

# Your Local Pharmacy

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

June 3-17



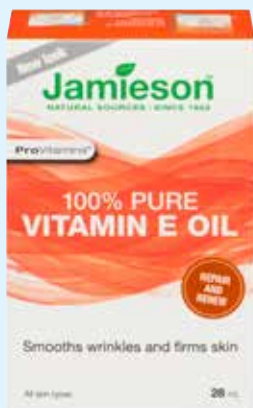
**2<sup>99</sup>**

**Cottonelle®**  
FreshCare®  
42 SafeFlush Cloths



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

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



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

**Jamieson®**  
100% Pure Vitamin E Oil,  
Smooths Wrinkles and  
Firms Skin,  
28 mL



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

**Voltaren Emulgel®**  
Back & Muscle Pain, 150 g  
Extra Strength, 100 g, or  
Joint Pain, 120 g



**99¢**

**Wrigley's**  
Excel®,  
Selected  
Varieties,  
12 Pieces



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

**Huggies**  
Natural Care®,  
Sensitive or  
With  
Cucumber and  
Green Tea,  
56 Plant Based  
Wipes



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

**Cetaphil®**  
Pro  
Restoraderm,  
Nourishing  
Body Wash,  
Dry, Itchy Skin,  
295 mL



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

**Tampax**  
Regular or  
Super,  
20 Tampons



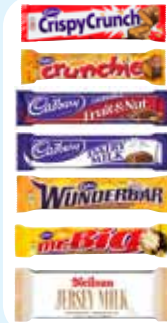
**6<sup>99</sup>**

**Jamieson™**  
Vitamin C,  
500 mg,  
Bonus 100+20  
Caplets



**8<sup>49</sup>**

**Tinactin®**  
Antifungal,  
Aerosol  
Powder, 100 g  
or Cream, 15 g



**99¢**

**Cadbury**  
Chocolates,  
Selected  
Varieties



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

**Band-Aid®**  
Selected  
Varieties



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

**Clear  
Eyes®**  
Allergy Eye  
Drops,  
15 mL



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

**Always®**  
Anti-Bunch,  
Xtra Protection,  
Long,  
48 Liners



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

**Jamieson™**  
Vitamin D,  
1,000 IU,  
Bonus 200+40  
Tablets



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

**Compound W®**  
Wart Remover,  
Gel,  
7 g



**2<sup>39</sup>**

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



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

**Aerius  
Kids®**  
Non-Drowsy,  
Allergy,  
Kids 2 years  
and older,  
100 mL



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

**Aerius®**  
Non-Drowsy,  
24 Hour Allergy,  
10 Tablets



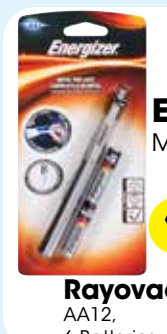
**5<sup>49</sup>**

**Summer's  
Eve™**  
Simply  
Sensitive,  
Cleansing  
Wash,  
266 mL



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

**Nature's  
Bounty®**  
Zinc,  
50 mg,  
100 Caplets



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

**Energizer®**  
Metal Pen Light



**13<sup>99</sup>**  
**Rayovac®**  
AA12,  
6 Batteries

healthOne

Compare & Save!

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

**Muscle &  
Back**  
Extra Strength,  
18 Caplets



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

**Eye Care**  
50 Tablets



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

**Allergy  
Relief**  
Extra Strength,  
24 Tablets



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

**Melatonin**  
Dual Action  
Timed Release,  
60 Tablets



# Summer Sun Safety Tips

June is Summer's Sun Safety Month, which makes it the perfect time to learn about the signs of sun damage and remember the ways you can protect yourself and your family from the harmful effects of ultraviolet, or UV, radiation from sunlight.

Exposure to UV radiation from the sun damages your skin. Children are especially vulnerable because they tend to spend more time outdoors and can burn easily.

