

Your Local Pharmacy

Transferring Your Prescriptions is Easy.
Ask Us How Today!

May 10-24



79¢

Pringles
Original, 67 g or
Sour Cream, 68 g



1.29

Bounty
Regular Roll,
40 2-Ply Sheets



8.99

healthOne
Multi Vitamin,
Silver 50+,
100 Tablets



10.99

Pepcid
Complete,
Berry or Mint,
25 Chewable Tablets



1.79

Campino
Yogurt & Fruit,
Strawberry or
Assorted,
120 g



15.99

Bio True
Twin Pack,
2 x 300 mL



3.49

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



5.99

Phillips'
Milk of
Magnesia,
Original,
Cherry or Mint,
350 mL



5.99

Tylenol
Extra Strength,
Nighttime,
16 Caplets



7.99

Cetaphil
Gentle Skin
Cleanser,
250 mL



1.09

**Coffee
Crisp**
50 g or
Kit Kat, 45 g



5.89

**Bausch +
Lomb**
Soothe, Night
Time
Ophthalmic
Ointment,
3.5 g



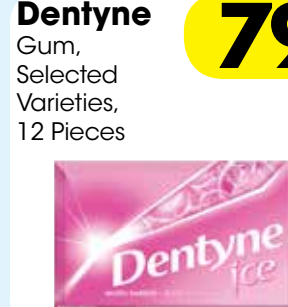
5.99

Benylin
All-in-One,
For Children,
Cold + Fever,
100 mL



7.99

Ovol
Regular
Strength Tabs,
80 mg,
50 Chewable
Tablets



79¢

Dentyne
Gum,
Selected
Varieties,
12 Pieces



8.99

Renu
Multi-Purpose
Solution,
355 mL



9.99

**Vita
Fusion**
Fiber Well,
90 Gummies



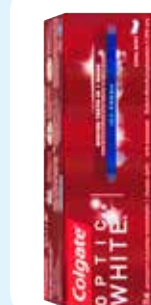
9.79

Lactaid
Extra Strength
Chewable,
40 Tablets



2.99

Oral-B
Glide Pro
Health,
Comfort Plus
Floss,
Unflavoured or
Mint, 40m



2.99

Colgate
Optic White,
Cool Mint or
Sparkling Mint,
75 mL

healthOne

Compare & Save!



1.29

**Examination
Gloves**
Nitrile, 8's



4.99

Ibuprofen
Extra Strength Liquid
Gels, 400 mg,
12 Capsules



15.99

**Fluconazole
150**
One Capsule,
150 mg



5.99

**Muscle
And Back**
Extra Strength
Pain Relief,
18 Caplets

Osteoporosis is a disease of the bones characterized by low bone mass and the weakening of the bone tissue.

Osteoporosis

This leads to an increased risk for breaking a bone which commonly occurs at the wrist, spine, shoulder, and hip areas. Women who are at highest risk are those who are older of Caucasian or Asian descent and are past menopause.

There are no symptoms until the later stages of osteoporosis which include a hunched posture, bone fractures that occur easily, loss of height, and back pain. Your physician can have your bone density measured through a Bone Mineral Density test. You can also check your local pharmacy to see if they hold osteoporosis screening clinics.

You can make lifestyle choices to keep your bones healthy through:

Calcium - women who are between 18 and 50 years of age require 1,000mg daily which increases to 1,200mg after 50 years of age. Natural sources of calcium can be obtained from low fat yogurt or milk, soy products such as tofu, dark leafy green vegetables, almonds, canned salmon or sardines with bones, cereals and orange juice that have been calcium fortified.

Vitamin D - helps your body absorb calcium and improves the function of muscles. The recommended dose for those over 50 years of age is 800 to 1000IU daily. Ask your pharmacist about calcium and vitamin D supplements as they come in a variety of forms and strengths.

Other - you can help build strong bones and slow osteoporosis by incorporating strength training exercises, weight bearing exercises, as well as quitting smoking and reducing alcohol intake.



11⁹⁹

Jamieson Mega Cal
Calcium + D3,
Swiss Chocolate or French
Caramel Cream,
60 Soft Chews



6⁴⁹

Nature's Bounty
Calcium with
Vitamin D3,
60 Gummies



4⁹⁹

Webber Naturals
Vitamin D3,
Selected Varieties

Tylenol
Arthritis Pain,
24 Caplets

4²⁹



Motrin
Liquid Gels,
200 mg,
16 Capsules

3⁴⁹



Aspirin
Daily Low
Dose, 81 mg,
180 Tablets

16⁹⁹



Imodium
Liquid Gels,
6 Capsules

5⁹⁹



Imodium
Quick Dissolve,
10 Tablets

9²⁹



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



4⁹⁹

Febreze
Antibacterial,
800 mL



12⁹⁹

Dr. Scholl's
Massage Gel,
Men's or
Women's,
One Pair



3⁹⁹

Clear Eyes
Allergy,
15 mL

DayQuil
Cold & Flu,
16 Liquid
Capsules

6⁴⁹



DayQuil
Sinus or
Cold & Flu,
24 Liquid Capsules

8⁹⁹



6⁹⁹

Pediatric Electrolyte
Unflavoured,
Fruit, or Grape,
1L

Huggies
Natural Care,
64 Wipes

3⁴⁹



Depend
Briefs with
Tabs, Medium,
20's, L/XL, 16's, or Shields For
Men, 58's

17⁹⁹



Formedica
Disposable
Underpads,
23"x36",
20 Underpads

7⁴⁹



10⁹⁹

One A Day
Men's or
Women's
Gummies,
60 Gummies

The Benefits of Calcium

Did you know?...your body needs calcium to build and maintain strong bones. Your heart, muscles and nerves also need calcium to function properly. Some studies suggest that calcium, along with vitamin D, may have benefits beyond bone health: perhaps protecting against cancer, diabetes, and high blood pressure.



8⁹⁹

Webber Naturals
Calcium
Vitamin D3,
500 mL



6⁹⁹

Nature's Bounty
Cal-Mag-Zinc,
200 Caplets



7⁴⁹

Webber Naturals
Calcium
Magnesium
Vitamin D3 or
Calcium
Magnesium Zinc,
100 + 100% Bonus



9⁹⁹
Calcium Carbonate
250 Tablets



9⁹⁹
Digital Thermometer
With 10 Second Read



1⁹⁹
Glass Medication Dropper
2 Droppers



9⁹⁹
Pregnancy Test
One Test

Speak to your Medical Professional or Pharmacist for more information.

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