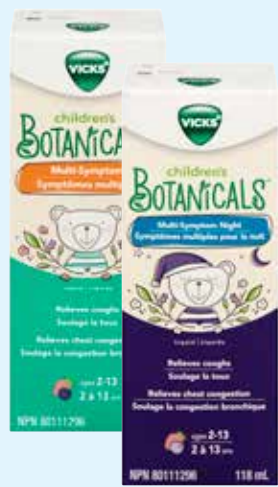


Your Local Pharmacy

January



6⁹⁹

Vicks®
Botanicals,
Multi-Symptom Day or
Multi-Symptom Night
118 mL



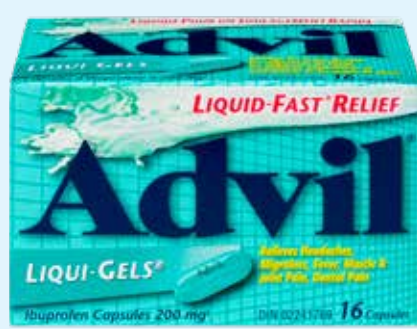
9⁹⁹

Cold FX®
Extra Strength,
Daily Support,
12 Capsules,
300 mg



13⁹⁹

NeilMed®
Sinus Rinse,
Kit 50 Premixed Packets or
Refill 100 Premixed
Packets



4⁹⁹

Advil®
Liqui-Gels,
16 Liqui-Gels,
200 mgw

healthOne[™]

Compare & Save!

**Kids
Vitamin D**
5 mL,
180 Drops

8⁹⁹

**Extra Strength
Acetaminophen**
500 mg,
100 Caplets

7⁹⁹

Cold & Flu
Day and Night,
12 Day Capsules +
12 Night Capsules

9⁹⁹

Vitamin C
500 mg,
100 Chewable
Tablets

9⁹⁹



Prices in effect until Friday, January 27, 2023 or while quantities last.

Nutritional supplements are meant to complement a healthy diet, not replace it. If you're generally healthy and eat a wide variety of foods, you probably don't need nutritional supplements.

In certain cases, however, fortified foods and dietary supplements may be useful in providing one or more nutrients.

Supplements vs. Whole Foods

Supplements aren't intended to replace food. They can't replicate all of the nutrients and benefits of whole foods, such as fruits and vegetables.



Whole foods offer three main benefits over dietary supplements:

- Greater nutrition. Whole foods are complex, containing a variety of the micronutrients your body needs.
- Essential fiber. Whole foods, such as whole grains, fruits, vegetables and legumes, provide dietary fiber. Dietary fiber can help reduce the risk of type 2 diabetes, colorectal cancer, stroke and heart disease.
- Protective substances. Many whole foods contain chemicals that promote health, such as antioxidants — substances that slow down a natural process leading to cell and tissue damage.



Who needs supplements?

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 meats 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

If you're wondering whether you need a vitamin and mineral supplement, talk to your doctor or dietitian. Be sure to ask about dosage, side effects and possible interactions with any medications you take.

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?

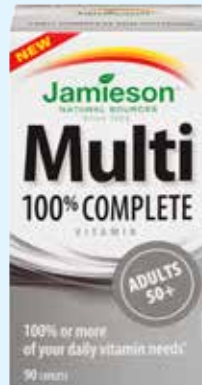
Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

- Computerized patient files
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



10⁴⁹

Cliff®
Builder Protein,
Selected Varieties



12⁹⁹

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



17⁹⁹

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



15⁹⁹

Restoralax®
Mix-In Pax,
Laxative,
10 Packets,
17 g each or
Liquid 14 Doses,
238 g



6⁹⁹

Ricola
Selected
Varieties



5⁹⁹

Tums®
Chewies,
Antacid,
Very Cherry,
32 Soft Chews



8⁹⁹

Physio logic®
Fever Friendz,
Stick-On Fever
Indicators,
8 Per Pack



8⁹⁹

Anusol™
Multi-Symptom,
Hemorrhoidal
Ointment,
30g



6⁹⁹

Elastoplast
Wound Healing
Ointment,
50g

12⁹⁹ Accuflex10,
Flexible
Thermometer



4⁹⁹
Hand Mix Pack,
20 Strips



healthOne

5⁹⁹ **Sleed Aid**
Extra Strength,
20 Caplets

4⁴⁹ **Lens Wipes**
30 Count

2⁹⁹

4⁹⁹
Vitamin D3
Extra Strength,
1000 IU,
90 Tablets



Hydrogen Peroxide
Antiseptic
Topical Solution,
3% 10 Volume
USP,
450 mL



Transferring Your Prescriptions is Easy. Ask Us How Today!



6⁹⁹

Nytol®
Selected
Varieties



Gravol™

Quick Dissolve,
Orange Flavour,
8 Chewables,
50 mg

4⁹⁹



9⁹⁹

Clearblue®
Pregnancy Test,
Rapid Detection,
1 minute or
Early Detection,
6 days early,
1 Test



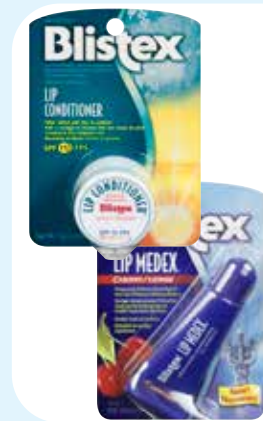
4⁹⁹

**Clear
Eyes®**
Allergy,
Sterile-Eye Drops,
15 mL



34⁹⁹

Depend®
Selected
Varieties



2⁹⁹

Blistex®
Selected
Varieties

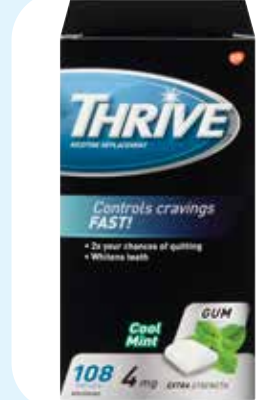
Orajel™
3X Medicated
Cold Sores,
5.3 g

8⁹⁹



14⁹⁹

Nicorette®
Polacrilex Gum,
Ultra Fresh Mint,
30 Pieces,
2 mg or
Fresh Fruit,
30 Pieces,
4 mg



38⁹⁹

Thrive®
Extra Strength
Gum,
Cool Mint,
4 mg,
108 Pieces

Quit-smoking products: Boost your chance of success

Using quit-smoking products can greatly increase your chance of success. Only about 5% of people who try to quit tobacco succeed without a quit-smoking product. Many more succeed when using one.

Types of quit-smoking products

- Nicotine replacement products. Options include patches, gum, lozenges, spray and inhaler. Although some are available without a prescription, it's best to talk with your doctor before trying them.
- Medications. Two medications that don't contain nicotine are available by prescription.

Any of these products can help reduce nicotine cravings and withdrawal symptoms making it more likely that you'll stop smoking for good.



37⁹⁹

Nicoderm®
Selected
Varieties