Skin cancer develops primarily on areas of sun-exposed skin, including the scalp, face, lips, ears, neck, chest, arms, hands and legs. Here are four ways you can protect yourself and your family from UV radiation damage:

- **Time of day** - Avoid sun exposure in the middle of the day — between 10 a.m. and 4 p.m. — when the UV rays are strongest.
- **Sunscreen** - Use a broad-spectrum sunscreen with a sun protection factor, or SPF, of at least 30, even on cloudy days. Apply sunscreen generously, and re-apply every two hours — or more often if you're swimming or perspiring. Use a generous amount of sunscreen on all exposed skin, including your lips, the tips of your ears, and the backs of your hands and neck. And if you're using leftover sunscreen from year to year, be sure to check the expiration date.
- **Sunglasses** - UV radiation also can burn your eyes. Sunburned eyes can feel painful or gritty. Too much UV light can damage the retina, lens and cornea. Sun damage to the lens can lead to clouding of the lens, or cataracts. Exposure to UV light also can increase your risk of developing ocular melanoma. Sunburn of the cornea also is called snow blindness. Look for sunglasses that block both types of UV radiation — UVA and UVB rays.
- **Protective clothing** - Sunscreens don't provide complete protection from UV rays. You also should protect your skin with dark, tightly woven clothing that covers your arms and legs, and a broad-brimmed hat that provides more protection than a baseball cap or visor.



**9.99**  
**Coppertone®**  
 Sport or Kids,  
 SPF 50  
 177 mL



**6.49**  
**Solarcaine®**  
 Soothing Gel with  
 Pure Aloe,  
 110 mL



**11.99**  
**Aveeno**  
 Protect + Hydrate™,  
 Moisturizing Sunscreen,  
 SPF 30, or  
**Neutrogena®**  
 Ultra Sheer®  
 SPF 60  
 88 mL



**9.99**  
**Aveeno®**  
 Anti-Itch Lotion,  
 Relief of:  
 Poison Ivy • Oak  
 • Sumac • Insect  
 Bites • Allergic  
 Itches • Chicken  
 Pox Rash,  
 118 mL



**8.99**  
**Tears Naturale® II**  
 Lubricant Eye  
 Drops,  
 Comforting Relief  
 for Dry Irritated  
 Eyes,  
 15 mL



**4.99**  
**Polysporin®**  
 Lip Health™,  
 Overnight  
 Renewal  
 Therapy,  
 7.7 g



**10.99**  
**Benadryl®**  
 Itch Stopping  
 Cream,  
 Triple Action,  
 28 g



**14.99**  
**Benadryl®**  
 Allergy,  
 36 Caplets

## 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



**8.99**  
**Orajel™**  
 3X Medicated  
 Cold Sores,  
 Gel,  
 5.3 g



**2.99**  
**Colgate®**  
 Extra Clean,  
 Medium or  
 Soft  
 Toothbrush



**3.49**  
**Colgate®**  
 Cavity  
 Protection  
 Toothpaste,  
 Regular or  
 Winterfresh,  
 95 mL



**6.99**  
**Colgate®**  
 Peroxyl,  
 Mouth Sore  
 Rinse,  
 Mint,  
 237 mL



**4.99**  
**Sea-Bond®**  
 Denture  
 Adhesive Seals,  
 No Ooze Like  
 Pastes,  
 15 Uppers or  
 15 Lower



**13.99**  
**RestoraLAX®**  
 Laxative,  
 10 Mix-In Pax or  
 14 Doses, 230 g



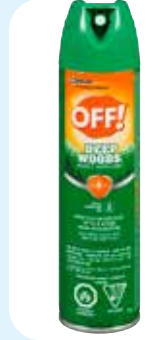
**3.49**  
**Gravol™**  
 Adults,  
 Taste Free  
 Liquid Gel  
 Capsules,  
 50 mg,  
 8 Capsules



**9.99**  
**Diovol®**  
 Plus AF,  
 Fresh Mint,  
 350 mL



**7.99**  
**Eno®**  
 Antacid,  
 Effervescent  
 Powder,  
 200 g



**8.99**  
**OFF!®**  
 Deep Woods  
 Insect  
 Repellent,  
 Up to 8 Hours,  
 230 g

**health One™ healthonebrand.ca**

health One™ has products For Every Occasion!

Everything you need to stay active and healthy this season, no matter what comes your way. We have a variety of products in a range of categories to help you maintain a healthy and active lifestyle.

From Cough & Cold to First Aid to Health & Beauty, health One™ has you covered.



**2.49**  
**health One™**  
 Weekly Pill Box



**2.99**  
**health One™**  
 Alcohol Swabs  
 100



**9.99**  
**health One™**  
 Vitamin B12,  
 Timed Release,  
 120 Tablets



**11.99**  
**Diarrhea Relief**  
 30 Caplets



**12.99**  
**Fibre Laxative**  
 Orange Flavour,  
 72 Doses



**10.99**  
**One-Step Pregnancy Test**  
 2 Tests



**2.99**  
**Cotton Balls**  
 Regular,  
 300

Speak to your medical professional or pharmacist for more information.

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