I.D.A.®

Your local pharmacy®

Proudly Canadian

6.99 ea.



ROYALE
Bathroom Tissue
12 Double Rolls

12.49 ea.



ENSURE
or **GLUCERNA**
Nutritional Drinks
Selected Types
and Sizes

16.99 ea.







TYLENOL Extra Strength
Pain Relief Tablets or
Caplets 40's-200's or
Option+
Muscle & Back Pain
PLATINUM Relief 60's
Selected Types

14.99 ea.







TENA
Incontinence Briefs,
Underwear or Pads
Selected Types
and Sizes

30% OFF*
*Our regular retail price



NATURE'S BOUNTY,
NATURE'S WAY,
NUTRASEA,
NUTRAVEGE
Vitamins, Minerals
or Supplements
Selected Types

20% OFF*
*Our regular retail price

BAND-AID
Advanced
Bandages
10's-60's,







POLYSPORIN
28g-30g or
Option+
Hot or Cold
Gel Packs, Selected
Types and Sizes

14.49 ea.



VOLTAREN
EMULGEL Joint Pain
Extra Strength 100g or
Back & Muscle Pain 120g

8.99 ea.

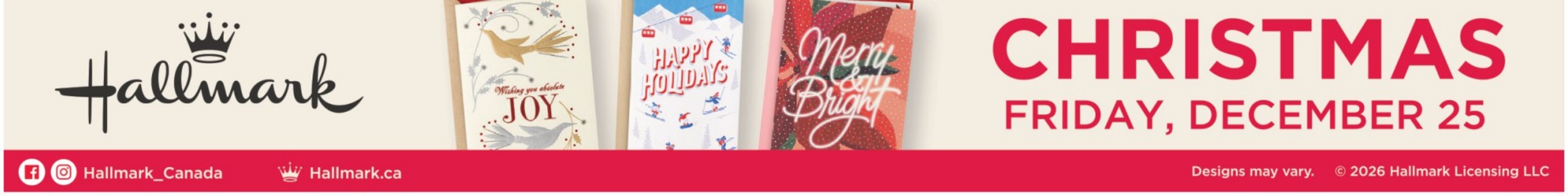


ADVIL
Cold, Sinus & Flu
Caplets, Tablets
or Liqui-Gels
16's-32's
Selected Types

30% OFF*
*Our regular retail price



COMPOUND W
Wart Removers or
Removal System
Selected Types



health and wellness

9.99 ea.

ZZZQUIL Nighttime Sleep-Aid LiquiCaps, PURE ZZZS Gummies 24's or **NITE THRU** Capsules 30's



12.99 ea.

ARNICARE Pain Relief Cream 70g or Gel 75g



ZONNIC | QUIT SMOKING AID

Do it differently.

The nicotine pouch to help you go smoke-free.

2 cans for $26
selected types and sizes

Scan to find your favourite independent pharmacy location.



ASK YOUR PHARMACIST.

This product may not be right for you. Always read and follow the label. 18+

WARNING: This product contains nicotine. Nicotine is highly addictive. Only to be used by adults who are trying to quit smoking.

15% OFF* *Our regular retail price

PROVACARE Probio Caps 14's or **PROMENSIL** Menopause Supplements Selected Types and Sizes



30% OFF* *Our regular retail price

ENER-C or **REDOXON** Vitamins, Minerals or Supplements Selected Types



15% OFF* *Our regular retail price

PREPARATION H Ointment, Suppositories, Gel or Cream or **Option+** Personal Cleansing Pads 100's Selected Types and Sizes



15% OFF* *Our regular retail price

CYSTOPLUS Powder Cranberry 6 x 5.6g or **HEALTH CHECK** UTI Selected Types and Sizes



26.99 ea.

EMTRIX Nail Fungal Infection Treatment 10mL



15% OFF* *Our regular retail price

SKYN Devices, **LIFESTYLE SKYN** Condoms 10's-36's or **KY** Personal Lubricants or Vaginal Moisturizers Selected Types and Sizes





Managing diabetes doesn't have to mean giving up all treats. Ask your local pharmacist about sugar-free candy options and tips for making informed nutrition choices.

