

Your Local Pharmacy

February



16⁹⁹

Tena®
Protective Underwear
Small, Medium, Large, XL or 2XL



4⁷⁹

Aspirin®
Daily Low Dose,
81 mg,
30 Tablets



14⁹⁹

Advil®
Extra Strength, Liqui Gels,
400 mg,
50 Capsules



7⁹⁹

health One®
Vitamin C,
Timed Release,
100 Tablets,
1000 mg

healthOne

Compare & Save!

Alcohol Swabs
100 Swabs

3⁴⁹



Cold + Sinus

4⁹⁹

Analgesic and Decongestant,
Non-Drowsy,
10 Caplets



Extra Strength Ibuprofen

5⁹⁹

400 mg,
12 Liquid Gel Capsules



Fibre Laxative

9⁹⁹

425 g,
72 Doses



Prices in effect until Friday, February 24, 2023 or while quantities last.

Heart Health 101

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly.



Given the heart's never-ending workload, it's a wonder it performs so well, for so many people. But it can also fail, brought down by a poor diet and lack of exercise, smoking, infection, unlucky genes, and more.

A key problem is atherosclerosis. This is the accumulation of pockets of cholesterol-rich gunk inside the arteries. These pockets, called plaque, can limit blood flow through arteries that nourish the heart — the coronary arteries — and other arteries throughout the body.

When a plaque breaks apart, it can cause a heart attack or stroke.

Although many people develop some form of cardiovascular disease (a catch-all term for all of the diseases affecting the heart and blood vessels) as they get older, it isn't inevitable. A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease. Lifestyle changes and medications can nip heart-



harming trends, like high blood pressure or high cholesterol, in the bud before they cause damage. And a variety of medications, operations, and devices can help support the heart if damage occurs.

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



10⁹⁹

Jamieson™
Magnesium,
100 mg,
100 Tablets



19⁹⁹

Jamieson™
Omega-3 Select,
Bonus 150 + 50 Softgels



22⁹⁹

Jamieson™
CoQ10,
250 mg,
Bonus 30+15 Capsules



23⁹⁹

Metamucil®
Fibre Gummies,
No Sugar Added,
72 Gummies



7⁹⁹

Webber Naturals®
Melatonin,
Extra Strength,
5 mg,
60 Sublingual
Tablets



19⁹⁹

Bio-K+®
Daily Care,
Probiotic,
12.5 Billion,
30 Capsules or
25 Billion,
15 Capsules



13⁴⁹

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



17⁹⁹

Webber Naturals®
Coenzyme
Q10,
100 mg,
60 SoftGels



25⁹⁹

Nerveive™
Nerve Relief,
Alpha-Lipoic
Acid,
Selected
Varieties,
30 Tablets

healthOne

8⁹⁹ **ASA**
81 mg,
150 Enteric
Coated Tablets



Melatonin **7⁹⁹**
5 mg,
100 Tablets



7⁹⁹

Omega 3
1000 mg,
Deep Sea
Fish Oil,
60 Softgels



5⁹⁹

**Extra
Strength
Vitamin
D3**
1000 IU,
180 Tablets



Transferring Your Prescriptions is Easy. Ask Us How Today!



7⁹⁹

Rub A535™
Selected
Varieties



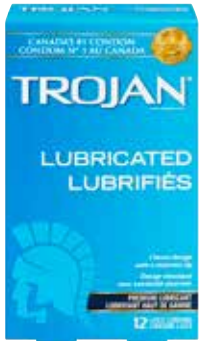
14⁹⁹

NeilMed®
NasalFlo,
Neti Pot,
50 Premixed
Packets



9⁹⁹

Gaviscon®
Regular
Strength,
Soothing,
Fruit Blend or
Icy Mint,
340 mL



6⁹⁹

Trojan®
Lubricated,
12 Latex
Condoms



16⁹⁹

**Breathe
Right®**
Nasal Strips,
Clear or
Tan,
30 Large Strips



11⁴⁹

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



4⁹⁹

Cepacol®
Lozenges,
Sensations
Cherry,
Honey & Lemon
or Sore Throat
and Blocked
Nose
16 Lozenges



5⁴⁹

PolySporin®
Lip Health,
Overnight,
7.7 g



6⁹⁹

Sleep • eze®
Extra Strength,
50 mg,
20 Soft Gel
Capsules or
20 Coated Caplets

Sleep deprivation: A cause of high blood pressure?

Possibly. Sleep experts recommend that adults get 7 to 8 hours of sleep each night. Getting less than six hours of sleep is known to be bad for overall health. A regular lack of sleep may lead to high blood pressure (hypertension) in children and adults.

The less you sleep, the higher your blood pressure may go. People who sleep six hours or less may have steeper increases in blood pressure. If you already have high blood pressure, not sleeping well may make your blood pressure worse.



39⁹⁹

Physiologic®
essentia,
Blood Pressure
Monitor