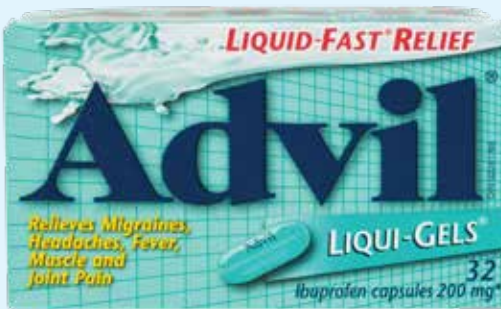


Your Local Pharmacy

October

8⁹⁹

Advil®
Mini-Gels,
Easy to Swallow
30 Capsules



7⁹⁹

Gel Lipactin®
Cold Sores/Fever Blisters,
3 g



12⁹⁹

Tylenol®
Extra Strength,
Cold,
10 ezTabs



6⁹⁹

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



healthOne™

Compare & Save!

AsaBlue
81 mg,
150 Tablets **8⁹⁹**



Calcium
500mg,
250 Tablets **8⁹⁹**



Vitamin D Gummy
400 IU,
For Adults and Kids,
60 Gummies **7⁹⁹**



Hair, Skin & Nails
With Biotin,
2500 mcg,
60 Gummies **12⁴⁹**



Prices in effect until Friday, October 28, 2022 or while quantities last.

Colds and Flu

What Cold Remedies Really Work?

There's no cure for the common cold. But what about cold remedies that claim to make you feel better faster? Find out what's effective — and what's not.

Cold remedies are almost as common as the common cold, but are they effective? Nothing can cure a cold. But some remedies might help ease your symptoms and keep you from feeling so miserable. Here's a look at some common cold remedies and what's known about them.



Cold remedies that work

If you catch a cold, you can expect to be sick for one to two weeks. That doesn't mean you have to be miserable. These remedies might help you feel better:

- Stay hydrated.
- Rest. Your body needs rest to heal.
- Soothe a sore throat. A saltwater gargle — 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water.
- Combat stuffiness. Over-the-counter saline nasal drops and sprays can help relieve stuffiness and congestion.
- Relieve pain.
- Sip warm liquids.
- Try over-the-counter (OTC) cold and cough medications.



Take care of yourself

Although usually minor, colds can make you feel miserable. It's tempting to try the latest remedy, but the best thing you can do is take care of yourself. Rest, drink fluids and keep the air around you moist. Remember to wash your hands frequently.

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



11⁹⁹

NeoCitran
Total Cold, Ultra Strength Total Flu Day or Ultra Strength Total Flu Night, 10 Single Dose Pouches



9⁹⁹

Tylenol® Infants
Fever & Pain, For Ages 0-23 Months, White Grape, 24 mL

Tylenol®
Complete Cold, Cough & Flu, 20 Daytime Liquid Gels

11⁹⁹



Orajel™
3x Medicated Cold Sores, 5.3 g

8⁹⁹



8⁹⁹

Chloraseptic®
Sore Throat Spray, Cool Mint or Cherry, 177 mL



4⁹⁹

Buckleys®
Bite-Me Cherry, 18 Sucrose Free Lozenges



11⁹⁹

Advil®
Pediatric Drops, Up to 8 Hour Fever Relief, Grape, 24 mL



11⁹⁹

NyQuil™
Complete, Cold & Flu Liquid, Berry Flavour, 236 mL



6⁹⁹

Vicks®
VapoCOOL Max, Cherry Freeze, 40 Medicated Drops

healthOne
9⁹⁹

Naproxen
220 mg, 125 Caplets



Ibuprofen
Pain Reliever, Extra Strength, 72 Caplets

15⁹⁹



Sinus Relief
18 Daytime + 6 Nighttime Caplets

11⁹⁹



Cold+Sinus
Analgesic, 10 Non-Drowsy Caplets

4⁹⁹



Transferring Your Prescriptions is Easy.

Ask Us How Today!



7⁹⁹

Jamieson™
60 Zinc
Lozenges with
Echinacea,
Vitamins C&D



15⁹⁹

NeilMed®
Sinus Rinse™,
Kit or Refills



12⁹⁹

**Mansfield
Thermometer**
Mercury Free



8⁹⁹

Gaviscon®
MaxRelief®,
Single Dose
Portable
Packs,
18 Chewable
Foamtabs



9⁹⁹

Voltaren
Emulgel®,
Extra Strength,
30 g
or
Back &
Muscle Pain,
50 g



9⁹⁹

Jamieson™
Vitamin D,
1,000 IU,
25 mcg,
Bonus 150 + 30
Softgels



11⁹⁹

HydraSense®
Selected Varieties,
100 mL



6⁴⁹

Aleve®
220 mg,
24 Caplets



9⁹⁹

Advil®
Mini-Gels,
Easy to Swallow
30 Capsules

Cancer pain, and How You Can Achieve Relief

Cancer pain takes many forms. It can be dull, achy, sharp or burning. It can be constant, intermittent, mild, moderate or severe. How much pain you feel depends on a number of factors, including the type of cancer you have, how advanced it is, where it's situated and your pain tolerance.

A number of treatments are available for cancer pain. One option is over-the-counter pain relievers. For mild and moderate levels of pain, pain relievers that don't require a prescription may help. Examples include aspirin, acetaminophen (Tylenol) and ibuprofen (Advil, Motrin).



4⁹⁹

Tylenol®
Extra Strength,
500 mg,
24 Caplets or
eZTabs

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