25% OFF* *Our regular retail price

RUSSELL STOVER No Sugar Added Assorted Chocolate or Candy 56g-150g



3.99 ea.

CEPACOL Sore Throat Lozenges 16's Selected Types



69.99 ea.

HOMEDICS Bubble Spa Foot Bath



15% OFF* *Our regular retail price

VITALUX Advanced+Omega3, Advanced Areds Caplets or Softgel, **SYSTANE** Eye Wipes, Vitamins or Gel Drops or **AURO-DRI** Ear Drying Drops Selected Types and Sizes



12.99 ea.

BENADRYL Allergy Extra Strength TOTAL or NIGHTTIME Formula Caplets 24's-36's



25% OFF* *Our regular retail price

OBUSFORME Back Belt With Built In Lumbar Support Selected Types and Sizes



15% OFF* *Our regular retail price

SIMILASAN Eye & Ear Products, **CLEAR CARE** Contact Solution 360mL or **Option+** Patient Aid Accessories Selected Types and Sizes



7.99 ea.

Option+ Ibuprofen Tablets or Caplets 200mg 100's **Save up to $6**



Option+ TRUSTED BRAND SINCE 1989

30% OFF* *Our regular retail price

Option+ Vitamin Gummies Selected Types **Save up to $6.05**



15% OFF* *Our regular retail price

Option+ Nicotine Gum Selected Types and Sizes **Save up to $6.40**



"This product is intended for smoking cessation only. Do not use if you are under 18 years of age. WARNING: This product contains nicotine. Nicotine is highly addictive".

Customize your medication routine to fit your needs. Ask your local pharmacist how they can adapt your treatment to your needs and lifestyle.

GDN_IDA_2

personal care

5.99 ea.
DEGREE
Antiperspirant for Women 74g
Selected Types



10.99 ea.
CERAVE
Hair Care
Selected Types and Sizes



10.99 ea.
OLAY
Body Wash 532mL-650mL or Bar Soap 8x90g
Selected Types and Sizes



25% OFF*
*Our regular retail price
GILLETTE
Male Prep Razors, Shave Cream or Replacement Cartridges
Selected Types



15% OFF*
*Our regular retail price
G-U-M
Toothbrush, Tongue Cleaner, PROXABRUSH Cleaner or Floss
Selected Types and Sizes



baby

20% OFF*
*Our regular retail price
BURT'S BEES
BABY BEE Baby Toiletries
Selected Types and Sizes



3.49 ea.
BABY or **TODDLER MUM-MUM**
Organic Wafers 50g-60g
Selected Types



13.99 ea.
HUGGIES
GoodNites®, Pull-Ups®, Diapers or Training Pants Jumbo Packs,
Selected Types and Sizes



20% OFF*
*Our regular retail price
BLISTEX
Lip Care Products,
KANK-A
10 mL, or Mouth Pain Liquid 10 mL
Selected Types



20% OFF*
*Our regular retail price
PHILIPS AVENT
Baby Accessories
Selected Types



20% OFF*
*Our regular retail price
CLEAN AND CLEAR
Acne Care Products or
TRISAN
Facial Cleansers
Selected Types and Sizes



20% OFF*
*Our regular retail price
URISEC, UREMOL
Skin Relief Moisturizing Cream or
UREDERMA
Therapeutic Cream
Selected Types and Sizes



25% OFF*
*Our regular retail price
EVERY MAN JACK
Grooming Products
Selected Types and Sizes



20% OFF*
*Our regular retail price
DENTEK
Oral Care Products,
DENTA RINSE Mouthwash, Dry Mouth Spray, Gum, Mints or Peroxide Mouthwash
Selected Types and Sizes



cosmetics

REVLON

10.99 ea.
GLIMMER LIP, PHOTOREADY or SUPER LUSTROUS Cosmetics
Selected Types and Shades
Save up to $4.30



