

Your Local Pharmacy

March



5⁹⁹

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



14⁹⁹

Biofreeze
Roll-On,
74 mL



9⁹⁹

Advil®
Plus,
Acetaminophen,
36 Tablets



6⁹⁹

Benadryl®
Allergy,
Oral Solution,
100 mL

healthOne

Compare & Save!

Anti-Nauseant 3⁹⁹
50 mg,
10 Tablets



Acetaminophen 6⁹⁹
Arthritis,
25 Tablets,
650 mg



Ibuprofen 9⁹⁹
Liquid Gel
Capsules,
32 Capsules



2⁴⁹
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



5⁹⁹

Soothe™
Allergy,
Antihistamine,
15 mL



9⁹⁹

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



9⁹⁹

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



4⁹⁹

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



8⁹⁹

Visine®
Allergy,
with
Antihistamine,
Drops,
15 mL



10⁹⁹

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



7⁹⁹

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



8⁹⁹

Drixoral®
Nasal
Congestion,
12 Hour Relief,
25 mL



12⁹⁹

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

healthOne
Diarrhea Relief
12 Caplets

6⁹⁹



8⁹⁹
Echinacea
1000 mg,
100 Capsules

10⁹⁹
Loratadine
24 Hour Allergy
Remedy,
24 Tablets



14⁹⁹
Extra Strength Allergy Relief
Non-Drowsy,
24 Tablets



Transferring Your Prescriptions is Easy. Ask Us How Today!



4⁴⁹

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



6⁹⁹

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



9⁹⁹

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



5⁹⁹

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



7⁹⁹

Monistat®
Derm Cream,
15 g External
Cream



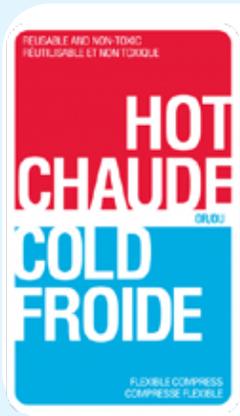
20⁹⁹

Physiologic®
DigiSlim,
Scale



12⁹⁹

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



12⁹⁹

PharmaSystems®
Hot or Cold
Flexible
Compress,
Reusable



10⁴⁹

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.



11⁹⁹

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

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