

# Your Local Pharmacy

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

September 9-23



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

**1149**

**Aveeno®**  
Active Naturals®,  
Eczema Care,  
Moisturizing Cream,  
166 mL

**Advil**  
Extra Strength Liqui-Gels,  
400 mg,  
12 Capsules

**549**



**Vaseline®**  
Healing Jelly™,  
For Dry Skin,  
50 g  
or

**299**

**Q-tips®**  
170 Cotton Swabs



**399**

**Bounty**  
2 Single Plus Rolls =  
3 Regular Rolls,  
2-Ply Paper Towels,  
2 Rolls



**199**

**Excel®**  
Mints,  
Peppermint,  
Spearmint or  
Winterfresh,  
34 g



**119**

**Trident Gum**  
Selected  
Varieties,  
12



**129**

**Kinder®  
Surprise**  
20 g



**1199**

**Reactine®**  
Allergy,  
Children's,  
24 Hour Relief,  
Grape,  
5 mL



**1099**

**Aerius Kids®**  
Fast and  
Effective Relief of  
15 Symptoms,  
Bubble Gum  
Flavour,  
100 mL

**Orajel™**  
Maximum  
Toothache Relief,  
9.5 g

**699**



**Aleve®**  
220 mg,  
Lasts up to 12 Hours,  
20 Liquid Gels

**799**



**1099**

**Reactine®**  
Allergy,  
Extra Strength,  
or  
Complete  
Sinus + Allergy,  
10 Tablets

**Aerius®**  
Non-Drowsy,  
Fast and Effective  
Relief of 15 Symptoms,  
10 Tablets

**1299**



**699**

**Fever-Friendz®**  
Stick-On Fever  
Indicators,  
Celsius  
48 hours,  
8 per pack



**499**

**Bausch  
+Lomb**  
Sensitive  
Eyes®,  
Saline Plus,  
355 mL



**399**

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

**Sugar  
Twin®**  
Calorie Free  
Sweetener,  
200 Packets,  
160 g

**429**



**Polident®**  
3 Minute,  
Overnight, or  
Daily Care,  
96 Tablets

**999**



**499**

**Listerine®**  
Fresh Burst or  
Total Care,  
250 mL

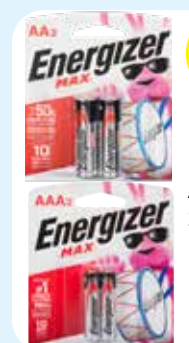
**Ziploc®**  
Freezer Bags,  
Small, Medium  
or Large

**499**



**599**

**Windex®**  
Original,  
765 mL



**499**

**Energizer  
Max®**  
AA,  
2

**599**  
AAA,  
2

healthOne

Compare & Save!



**799**

**Allergy Relief**  
Extra Strength,  
24 Hour Relief,  
12 Tablets



**699**

**Melatonin**  
10 mg,  
60 Tablets



**999**

**Fibre Laxative**  
Smooth Texture,  
Orange Flavour,  
425 g



**1099**

**One-Step  
Pregnancy Test**  
2 Tests



# Vitamins & Minerals

Vitamins and minerals are two of the main types of nutrients that your body needs to survive and stay healthy.

Vitamins help your body grow and work the way it should. There are 13 essential vitamins — vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B6, B12, and folate).

Vitamins have different jobs to help keep the body working properly. Some vitamins help you resist infections and keep your nerves healthy, while others may help your body get energy from food or help your blood clot properly. By following the Dietary Guidelines, you will get enough of most of these vitamins from food. That is because nutrient-dense foods contain other things that are good for you, like fibre.

When looking for supplements to buy, you may feel overwhelmed by the number of choices at the pharmacy or grocery store. Look for a supplement that contains the vitamin or mineral you need without a lot of other unnecessary ingredients. Read the label to make sure the dose is not too large. Avoid supplements with megadoses. Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you don't need. Your doctor or pharmacist can recommend brands that fit your needs.



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

**Webber Naturals®**  
Multi Vitamin,  
100 Tablets



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

**Jamieson™**  
B12,  
1,000 mcg,  
100 Tablets



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

**Centrum®**  
Men 50+,  
Women 50+ or  
Select Essentials  
Adults 50+,  
90 or 100 Tablets



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

**Flintstones™**  
Multivitamins,  
50 Gummies



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

**One A Day®**  
Multivitamin,  
Women 50+ or  
Men 50+,  
90 Tablets



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

**Redoxon®-B**  
Orange,  
10 Tablets



**15<sup>99</sup>**

**MetaMucil®**  
Fibre Therapy,  
Orange Flavour  
Smooth,  
48 Tablespoons,  
575 g



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

**Jamieson™**  
Chewable  
Vitamin C,  
100+20 Tablets  
or  
Vitamin D,  
1,000 IU,  
200+40 Tablets

## 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



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

**Secret®**  
Antiperspirant,  
Selected  
Varieties,  
45 g



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

**Tampax Pearl**  
Regular or  
Super Plus,  
18 Tampons



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

**Always Discreet Underwear**  
S/M, 19  
L, 17  
XL, 15



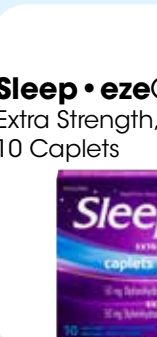
**7<sup>99</sup>**

**Herbal Essences**  
Bio-Renew,  
Shampoo,  
Selected  
Varieties,  
400 mL



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

**Herbal Essences**  
Bio-Renew,  
Conditioner,  
Selected  
Varieties,  
400 mL



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

**Sleep-eze®**  
Extra Strength,  
10 Caplets



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

**Anusol™**  
Plus,  
Ointment,  
With Anesthetic,  
30 g



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

**Micatin®**  
Cures  
Athlete's Foot,  
85 g



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

**GlaxalBase**  
Moisturizing  
Lotion,  
227 g or  
Moisturizing  
Cream,  
100 g



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

**Benzagel®**  
5 Gel,  
Acne Gel,  
60 g

### Over-the-Counter (OTC) Acne Products

Here are common active ingredients found in OTC acne products and how they work to treat acne:

- Benzoyl peroxide. This ingredient kills the bacteria that cause acne.
- Salicylic acid. This ingredient helps prevent pores from becoming plugged.
- Alpha hydroxy acids. They treat acne by helping to remove dead skin cells and reduce inflammation.
- Sulfur. Sulfur removes dead skin cells that clog pores and helps remove excess oil.



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

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



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

**Jamieson™**  
Biotin,  
10,000 mcg,  
45 Softgels,  
or  
5,000 mcg,  
60 Softgels



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

**Neutrogena®**  
Oil-Free Acne  
Wash,  
Cream  
Cleanser,  
200 mL or  
Liquid,  
177 mL



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

**Vitamin D3**  
Softgel,  
1000 IU,  
100 Capsules



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

**Calcium**  
500 mg,  
250 Tablets



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

**Children's Chewable Multiple Vitamins Tablet**  
100 Tablets



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

**Vitamin C**  
Chewable,  
500 mg  
100 Tablets

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

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