
Advanced  
Multivitamin,  
50+ Men or  
Women,  
90 Tablets



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

**Olly™**  
Kids Multi + Omega-3,  
60 Gummies or Women's Multi,  
90 Gummies



Daily Energy,  
60 Gummies  
or Less Stress,  
42 Gummies

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



**22<sup>99</sup>**

**Culturelle®**  
**Probiotics**  
Kids,  
Gluten Free,  
30 Single  
Serve Packets



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

**Jamieson™**  
Multivitamin and  
Mineral Supplement,  
For Kids,  
60 Chewable Tablets  
or Gummies



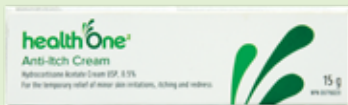
**11<sup>99</sup>**

**Disney**  
Multivitamin  
Gummies,  
Cars or Princess,  
180 Gummies

healthOne®

**Anti-Itch  
Cream**  
15 g

**1<sup>99</sup>**



**Fabric  
Bandages**  
1/4" x 3",  
80 Bandages

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



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

**Probiotic Adult**  
40 Capsules



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

**Probiotic  
Adult 50+**  
20 Capsules



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

**Ultra  
Strength  
Gas Relief**  
180 mg,  
30 Softgels

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

**Colgate®**

PreviDent  
5000 Plus,  
High Strength  
Fluoride Toothpaste,  
Spearmint or Fruitastic,  
39 mL

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



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

**Colgate®**

PreviDent,  
Booster,  
High Strength  
Fluoride Toothpaste,  
Spearmint  
100 mL

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

**Colgate®**

Peroxyl,  
Mouth Sore Rinse,  
Mint,  
237 mL



**17<sup>99</sup>**

**Depend®**  
Real Fit,  
S/M,  
12 + 2 Briefs



**26<sup>49</sup>**

**Silhouette,**  
Small,  
26 Count



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

**Clear Eyes®**

Eye Drops,  
15 mL



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

**Trojan™**

Selected  
Varieties,  
12 Condoms



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

**Neutrogena®**

Oil-Free  
Acne Wash,  
177 mL or  
Cream Cleanser,  
200 mL



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

**Nature's  
Bounty®**

Hair, Skin & Nails+  
With Collagen,  
165 Gummies



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

**Complex 15®**

Daily Face Cream,  
Hypo-Allergenic,  
Oil Free,  
100 mL

## Acne and Skin Care

Many over-the-counter (OTC) acne products are available to treat mild to moderate acne or periodic breakouts. They include cleansing lotions, gels, foams and towelettes, leave-on products, and treatments or kits.

Acne products work in different ways, depending on their active ingredients. Some OTC acne products work by killing the bacteria that cause acne inflammation. Others remove excess oil from the skin or speed up the growth of new skin cells and the removal of dead skin cells. Some acne products do a combination of these things.



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

**CeraVe**

PM or AM Facial  
Moisturizing Lotion,  
Oil Free,  
59 mL

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

**CeraVe**

Foaming Facial Cleanser,  
Oil Control,  
355 mL

