

Your Local Pharmacy

September



3⁹⁹

Aspirin®
Daily Low Dose,
81 mg,
30 Tablets Enteric Coated



7⁹⁹

Jamieson™
Chewable Vitamin C,
500 mg,
Bonus 100 + 20 Tablets or
Premium Vitamin D3,
1,000 IU,
Bonus 200 + 40 Tablets



9⁹⁹

Tylenol®
Extra Strength,
500 mg,
100 Caplets or Easy to
Swallow 100 eZtabs



9⁹⁹

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

healthOne™

Compare & Save!

Rapid Digital Thermometer

Flexible Tip,
10 Seconds,
°C & °F

11⁹⁹



Ibuprofen
Liquid Gel Capsules,
Extra Strength,
400 mg,
12 Capsules

3⁹⁹



Diarrhea Relief

2 mg,
30 Caplets

6⁹⁹



Cold Medication

Extra Strength,
Combo Pack,
12 Non-Drowsy Day
& 12 Night Caplets

4⁹⁹



Prices in effect until Friday, September 24, 2021 or while quantities last.

Supplements

Who Needs Supplements?

Supplements aren't for everyone, but older adults and others may need them to get the nutrients they might otherwise lack.

You likely don't need supplements if you're a healthy adult who eats a variety of foods, including fruits, vegetables, whole grains, legumes, low-fat dairy products, lean meat, and fish.



But supplements — or fortified foods — may be appropriate if you:

- Are pregnant or are trying to get pregnant
- Are age 50 or older
- Have a poor appetite or have trouble getting nutritious foods
- Follow a diet that excludes entire food groups
- Have a medical condition that affects how your body digests nutrients, such as chronic diarrhea, food allergies, food intolerance, or a disease of the liver, gallbladder, intestines, or pancreas
- Have had surgery on your digestive tract that affects how your body digests nutrients

Choosing and using supplements

If you decide to take a supplement, it's important to:

- **Check the label.** Product labels can tell you what the active ingredient or ingredients are, which nutrients are included, the serving size, and the amount of nutrients in each serving.
- **Avoid megadoses.** Taking more than the recommended daily values can increase your risk of side effects.

- **Watch what you eat.** Vitamins and minerals are being added to a growing number of foods, including breakfast cereals and beverages. If you're also taking supplements, you may be getting more than you realize. Taking more than you need is expensive and can increase the risk of side effects.
- **Tell your doctor.** Supplements can cause harmful effects if taken in certain combinations, with certain prescription drugs, or before surgery or other procedures.
- **Watch for alerts and recalls.** The U.S. Food and Drug Administration (FDA) doesn't regulate supplements to the same degree as it does prescription drugs. But the FDA does monitor their safety. It's a good idea to periodically check the FDA website for warnings and recalls.
- **Report problems.** If you think that a dietary supplement may have caused you to have a serious reaction or illness, stop taking it and talk with your doctor. Your doctor may suggest that you go online and submit a safety report to the FDA.

| Nutrition Facts | | Nutrition Facts | | Nutrition Facts | |
|---------------------------|-----|---------------------------|-----|---------------------------|-----|
| 6 servings per container | | 2 servings per container | | 6 servings per container | |
| Serving size 1 cup (230g) | | Serving size 1 cup (230g) | | Serving size 1 cup (230g) | |
| Calories 245 | | Calories 245 | | Calories 245 | |
| % Daily Value* | | % Daily Value* | | % Daily Value* | |
| Total Fat 12g | 14% | Total Fat 12g | 14% | Total Fat 12g | 14% |
| Saturated Fat 2g | 10% | Saturated Fat 2g | 10% | Saturated Fat 2g | 10% |
| Trans Fat 0g | 0% | Trans Fat 0g | 0% | Trans Fat 0g | 0% |
| Cholesterol 8mg | 3% | Cholesterol 8mg | 3% | Cholesterol 8mg | 3% |
| Sodium 210mg | 8% | Sodium 210mg | 8% | Sodium 210mg | 8% |
| Total Carbohydrate 34g | 12% | Total Carb. 34g | 12% | Total Carbohydrate 34g | 12% |
| Dietary Fiber 3g | 25% | Dietary Fiber 3g | 25% | Dietary Fiber 3g | 25% |
| Total Sugars 5g | 10% | Total Sugars 5g | 10% | Total Sugars 5g | 10% |
| Includes 4g Added Sugars | 8% | Includes 4g Added Sugars | 8% | Includes 4g Added Sugars | 8% |
| Protein 10g | 20% | Protein 10g | 20% | Protein 10g | 20% |
| Vitamin D 4mcg | 20% | Vitamin D 4mcg | 20% | Vitamin D 4mcg | 20% |
| Calcium 210mg | 16% | Calcium 210mg | 16% | Calcium 210mg | 16% |
| Iron 3mg | 15% | Iron 3mg | 15% | Iron 3mg | 15% |
| Potassium 380mg | 8% | Potassium 380mg | 8% | Potassium 380mg | 8% |

