

Your Local Pharmacy

July



Claritin®
for Children,
Allergies,
24 hours,
Grape Flavour,
120 mL

7⁹⁹

Claritin®
Allergies,
24 hours,
10 Non-Drowsy
Tabs



12⁹⁹

Metamucil®
3 in 1 MultiHealth Fibre!
Original,
504 g,
Orange Flavour Smooth,
425 g or,
Orange Flavour Smooth
Sugar-Free,
861 g



3⁹⁹

Tylenol®
Extra Strength,
500 mg,
24 Caplets or eZtabs



12⁹⁹

Imodium®
10 Quick
Dissolve Tablets or,
Calming Liquid,
240 mL



healthOne

Compare & Save!

**Allergy
Formula**
25 mg,
20 Liquid
Capsules

3⁹⁹

Vitamin D3
Extra Strength,
1,000 IU,
90 Tablets

4⁹⁹

3⁹⁹

Sleep Aid
Extra Strength,
20 Caplets

9⁴⁹

Naproxen
220 mg,
125 Caplets



Prices in effect until Friday, July 29, 2022 or while quantities last.

Travelling with Medications

Discuss the use of medications with your healthcare provider before departure and carefully follow the directions for use, including dosage and when to seek medical care. Bring more than enough medication to last your entire trip.

ESSENTIAL PACKING FOR AIRPLANE TRAVEL



Here is a basic list of medications to be included in your travel health kit:

- Any prescription or over-the-counter medication you normally use
- 1% hydrocortisone cream to treat minor skin irritation, such as itching caused by bug bites or poison ivy
- Allergy medication, such as an antihistamine, or epinephrine prescribed by your doctor, such as an Epinephrine auto-injector (EpiPen®)
- Anti-diarrheal medication
- Anti-motion sickness medication
- Antifungal and antibacterial ointments or creams to apply to wounds to prevent infection.
- Cold and flu medications, such as decongestants, cough suppressants or throat lozenges
- Pain and fever medication, such as acetylsalicylic acid (e.g., Aspirin®), ibuprofen (e.g., Advil®), or acetaminophen (e.g., Tylenol®)
- Stomach and intestinal medication, such as antacids and laxatives
- If recommended, destination-specific medication, like those for malaria or high-altitude sickness
- If you need to use needles or syringes, take more than enough to last for your entire trip and carry a medical certificate from your healthcare provider explaining that the needles or syringes are for medical use

Other items

You may include these items depending on personal preference, destination, and activities:

- Aloe gel for sunburns
- Insect repellent containing DEET or Icaridin
- Saline eye drops
- Water purification filter or tablets
- Ear plugs to reduce noise or stop contaminated water from entering the ear canal
- Extra pair of glasses or contacts
- Adequate supply of condoms
- Mosquito net
- Sunscreen

Contact card

Carry a card with the following information in case of a medical emergency:

- Name, address, and phone number of a family member or friend in Canada
- Name and phone number of your health care provider in Canada
- Address and phone number of your accommodations at your destination(s)
- Address and phone number of hospitals or clinics at your destination(s) country/countries (you might also consider carrying the Emergency Contact Card)
- Address and phone number of the Canadian Embassy, Consulate, or High Commission in your destination
- Emergency contact phone number from your travel health insurance provider



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



6⁹⁹

Benadryl®
Bug Bite Relief,
14 mL Stick,
or
Skin Itch & Pain,
59 mL Spray

Mansfield
Digital
Thermometer,
°C & °F

8⁹⁹



6⁴⁹

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



4⁹⁹

Tums®
Antacid,
32 Soft Chews,
Very Cherry



6⁹⁹

Trojan®
Lubricated,
12 Latex
Condoms



6⁹⁹

Gravol®
Adults,
50 mg,
30 Tablets or
Kids,
15 mg,
18 Tablets,
Cherry Flavour



4⁹⁹

Fruit of the Earth
Aloe Vera,
100% Gel,
340 g

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

4⁹⁹



9⁹⁹

Infants' Tylenol®
Fever & Pain,
For Ages 0-23
months,
White Grape,
24 mL

healthOne®
6⁹⁹

Calcium
500 mg,
250 Tablets



Folic Acid
1 mg,
100 Tablets **3⁴⁹**



Vitamin E
400 IU,
100 Softgels **10⁹⁹**



Vitamin D
1000 IU
Drops
15 mL **7⁹⁹**



Transferring Your Prescriptions is Easy. Ask Us How Today!



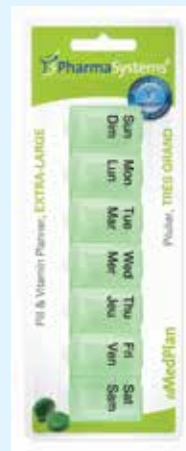
10⁹⁹

Ovol®
Drops,
Fast, Gentle
Relief of Infant
Colic Due to
Gas,
30 mL



9⁹⁹

Compound W®
Wart Remover,
14 Medicated
Pads for
Common
Warts or
14 Medicated
Invisible Pads



1⁷⁹

**Pharma
Systems®**
Extra-Large,
Pill & Vitamin
Planner



6⁹⁹

Dr. Scholl's®
Odour-X,
All Day
Deodorant
Spray,
133 g



9⁹⁹

**Nature's
Bounty®**
B-12,
1000 mcg,
100 Coated
Tablets



Polysporin®
For Kids,
30 g

12⁹⁹



5⁴⁹

Band-Aid®
Selected
Varieties



3⁹⁹

Cortate®
Cream,
Temporary Relief of Skin
Irritations, Itching, Dryness,
Scaling and Redness
15 g



7⁹⁹

Polysporin®
Heal-Fast
Formula,
Cream, or
Infection
Protection +
Vitamin E,
Ointment,
15 g

First Aid Kits

A basic travel health kit is important no matter where you travel. You may want to include:

- Adhesive bandages (multiple sizes) and adhesive tape
- Alcohol-based hand sanitizer
- Antiseptic wound cleanser (alcohol or iodine pads)
- Tweezers for removing ticks, splinters etc.
- Blister pads or moleskin
- Disposable latex or vinyl gloves
- Gauze
- Safety pins and scissors
- Tensor bandages for sprains
- Thermometer



5⁹⁹

NeilMed®
Neil Cleanse®,
Wound Wash,
First Aid,
177 mL

Prices in effect until Friday, July 29, 2022 or while quantities last. Flyer features and products available while supplies last. Where "assorted" and "selected" varieties are indicated, not all product may be available. We reserve the right to limit quantities due to space limitations or manufacturer supply issues. Not all items may be available as advertised. All prices are subject to applicable sales taxes. Any coupon offers will be subject to our coupon policy. Participating pharmacies are independently owned and operated. health One™ is a registered trademark of Kohl & Frisch Limited.