

Your Local Pharmacy

March



6⁹⁹

Jamieson™
Chewable C,
Natural Tangy Orange,
500 mg
Bonus 100 + 20 Tablets



3⁹⁹

Tylenol®
Extra Strength,
500 mg,
24 Caplets or eZ Tabs



8⁹⁹

Benylin®
Extra Strength,
Cold & Flu Night,
170 mL
or
Cough, Cold & Flu,
180 mL



5⁹⁹

Benadryl®
Allergy,
12 Caplets

healthOne™

Compare & Save!



11⁹⁹
Calcium 500 + Vitamin D3 400
100 Tablets



9⁹⁹
Glucosamine Sulfate
500 mg,
180 Tablets



7⁹⁹
Melatonin
10 mg,
60 Tablets



10⁹⁹
Vitamin E
400 IU,
100 Softgels

Prices in effect until Friday, March 25, 2022 or while quantities last.

Allergies

If you have a food allergy, your doctor will likely:

- Ask you to keep a detailed diary of the foods you eat.
- Ask if you've stopped eating the suspected food during the allergy evaluation. Your doctor might also recommend one or both of the following tests. However, be aware that these allergy tests can be falsely positive or falsely negative.
- **Skin test.** A doctor or nurse will prick your skin and expose you to small amounts of the proteins found in potential allergens. If you're allergic, you'll likely develop a raised bump (hive) at the test location on your skin.
- **Blood test.** Specific IgE (sIgE) blood testing, commonly called radioallergen sorbent test (RAST) or ImmunoCAP testing, measures the amount of allergy-causing antibodies in your bloodstream, known as immunoglobulin E (IgE) antibodies. A blood sample is sent to a medical laboratory, where it can be tested for evidence of sensitivity to possible allergens.



If your doctor suspects your problems are caused by something other than an allergy, other tests might help identify — or rule out — other medical problems.

Treatment

Allergy treatments include:

- **Allergen avoidance.** Your doctor will help you take steps to identify and avoid your allergy triggers. This is generally the most important step in preventing allergic reactions and reducing symptoms.
- **Medications.** Depending on your allergy, medications can help reduce your immune system reaction and ease symptoms. Your doctor might suggest over-the-counter or prescription medication in the form of pills or liquid, nasal sprays, or eyedrops.
- **Immunotherapy.** For severe allergies or allergies not completely relieved by other treatment, your doctor might recommend allergen immunotherapy. This treatment involves a series of injections of purified allergen extracts, usually given over a period of a few years.



Another form of immunotherapy is a tablet that's placed under the tongue (sublingual) until it dissolves. Sublingual drugs are used to treat some pollen allergies.

- **Emergency epinephrine.** If you have a severe allergy, you might need to carry an emergency epinephrine shot at all times. Given for severe allergic reactions, an epinephrine shot (Auvi-Q, EpiPen, others) can reduce symptoms until you get emergency treatment.



Lifestyle and home remedies

Some allergy symptoms improve with home treatment.

- **Sinus congestion and hay fever symptoms.** These often improve with saline nasal irrigation — rinsing out the sinuses with a salt and water solution. You can use a neti pot or a specially designed squeeze bottle to flush out thickened mucus and irritants from your nose. However, improper use of a neti pot or other device can lead to infection.
- **Household airborne allergy symptoms.** Reduce your exposure to dust mites or pet dander by frequently washing bedding and stuffed toys in hot water, maintaining low humidity, regularly using a vacuum with a fine filter such as a high-efficiency particulate air (HEPA) filter and replacing carpeting with hard flooring.
- **Mold allergy symptoms.** Reduce moisture in damp areas, such as your bath and kitchen, by using ventilation fans and dehumidifiers. Fix leaks inside and outside your home.

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



9.99



Reactine®
Non-Drowsy,
Sinus + Allergy
or
Extra Strength
10 Tablets



8.99

Aerius Kids®
Non-Drowsy,
Kids 2 years and
older,
Bubble Gum,
100 mL



8.99

Claritin®
Allergy,
Non Drowsy,
10 Tablets or
Kids,
Grape Flavour,
120 mL



6.99

Nytol®
Sleep Aid,
Extra Strength,
20 Tablets or
Easy to
Swallow
Caplets



12.99

Aerius®
Non-Drowsy,
24 Hour,
Allergy,
10 Tablets



7.99

Otrivin®
Medicated
Complete™
Nasal Care,
20 mL



8.99

Gravol®
24 Ginger Liquid Gel
Capsules



Gravol®
50 mg,
24 Taste Free Liquid
Gel Capsules



8.99

Benadryl®
Children's Liquid,
Bubble Gum,
100 mL



5.99

Drixoral®
No Drip,
Original,
Cooling
Menthol
or Extra
Moisturizing,
15 mL

healthOne®
8.29
Echinacea
1000 mg,
100 Capsules

8.99
Balanced B-50
B Complex,
100 Tablets

8.99
Prenatal Postpartum
Vitamins and
Minerals,
100 Tablets

7.99
Multi Vitamins and Minerals
Regular,
60 Tablets

Transferring Your Prescriptions is Easy. Ask Us How Today!



14⁹⁹

NeilMed®
NasaFlo®,
Neti Pot,
50 Packets



3⁹⁹

Clear eyes
Allergy,
Eye Drops,
15 mL



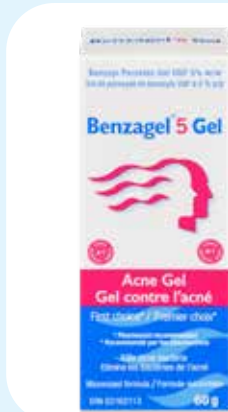
13⁹⁹

Jamieson™
Vitamin D
Droplets,
1,000 IU,
360 Droplets
11.4 mL



9⁹⁹

Cetaphil®
Gentle Skin
Cleanser or
Moisturizing
Lotion,
250 mL



10⁹⁹

Benzagel®
5 Gel
Acne Gel,
60 g



5⁹⁹

Tiger Balm®
Pain Relieving
Ointment,
18 g

10⁹⁹
Ultra Strength,
50 g

Motrin®
Liquid Gels,
Super Strength,
30 Capsules

9⁴⁹



Aleve®
Liquid Gels,
220 mg,
20 Liquid Gels

7⁹⁹



Advil
12 Hour,
600 mg,
16 Tablets

6⁹⁹



Tension-Type Headaches

- Might be felt as a tight band of pain around your head, a dull ache or pressure
- Can be occasional or occur more than 15 days a month (chronic)

Most occasional tension-type headaches are easily treated with over-the-counter medications, including:

- Aspirin
- Ibuprofen (Advil, Motrin IB, others)
- Acetaminophen (Tylenol, others)

Tylenol®
Extra Strength,
Rapid Release,
500 mg,
24 Gelscaps

6⁹⁹

