

# Your Local Pharmacy

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

May 8-22



**1.89**

**Cottonelle**  
FreshCare,  
Flushable Cleansing Cloths,  
10 Cloths



**9.99**

**Cetaphil**  
Moisturizing Lotion,  
Sensitive,  
500 mL

**Colgate Total**  
Advanced Professional Clean,  
Paste, 70 mL or  
Whitening Gel, 120 mL

**1.99**



**19.99**

**Advil**  
Arthritis Pain,  
400 mg,  
80 Long Lasting Liqui-Gels

**Toffifee**  
123 g,  
15 Pieces

**2.49**



**89¢**

**excel**  
Selected  
Varieties,  
12 Pieces

**Kinder  
bueno**  
43 g,  
x2 Bars

**1.19**



**Tena**

Unisex Underwear,  
14 Ultimate Small,  
14 Medium,  
13 Large,  
or 11 XLarge

**12.99**



**9.99**

**Nature's  
Bounty**  
Triple Strength,  
Cranberry  
Concentrate  
100 Softgels

**Tylenol**  
Extra Strength,  
500 mg,  
24 eZTABS

**3.99**



**Ovol**

Ultra Strength,  
180 mg,  
32 Liquid Gel  
Capsules or  
Cherry Flavour  
Chewable  
Tablets

**8.99**



**Webber  
Naturals**

Turmeric Curcumin,  
3050 mg,  
60 Vegetarian  
Capsules or  
Calcium Citrate,  
300 mg,  
120 Tablets

**7.99**



**14.99**

**RestoraLax**  
Relieves  
Occasional  
Constipation,  
238 g,  
14 Doses



**4.99**

**Nature's  
Bounty**  
Gentle Iron Plus,  
Cod Liver Oil,  
Melatonin,  
or Hair & Nails

**Aleve**  
Back & Body  
Pain,  
220 mg,  
26 Liquid Gels

**9.99**



**Icy Hot**  
Medicated Patch,  
Back,  
10 cm x 20 cm,  
5 Patches

**8.49**



**6.99**

**Gaviscon**  
Extra Strength,  
Fruit Blend,  
25 Chewable  
Foamtabs

**Nytol**  
Sleep Aid,  
Extra Strength,  
50 mg,  
20 Caplets or  
Tablets

**5.99**



**U by Kotex**  
Barely There,  
Thin,  
50 Wrapped  
Daily Liners

**4.89**



**9.99**

**Jamieson**  
Curcumin  
Turmeric,  
550 mg,  
60 Vegetarian  
Capsules



**3.99**

**Aveeno**  
Daily  
Moisturizing  
Lotion,  
71 mL



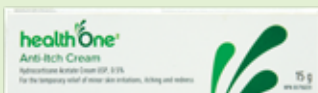
**11.99**

**Nature's  
Bounty**  
Multivitamin,  
Adult,  
150 Gummies

healthOne

Compare & Save!

**Anti-Itch  
Cream** **2.49**  
Hydrocortisone  
Acetate Cream,  
0.5%,  
15 g



**9.99**  
**Probiotic  
Adults 50+**  
20 Capsules



**3.99**  
**Melatonin**  
Fast Dissolving,  
5 mg,  
60 Sublingual Tablets



**4.99**  
**Super  
Calcium**  
With Vitamin D,  
400 UI,  
650 mg,  
120 Caplets

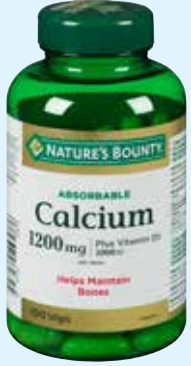
# Arthritis

Arthritis encompasses over 100 conditions which all involve inflammation of the joints, with symptoms are that common throughout the various types of arthritis. There are various therapies of which one or a combination may be necessary to help relieve the pain.