| Nutrition Facts | | Nutrition Facts | |
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| Serving size 1 cup (230g) | | Serving size 1 cup (230g) | |
| Calories 245 | | Calories 245 | |
| % Daily Value* | | % Daily Value* | |
| Total Fat 12g | 14% | Total Carbohydrate 34g | 12% |
| Saturated Fat 2g | 10% | Dietary Fiber 3g | 25% |
| Trans Fat 0g | 0% | Total Sugars 5g | 10% |
| Cholesterol 8mg | 3% | Includes 4g Added Sugars | 8% |
| Sodium 210mg | 8% | Protein 10g | 20% |
| Vitamin D 4mcg | 20% | Iron 3mg | 15% |
| Calcium 210mg | 16% | Potassium 380mg | 8% |
| Iron 3mg | 15% | | |
| Potassium 380mg | 8% | | |

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



9⁹⁹

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



5⁹⁹

Redoxon®
Double Action,
Vitamin C & Zinc,
15 Orange
Effervescent
Tablets



12⁹⁹

Jamieson™
Multi 100%
Complete Vitamin,
Adults,
90 Caplets



10⁴⁹

Flintstones™
Active Kids
Gummies,
With Calcium
& Extra Vitamin D,
50 Gummies



11⁹⁹

One A DAY®
Advanced
Multi-vitamin,
More Vitamin D
& Selenium,
**Women or
Men 50+,**
90 Tablets



99¢

Vicks®
VapoDrops,
Cherry Flavour or **Vitamin C,**
Orange Drops,
20 Drops



17⁹⁹

Centrum®
Complete
Multivitamin/
Mineral
Supplement,
**Women or
Men 50+,**
90 Tablets



17⁹⁹

Centrum®
Select® Essentials
Adults 50+,
Complete
Multivitamin/Mineral
Supplement,
100 Tablets



21⁹⁹

Centrum®
Cardio™
For Heart Health,
Complete
Multivitamin/Mineral
Supplement,
90 Tablets

healthOne

12⁹⁹

**Multiple
Vitamins
+ Iron Tablets**
250 Tablets



13⁹⁹

**Glucosamine
& Chondroitin
with MSM**
1300 mg,
60 Tablets



8⁹⁹

**Calcium Plus
Chewables
or Eye Care**
50 Tablets



8⁴⁹

**Multivitamins
& Multiminerals**
With Ginseng,
75 Tablets



Transferring Your Prescriptions is Easy. Ask Us How Today!



8⁹⁹

RUB • A535™
Muscle & Joint,
Maximum
Strength
or No Odour
Extra Strength,
100 Cream



9⁹⁹

**Bausch
+Lomb
renu®
Fresh™**
Multi-purpose
Solution,
355 mL



3⁹⁹

Gravol™
Adults,
50 mg,
Taste Free Liquid
Gel Capsules,
8 Capsules or Quick
Dissolve Chewable,
8 Orange Flavour
Tablets



6⁹⁹

Kolik®
Original
Gripe Water,
150 mL Liquid

**Bausch+Lomb
PreserVision™**
Eye Vitamin
and Mineral
Supplement
AREDS 2 Formula,
60 Soft Gel
Capsules

15⁹⁹

27⁹⁹

Omega-3 Formula,
120 Soft Gel Capsules



7⁹⁹

Gaviscon®
For Acid Reflux
& Heartburn,
Extra Strength,
Fruit Blend,
25 Chewable
Foamtabs®



7⁹⁹

Barriere™
Silicone
Skin Cream,
100 g



13⁹⁹

Cetaphil®
Gentle Skin
Cleanser
Face & Body
500 mL

Cetaphil®
Moisturizing Cream
Dry to Very Dry Skin,
Body,
453 g

19⁹⁹



Acne Mistakes

People with acne might see better results if they avoid these common skin care mistakes:

- **Using oily products.** Instead use products that are water based and not likely to block pores.
- **Forgetting to wash your face daily.** Problem areas need gentle cleansing with lukewarm water and mild soap.
- **Being too rough with your skin.** Scrubbing too hard or using harsh products such as astringents and masks can worsen acne.
- **Touching your face.** Too much contact can cause flare-ups.
- **Picking/squeezing pimples.** Can cause infections or scars.



7⁹⁹

Neutrogena®
Oil-free
Acne Wash,
177 mL or 200 mL