

# Your Local Pharmacy

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

January 8 - 22

**Kleenex®**  
Slim Pack,  
3 Packs,  
10 3-Ply White Tissues

**149**



**Pringles®** **99¢**  
Original,  
67 g or Sour Cream & Onion,  
68 g



**Tic Tac®** **119**  
Fresh Mint,  
Orange, Fruit  
Adventure or  
Wintergreen,  
29 g



**Eat-More,  
Hershey's,  
Oh Henry! or Reese** **109**



**Colgate®** **149**  
Toothbrush,  
Extra Clean,  
Soft or Medium



**Sensodyne®** **499**  
Daily Care Toothpaste,  
Ultra Fresh,  
100 mL



**Colgate®** **899**  
PreviDent®  
5000 Plus,  
High Strength Fluoride  
Toothpaste,  
Fruitastic or Spearmint,  
39 mL



**1199**

**Jamieson™**  
Multi 100% Complete,  
Adults,  
90 Caplets or  
Vitamin B12,  
1,000 mcg,  
100 Sublingual Tablets

**abreva®** **1599**  
Cold Sore  
Treatment,  
2 g



**Orajel™** **599**  
Instant Pain  
Relief  
For Cold Sore,  
Touch-Free  
Applicator,  
4 Treatment  
Vials,  
2.4 mL Total



**Eucerin®** **499**  
Intensive Lip  
Balm,  
Dry Skin,  
10 mL



**Tylenol®**  
Complete,  
Cold, Cough & Flu  
Extra Strength or Fast  
Acting,  
Selected Varieties

**899**

**Children's  
Tylenol®** **799**  
Fever & Pain,  
Ages 2-11,  
Banana Berry,  
100 mL



**Advil®** **499**  
Cold & Sinus  
Plus,  
10 Caplets



**Aleve®** **599**  
Relieves Joint  
and Arthritis Pain,  
220 mg,  
24 Caplets



**Robitussin®** **1199**  
Cough & Cold,  
Extra Strength,  
Up To 6 HR Relief,  
Cherry Flavour,  
250 mL



**Halls** **279**  
Selected  
Varieties,  
25 Lozenges



**Cold FX®** **2299**  
Daily Support,  
Boosting  
The Immune  
System,  
200 mg,  
60 Capsules  
or Extra  
Strength,  
300 mg,  
45 Capsules



**799**

**Selsun Blue®**  
Anti-Dandruff Shampoo,  
Itchy Dry Scalp,  
Clean, Fresh Scent,  
300 mL or Citrus Blast,  
With Botanicals,  
325 mL

**Batiste™** **799**  
Dry Shampoo,  
Original,  
200 mL



**Nivea** **449**  
Body Wash,  
Care & Cocoa,  
500 mL



**Murine®** **449**  
Tears  
Supplemental,  
Gentle Relief  
For Dry,  
Irritated Eyes,  
15 mL



healthOne™

Compare & Save!



**599**  
**Arthritis  
Relief**  
650 mg,  
50 Caplets



**349**  
**Vitamin D3  
Softgel**  
1,000 IU,  
100 Capsules



**Multivitamins  
& Minerals** **849**  
Men's Formula,  
90 Tablets

**Multivitamins  
& Multiminerals** **999**  
Formula For Women,  
90 Tablets



**649**  
**Melatonin**  
5 mg,  
100 Tablets

# Diet and Nutrition

January usually marks the start of a new diet and exercise program as part of new year's resolutions made to be healthier. This year, it is even more important to include good nutrition to cope with stress that may be related to COVID-19. Canada's new Food Guide, revised in 2019, recommends the following for our daily diet:

- More vegetables and fruit
- Add whole grain foods
- Read food labels vs. food marketing
- Include protein foods
- Water as your primary drink
- Reduce sodium, sugar, and saturated fats

It will be important to include foods that will help your immune system fight off infections, including inflammation and swelling. You can obtain key nutrients to help boost your immunity through foods that you can incorporate into your daily diet. You can also include additional vitamins and minerals which are available as supplements. Consult with your pharmacist who can help make recommendations based on your needs.



