

# Your Local Pharmacy

March



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

**Gravol®**  
Chewable Ginger Lozenges, Non-Drowsy, 20 Soft Lozenges or 20 Tablets

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

**Advil®**  
Plus, Acetaminophen, 36 Tablets



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

**Biofreeze**  
Roll-On, 74 mL



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

**Benadryl®**  
Allergy, Oral Solution, 100 mL

healthOne

Compare & Save!

**Anti-Nauseant 3<sup>99</sup>**  
50 mg, 10 Tablets



**Acetaminophen 6<sup>99</sup>**  
Arthritis, 25 Tablets, 650 mg



**Ibuprofen 9<sup>99</sup>**  
Liquid Gel Capsules, 32 Capsules



**2<sup>49</sup>**  
**Bath Flower**  
1 Unit, Selected Varieties



Prices in effect until Friday, March 31, 2023 or while quantities last.

## Cold or allergy: Which is it?

I seem to get a cold every spring and fall. I'm wondering if these "colds" are really seasonal allergies. How can I tell?

If you tend to get "colds" that start suddenly and happen at the same time every year, it's possible that you actually have seasonal allergies.

Although colds and seasonal allergies may share some of the same symptoms, they are very different diseases.

Common colds are caused by viruses. Seasonal allergies, however, are immune system responses triggered by exposure to allergens, such as seasonal tree or grass pollens.

You can treat a common cold with rest, pain relievers and cold remedies, such as decongestants. A cold often lasts 5-7 days in adults, although some may last as long as two or three weeks. You can treat seasonal allergies with antihistamines, nasal steroid sprays and decongestants. Avoid exposure to allergens where possible. Seasonal allergies may last several weeks.



### Symptom check: Is it a cold or allergy?

Symptom	Cold	Allergy
Cough	Usually	Sometimes
Itchy Eyes	Rarely	Usually
Sneezing	Usually	Usually
Sore Throat	Usually	Rarely
Runny Nose	Usually	Usually

**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



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

**Soothe™**  
Allergy,  
Antihistamine,  
15 mL



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

**Claritin®**  
Rapid Dissolve,  
24 Hour,  
Mint Flavour,  
10 Tablets or  
Grape Flavour,  
120 mL Syrup



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

**Reactine®**  
Complete,  
Sinus + Allergy  
or  
Extra Strength,  
10 mg,  
10 Tablets



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

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



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

**Visine®**  
Allergy,  
with  
Antihistamine,  
Drops,  
15 mL



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

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



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

**StaySafe**  
Vinyl Gloves,  
Small,  
Medium or  
Large,  
100 Units



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

**Drixoral®**  
Nasal  
Congestion,  
12 Hour Relief,  
25 mL



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

**HydraSense®**  
Long-Lasting Relief,  
Allergy Therapy,  
10 mL

**healthOne**  
**Diarrhea Relief**  
12 Caplets



**8<sup>99</sup>**  
**Echinacea**  
1000 mg,  
100 Capsules

**10<sup>99</sup>**  
**Loratadine**  
24 Hour Allergy  
Remedy,  
24 Tablets



**14<sup>99</sup>**  
**Extra Strength Allergy Relief**  
Non-Drowsy,  
24 Tablets



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



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

**Sleep • eze®**  
Extra Strength,  
50 mg,  
10 Coated  
Caplets



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

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



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

**Rub A535**  
Muscle and Joint,  
Maximum Strength  
or  
Extra Strength,  
Cream,  
100 g



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

**Formedica®**  
Single Use  
Underpads,  
17" x 24",  
20 Units



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

**Monistat®**  
Derm Cream,  
15 g External  
Cream



**20<sup>99</sup>**

**Physiologic®**  
DigiSlim,  
Scale



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

**Webber  
Naturals®**  
Melatonin,  
Quick Dissolve,  
3 mg,  
180 Sublingual  
Tablets



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

**PharmaSystems®**  
Hot or Cold  
Flexible  
Compress,  
Reusable



**10<sup>49</sup>**

**Advil®**  
Liqui-Gels,  
32 Capsules,  
200 mg

**Headaches: Reduce stress to prevent the pain**

Stress can make your head hurt — and a headache can really stress you out. To reduce the pain, rein in the stress.

Stress is a common trigger of tension-type headaches and migraine. It can also trigger other types of headaches or make them worse. Stress is a particularly common headache trigger in children and young adults.

Taking simple steps to manage your stress can help prevent some types of headaches.



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

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

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