

# Your Local Pharmacy

December

**Benlyn®**  
All-In-One,  
Cough, Cold & Flu,  
Extra Strength,  
180 mL Syrup

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



**Tylenol®**  
Complete,  
Extra Strength,  
12 Daytime Caplets + 12  
Nighttime Caplets



**Advil**  
Ibuprofen Tablets,  
200 mg,  
100 Tablets

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



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

**Jamieson™**  
Vitamin D,  
1000 IU,  
100 Tablets



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

**SafeChek**  
Instant Hand  
Sanitizer,  
1 L

healthOne™

Compare & Save!

**5<sup>99</sup>**  
**Sleep Aid**  
Extra Strength,  
50 mg,  
20 Caplets



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



**9<sup>99</sup>**  
**Dairy Digestive  
Supplements**  
Regular,  
Lactase Enzyme,  
100 Caplets



**5<sup>99</sup>**  
**Cold Medication**  
Extra Strength,  
Day 12 Caplets +  
Night 12 Caplets



Prices in effect until Friday, December 31, 2021 or while quantities last.

# Why Vaccination Is Important for Adults

Vaccination isn't just for children. Vaccines are safe and protect you and those around you from vaccine-preventable diseases.

As we get older, the protection we had from previous vaccination can decrease for some diseases. Getting another dose (called a booster) can increase our immunity to provide the best protection. There are also diseases that are more common in adults, even healthy adults. This is why additional vaccines are needed as we get older.

## Vaccines for adults

Adults should discuss the type and number of vaccines they need with a healthcare provider. Your healthcare provider may ask questions about your medical history, including:

- what vaccines you had in the past
- if you're pregnant or planning to become pregnant
- your type of work
- if you have upcoming travel



## Adults may need a vaccine for the following vaccine-preventable diseases:

- chicken pox (varicella)
- diphtheria
- hepatitis A
- hepatitis B
- meningococcal
- mumps
- pneumococcal
- polio
- rubella
- shingles
- tetanus
- whooping cough (pertussis)

## Vaccines for people who could become pregnant

Vaccination is important for everyone of reproductive age, whether planning a pregnancy or not. During pregnancy, your immune system changes and this can put you at risk for a number of serious infectious diseases and complications. Your baby can also be affected by these infections, which can result in:

- premature birth
- miscarriage (losing a baby before birth)
- death

Since an unplanned pregnancy can happen, it's important to keep your vaccinations up to date at all times. This will help protect you and your baby from certain infections that could cause serious complications. Talk to your healthcare provider about your vaccination status.

## 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



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

**Jamieson™**  
Vitamin C,  
1,000 mg,  
100 Caplets



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

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



**15<sup>99</sup>**

**Nature's  
Bounty®**  
Biotin,  
Ultra Strength,  
10,000 mcg,  
Value Size,  
120 Softgels



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

**One A DAY®**  
Advanced  
Multivitamin,  
More Vitamin D  
& Selenium,  
**Women 50+** or  
**Men 50+**,  
90 Tablets



**17<sup>49</sup>**

**Centrum®**  
Complete Multivitamin  
/Mineral Supplement,  
**Women, Men,  
Women 50+ or  
Men 50+**,  
90 Tablets



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

**Jamieson™**  
Zinc,  
With Echinacea,  
Vitamins C & D,  
60 Lozenges



**4<sup>49</sup>**

**Gravol™**  
Adults,  
50 mg,  
Quick Dissolve Chewable,  
8 Orange Flavour Tablets

**Gravol Kids™**  
Children 2+,  
Liquid,  
Fruit Flavour,  
75 mL

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



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

**Earol®**  
Olive Oil Ear  
Wax Removal  
Spray,  
1 Kit



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

**Rub-A535  
Muscle & Joint,**  
Maximum  
Strength or  
**No Odour,**  
Extra Strength,  
100 g Cream

healthOne



**11<sup>49</sup>**  
**Calcium 500 +  
Vitamin D<sub>3</sub> 400**  
100 Tablets



**10<sup>99</sup>**  
**Fibre  
Laxative**  
Smooth Texture,  
Sugar-Free,  
Orange Flavour,  
425 g,  
72 Doses

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

**Diarrhea Relief**  
2 mg,  
30 Caplets



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

**4<sup>49</sup>**

or 50 Capsules



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

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



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

**Jamieson™**  
Vitamin B12,  
1,200 mcg,  
Bonus 60 + 20  
Tablets



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

**Mansfield**  
Mercury Free  
Thermometer,  
°C & °F



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

**Chloraseptic®**  
Sore Throat Spray,  
Fast Acting,  
Cool Mint or  
Cherry Flavour,  
177 mL



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

**Complex 15®**  
Daily Face Cream,  
Hypoallergenic,  
Oil Free,  
100 mL



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

**Aveeno®**  
Active Naturals®  
Anti-Itch Lotion,  
118 mL



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

**Buckley's  
Complete®**  
Cough, Cold & Flu,  
Mucus Relief,  
Extra Strength,  
150 mL

**Halls**  
Selected  
Varieties

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



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

**Vicks®**  
Steam Inhaler,  
Soothing Menthol  
Vapours,  
5 VapoPads®



**Vicks®**  
Waterless Tabletop  
Vapourizer,  
Includes 5 Vicks

## Humidifiers, Asthma and Allergies

Humidifiers are devices that release water vapour or steam to increase moisture levels in the air (humidity). If you or your child has asthma or allergies, talk to your doctor before using a humidifier. Increased humidity may ease breathing in children and adults who have asthma or allergies, especially during a respiratory infection such as a cold. But mist from a dirty humidifier or increased growth of allergens caused by high humidity can trigger or worsen asthma and allergy symptoms.

**Vicks®**  
Mini Filter Free Cool  
Mist Humidifier,  
Scent Pad  
Technology

**39<sup>99</sup>**

