

# Your Local Pharmacy

September



**5.49**

**Advil**  
Extra Strength Liqui-Gels,  
400 mg,  
12 Capsules



**11.49**

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



**14.99**

**Centrum®**  
Men 50+,  
Women 50+ or Select  
Essentials Adults 50+,  
90 or 100 Tablets



**6.99**

**Jamieson™**  
Chewable Vitamin C,  
100+20 Tablets  
or  
Vitamin D,  
1,000 IU,  
200+40 Tablets

healthOne

Compare & Save!

**6.99**

**Melatonin**  
10 mg,  
60 Tablets



**Allergy Relief 7.99**

Extra Strength,  
24 Hour Relief,  
12 Tablets



**9.99**

**Fibre Laxative**  
Smooth  
Texture,  
Orange  
Flavour,  
425 g



**10.99**

**One-Step  
Pregnancy  
Test**  
2 Tests



Prices in effect until Friday, September 30, 2022 or while quantities last.

## Vitamins & Minerals for Older Adults



Vitamins and minerals are two of the main types of nutrients that your body needs to survive and stay healthy. Find information on some of the essential vitamins recommended for older adults and how to get the recommended amount within your diet.

Vitamins help your body grow and work the way it should. There are 13 essential vitamins — vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate).

Vitamins have different jobs to help keep the body working properly. Some vitamins help you resist infections and keep your nerves healthy, while others may help your body get energy from food or help your blood clot properly. By following the Dietary Guidelines, you will get enough of most of these vitamins from food.

Like vitamins, minerals also help your body function. Minerals are elements that our bodies need to function that can be found on the earth and in foods. Some minerals, like iodine and fluoride, are only needed in very small quantities. Others, such as calcium, magnesium, and potassium, are needed in larger amounts. As with vitamins, if you eat a varied diet, you will probably get enough of most minerals.

### How can I get the vitamins and minerals I need?

It is usually better to get the nutrients you need from food, rather than a pill. That's because nutrient-dense foods contain other things that are good for you, like fiber.

Most older adults can get all the nutrients they need from foods. But if you aren't sure, always talk with your doctor or a registered dietitian to find out if you are missing any important vitamins or minerals. Your doctor or dietitian may recommend a vitamin or dietary supplement.

It's important to be aware that some supplements can have side effects, such as increasing the risk of bleeding after an injury or changing your response to anesthesia during surgery. Supplements can also interact with some medicines in ways that might cause problems. For example, vitamin K can reduce the ability of the common blood thinner warfarin to prevent blood from clotting. If you do need to supplement your diet, your doctor or pharmacist can tell you what supplements and doses are safe for you.

When looking for supplements to buy, you may feel overwhelmed by the number of choices at the pharmacy or grocery store. Look for a supplement that contains the vitamin or mineral you need without a lot of other unnecessary ingredients. Read the label to make sure the dose is not too large. Avoid supplements with megadoses. Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you don't need. Your doctor or pharmacist can recommend brands that fit your needs.

### 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



**4<sup>99</sup>**

**Webber Naturals®**  
Multi Vitamin,  
100 Tablets



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

**Jamieson™**  
B12,  
1,000 mcg,  
100 Tablets



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

**Flintstones™**  
Multivitamins,  
50 Gummies



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

**One A Day®**  
Multivitamin,  
Women 50+ or  
Men 50+,  
90 Tablets



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

**Redoxon®-B**  
Orange,  
10 Tablets



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

**MetaMucil®**  
Fibre Therapy,  
Orange Flavour  
Smooth,  
48 Tablespoons,  
575 g



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

**Imodium®**  
Quick Dissolve,  
10 Tablets

**Sugar Twin®**  
Calorie Free  
Sweetener,  
200 Packets,  
160 g

**4<sup>29</sup>**



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

**Fever-Friendz®**  
Stick-On Fever  
Indicators,  
Celsius,  
48 hours,  
8 per pack

healthOne®



**3<sup>99</sup>**

**Vitamin D3**  
Softgel,  
1000 IU,  
100 Capsules



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

**Calcium**  
500 mg,  
250 Tablets



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

**Children's  
Chewable  
Multiple  
Vitamins**  
100 Tablets



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

**Vitamin C**  
Chewable,  
500 mg  
100 Tablets

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



**3<sup>99</sup>**

**Clear eyes®**  
Allergy Eye Drops,  
15 mL

**Sleep • eze®**  
Extra Strength,  
10 Caplets

**4<sup>99</sup>**



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

**Diviol®**  
Plus AF,  
Aluminum Free,  
Antacid,  
50 Tablets



**4<sup>99</sup>**

**Bausch +Lomb**  
Sensitive Eyes®,  
Saline Plus,  
355 mL

**Always Discreet Underwear**  
S/M, 19  
L, 17  
XL, 15

**19<sup>99</sup>**



**2<sup>99</sup>**

**Vaseline®**  
Healing Jelly™,  
For Dry Skin,  
50 g



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

**Benzagel®**  
5 Gel,  
Acne Gel,  
60 g



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

**Neutrogena®**  
Oil-Free Acne Wash,  
Cream Cleanser,  
200 mL or  
Liquid,  
177 mL



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

**Jamieson™**  
Biotin,  
10,000 mcg,  
45 Softgels,  
or  
5,000 mcg,  
60 Softgels

## Acne Products

Many over-the-counter (OTC) acne products are available to treat mild to moderate acne or periodic breakouts. Here are common active ingredients found in OTC acne products and how they work to treat acne.

**Benzoyl peroxide** - This ingredient kills the bacteria that cause acne.

**Salicylic acid** - This ingredient helps prevent pores from becoming plugged.

**Alpha hydroxy acids** - They treat acne by helping to remove dead skin cells and reduce inflammation.

**Sulfur** - Sulfur removes dead skin cells that clog pores and helps remove excess oil.



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

**Cetaphil®**  
Gentle Skin  
Cleanser or  
Moisturizing  
Lotion,  
250 mL