

Your Local Pharmacy

January



999

Buckley's® Complete®
or Extra Strength **Complete® Mucus Relief,**
150 mL Syrup



999

NeoCitran
Cold & Sore Throat or
Extra Strength Cold & Sinus,
Night,
Lemon,
10 Single Dose Pouches
(Powder)



1299

Jamieson™ Multi,
100% Complete Vitamin,
Adults 50+,
90 Caplets



549

Tylenol® Ultra Relief,
Extra Strength,
Easy to Swallow 20 eZtabs

healthOne™

Compare & Save!

799

Melatonin
Dual Action Timed Release,
10 mg,
60 Tablets



449

Vitamin D3
Extra Strength,
1000 IU,
90 Tablets



499

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



339

Lens Cleaner
2 Oz



Prices in effect until Friday, January 28, 2022 or while quantities last.

3 Diet Changes Women Over 50 Should Make Right Now

Your body changes as you age, so your diet needs to change, too. These tips from a Mayo Clinic wellness dietitian can help ensure you're getting the nutrients you need.

You are what you eat, right? For women over 50, eating the right foods becomes even more important to avoid health problems.

Jason Ewoldt, RDN, LD, a wellness dietitian at Mayo Clinic Healthy Living Program, suggests that women over 50 target three important nutrients to combat the most common changes caused by aging.

1. Calcium for Bone Health

Osteoporosis gets a fair amount of attention, and most older women understand that the risk of developing this bone disease increases with age. In fact, 1 in 3 women over 50 is at risk of a bone break caused by osteoporosis. Osteoporosis affects men too, but not at such high rates.

Women over 50 need 1,200 milligrams of calcium daily. Use the Nutrition Facts label on food products to keep track of your intake.



2. Protein for Healthy Muscle Mass

Older women tend to sit more, exercise less. That compounds a natural aging process called sarcopenia, which is the loss of muscle mass. By the time women near 80 years of age, they may have lost as much as half of their skeletal muscle mass. Eating enough protein reduces the impact of that muscle wasting.

Your protein needs depend on how much you weigh. For women over 50, experts recommend 1 to 1.5 grams of protein per kilogram of weight (1 kilogram = 2.2 pounds). If you weigh 140 pounds, for instance, you would need at least 63 grams of protein a day.

3. Vitamin B-12 for Brain Function

As women age, they absorb fewer nutrients from their food. One key nutrient they may not be absorbing enough of is vitamin B-12, which is essential for maintaining both healthy red blood cells and brain function.

"The best sources of vitamin B-12 are eggs, milk, lean meats, fish and fortified foods like cereals and grains," says Ewoldt. "Vegans, in particular, will need to choose more fortified foods, but even elderly people who eat all foods may have difficulty absorbing enough vitamin B-12."

Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.org. It is intended for information purposes only and should not be used in place of consultation with a health-care professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein.

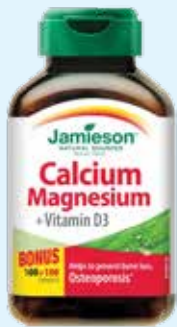
Prices in effect until Friday, January 28, 2022 or while quantities last.

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



9.99

Jamieson™
Calcium Magnesium
+ Vitamin D3,
Bonus 100 + 100
Caplets



18.99

Jamieson™
Essentials™
Plus Protein,
Milk Chocolate or
French Vanilla,
20 g



11.99

Jamieson™
Vitamin B12,
1000 mcg,
Fast Dissolving,
100 Sublingual Tablets



11.99

Ester-C®
Vitamin C,
Stomach Friendly,
1000 mg,
60 Coated Tablets



29.99

Iberogast®
9 Herb
Treatment,
100 mL Solution



7.99

Fleet®
Enema
Lubricant Laxative
For Relief of Occasional
Constipation,
Mineral Oil,
130 mL

KIND
Almond & Coconut,
Gluten Free,
40 g Nut Bar

1.49



7.99

CLIF®
Builders®
Protein Bar,
Chocolate,
Chocolate Mint
or **Chocolate**
Peanut Butter,
68 g,
6 Bars



18.99

Metamucil®
Fibre Therapy,
Premium Blend,
Sugar-Free,
414 g,
72 Servings

healthOne

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

5.99



Cold & Flu 7.49
Non-Drowsy,
Day 12 Capsules
& Night 12 Capsules



2.99
**Daily
Pill Box**
4 Compartments



7.99
**One-Step
Pregnancy
Test**
1 Pregnancy Test,
93% Accurate

Transferring Your Prescriptions is Easy. Ask Us How Today!



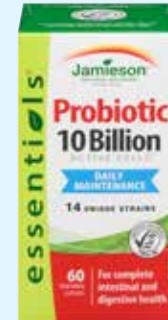
6⁴⁹

Gravol™
Upset Stomach &
Nausea,
Non-Drowsy,
Ginger,
20 Tablets or 20 Soft
Chewable Lozenges



health One™
Hydrocortisone Cream
For Temporary Relief of Minor Skin
Irritations,
30 g

4⁹⁹



19⁹⁹

Jamieson™
Probiotic,
10 Billion Active Cells,
Daily Maintenance,
60 Vegetarian
Capsules

Allenburys®
Basic Soap,
Sensitive Skin,
White Oval Bar,
100 g

1⁹⁹



Sinutab®
Sinus & Allergy or Sinus Day,
Extra Strength,
24 Caplets

9⁹⁹



5⁹⁹

Colgate®
Peroxyl®
Mouth Sore Rinse,
Mint,
237 mL



8⁹⁹

RUB-A535™
Muscle & Joint,
Regular Strength,
No Odour
Regular Strength
or Extra Strength
100 g Cream



13⁴⁹

Nicorette®
Gum,
Stop Smoking Aid,
4 mg or 2 mg,
Ultra Fresh Mint
or Fresh Fruit,
30 Pieces

Nicoderm®
Stop Smoking System,
24 HR Withdrawal Protection,
Step 1, Step 2 or Step 3,
7 Clear Patches

32⁹⁹



Here are some ways to help you resist the urge to smoke or use tobacco when a tobacco craving strikes.

- 1. Try nicotine replacement therapy.** Ask your doctor about nicotine replacement therapy such as over-the-counter nicotine patches, gum and lozenges. These short-acting nicotine replacement therapies can help you overcome intense cravings and they are generally safe to use in combination with long-acting nicotine patches or one of the non-nicotine medications.
- 2. Chew on it.** Give your mouth something to do to fight a tobacco craving. Chew on sugarless gum or hard candy, or munch on raw carrots, celery, nuts or sunflower seeds.
- 3. Get physical.** Physical activity can help distract you from tobacco cravings and reduce their intensity. Even short bursts of physical activity — such as running up and down the stairs a few times — can make a craving go away.



39⁹⁹

Nicorette®
Stop Smoking Aid,
Mint Lozenges,
2 mg or 4 mg,
80 Lozenges