Your Local Pharmacy

September





Aspirin®

Daily Low Dose, 81 mg, 30 Tablets Enteric Coated





Jamieson™

Chewable Vitamin C, 500 mg, Bonus 100 + 20 Tablets or Premium Vitamin D3, 1,000 IU, Bonus 200 + 40 Tablets





Tylenol®

Extra Strength, 500 mg, 100 Caplets or Easy to Swallow 100 eZtabs





Aveeno®Active Naturals®
Eczema Care,
Moisturizing Cream,
166 mL



Compare & Save!

Rapid Digital Thermometer

Flexible Tip, 10 Seconds, °C & °F

1199



Ibuprofen

Liquid Gel Capsules, Extra Strength, 400 mg, 12 Capsules



Diarrhea Relief

2 mg, 30 Caplets

699



Cold Medication

Extra Strength, Combo Pack, 12 Non-Drowsy Day & 12 Night Caplets



Prices in effect until Friday, September 24, 2021 or while quantities last.

Supplements

Who Needs Supplements?

Supplements aren't for everyone, but older adults and others may need them to get the nutrients they might otherwise lack.

You likely don't need supplements if you're a healthy adult who eats a variety of foods, including fruits, vegetables, whole grains, legumes, low-fat dairy products, lean meat, and fish.



But supplements — or fortified foods — may be appropriate if you:

- · Are pregnant or are trying to get pregnant
- Are age 50 or older
- Have a poor appetite or have trouble getting nutritious foods
- Follow a diet that excludes entire food groups
- Have a medical condition that affects how your body digests nutrients, such as chronic diarrhea, food allergies, food intolerance, or a disease of the liver, gallbladder, intestines, or pancreas
- Have had surgery on your digestive tract that affects how your body digests nutrients

Choosing and using supplements

If you decide to take a supplement, it's important to:

- Check the label. Product labels can tell you what the active ingredient or ingredients are, which nutrients
 are included, the serving size, and the amount of nutrients in each serving.
- Avoid megadoses. Taking more than the recommended daily values can increase your risk of side effects.



- Watch what you eat. Vitamins and minerals are being added to a growing number of foods, including breakfast cereals and beverages. If you're also taking supplements, you may be getting more than you realize. Taking more than you need is expensive and can increase the risk of side effects.
- Tell your doctor. Supplements can cause harmful effects if taken in certain combinations, with certain prescription drugs, or before surgery or other procedures.
- Administration (FDA) doesn't regulate supplements to the same degree as it does prescription drugs. But the FDA does monitor their safety. It's a good idea to periodically check the FDA website for warnings and recalls.
- Report problems. If you think that a dietary supplement may have caused you to have a serious reaction or illness, stop taking it and talk with your doctor. Your doctor may suggest that you go online and submit a safety report to the FDA.

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



Jamieson™

Vitamin B12, 1,000 mcg, 100 Sublingual **Tablets**





Redoxon®

Double Action, Vitamin C & Zinc, 15 Orange Effervescent **Tablets**



Jamieson™

Multi 100% Complete Vitamin, Adults, 90 Caplets



Flintstones[™]

Active Kids Gummies, With Calcium & Extra Vitamin D. 50 Gummies



One A DAY®

Advanced Multi-vitamin, More Vitamin D & Selenium, Women or Men 50+. 90 Tablets



VapoDrops,

Cherry Flavour or Vitamin C, Orange Drops,

20 Drops





Centrum®

Complete Multivitamin/ Mineral Supplement, Women or Men 50+. 90 Tablets



Centrum®

Select® Essentials Adults 50+, Complete Multivitamin/Mineral Supplement, 100 Tablets



Centrum[®]

Cardio™

For Heart Health, Complete Multivitamin/Mineral Supplement,

90 Tablets



Multiple

Vitamins + Iron Tablets 250 Tablets

Glucosamine & Chondroitin with MSM

1300 mg, 60 Tablets



Calcium Plus Chewables or Eve Care

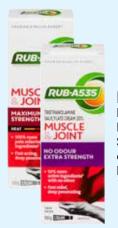
DAYS DES YEUX

Multivitamins & Multiminerals

With Ginseng, 75 Tablets



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





RUB • A535™ Muscle & Joint, Maximum Strength or No Odour Extra Strength, 100 Cream





Bausch +Lomb renu® Fresh™ Multi-purpose Solution, 355 mL





Gravol™ Adults, 50 mg, Taste Free Liquid Gel Capsules, 8 Capsules or Quick Dissolve Chewable, 8 Orange Flavour

Tablets



Kolik® Original Gripe Water, 150 mL Liquid **Bausch+Lomb** PreserVision[™] Eye Vitamin

and Mineral Supplement **AREDS 2 Formula**, 60 Soft Gel Capsules

Omega-3 Formula, 120 Soft Gel Capsules





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



Barriere[™] Silicone Skin Cream, 100 g



Cetaphil[®] **Gentle Skin** Cleanser Face & Body 500 mL

Cetaphil® Moisturizing Cream Dry to Very Dry Skin, Body,

453 g



Acne Mistakes

People with acne might see better results if they avoid these common skin care mistakes:

- Using oily products. Instead use products that are water based and not likely to block pores.
- Forgetting to wash your face daily. Problem areas need gentle cleansing with lukewarm water and mild soap.
- Being too rough with your skin. Scrubbing too hard or using harsh products such as astringents and masks can worsen acne.
- Touching your face. Too much contact can cause flare-ups.
- Picking/squeezing pimples. Can cause infections or scars.



Neutrogena® Oil-free Acne Wash, 177 mL or 200 mL