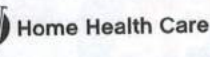


Your Local Pharmacy



MARKLAND WOOD
PHARMACY LTD

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



13320

October



5.49

Helixia
Cough Prospan
Adult or For Children
Syrup 100ml



7.99

Vicks
DayQuil Mucus Control
DM 354ml



5.49

Benylin
Cough Syrup 100ml
Selected Varieties



21.99

Cold-FX
Extra 300mg Caps
45's

healthOne

Compare & Save!



3.99 Cold Medication
Extra Strength
Daytime Relief
Chill Burst
Caps 24's



5.49 Flu Relief
Extra Strength
Daytime/
Nighttime
Caps 10+10's



5.49 Decongestant
Nasal Spray
30ml



6.49 Super Calcium
with Vitamin D
Caps 120's



9.49 Maximum
Strength Acid
Reducer
150mg Tabs 32

Prices in Effect Until October 28th, 2016 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



6.69

Vicks
NyQuil Complete
Cold & Flu Berry
Flavour 236ml



.99

Halls
Cough Drops
Selected Varieties



5.79

Tylenol
Children's Fever &
Pain Relief Bubble
Gum 100ml



14.99

Breathe Right
Nasal Strips
Clear Large or
Small/Medium
30's

**Fisherman's
Friend**
Lozenges
Selected Varieties

1.69



Contac
Cold & Sore Throat
Daytime/Nighttime
Caps 18+6's

6.69



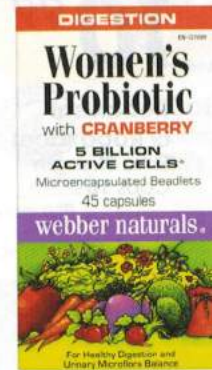
6.79

Chloraseptic
Sore Throat Spray
177ml
Selected Varieties



6.99

Jamieson
Vitamin D 1000IU
Bonus Tabs
200+40's



10.49

**Webber
Naturals**
Women's
Probiotic with
Cranberry Caps
45's



4.99

Eucerin
Intensive Lip
Balm 10ml

Eucerin
Aquaphor Original
Moisturizing Treatment
396g

17.99



11.49

Eucerin
Repair Foot
Cream 10% Urea
100ml

Transferring Your Prescriptions is Easy. Ask Us How Today!



9⁹⁹

Vicks VapoRub
Nasal Decongestant Ointment 190ml



7⁹⁹

HydraSense
Daily Nasal Care Medium Stream 100ml



13⁴⁹

Centrum
For Men or Women 90's



27⁹⁹

AMG Proactive Libera
Wire-Free Tens Device

Formedica
Reusable Hot and Cold Compress

4⁹⁹



Poise
Pads or Liners 12's-48's Selected Varieties

5⁹⁹



10⁹⁹

Robaxisal or Robaxacet
Extra Strength Caps 18's



5⁹⁹

Gravol
For Children Liquid 75ml or 25mg 10's

Nasacort
Allergy 24HR 120 Sprays

16⁹⁹



15⁹⁹

Diflucan One
Oral Capsule 1's



2⁹⁹

Vicks VapoInhaler
0.20ml



10⁹⁹

Webber Naturals
Evening Primrose Oil 500mg Softgels 180's

Cold & Flu

The cold and flu are respiratory conditions with very similar symptoms but they are caused by different viruses, so it's important to treat them properly.

The Common Cold

The common cold is a viral infection of the nose and throat and usually goes away on its own. More than 200 viruses are known to cause the common cold.

The Flu

The flu (influenza) is a very contagious respiratory infection that strikes people usually between November and April and can affect up to 25% of the population in a year. Every two to three years an epidemic occurs, which means the virus affects more people than usual.

You can help reduce the spread of the flu by washing your hands frequently, sneezing or coughing into a tissue, shirt sleeve or the crook of your elbow, and getting an annual flu shot.

Consult a Health Professional

When you feel you are coming down with a cold or the flu, consult your local Pharmacist who will be able to recommend over-the-counter medications that will help ease the symptoms. If your symptoms persist longer than normal, consult with your Doctor, especially if you are at high risk for

complications from the flu. Get plenty of rest and drink plenty of fluids. Depending on where you live and where regulations permit, a qualified Pharmacist may also be able to give you a flu shot.

Symptoms of the Common Cold and the Flu

Symptom	Cold	Flu
Aches & Pain	Minimal	Usual & may be severe
Fever/Chills	Rare	Common
Headache	Rare	Prominent
Onset	Sudden	Gradual
Fatigue & Weakness	Very mild	Common, lasts up to 3 weeks
Extreme Exhaustion	Never	Very common initially
Sore Throat	Common	Occasional
Stuffy Nose	Common	Occasional
Sneezing	Common	Occasional
Chest Discomfort & Cough	Mild to moderate, with hacking cough	Common

General Pain **Tough Headaches** **Arthritis Pain** **Body Pain** **Back Pain** **Nighttime Pain¹** **Children's Pain and Fever**

1. Read associated dosages **IMPORTANT: Take only 1 medicine at a time containing acetaminophen. To be sure these products are right for you, always read and follow the label.** © Johnson & Johnson Inc. 2014

Hand Hygiene

Did You Know?... You can help maintain good health by washing your hands frequently and properly. Wash your hands when:

- They are visibly dirty
- Before preparing and immediately after handling food
- After using the toilet
- After contact with contaminated surfaces
- After wiping or blowing one's nose, handling soiled tissues, or sneezing into one's hands
- Before and after dressing wounds
- Before and after visiting or caring for someone who is ill or less able to fight off infections
- Before preparing and taking medication
- Before inserting and removing contact lenses

Follow these steps for perfectly clean hands:

- Remove jewellery
- Wet hands up to the wrists
- Apply enough soap to cover hands
- Work soap under fingernails and around joints and fingers for at least 20 seconds
- Rinse off all soap with water
- Dry hands with a clean cloth or paper towel, especially between fingers
- Turn off the tap with a paper towel or cloth

Speak to your Medical Professional or Pharmacist for more information.

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