L'ORÉAL PARIS

25% OFF*
*Our regular retail price
Cosmetics
Selected Types and Shades



MAYBELLINE NEW YORK

10.99 ea.
ULTRA SLIM BROW, EXPRESS BROW DUO or BROW FAST SCULPT Brow Products
Selected Types and Shades
Save up to $6.50



RIMMEL LONDON

9.99 ea.
MULTITASKER, HIGH'LIGHT, MATCH PERFECT, PROFESSIONAL, WONDER or STAY MATTE Cosmetics
Selected Types and Shades
Save up to $3



Kit

25% OFF*
*Our regular retail price
Cosmetic Accessories
Selected Products
OUR TRUSTED BRAND



Sally Hansen

3.99 ea.
XTREME WEAR Nail Polish
Selected Types and Sizes
Save up to $3



COVERGIRL

10.99 ea.
Cruelty Free International
CLEAN FRESH, TRUBLEND or OUTLAST Cosmetics
Selected Types and Shades
Save up to $4.50



GDN_IDA_3

great deals

24.99 ea.
NERVIVE
Nerve Health, Relief or Relief PM Tablets 30's



25% OFF*
*Our regular retail price
FLORASTOR
Probiotic Adults or Kids Capsules 20's-100's or Powder Sticks 30's Selected Types



30% OFF*
*Our regular retail price
OLLY
Vitamins or Gummies or **GENUINE HEALTH** Natural Health Supplements Selected Types and Sizes



Option+ TRUSTED SINCE 1989 BRAND

5.99 ea.
Option+
Nasal + Sinus Decongestant Relief Tablets 24's
Save up to $3.30



14.99 ea.
ADVIL
Childrens Liquid Suspension 230mL or Junior Chew Tablets 40's Selected Types



2.99 ea.
MONT-BEC
Sugar Free Candy 70g-100g Selected Types



25% OFF*
*Our regular retail price
MICATIN or **TINACTIN** Foot Care Products Selected Types



9.99 ea.
Option+
Arthritis Pain Relief Caplets 650mg 100's
Save up to $7



this week's great buy

TRUSTED SINCE 1989 BRAND

2.79 ea.
Option+
Alcohol Swabs 100's
Save up to $1.50



30% OFF*
*Our regular retail price
FEED THAT BRAIN or **FOCUS FACTOR** Vitamins or Supplements Selected Types and Sizes



3.99 ea.
Option+
Personal Cleansing Wipes 48's
Save up to $2.50



29.99 ea.
BOOST
Nutritional Value Pack 15 x 237mL Selected Types



20% OFF*
*Our regular retail price
Option+
Bandages Selected Types and Sizes
Save up to $3



SAVE MORE WITH OUR TRUSTED BRAND!
Option+
Check out the Option+ offers featured in this week's flyer!



20% OFF*
*Our regular retail price
KERI Body Lotion 900mL or **FORMULA 10.0.6** Facial Care Products Selected Types and Sizes



20% OFF*
*Our regular retail price
GLAXAL BASE Moisturizing Cream 50g-450g



13.99 ea.
NATIVE Deodorant 75g-99g Selected Types and Sizes



20% OFF*
*Our regular retail price
VEGA DIET & NUTRITION Products Selected Types and Sizes



8.99 ea.
HELLO Mouthwash 473mL, Charcoal Toothbrush or Toothpaste 82mL-98mL Selected Types



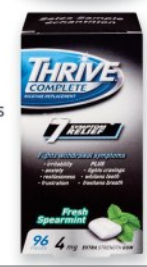
4.99 ea.
LIVE CLEAN Liquid Hand Soap 400mL-500mL Selected Types and Sizes



6.99 ea.
HELLO Deodorant 73g Selected Types



29.99 ea.
THRIVE Gum or Lozenges 96's-108's



"This product is intended for smoking cessation only. Do not use if you are under 18 years of age. WARNING: This product contains nicotine. Nicotine is highly addictive".

