I·D·A®

Your local pharmacy®

Proudly Canadian



12.49 ea.

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



14.99 ea.

TYLENOL Regular or Extra Strength
40's-150's, Arthritis or Muscle & Body
100's-110's, Easy Dissolve Powder 32's
or **MOTRIN** Liquid Gels or EzOpen
Tablets 60's-150's
Selected Types and Sizes

7.99 ea.



ROBITUSSIN
Cough & Cold
Syrup
100mL-115mL or
Liqui-Gels 20's
Selected Types

13.99 ea.



ALWAYS
DISCREET
Incontinence
Underwear
or Pads
Selected Types
and Sizes

30% OFF*
*Our regular retail price



CENTRUM or
EMERGEN-C
Vitamins, Minerals,
supplements
or Gummies
Selected Types
and Sizes

QUALITY GUARANTEED
on all our private label brands*

OUR TRUSTED BRANDS

Option+ | NOSH & CO. | Kit | savvy | Rose & Robin

SHOP & SAVE TODAY!

*At participating locations only. Selection may vary by store.

health and wellness

9.49 ea.



NEO CITRAN
Cough, Cold & Flu
Powder
Sachets 10's
Selected
Types

13.99 ea.



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

30% OFF*
*Our regular retail price



DR. SCHOLL'S
Foot Care
Products
Selected
Types and
Sizes

20% OFF*
*Our regular retail price



VITALUX Tablets
or Caplets 50's-60's,
CLEAR CARE
Contact Solution,
SYSTANE
Eye Drops or Wipes
or **Option+**
Eye or Ear Care
Accessories
Selected Types
and Sizes

7.99 ea.



BENYLIN
Cough Syrup 100mL
or **TYLENOL**
Cold, Flu or Sinus
Tablets or
Caplets 20's
Selected
Types

14.99 ea.



SENOKOT
Laxative
Tablets
60's-100's or
Gummies
60's
Selected
Types

5.99 ea.



KOTEX
Pads, Liners or
Tampons
Selected
Types and
Sizes

20% OFF*
*Our regular retail price



BAND-AID
Bandages 3's-80's,
POLYSPORIN
Cream, Ointment
or Lotion,
OZONOL
Ointment 60g or
Option+
Surgical Masks 10pk
Selected Types
and Sizes

25% OFF*
*Our regular retail price



METAMUCIL
FIBRE
Supplement
72 Doses,
Gummies
50's-72's or
Capsules 100's
Selected Types

5.99 ea.



PEPTO-BISMOL
Caplets or Chewable
Tablets 24's or Liquid
230mL

30% OFF*
*Our regular retail price



WAMPOLE or
ADORABLE
Vitamins,
Minerals or
Supplements
Selected Types

20% OFF*
*Our regular retail price



NICODERM
Stop Smoking System
Step 1, 2, 3, Patches 7's
or **NICORETTE**
QuickMist 1mg,
Gum or Lozenges
80's-105's
Selected Types
and Sizes

"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".

personal care

6.99 ea.



COLGATE
PRO-RELIEF,
OPTIC WHITE,
HELLO or
CREST
PRO-HEALTH
Toothpaste,
Toothbrushes
& Mouthwash
Selected Types
and Sizes

5.99 ea.



LISTERINE
Mouthwash
1L or **GUM**
Soft Picks,
Dental Floss
or Proxabrush
Cleaners
Selected Types

4.99 ea.



DOVE
Hand Wash
355mL or
Body Wash or
Antiperspirant
Selected Types
and Sizes

25% OFF*
*Our regular retail price



ROGAINE
Hair Regrowth
Treatment Products
Selected Types
and Sizes

This monthly flyer is valid at participating locations only

October Fri 30 to November Thurs 26

IPC_OAW_1

IPC_OAW

great deals

12.49 ea.

ADVIL
12 Hour, Muscle and Joint, Migraine and Headache or Extra Strength Tablets, Caplets or Liqui-Gels 24's-36's Selected Types



8.99 ea.

CHLORASEPTIC
Sore Throat Spray 118mL-177mL Selected Types



25% OFF* *Our regular retail price

NAVÄGE
Nasal Care Hygiene System or SaltPod Capsules 30's



25% OFF* *Our regular retail price

BIOFREEZE
Pain Relief Roll-On 74mL, Gel or Spray 89mL or Patches 5's



25% OFF* *Our regular retail price

DEX-4
Fast Acting Glucose Tablets 10's-50's, Gel 32mL or Liquiblast 59mL



25% OFF* *Our regular retail price

RHINARIS or **SECARIS**
Nasal Treatments Selected Types and Sizes



30% OFF* *Our regular retail price

DIVA
Cramp Care Cream 50mL or Patch 8's



15% OFF* *Our regular retail price

HEMOVEL
Hemorrhoid Treatment or **PREPARATION H**
Cream or Ointment
Selected Types and Sizes



this month's great buy

TRUSTED SINCE 1989 BRAND

1.99 ea.

Option+
Menthol Cough Lozenges 30's Selected Types
Save up to $2.80



SAVE MORE WITH OUR TRUSTED BRAND!

25% OFF* *Our regular retail price

GENACOL
Supplements for Joint Health Selected Types



15% OFF* *Our regular retail price

MAGIC BAG or **WEBBER**
Vitamin E Ointment or Cream
Selected Types and Sizes



30% OFF* *Our regular retail price

OLLY
Vitamins or Gummies or **GENUINE HEALTH**
Natural Health Supplements Selected Types and Sizes



15% OFF* *Our regular retail price

LIFESTYLES
SKYN
Personal Lubricants or Devices or **CLEARBLUE**
Pregnancy Digital Tests
Selected Types and Sizes





Not all sore throats need antibiotics. Ask your local pharmacist about effective remedies and how to tell if it's something more serious.