**19<sup>99</sup>**

**Physio Logic®**  
DigiSlim,  
Scale,  
Kg & Lb



**14<sup>99</sup>**

**NeilMed®**  
Sinus Rinse™ or  
NasaFlo® Neti Pot,  
Includes 50 Premixed  
Packets



**22<sup>99</sup>**

**Vega®**  
Plant-Based,  
Protein & Greens,  
Berry Flavoured,  
522 g



**6<sup>49</sup>**

**Keto Made Simple™**  
No Sugar  
Keto Bar,  
Birthday Cake  
or Cookies  
& Cream,  
4 x 40 g Bars



**5<sup>99</sup>**

**Jamieson™**  
Vitamin D,  
1,000 IU,  
100 Tablets



**4<sup>99</sup>**

**Equal®**  
Original,  
0 Calorie  
Sweetener,  
100 g,  
100 Packets



**6<sup>99</sup>**

**Nature's  
Bounty®**  
Vegetarian  
Iron,  
25 mg,  
60 Capsules



**6<sup>49</sup>**

**Nature's  
Bounty®**  
Biotin Plus,  
80 Gummies

## Ask Your Pharmacist

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

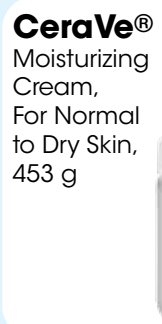
Next time you're in our pharmacy, please feel free to speak to one of our pharmacists to find out more.

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



**7<sup>99</sup>**

**Drixoral®**  
Nasal  
Congestion,  
Fast Acting,  
12 Hour Relief,  
25 mL



**17<sup>99</sup>**

**CeraVe®**  
Moisturizing  
Cream,  
For Normal  
to Dry Skin,  
453 g



**11<sup>99</sup>**

**CeraVe®**  
Hydrating  
Cleanser,  
For Normal  
to Dry Skin,  
355 mL



**39<sup>99</sup>**

**Uriexo®**  
Helps Prevent  
Urinary Tract  
Infections,  
12 Vegicaps



**3<sup>99</sup>**

**Elastoplast**  
Spots,  
Plastic,  
Water-Resistant,  
All-Purpose,  
50 Spots



**8<sup>99</sup>**

**CompoundW®**  
Wart Remover,  
Gel,  
7 g or  
Extra Strength,  
Fast-Acting Liquid,  
10 mL



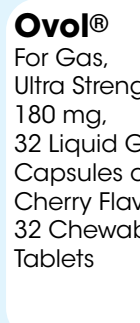
**2<sup>99</sup>**

**SafeChek**  
Instant Hand  
Sanitizer,  
75% Alcohol,  
300 mL



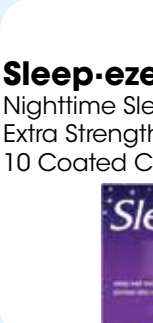
**1<sup>49</sup>**

**Fisherman's  
Friend**  
Selected  
Varieties,  
22 Lozenges



**8<sup>99</sup>**

**Oval®**  
For Gas,  
Ultra Strength,  
180 mg,  
32 Liquid Gel  
Capsules or  
Cherry Flavour,  
32 Chewable  
Tablets



**4<sup>99</sup>**

**Sleep-eze®**  
Nighttime Sleep Aid,  
Extra Strength,  
10 Coated Caplets

## Smoking Cessation

Only you can decide when you're ready to quit smoking. Therefore, you need to be clear on why you are making the decision and what will motivate you to quit. Make a list of your reasons for quitting. Such as:

- Improving your health
- Lowering your risk of disease in the future
- Not exposing family or friends to secondhand smoke
- Saving money



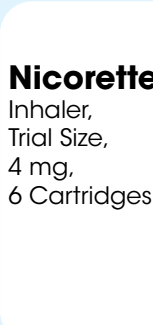
**12<sup>99</sup>**

**Nicorette®**  
Gum,  
2 mg, or 4 mg,  
Assorted  
Flavours,  
30 Pieces



**29<sup>99</sup>**

**Thrive®**  
Gum,  
Regular Strength,  
2 mg,  
Cool Mint,  
108 Pieces



**9<sup>99</sup>**

**Nicorette®**  
Inhaler,  
Trial Size,  
4 mg,  
6 Cartridges



**7<sup>99</sup>**

**Melatonin**  
10 mg,  
60 Tablets



**2<sup>99</sup>**

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

**Cold & Flu-In-One**

**4<sup>79</sup>**

Convenience Pack,  
24 Caplets: 12 Daytime + 12 Nighttime



**4<sup>99</sup>**

**One-Step  
Pregnancy  
Test**

**Speak to your medical professional or pharmacist for more information.**

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