

Your
Local
Pharmacy



MARKLAND WOOD
PHARMACY LTD

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



Delivery



Post Office



LOTTO Lottery



Home Health Care

May



949

Otrivin
Sea Water & Aloe,
Gentle, Moderate or
Heavy, 100 mL



899

Reactine
Extra Strength,
10 Tablets



399

Motrin
IB Liquid Gels,
16 Capsules



649

Tylenol
Night Time, Extra
Strength, 16 Caplets

healthOne

Compare & Save!



449

Ear Plugs
6 Pairs,
Selected
Varieties



999

**Glucosamine
& Chondroitin**
900 mg,
60 Capsules



999

**Glucosamine
Chondroitin &
MSM**
1300 mg,
60 Tablets



999

Latex Gloves
Medium or Large,
100 Gloves



799

**Acid
Reducer**
150 mg,
32 Tablets

Prices in Effect Until Friday, May 25, 2018 or While Quantities Last.

By 2041, 25% of the population in Canada will be 65 years of age or older. As you come into your "Golden Years", one of the most pressing issues besides retirement planning is maintaining a healthy lifestyle. It is also important to be aware of the health care services available to support you, which can be found on government websites. There are screenings available for certain diseases, so consider discussing Early Disease Detection with your Doctor.

Medical Conditions That Commonly Affect Seniors:

- Stroke
- Arthritis
- Osteoporosis
- Cataracts
- Hearing Loss
- Heart Disease
- Alzheimer's Disease
- High Blood Pressure
- Parkinson's Disease

To maintain health into your old age, you can consider the following lifestyle changes:

- **Have a regular exercise routine** - This will aid in keeping your bones healthy, improving circulation, decreasing stress and your chances of chronic illness
- **Eat healthy** - Your muscle mass will decrease through the aging process so the foods you consume should be energy dense. Nutrient rich foods include: hot cereal, potatoes and eggs to name a few
- **Avoid the flu** - Practice good hygiene and get a flu shot at the beginning of the winter season

Schedule a visit with your Doctor or Pharmacist to get your flu shot, as well as discuss what nutritional supplements suit your needs.



If you are vitamin deficient, speak to your Doctor about nutritional supplements. The following vitamins are especially important for an aging individual:

- **Vitamin B12** - As you grow older, your stomach changes, which makes it harder for your body to fully absorb Vitamin B12
- **Vitamin D** - Your skin generates less Vitamin D naturally as you age
- **Calcium** - Having sufficient Calcium levels helps prevent osteoporosis
- **Zinc** - This vitamin helps keep the immune system functioning well

Speak to your Medical Professional or Pharmacist for more information.

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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



3⁹⁹

Aspirin
Daily Low Dose, 81 mg,
30 Tablets



7⁹⁹

Tylenol
Arthritis Pain,
650 mg,
50 Coaplets



9⁹⁹

Voltaren
Emulgel,
100 g



10⁹⁹

One A Day
Men's 50+ or
Women's 50+,
90 Tablets



9⁹⁹

Vitafusion
Fibre Well,
90 Fibre
Supplement
Gummies



5⁴⁹

Vitafusion
Multivitamins,
For Men or
For Women,
60 Gummy
Vitamins



17⁹⁹

**Poise or
Depend**
16-66,
Selected
Varieties



3⁹⁹

Formedica
17"x24",
20 Disposable
Underpads
or 17"x25",
1 Reusable Pad



7⁹⁹

MedPro
Female Urinal

healthOne



8⁹⁹

**Vitamin
B12**
1000 mcg,
100 Tablets



4⁹⁹

Vitamin D
1000 IU,
90 Tablets



9⁹⁹

**Calcium
Carbonate**
500 mg, 250
Tablets



6⁹⁹

**Calcium
with
Vitamin D**
650 mg, 120
Tablets



6⁹⁹

**Zinc
Citrate**
50 mg, 100
Tablets

Transferring Your Prescriptions is Easy. Ask Us How Today!



10⁹⁹

Dr. Scholl's
16 Hour Insoles,
For Her or Heel
Pain Relief, For
Him, 1 Pair



7⁹⁹

**Pediatric
Electrolyte,**
Grape, Fruit or
Unflavoured,
1 Litre



3⁴⁹

**Summer's
Eye**
Deodorant
Spray, Island
Splash or Ultra
Strength, 63 g



5⁹⁹

**Pharma
Systems**
Dual Slider
Magnifier



9⁹⁹

Tear-Gel
10 g



3⁹⁹

Re-nu
Multiplus
Convenience
Pack, 60 mL



5⁹⁹

Phillips'
Milk of
Magnesia,
Original,
Cherry or
Fresh Mint,
350 mL



12⁹⁹

Gaviscon
50 or 60 Tabs,
Selected
Varieties



6⁴⁹

Imodium
Liqui-Gels,
6 Capsules

Indigestion

Did You Know?... Indigestion is a common term that is used to describe a feeling of discomfort in your upper abdomen. Although indigestion is fairly common, not everyone will experience it in the same way. Some people may feel uncomfortably full or bloated while others get nauseous. Indigestion can be mitigated with medication and lifestyle changes when it is not caused by an underlying disease. Sometimes people will experience indigestion and heartburn concurrently. However, heartburn is a separate condition in itself. Heartburn is commonly described as a burning feeling in the center of your chest after you have eaten. Usually, indigestion is no cause for concern but if the symptoms persist for longer than two weeks, consult with your Doctor. You should contact your Doctor immediately if your indigestion is being accompanied by unintentional weight loss, repeated vomiting, black, tarry stools or trouble swallowing.

8⁹⁹



Bio-K Plus
Probiotic,
12.5 Billion
Bacteria,
15 Capsules