

Your Local Pharmacy

August



9⁹⁹

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

**Voltaren
Emugel®**
Topical Pain Relieving Gel,
Extra Strength,
100 g

13⁹⁹



6⁹⁹

Jamieson™
Vitamin D,
1,000 IU,
100 Tablets



7⁹⁹

Reactine®
Allergy
Extra Strength,
10 mg,
10 Tablets

10⁹⁹

Reactine®
Children's Ages 2-12
Grape,
118 mL

healthOne™

Compare & Save!



11⁹⁹

**Multivitamins
& Minerals**
Men's Formula,
90 Tablets

Folic Acid
Yeast-Free Vegetarian
Formula,
1 mg,
100 Tablets **4⁹⁹**



**Iron Ferrous
Gluconate** **6²⁹**
324 mg,
100 Tablets



**Muscle & Back
Pain Relief** **5⁴⁹**
Extra Strength,
18 Caplets



**Multivitamins
& Multiminerals**
Formula For Women,
90 Tablets

Prices in effect until Friday, August 27, 2021 or while quantities last.

Osteoporosis

Osteoporosis causes bones to become weak and brittle — so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

Bone is living tissue that is constantly being broken down and replaced. **Osteoporosis occurs** when the creation of new bone doesn't keep up with the loss of old bone.

Osteoporosis affects men and women of all races. Medications, healthy diet and weight-bearing exercise can help prevent bone loss or strengthen already weak bones.

Osteoporosis is more likely to occur in people who have:

- Low calcium intake. A lifelong lack of calcium plays a role in the development of osteoporosis. Low calcium intake contributes to diminished bone density, early bone loss and an increased risk of fractures.
- Eating disorders. Severely restricting food intake and being underweight weakens bone in both men and women.
- Gastrointestinal surgery. Surgery to reduce the size of your stomach or to remove part of the intestine limits the amount of surface area available to absorb nutrients, including calcium. These surgeries include those to help you lose weight and for other gastrointestinal disorders.



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



7⁹⁹

Nature's Bounty®

Melatonin,
3 mg,
120 Tablets
or Chromium
Picolinate,
200 mcg,
100 Tablets

Advil®
Liqui-Gels®
Liquid-Fast Relief,
200 mg,
32 Ibuprofen Capsules

7⁹⁹



8⁹⁹

Jamieson™
Calcium
Magnesium + Zinc,
Bonus 100 +
100 Caplets
or **Calcium 500 mg**
+D3 1,000 IU,
90 Caplets

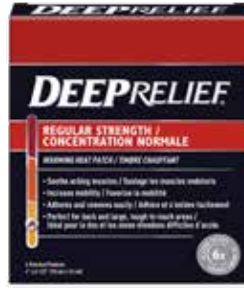


8⁹⁹

Rub-A535™
Muscle & Joint,
Regular Strength
or Extra Strength
or **Injury,**
Ice To Heat Relief,
100 g Cream

Deep Relief®
Regular Strength,
Warming Heat
Patch,
6 Patches

7⁴⁹

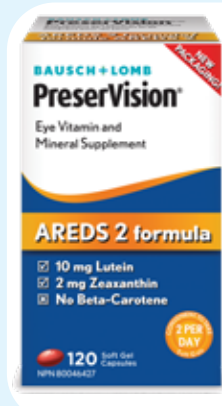


5⁹⁹

Redoxon®
Vitamin C,
1000 mg,
15 Orange
Effervescent Tablets

Physio Logic®
essentiA
Blood Pressure Monitor,
Large Easy To Read Score

41⁹⁹



27⁹⁹

PreserVision®
AREDS 2 Formula,
Eye Vitamin and
Mineral Supplement,
120 Soft Gel

Sleep-eze®
Nighttime Sleep Aid,
Extra Strength,
20 Soft gel Capsules

7⁹⁹



healthOne®



14⁹⁹

Glucosamine
& Chondroitin
with MSM
1300 mg,
60 Tablets

Heartburn
Relief
Regular Strength,
Fruit Flavour,
100 Chewable
Foaming Tablets

7⁹⁹



8⁴⁹

Calcium Plus
Chewables
50 Tablets

Calcium Antacid
Chewables
Extra Strength,
750 mg,
160 Tablets

Sleep Aid
Extra Strength,
50 mg,
20 Caplets

6⁴⁹



Transferring Your Prescriptions is Easy.

Ask Us How Today!



10⁹⁹

Biotène®
Moisturizing Mouthwash,
Dry Mouth,
Fresh Mint,
473 mL



14⁹⁹

NeilMed®
NasaFlo®
Clear Design
Neti Pot,
Includes 50
Premixed Packets



7⁴⁹

Salonpas®
Pain Relieving,
Topical Patch,
40 Patches



15⁹⁹

**Nature's
Bounty®**
Coated Omega-3,
Fish Oil,
1000 mg,
180 Softgels



4⁹⁹

Cetaphil®
Gentle Cleansing Bar,
Face & Body,
Sensitive,
127 g



4⁹⁹

**Elastoplast
Fabric + Plastic
Variety Pack,
80 Regular Strips**

5²⁹

**Knee & Elbow
Fabric,
10 Patches**



3⁹⁹

TUMS®
Antacid,
Extra Strength,
Assorted Fruit
or Peppermint,
750 mg,
100 Count



7⁹⁹

DIOVOL™
Plus or Plus
Aluminum Free,
Fresh Mint,
350 mL

Pepcid®
Acid Controller,
Maximum Strength,
20 mg,
25 Tablets

11⁹⁹



Heartburn

Heartburn is a burning pain in your chest, just behind your breastbone. The pain is often worse after eating, in the evening, or when lying down or bending over.

Occasional heartburn is common and no cause for alarm. Most people can manage the discomfort of **heartburn** on their own with lifestyle changes and over-the-counter medications.

Heartburn that is more frequent or interferes with your daily routine may be a symptom of a more serious condition that requires medical care.



8⁹⁹

Gaviscon®
For Acid Reflux
& Heartburn,
Regular Strength,
Soothing **Fruit Blend**
or **Icy Mint**,
340 mL