

Your Local Pharmacy

May



9⁹⁹

health One
Smooth Texture,
425 g,
72 Doses



7⁹⁹

Claritin®
24 Hour,
Fast Relief,
Allergy,
10 Tablets



19⁹⁹

Magic Bag®
Soothing Relief,
1 Wrap 19" x 5.5" or
1 Compress 11" or 9.5"



12⁹⁹

Advil®
Ibuprofen Tablets,
200 mg,
100 Tablets

health One™

Compare & Save!

4⁹⁹

Anti-Nauseant

50 mg,
30 Tablets



Sleep Aid
Extra Strength,
50 mg,
20 Caplets

6⁹⁹



Allergy Control
Non-Drowsy,
20 Tablets,
5 mg

9⁹⁹



Dairy Digestive
Lactase Enzyme,
100 Caplets

12⁹⁹



Prices in effect until Friday, May 26, 2023 or while quantities last.



19⁹⁹

Webber Naturals®

Glucosamine
Chondroitin,
Double
Strength,
500/400mg,
140 Caplets

Arthritis Pain: Do's and Don'ts

Arthritis is a leading cause of pain and disability worldwide. You can find plenty of advice about easing the pain of arthritis and other conditions with exercise, medication and stress reduction.



How do you know what will work for you?

Here are some do's and don'ts to help you figure it out.

Basics

Everyday routines

- Pay attention to your joints, whether sitting, standing or engaging in activity.
- Keep your joints moving. Do daily, gentle stretches that move your joints through their full range of motion.
- Know your limits. Balance activity and rest, and don't overdo.
- Manage weight. Being overweight can increase complications of arthritis and contribute to arthritis pain. Making incremental, permanent lifestyle changes resulting in gradual weight loss is often the most effective method of weight management.
- Quit smoking. Smoking causes stress on connective tissues, which can increase arthritis pain.

Medications

- Many types of medications are available for arthritis pain relief.



10⁹⁹

Jamieson™

Calcium
Magnesium +
Vitamin D3,
Bonus 100+100
Caplets



4⁹⁹

Gravol®

50 mg,
8 Tablets

What to do

Over-the-counter pain medications, such as acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve) can help relieve occasional pain triggered by activity your muscles and joints aren't used to — such as gardening after a winter indoors. Cream containing capsaicin may be applied to skin over a painful joint to relieve pain. Use alone or with oral medication.

Consult your doctor if over-the-counter medications don't relieve your pain.

Speak to your medical professional or pharmacist for more information.

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Ask Your Pharmacist

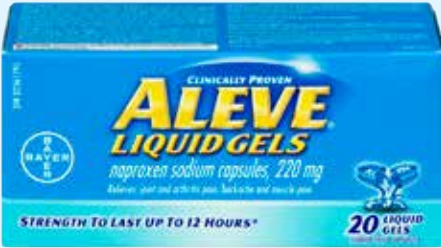
Did you know your local pharmacy provides a host of services for you and your family?

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

Aleve®
Liquid Gels,
220 mg,
20 Liquid Gels

6⁹⁹



8⁴⁹

Rub A535
Muscle & Joint or
Injury,
Selected Varieties,
100 g Cream

Tylenol®
Arthritis Pain,
Fast+Long Lasting,
650 mg,
50 Caplets

9⁹⁹



6⁹⁹

Drixoral®
No Drip,
Original,
Cooling
Menthol
or Extra
Moisturizing,



6⁹⁹

Visine®
Original,
15 mL



9⁴⁹

Benadryl®
Allergy,
Under 12,
Bubble Gum,
100 mL



7⁴⁹

Allergy,
12 Caplets



8⁹⁹

Tinactin®
Antifungal,
Powder Spray,
100 g

Anusol®
Multi-Symptom,
Ointment,
30g

8⁹⁹



Pepcid®
Acid
Controller,
10 Tablets

8⁹⁹



healthOne®



9⁹⁹
**Muscle
and Back
Pain**
18 Capsules

**Arthritis
Pain Relief**
650mg,
100 Caplets

11⁹⁹



11⁹⁹
Naproxen
220 mg,
125 Caplets



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

14⁹⁹



Transferring Your Prescriptions is Easy. Ask Us How Today!



7⁹⁹

Sleep • eze®
Extra Strength,
Gelcaps or
Caplets,
50 mg,
20 Softgels



6⁴⁹

Jamieson™
Vitamin D3,
1,000 IU,
100 Tablets



8⁴⁹

Jamieson™
Vitamin C,
Chewable,
500 mg,
Bonus 100 + 20
Tablets

Lacteeze®
Drops for milk,
15.5 mL

17⁹⁹



6⁴⁹

Vagisil®
Odour
Controlling,
Daily Intimate
Wash,
240 mL

Canesten®
ComfortAB,
3 Tablets

19⁹⁹



12⁹⁹

**Webber
Naturals®**
B12,
1000 mcg,
80 Sublingual
Tablets



8⁴⁹

ZzzQuil™
Pure Zzzs,
Melatonin,
Chamomile &
Lavender
24 Gummies



12⁹⁹

**Webber
Naturals®**
Melatonin,
Extra Strength,
5 mg,
144 Sublingual
Tablets

How Does Sleep Affect Your Mental Health

Poor sleep is often associated with depression and other mental disorders. Most people are aware that it's healthy to get a good night's sleep. Yet, try as you might, you may have trouble accomplishing that goal. Sometimes, the problem is simply the noisy, busy world around you. Other times, it may be something within you, such as your physical or mental health, that keeps you from sleeping well. Whatever the cause, without the right duration and quality of sleep, your mental health suffers.



19⁹⁹

Jamieson™
B 100
Complex,
Timed Release,
Bonus 90 + 30
Tablets