

Your Local Pharmacy

June



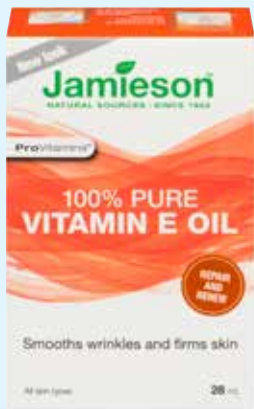
9.99

Cetaphil®
Gentle Skin Cleanser or
Moisturizing Lotion,
250 mL



9.99

health One™
Vitamin B12,
Timed Release,
120 Tablets



9.99

Jamieson®
100% Pure Vitamin E Oil,
Smooths Wrinkles and
Firms Skin,
28 mL



12.99

Voltaren Emulgel®
Back & Muscle Pain, 150 g
Extra Strength, 100 g, or
Joint Pain, 120 g

healthOne

Compare & Save!

Muscle & Back
Extra Strength,
18 Caplets

5.99



Eye Care
50 Tablets

9.99



Allergy Relief
Extra Strength,
24 Tablets

12.99



Melatonin
Dual Action
Timed Release,
60 Tablets

10.99



Prices in effect until Friday, June 24, 2022 or while quantities last.

Summer Sun Safety Tips

Now is a great month to learn about the signs of sun damage and remember the ways you can protect yourself and your family from the harmful effects of ultraviolet, or UV, radiation from sunlight.



Exposure to UV radiation from the sun damages your skin. Children are especially vulnerable because they tend to spend more time outdoors and can burn easily.

Skin cancer develops primarily on areas of sun-exposed skin, including the scalp, face, lips, ears, neck, chest, arms, hands and legs. Skin cancer is the most common type of cancer, according to the American Cancer Society.

Exercising and enjoying time outdoors are important for good health, though. Staying protected from the sun will allow you and your family to do so safely.



12⁹⁹

Cetaphil
Pro RestoraDerm,
Body Wash,
Hydrates and Soothes
295 mL

Here are four ways you can protect yourself and your family from UV radiation damage:

- **Time of day**

Avoid sun exposure in the middle of the day — between 10 a.m. and 4 p.m. — when the UV rays are strongest. In addition, be mindful that clouds offer little protection, and UV rays can bounce off surfaces like water, sand, snow or pavement, leading to increased UV exposure.



- **Sunscreen**

Use a broad-spectrum sunscreen with a sun protection factor, or SPF, of at least 30, even on cloudy days. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or perspiring. Use a generous amount of sunscreen on all exposed skin, including your lips, the tips of your ears, and the backs of your hands and neck. And if you're using leftover sunscreen from year to year, be sure to check the expiration date.

- **Sunglasses**

UV radiation also can burn your eyes. Sunburned eyes can feel painful or gritty. Too much UV light can damage the retina, lens and cornea. Sun damage to the lens can lead to clouding of the lens, or cataracts. Exposure to UV light also can increase your risk of developing ocular melanoma. Sunburn of the cornea also is called snow blindness. Look for sunglasses that block both types of UV radiation — UVA and UVB rays.



- **Protective clothing**

Sunscreens don't provide complete protection from UV rays. You also should protect your skin with dark, tightly woven clothing that covers your arms and legs, and a broad-brimmed hat that provides more protection than a baseball cap or visor.



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



6⁴⁹

Solarcaine®
Soothing Gel with Pure Aloe,
110 mL



8⁹⁹

Tears Naturale® II
Lubricant Eye Drops,
Comforting Relief for Dry Irritated Eyes,
15 mL



10⁹⁹

Benadryl®
Itch Stopping Cream,
Triple Action,
28 g



4⁹⁹

Polysporin®
Lip Health™,
Overnight Renewal Therapy,
7.7 g



8⁹⁹

Aerius Kids®
Non-Drowsy,
Allergy,
Kids 2 and older,
100 mL



10⁹⁹

Non-Drowsy,
24 Hour Allergy,
10 Tablets

Benadryl®
Allergy,
36 Caplets

14⁹⁹



7⁹⁹

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



9⁹⁹

Aveeno®
Anti-Itch Lotion,
Relief of:
Poison Ivy
• Oak
• Sumac
• Insect Bites
• Allergic Itches
• Chicken Pox
118 mL



8⁴⁹

Tinactin®
Antifungal,
Aerosol Powder,
100 g or
Cream,
15 g

healthOne

Diarrhea Relief
30 Caplets

11⁹⁹



12⁹⁹

Fibre Laxative
Orange Flavour,
72 Doses



10⁹⁹

One-Step Pregnancy Test
2 Tests

Plastic Bandages
25

2⁴⁹



Transferring Your Prescriptions is Easy. Ask Us How Today!



3⁹⁹

Clear Eyes®
Allergy Eye Drops,
15 mL



3⁴⁹

Gravol™
Adults,
Taste Free Liquid Gel Capsules,
50 mg,
8 Capsules



6⁹⁹

Jamieson™
Vitamin C,
500 mg,
Bonus 100+20
Caplets



9⁹⁹

Diovol®
Plus AF,
Fresh Mint,
350 mL



3⁹⁹

Band-Aid®
Selected
Varieties



8⁹⁹

Compound W®
Wart Remover,
Gel,
7 g



6⁹⁹

Colgate®
Peroxyl,
Mouth Sore
Rinse,
Mint,
237 mL

Orajel™
3X Medicated
Cold Sores,
Gel, 5.3 g

8⁹⁹



2⁴⁹

health One™
Weekly Pill Box

health One™

health One™ has products For Every Occasion!

Everything you need to stay active and healthy this season, no matter what comes your way. We have a variety of products in a range of categories to help you maintain a healthy and active lifestyle.

From Cough & Cold to First Aid to Health & Beauty, health One™ has you covered.

health One™
Alcohol Swabs
100

2⁹⁹