## Medications

- Analgesics – this group of medications, such as acetaminophen, relieves the pain but does not reduce the inflammation.
- Topical medications – there are topical creams and gels which can be purchased over the counter that can provide relief when applied to the affected area.
- Nonsteroidal anti-inflammatory drugs (NSAIDs) – include ibuprofen, naproxen, and acetylsalicylic acid which reduce pain, inflammation, and stiffness.

Ask your pharmacist about the medications available without a prescription.



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

**Nature's Bounty**  
Absorbable Calcium,  
1200 mg,  
100 Softgels



**7<sup>29</sup>**

**Tiger Balm**  
Arthritis Rub,  
Alcohol-Free,  
113 mL



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

**Jamieson**  
Curcumin Turmeric,  
Ultra Strength,  
9,000 mg,  
30 Vegetarian Capsules

**Ensure**  
Regular,  
Chocolate,  
235 mL x 6  
Bottles

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



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

**health One**  
Arthritis Pain  
Relief,  
650 mg,  
100 Caplets



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

**Rub-A535**  
Arthritis,  
Extra Strength,  
Roll-On Lotion,  
88 mL



**Tylenol**  
Arthritis Pain,  
650 mg,  
50 Caplets

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



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

**Revlex**  
Arthritis Pain  
Relief,  
10 x Regular  
Strength,  
15 mL



## 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



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

**Rolaids**  
Extra Strength,  
Mint,  
96 Chewable  
Tablets



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

**Dove**  
Foaming  
Hand Wash,  
Selected  
Varieties,  
200 mL



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

**Formedica**  
Reusable  
Underpad  
Multi-Use,  
34" x 37",  
1 Unit



**10<sup>49</sup>**

**Cetaphil**  
Gentle Skin  
Cleanser,  
Sensitive,  
500 mL



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

**health One**  
Fibre Laxative,  
Orange Flavour,  
425 g,  
72 Doses



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

**Listerine**  
Total Care,  
For Sensitive  
Teeth,  
250 mL



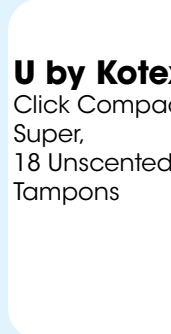
**2<sup>99</sup>**

**health One**  
Extra Strength,  
Vitamin D3,  
1000 IU,  
180 Tablets



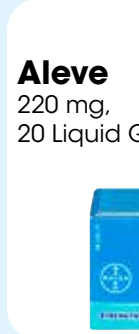
**15<sup>99</sup>**

**Jamieson**  
Ginkgo Biloba,  
Bonus Prime,  
60 + 30 Caplets



**4<sup>89</sup>**

**U by Kotex**  
Click Compact,  
Super,  
18 Unscented  
Tampons



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

**Aleve**  
220 mg,  
20 Liquid Gels

## Mental Health

EPA and DHA are omega-3 fatty acids in fish oil that are vital for normal brain function and development. People with depression or a mild decline in brain function (such as dementia) should consider taking omega-3s, as they may see improvements in their symptoms and brain function. You should inform your physician before starting supplements. Taking 1,000–2,000 mg of omega-3 per day may be a good place to start. Your daily dose should not exceed 3,000 mg.



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

**Nature's Bounty**  
Ginkgo Biloba,  
120 mg,  
100 Capsules



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

**Webber Naturals**  
Heart and Mind,  
Omega-3,  
900 mg,  
120 Softgels



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

**Nature's Bounty**  
Omega-3,  
1200 mg,  
120 Softgels



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

**Arthritis Pain Relief**  
650 mg,  
24 Caplets



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

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



**13<sup>99</sup>**

**Probiotic Adults**  
40 Capsules



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

**Glucosamine**  
500 mg,  
180 Caplets

Speak to your medical professional or pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.org; www.arthritis.ca; www.healthline.com. It is intended for information purposes only and should not be used in place of consultation with a health care professional. Participating retailers/pharmacies, vendors, and/or agencies are not responsible for errors, omissions, or inconsistencies with respect to the information contained in this flyer and do not accept liability whatsoever for reliance by the reader on the information contained herein.

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