

Your Local Pharmacy

May



12⁹⁹

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



19⁹⁹

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



9⁹⁹

Nature's Bounty
Cranberry Concentrate,
100 Softgels or
Ginkgo Biloba,
100 Capsules



9⁹⁹

Cetaphil
Moisturizing Lotion,
Sensitive,
500 mL

healthOne[®]

Compare & Save!

2⁴⁹

Anti-Itch Cream

Hydrocortisone Acetate
Cream, 0.5%,
15 g



9⁹⁹

Probiotics Adults 50+
20 Capsules



3⁹⁹

Melatonin
Fast Dissolving,
5 mg,
60 Sublingual
Tablets



4⁹⁹

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



Prices in effect until Friday, May 29, 2020 or while quantities last.

Arthritis

Arthritis encompasses over 100 conditions which all involve inflammation of the joints, with symptoms are that common throughout the various types of arthritis. The various conditions include mild tendonitis to syndromes such as fibromyalgia and those which are more extensive like lupus and gout. Arthritis has no age boundaries and can affect people from the very young to those who are very active in their prime.

What are the symptoms of arthritis?

The common sign in all types of arthritis is inflammation of a joint, where the following symptoms are prevalent:

- Pain
- Swelling
- Redness
- Stiffness
- Limited range of motion



What are the treatments for arthritis?

The treatment for arthritis targets relieving the symptoms and increasing the range of motion. 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.

Alternative Medicine

- Natural remedies that include glucosamine and chondroitin have provided relief for some people over a period of time. Do not use glucosamine if you have shellfish allergies or are taking blood thinners.
- Acupuncture can improve function and relieve pain for some people.
- Tai chi and yoga involve gentle exercises and stretches combined with deep breathing which can help you maintain your range of motion of the affected joint.

Speak to your Medical Professional or Pharmacist for more information.

The material in this flyer was sourced from: www.mayoclinic.com; 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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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
- Compliance packaging
- Med checks
- Clinic days
- Compounding
- Prescription transfer from other pharmacies



6⁹⁹

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



7²⁹

Tiger Balm
Arthritis Rub,
Alcohol-Free,
113 mL



12⁹⁹

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

Tylenol
Arthritis Pain,
650 mg,
50 Caplets

7⁹⁹



8⁴⁹

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



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

7⁹⁹



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

5⁹⁹



14⁹⁹

RestoraLax
Relieves
Occasional
Constipation,
238 g,
14 Doses



9⁹⁹

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

healthOne
**Arthritis
Pain Relief** **3⁹⁹**
650 mg,
24 Caplets



6⁴⁹
Glucosamine
500 mg,
180 Caplets



13⁹⁹
**Probiotic
Adults**
40 Capsules



Ibuprofen **6⁴⁹**
Extra Strength,
400 mg,
72 Caplets



Transferring Your Prescriptions is Easy. Ask Us How Today!



19⁹⁹

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



8⁴⁹

health One
Arthritis Pain Relief,
650 mg,
100 Caplets



9⁹⁹

Jamieson
Curcumin Turmeric,
550 mg,
60 Vegetarian
Capsules



3⁹⁹

Rolaid
Extra Strength,
Mint,
96 Chewable Tablets



4⁹⁹

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



8⁹⁹

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



8⁴⁹

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

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

9⁹⁹



7⁹⁹

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

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.



7⁹⁹

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