

# Your Local Pharmacy

Transferring Your Prescriptions is Easy.  
Ask Us How Today!

April 5-19



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

**Cottonelle**  
Bathroom Tissue,  
Ultra Clean Care,  
6 Double Rolls

Equals 12 Rolls!



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

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



**99¢**

**Kleenex**  
3 Packs,  
10 3-Ply White Tissues  
per Pack



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

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

**Rice Krispies**  
Original 62g or  
Double Chocolate 85g

**69¢**



**1<sup>79</sup>**

**Maynards**  
Bagged  
Candy,  
170g or 185g,  
Selected  
Varieties

**Excel**  
Gum,  
12 Pieces,  
Selected Varieties

**99¢**



**89¢**

**Halls**  
Cough  
Drops,  
9 Pieces,  
Selected  
Varieties



**1<sup>69</sup>**

**Ricola**  
Original Herb  
or Cherry  
Honey,  
10 Lozenges



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

**Rhinaris**  
Nasal Mist,  
Dry Nose,  
30mL



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

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



**5<sup>69</sup>**

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



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

**Hydrasense**  
Advanced  
for Dry Eyes or  
Night for Dry  
Eyes,  
10mL



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

**Diovol**  
Plus  
Suspension,  
Regular,  
Tropical Fruit,  
or Mint AF,  
350mL



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

**Restoralax**  
7 Once Daily  
Doses,  
119g



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

**Herbal  
Essences**  
Bio Renew  
Shampoo or  
Conditioner,  
400mL,  
Selected  
Varieties



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

**Nivea**  
Men,  
Shave Gel,  
Mild or  
Sensitive,  
200g



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

**Nivea**  
Soft,  
Moisturizing  
Cream, 100mL



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

**Vaseline**  
Intensive Care,  
295mL,  
Selected  
Varieties



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

**Cetaphil**  
Moisturizing  
Cream,  
85g



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

**Dove**  
Advanced  
Care,  
Original,  
Cool Essentials,  
or Sensitive  
Skin,  
45g



**4<sup>39</sup>**

**St. Ives**  
Facial Scrub,  
Apricot or  
Lemon &  
Mandarin,  
150mL

healthOne

Compare & Save!



**1<sup>59</sup>**  
**Daily Pill Box**



**14<sup>99</sup>**  
**Vitamin E**  
Synthetic,  
100 Softgels



**9<sup>99</sup>**  
**Omega-3**  
60 Softgels



**8<sup>99</sup>**  
**Acid Reducer**  
Maximum Strength,  
32 Tablets

# Oral Care

It is important to maintain good dental health as another step towards proactive overall health care which not only prevent cavities but can also help prevent gum disease. Gum disease develops slowly and causes inflammation of the gums, bones, and tissues which support your teeth.

You can practice good dental hygiene to help prevent gum disease by taking the following steps:

- Brush your teeth 20 to 30 minutes after eating using a soft bristle toothbrush. Consider using an electric toothbrush if you have arthritis in your hands.
- Consult with your Dentist if you should use a toothpaste with fluoride.
- Use dental floss as it is effective for cleaning your teeth in tight spaces and is able to scrape the sides of each tooth. Consider waxed dental floss if plain dental floss becomes caught in your teeth.
- Use an oral irrigator to help remove food particles - it can also help reduce bleeding and gum disease.
- Add a microbial mouth rinse to your routine.
- Clean your dentures daily to avoid plaque and tartar build up. Soak your dentures in a denture cleanser regularly.



Most pharmacies stock a variety of dental products that will help maintain your dental health.



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

**Crest**  
Pro Health,  
Clean Mint or  
Cool Wintergreen,  
1L



**2<sup>79</sup>**

**Crest**  
Complete, Whitening + Scope,  
Cool Peppermint or Minty Fresh Striped, or  
Extra Whitening Clean Mint,  
130mL



**2<sup>79</sup>**

**Oral B**  
Toothbrushes,  
4-24 Months,  
2-4 Years, or  
5-7 Years



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

**Baby Orajel**  
Homeopathic,  
Natural Source,  
Teething Gel,  
9.5g



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

**Orajel**  
Maximum  
Strength or  
Sore Mouth Medicine,  
9.5g



**5<sup>79</sup>**

**Fixodent**  
57g-68g,  
Selected  
Varieties



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

**Colgate**  
Total  
Whitening or  
Clean Mint,  
130mL

## 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



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

**First Response**  
Pregnancy Test  
or Rapid  
Pregnancy  
Test,  
1 Test



**3<sup>49</sup>**

**Murine**  
Tears,  
Supplemental,  
15mL



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

**Clear Eyes**  
Extra Strength  
or Triple Action  
Relief,  
15mL



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

**Earol**  
Olive Oil,  
Ear Wax  
Removal Spray,  
1 Kit



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

**Murine**  
Ear Wax  
Removal  
System,  
15mL

**Poise**  
16 - 48 Count,  
Selected  
Varieties

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



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

**Nature's  
Bounty**  
Vitamin C,  
1000mg,  
With Rose Hips,  
100 Coated  
Caplets



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

**Jamieson**  
Omega-3,  
For Kids,  
60 Gummies



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

**Webber  
Naturals**  
Vitamin B12,  
60's - 120's,  
Selected  
Varieties



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

**Jamieson**  
Effervescent,  
Vitamin C,  
10 Tablets

### Gum Disease

Did You Know?...Periodontitis is a serious gum infection that damages the soft tissue and destroys the bone that supports your teeth. It can also cause teeth to loosen or lead to tooth loss. Periodontitis is common but largely preventable as it's usually the result of poor oral hygiene. Brushing at least twice daily, flossing daily, and having regular dental checkups can greatly reduce your chance of developing it.



**34<sup>99</sup>**

**Nicorette**  
Quick Mist,  
Fresh Mint or  
Cool Berry,  
150 Sprays



**2<sup>69</sup>**

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



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

**NeilMed**  
Nasaflo Neti  
Pot,  
Includes 50  
Premixed  
Packets

## healthOne



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

**Sinus Relief**  
Combo Pack,  
18 Daytime Caplets,  
6 Nighttime Caplets



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

**Allergy  
Formula**  
20 Liquid Capsules



**11<sup>99</sup>**

**Areds**  
Eye Care,  
50 Timed Release  
Caplets



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

**Ibuprofen**  
Extra Strength,  
Liquid Gel Capsules,  
12 Capsules

Speak to your Medical Professional or Pharmacist for more information.

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