8.99 ea.

L.
Chlorine Free Ultra Thin Pads, Tampons or Liners
Selected Types and Sizes



15% OFF* *Our regular retail price

PHEMME
Vaginal Health, **CANESTEN**
Antifungal Vaginal Cream or **URIEXO**
DOUBLE ACTION
120 Caps
Selected Types and Size



19.99 ea.

CLERA
Cold Sore Treatment or **DYNAMICLEAR**
RAPID
Cold Sores Treatment
Selected Types and Sizes



22.99 ea.

GLAXAL
Base Moisturizing Cream
450g



25% OFF* *Our regular retail price

NIZORAL or **FLEXITOL**
Hair Care Selected Types and Sizes



9.99 ea.

NATIVE
Body Wash or Hair Care
Selected Types and Sizes



Contour

Stop wasting your test strips!

ascensiadiabetes.ca



CANADA'S #1 TEST STRIP by sales^Δ

Second-Chance Sampling allows you to apply more blood to the same test strip within 60 seconds.



Get yours FREE* from your pharmacist today!

* With purchase of CONTOUR®NEXT test strips. Δ IQVIA (formerly IMS) market share of CONTOUR®NEXT test strip sales for period October 2023 to September 2024. Data on file. © 2025 Ascensia Diabetes Care Canada Inc. ®TM see ascensiadiabetes.ca/tm-mc.

ASCENSIA Diabetes Care

Visit ida-pharmacy.ca to find your local participating pharmacy

PRICES IN EFFECT OCTOBER 30 UNTIL NOVEMBER 26, 2026 OR WHILE QUANTITIES LAST. Our pharmacies are independently owned and operated by your local community pharmacists. This flyer is valid at participating pharmacies only. To find your closest participating location, please visit ida-pharmacy.ca. While every effort is made to offer advertised products, individual locations reserve the right to limit quantities and some items may not be available at all locations. Sales begin on Fridays but individual locations reserve the right to adjust their sale dates. Please check with your local I.D.A pharmacy for possible variances. Prices are listed in Canadian dollars and do not include Provincial Sales Tax, Goods and Services Tax or Harmonized Sales Tax. See in-store for more details.

IPC_OAW_2

7.99 ea.

HELIXIA
Adult or Kids Cough Syrup 100mL Selected Types



COMPARE & SAVE $2

5.99 ea.

Option+
Ivy Leaf Cough Syrup Adult or Kids 100mL



9.99 ea.

OTRIVIN
Cold & Allergy Relief Spray with Moisturizers 0.1% 30mL



COMPARE & SAVE $2

7.99 ea.

Option+
Nasal Decongestant Spray with Moisturizers 0.1% 30mL



9.99 ea.

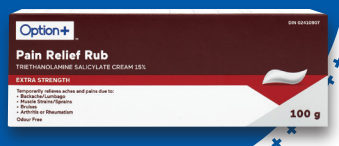
MYOFLEX
Extra Strength Pain Relief Rub 100g



COMPARE & SAVE $3

6.99 ea.

Option+
Pain Relief Extra Strength Rub 100g



22.99 ea.

REACTINE
Extra Strength Allergy Relief 10mg Tablets 30's



COMPARE & SAVE $4

18.99 ea.

Option+
Extra Strength Allergy Relief 10mg Tablets 30's



6.99 ea.

DRIXORAL
Extra Moisturizing Nasal Spray 15mL



COMPARE & SAVE $1

5.99 ea.

Option+
Extra Moisturizing Nasal Spray 15mL



14.99 ea.

ALEVE
220mg Caplets 100's



COMPARE & SAVE $5

9.99 ea.

Option+
Naproxen Sodium 220mg Caplets 100's



Option+™

VISIT IN-STORE FOR MORE SAVINGS!

OUR TRUSTED BRAND

8.49 ea.

DEEP RELIEF
Ice Gel
255g



COMPARE & SAVE $1.50

6.99 ea.

Option+
Ice Gel 2%
Pain Relief
255g



10.99 ea.

ADVIL
Extra Strength
Caplets
400mg
32's



COMPARE & SAVE $3

7.99 ea.

Option+
Ibuprofen
Extra Strength
400mg
Caplets 32's



24.99 ea.

FLONASE
Allergy Relief
Nasal Spray
120 Doses



COMPARE & SAVE $6

18.99 ea.

Option+
24Hr Nasal
Allergy Relief
120 Sprays



4.99 ea.

BAND-AID
Advanced
Bandages
10's-60's
Selected
Types



COMPARE & SAVE $1.70

3.29 ea.

Option+
Bandages
Selected Types
and Sizes



12.79 ea.

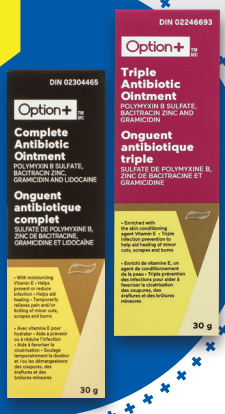
POLYSPORIN
28g-30g
Selected
Types



COMPARE & SAVE $4

8.79 ea.

Option+
Antibacterial
Complete
Ointment
30g



6.99 ea.

TENA
Incontinence
Pads or Liners
20's-50's
Selected Types



COMPARE & SAVE $2

4.99 ea.

Option+
Incontinence
Pads or Liners
Selected Types



Option+™

VISIT IN-STORE FOR MORE SAVINGS!

OUR TRUSTED BRAND