

travel smart

Wherever your travels take you this summer, make sure you pack along all the essentials for a safe trip. A general first aid kit with bandages, ointments and a selection of everyday medications will come in handy for minor cuts, burns and even motion sickness. Keep one in your car, boat or camper...you'll also find smaller travel-size kits that fit easily into your luggage. And if your travels should take you overseas, check in with your doctor - there may be special shots or vaccinations required.



Otrivin[®] Complete Nasal Care[™]

If you're suffering from a blocked or stuffy nose due to a cold or allergies, then you need Otrivin[®] Complete Nasal Care[™]. Its unique Triple Action Formula has a medicated decongestant that provides fast, long-lasting relief of nasal congestion, saline which helps cleanse away excess mucus; and moisturizers which help soothe dryness and irritation. Breathe freely with Otrivin[®] Complete Nasal Care[™].

#1 Pharmacist & Doctor Recommended Medicated Nasal Spray
*For Pharmacists (English Canada X Quebec) Drugstore Canada's 2009/2010 Survey on OTC Counseling and Recommendations.
*For Physicians (English Canada X Quebec) The Medical Post's 2009/2010 Survey on OTC Counseling and Recommendations.



MAY 2011							JULY 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	3	4	5	6	7	8	9
8	9	10	11	12	13	14	10	11	12	13	14	15	16
15	16	17	18	19	20	21	17	18	19	20	21	22	23
22	23	24	25	26	27	28	24	25	26	27	28	29	30
29	30	31					31						

*Every medication or natural health product may cause serious adverse reactions or interactions with other medications. Read the label, warnings and inserts provided by the manufacturers and consult your pharmacist when purchasing such medications or natural health products. *Always keep medications and natural health products out of the reach of children.



If you're traveling for an extended period, or even for a few days, make sure your prescriptions are filled and you have enough medication to last your trip.

JUNE 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
 #1 Pharmacist & Doctor Recommended*						
5	6 Zellers Senior's Day	7	8	9	10	11
12	13	14	15	16	17	18
19 Father's Day	20	21 Summer Solstice	22	23	24 St. Jean Baptiste Day (QC)	25
26	27	28	29	30		



truly[™] Plastic Assorted Bandages
Latex free; breathable, flexible, durable; 4-sided sealed pad to protect wound from dirt.

National brand quality,
at way better prices!



TM, INC.