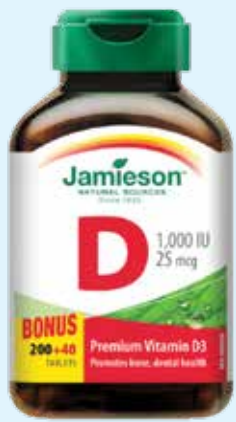


# Your Local Pharmacy

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

June 7-21



**6.99**

**Jamieson**  
Vitamin D,  
1000IU,  
200+40 Bonus Tablets



**2.19**

**Pringles**  
Original, BBQ,  
Salt & Vinegar,  
or Sour Cream  
& Onion,  
148g-156g

**Werther's**  
Original  
Caramel Popcorn,  
170g

**2.99**



**Werther's**  
Original  
Hard Candies,  
No Sugar Added, 70g

**1.99**



**Lindor**  
Milk,  
3 Pack,  
36g

**1.79**



**12.99**

**NeilMed**  
Sinus Rinse Kit  
or Sinus Rinse  
Refill,  
100 Packets



**9.99**

**Dex4**  
Fast Acting  
Glucose,  
50 Tablets,  
Selected  
Varieties



**3.49**

**Tylenol**  
Muscle & Body,  
650mg,  
16 Caplets



**16.99**

**Webber  
Naturals**  
Glucosamine  
Chondroitin  
MSM,  
90 Tablets plus  
Bonus  
33% More



**9.99**

**Webber  
Naturals**  
Vitamin C,  
150's - 300's,  
Selected  
Varieties



**12.99**

**Webber  
Naturals**  
Most Complete  
Multi,  
Men's or Women's  
90 Capsules, or  
Men's or Women's  
50+,  
90 Capsules

*Hot price*



**22.99**

**Formedica**  
Portable Back Support,  
Grey or Black



**2.99**

**Murine**  
Tears  
Supplemental,  
15mL



**6.99**

**Rub-A535**  
100g,  
Selected  
Varieties



**11.99**

**LaxA Day**  
238g



**8.49**

**Cetaphil**  
Moisturizing  
Lotion,  
250mL



**3.99**

**Axe**  
Deodorant  
Body Spray,  
113g or 155mL,  
Selected  
Varieties



**2.79**

**Aussie**  
Styling Aids,  
Selected  
Varieties



**9.99**

**health One**  
Glucosamine  
180 Caplets



**1.69**

**Colgate**  
Kids  
Toothpaste,  
75mL

**Crest**  
Regular or  
Coolmint Gel  
130mL, or Baking Soda &  
Peroxide 127mL

**1.99**



**4.99**

**U by Kotex**  
Tampons  
Sleek,  
Regular, Super,  
or Super Plus,  
18 Tampons

health One

Compare & Save!



**8.99**  
**Vitamin B12**  
1000mcg,  
100 Tablets



**7.99**  
**Cold & Flu**  
12 Daytime Capsules,  
12 Nighttime Capsules



**7.99**  
**Diarrhea  
Relief**  
2mg,  
12 Caplets



**1.49**  
**Daily Pill Box**  
4 Compartments

# First Aid

Everyone should have some knowledge of first aid for common injuries. You should have a well-stocked first aid kit at home and have it easily accessible. First aid kits are preassembled and available from your pharmacy or you can make one up yourself with the help of your pharmacist. Be sure to check your first aid kit every three months to ensure that medications have good expiry dates.



## Cuts and Scrapes

- Minor cuts and scrapes are quite common and can be tended to at home.
- Stop the cut from further bleeding by applying gentle pressure with a clean bandage.
  - Clean the cut by rinsing with clear water and wash the surrounding area with soap and a clean washcloth.
  - Apply an antibiotic ointment or cream to prevent infection.
  - Cover with a bandage to avoid bacteria until the cut has healed enough to be exposed to air which will speed the healing process.

## Burns

- Burns can happen in the kitchen or on the barbecue while cooking. To treat minor burns:
- Cool the burn by holding it under cool running water for 10 to 15 minutes or use a cold compress
  - Cover the burn loosely with a gauze bandage
  - Take a pain reliever such as aspirin, ibuprofen, or acetaminophen
  - If blisters appear, do not break them as open blisters can easily be infected
  - Use a sunscreen on the renewed skin to prevent the pigment change.



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

**Mansfield**  
Travel First Aid Kit,  
16 Essential First Aid Items

**Polysporin**  
Kids, Plus Pain Relief, or Triple, 15g

**7<sup>49</sup>**



**Cortate**  
Cream .5%, 15g

**2<sup>49</sup>**



**Pharma Systems**  
Reusable Flexible Compress, Hot/Cold

**2<sup>49</sup>**



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

**NeilMed**  
NeilCleanse, Wound Wash, 177mL



**4<sup>29</sup>**

**Band-Aid**  
Tough Strips, 20 All One Size

## 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

**Kleenex**  
With Lotion, 75 2-Ply Tissues

**1<sup>99</sup>**



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

**Febreze**  
Vent Clip, 2mL Selected Varieties

**Aerius**  
5mg, 10 Tablets

**10<sup>99</sup>**



**1<sup>99</sup>**

**Trojan**  
Lubricated, 3 Latex Condoms



**10<sup>99</sup>**

**Trojan**  
Bareskin, 10 Latex Condoms



**4<sup>49</sup>**

**Fleet**  
Enema, Regular, 130mL



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

**Fleet**  
Enema, Mineral Oil, 130mL



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

**Gaviscon**  
Soothing Liquid, Fruit, 340mL



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

**Summer's Eye**  
Deodorant Spray, Island Splash or Ultra, 63g



**5<sup>49</sup>**

**Benadryl**  
Bug Bite Relief, 14mL

### In the Event of Sunburn

- Cool the skin - apply a clean towel dampened with cool tap water to the affected skin.
- Apply a moisturizer, lotion, or gel.
- Drink water to prevent dehydration.
- Don't break small blisters (no bigger than your little fingernail).
- Take a pain reliever such as ibuprofen to help with the discomfort and swelling of sunburn.
- Avoid more sun exposure while your skin heals from the sunburn.
- Apply an over-the-counter hydrocortisone cream if your sunburn is severe.

Seek medical care for large blisters, such as those that cover the back. Large blisters are best removed because they rarely remain intact on their own.



**5<sup>49</sup>**

**Solarcaine**  
Lidocaine Spray, 115g



**10<sup>99</sup>**

**Aveeno**  
Eczema Care, Moisturizing Cream, 166mL

**Gravol**  
50mg, 30 Tablets

**5<sup>49</sup>**



healthOne



**1<sup>29</sup>**

**Self-Cling**  
Gauze Bandage, 2" x 4, 1yds



**4<sup>49</sup>**

**Non-Stick**  
Sterile Pads, 3" x 4", 10 Pads



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

**Ibuprofen**  
400mg, Extra Strength, 72 Caplets



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

**Platinum**  
Muscle And Back, Pain Relief, 18 Caplets

### Speak to your Medical Professional or Pharmacist for more information.

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