

# Your Local Pharmacy



MARKLAND WOOD  
**PHARMACY** LTD

4335 Bloor St., West, Etobicoke, ON  
416-621-2000



13320

May



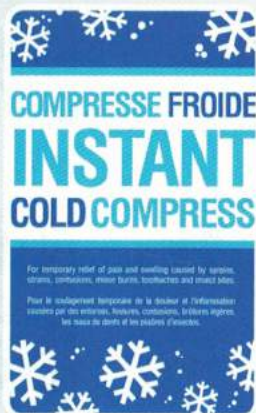
**949**

**Rub-A535**  
Extra Strength Arthritis  
Roll-On Lotion  
88ml



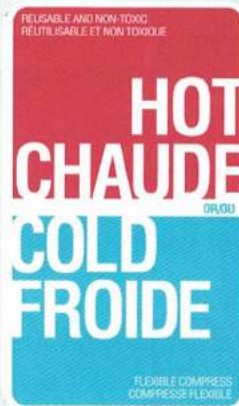
**1299**

**Tylenol**  
Arthritis  
Pain Caplets  
100's



**249**

**PharmaSystems**  
Instant Cold Compress



**149**

**PharmaSystems**  
Hot or Cold Pack

healthOne™

Compare & Save!



**219**  
**Acetaminophen**  
Regular Strength  
325mg  
100's



**329**  
**Allergy Formula**  
Liquid  
Caps 25mg  
20's



**289**  
**Muscle And Back**  
Pain Relief  
Extra Strength  
18's



**699**  
**Digital**  
Thermometer  
With 10  
Second Read



**199**  
**Foam**  
Ear Plugs  
One Pair

Prices in Effect Until Friday, May 26th, 2017 or While Quantities Last.

# 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



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

**Swiss**  
Lactobacillus  
Acidophilus &  
Bifidus  
2 Billion Active Cells  
60 Vegetable Caps



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

**Nexium**  
24 Hour  
Caps 14's



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

**Webber**  
Complete Probiotic  
Double Strength  
Bonus 33% More



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

**Beano**  
Tabs 30's



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

**Pepto Bismol**  
Liquid Extra  
Strength  
Regular or  
Cherry  
350ml



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

**Tums**  
Bottles Extra  
Strength  
Regular,  
Assorted Fruit  
or  
Assorted  
Berries  
100's



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

**Motrin**  
200mg Tabs 90's,  
300mg Tabs Extra  
Strength 60's or  
400mg Tabs Super  
Strength 45's



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

**Tylenol**  
Tabs or Caps  
Extra Strength  
100's



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

**Advil**  
Cold & Sinus  
Liqui-Gels 20's,  
Nighttime 20's,  
Plus 20's or  
Cough,  
Cold & Flu  
Nighttime 18's



**4<sup>99</sup>**  
**Heartburn**  
Relief Fruit  
100's



**5<sup>99</sup>**  
**Coenzyme Q10**  
100mg  
30's



**5<sup>99</sup>**  
**Glucosamine**  
Caps 500mg  
180's



**5<sup>99</sup>**  
**Multi Vitamin**  
Plus Tabs  
100's



**7<sup>99</sup>**  
**Multi Vitamin**  
Silver 50+  
100's

# Transferring Your Prescriptions is Easy. Ask Us How Today!



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

**Physio Logic  
Accuflex 10  
Digital  
Thermometer**



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

**Physio Logic  
Fever Bugz  
Stick On  
Fever Indicators**



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

**VapoRub  
Regular or  
Lemon  
115ml**

**Spectro  
Cleansers  
500ml  
Selected  
Varieties**

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



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

**Aveeno  
Skin Moisturizing  
Lotion  
or Daily  
Moisturizing  
Lotion  
Tube 227ml**



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

**Lax-A-Day  
510g**



**17<sup>99</sup>**

**Jamieson  
Omega 3  
Mini 200's,  
Omega 3  
150+50's Bonus  
or  
Omega 3-6-9  
150+50's Bonus**



**22<sup>49</sup>**

**New Nordic  
Apple Cider  
Tabs  
60's**



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

**Swiss  
Super Papaya  
Enzyme  
90's**



## Children's Medication

**Did You Know?...** Almost every child is prescribed medication by a Doctor at some point. As a parent or caregiver, you're entitled to ask questions and be informed about the proper use, handling, dispensing and storage of medications for the children in your care. Any medication for your child will come with instructions that answer common questions, but Doctors and Pharmacists are specially trained to answer inquiries about using and storing medication, so never hesitate to ask.

**15<sup>49</sup>**

**Centrum  
Prenatal  
100's**



# Digestive Health



More than 20 million Canadians are affected by digestive disorders annually, and Canada ranks 12th in the world for the use of indigestion and heartburn remedies. Digestion-related conditions cost the Canadian healthcare system \$460 million a year.

## Ways to Avoid Digestive Problems

If you feel you are having digestive problems, you could try the following:

- Drink more water, which helps break down food in the digestive system
- Get active, which helps your system move the food that you have eaten
- Decrease the size of your meals and increase the frequency of smaller meals so your digestive system can process the food more easily
- Eat more slowly, since chewing your food longer will help digestion
- Avoid trigger foods that may cause you digestive problems: these commonly include spicy or fatty foods, highly processed foods, dairy – if you're lactose intolerant – and grains that contain gluten, such as wheat. Keep a diary of foods to avoid.
- Go to the bathroom when needed, since waiting means stools in the intestine will absorb more water, making elimination more difficult
- Eat more fibre-rich foods such as beans, lentils, peas, fruit, vegetables and whole-grain breads and cereals. You can also take fibre supplements on a daily basis.

## Symptoms of Digestive Problems

There are several digestive health problems of which you may experience any of the following symptoms:

- Heartburn
- Gas
- Bloating
- Acid reflux (regurgitation)
- Constipation
- Nausea

Some of these symptoms may happen occasionally due to food choices. Consult with your local Pharmacist who may recommend an over-the-counter treatment product. If these symptoms persist after initial treatment then you may need a Physician's diagnosis of a medical condition requiring treatment, especially if you have any of the following additional symptoms:

- Diarrhea for more than five days
- Bloody or black stools
- Fever
- Vomiting
- Trouble swallowing
- Abdominal pain
- Painful bowel movements
- Unusual weight loss

### Speak to your Medical Professional or Pharmacist for more information.

The material in this flyer was sourced from: [www.bodyandhealth.canada.com](http://www.bodyandhealth.canada.com); [www.cdhf.ca](http://www.cdhf.ca) and [healthycanadians.gc.ca](http://healthycanadians.gc.ca). 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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