3.99 ea.
PEEK FREANS or **DAD'S** Cookies 275g-350g



2.99 ea.
FERRERO ROCHER Chocolate Bars 90g



3.49 ea.
NOSH & CO. Candy Bags 275g-375g
OUR TRUSTED BRAND

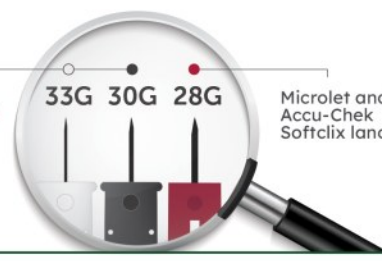


2.99 ea.
CHRISTIES BITS&BITES or CRISPERS 145g



Lancet size matters!

Our 33G lancet is 44% thinner than a 28G lancet.*



ONETOUCH Delica Plus Lancets

Microlet and Accu-Chek Softclix lancets

Ask your pharmacist for OneTouch® products



* Voted most trusted Glucose Monitor brand by Canadian shoppers based on the BrandSpark® Canadian Trust Study, for 2021 to 2024, and 2025 (in a tie).
† Data on file.
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Visit
ida-pharmacy.ca
to find your local participating pharmacy

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IDA_OW_4

Sweet treats to share & enjoy

Make their spirits bright



1.99 ea.

TIC TAC
Mints
29g
Selected Types



3.49 ea.

REGAL
Advent Calendar
50g



5.49 ea.

MORITZ
ICY SQUARES
250g



4.99 ea.

RITTER SPORT
Chocolate Bars
100g



3.49 ea.

KINDER
Christmas Chocolate
40g-96g



1.99 ea.

SCOTTIES
Christmas Facial Tissue 60's



6.49 ea.

GANONG
Chicken Bones 180g



Cozy up for the season

30% OFF*

*Our regular retail price

CHAMPS
Leather Accessories
Men's leather belts, RFID wallets and smartphone bags



9.99 ea.

Kids' Water-Repellent Ski Gloves & Mittens
Warm, comfortable winter essentials in assorted boys' and girls' sizes



9.99 ea.

Men's Winter Accessories
Water-repellent ski gloves and wool blend crew socks for cold weather comfort



9.99 ea.

Women's Wool Blend Crew Socks



9.99 ea.

Winter Gloves & Mittens
Assorted styles designed to keep hands warm all winter long



6.99 ea.

Women's Popcorn Ballerina Slippers
Soft and cozy comfort for lounging at home



34.99 ea.

Women's Sherpa Collection
Ultra-soft sherpa hoodies and jackets



19.99 ea.

Women's Casual Comfort Collection
Ribbed hoodies, joggers and plus-size denim leggings



34.99 ea.

Women's Outerwear Collection
Fashionable bomber jackets and fluffy jackets



19.99 ea.

Holiday Gifts & Home Comforts
Holiday teddy bears, cozy sherpa throws and fun novelty gifts



Share the holiday magic

4.99 ea.

BARBIE
Kids Body Wash, 236 mL



2.89 ea.

Christmas Gift Wrap Rolls, Selected Designs



1.29 ea.

Large Christmas Gift Bags, Assorted Designs



4.99 ea.

HOT WHEELS
Kids Body Wash, or Bubble Bath 236 mL



2.89 ea.

Christmas Gift Wrap Rolls, Selected Designs



1.29 ea.

Large Christmas Gift Bags, Assorted Designs



13.99 ea.

ST. IVES
Oatmeal & Shea Holiday Gift Set



14.99 ea.

O'KEEFFE'S
Lip Repair or Working Hands Gift Set, Selected Types



Sweet treats for festive times

6.99 ea.

FERRERO ROCHER
Chocolate Squares 105g
Selected Types



6.99 ea.

LINDT
TEDDY
Milk Chocolate
3/pk



9.99 ea.

RICE KRISPIES
Treat Sheet
907g



15.99 ea.

NESTLÉ
Advent Calendars
222g-233g





18.99 ea.

LAURA SECORD
Juliette
Praline Hazelnut Boxed Chocolate
215 g



21.99 ea.

HICKORY FARMS
Beef&Cheese Sampler 448g
or Holiday Selection 516g



15.99 ea.

LINDT
Advent Calendars
128g-158g



GDN_IDA_TA_04_ENG