

Your Local Pharmacy

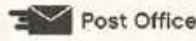


MARKLAND WOOD
PHARMACY LTD

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



Delivery



Post Office



Lottery



Home Health Care

13320

February



19⁹⁹

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



249

Ricola
Throat Lozenges,
Selected Varieties,
75 g



399

Aspirin
Daily Low Dose,
81 mg,
30 Tablets



34⁹⁹

Physio Logic
essentiA
Blood Pressure Monitor

healthOne

Compare & Save!

3⁹⁹

Triple Antibiotic Ointment
Vitamin E Enriched,
15 g

8⁹⁹

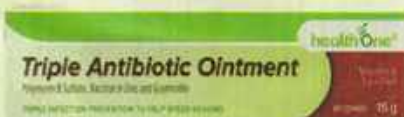
Glucosamine & Chondroitin
900 mg,
60 Capsules

6⁹⁹

Vitamin C
1000 mg,
100 Tablets

6⁹⁹

Vitamin E
400 IU,
100 Softgels



Prices in effect until Friday, February 28, 2020 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



14⁹⁹

Webber Naturals
Ubiquinol,
100 mg,
30 Softgels



18⁹⁹

Jamieson
High Potency
Formula CoQ10,
250 mg,
30 + 15 Softgels



12⁹⁹

Webber Naturals
Omega-3 Liquid,
Lemon Meringue,
700 mg EPA/DHA,
470 mL

Monistat Derm
Cream,
15 g

8⁴⁹



7⁹⁹

Gravol Kids
Liquid for
Motion Sickness,
Fruit Flavour,
Alcohol Free,
75 mL

Tena
Overnight Underwear,
Medium 12,
Large 11,
or XLarge 10

17⁹⁹

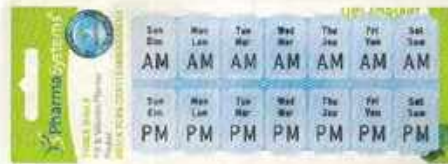


13⁹⁹

Jamieson
Omega-3,
100 Softgels,
Omega 3-6-9,
180 Softgels,
or Wild Salmon
& Fish Oils,
180 + 20 Softgels

PharmaSystems
Pill & Vitamin Planner,
Twice Daily

3⁹⁹



6⁹⁹

Trojan
Lubricated,
12 Latex
Condoms

healthOne

Naproxen 9⁹⁹
220 mg,
125 Caplets



2⁹⁹
Calcium Antacid
Extra Strength,
750 mg,
100 Tablets



3⁹⁹
Folic Acid
1 mg,
100 Tablets



8⁹⁹
Omega 3-6-9
Flaxseed, fish &
borage
1200 mg,
100 Softgels

Transferring Your Prescriptions is Easy.

Ask Us How Today!



12⁹⁹

Webber Naturals
Omega-3 Fish Oils,
100 mg,
210 Softgels



6⁹⁹

Nature's Bounty
B-12,
1000 mcg,
100 Coated Tablets



13⁹⁹

Centrum
Multivitamin / Mineral
Supplement,
Women 50+
or Men 50 +,
90 Tablets



7⁹⁹

NeilMed NasoGel
Spray for Dry Noses,
45 mL



2⁹⁹

Summer's Eve
Island Splash,
Dauche,
133 mL,
2 Units



8⁹⁹

RUB.A535
Injury,
Ice to Heat Relief,
Dual Action,
No Odour,
Regular or
Extra Strength
Cream,
100 g



5⁹⁹

Benadryl
Children's
Bug Bite Relief,
14 mL,
1 Stick



8⁹⁹

Tylenol
Extra Strength,
20 Nighttime eZTabs,
20 Daytime eZTabs,
or 12 Daytime Tablets
and 8 Nighttime Tablets



9⁹⁹

hydraSense
Dry Cough,
Mucus & Phlegm,
150 mL Syrup, or
Sinus Cold Relief,
25 Liquid Caps

Did You Know Section

High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease.

You can have high blood pressure (hypertension) for years without any symptoms. Even without symptoms, damage to blood vessels and your heart continues. Uncontrolled high blood pressure increases your risk of serious health problems, including heart attack and stroke. Fortunately, high blood pressure can be easily detected and you can work with your doctor to control it.



26⁹⁹

Thrive
Nicotine
Replacement,
Peppermint Chill,
Regular Strength,
1 mg,
108 Lozenges

Heart Month

There are 2.4 million adult Canadians who are living with diagnosed heart disease. There is some good news in that the mortality rate has decreased through early detection, disease management, and healthier lifestyle changes.

What are the lifestyle changes needed to prevent a heart attack?

There are steps you can take to prevent or recover from a heart attack. Some of these steps are:

- Schedule regular medical checkups – it is always better to detect conditions such as high blood pressure, high cholesterol, and diabetes early so that your doctor can put you on a treatment plan
- Control your blood pressure – check it regularly at your pharmacy or ask your pharmacist about home blood pressure monitors
- Quit smoking and avoid second hand smoke – ask your doctor or pharmacist about smoking cessation programs and aids
- Control your cholesterol – check your cholesterol regularly with your physician
- Exercise regularly – improves heart muscle function. Start by walking 30 minutes a day.
- Control your stress – learn deep breathing and yoga exercises which may be helpful, as well as consciously eliminating your stress factors
- Moderate alcohol consumption – more than two alcoholic drinks a day raises blood pressure which increases the risk of a heart attack
- Eat a healthy diet – to maintain a healthy weight. Limit the amount of fat, cholesterol, and salt intake and include more fresh fruits and vegetables.
- Ask about ASA – if you are at high risk for a heart attack, discuss with your doctor if you should be taking ASA
- Research health programs – check for online tools that can help you work towards a “healthy heart”. The Canadian Heart & Stroke Foundation website has action plans that can help you achieve your targets.



Speak to your Medical Professional or Pharmacist for more information.

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