



Your Health & Wellness Issue

16th February – 21st March 2021

WE ARE A
**COVID-19
SAFE PLACE**
TO SHOP

EYE CARE

Dry eye occurs when the tear film that coats our eyes is insufficient to keep the eye lubricated. Symptoms of dry eye may include: stinging, burning, redness and can even feel like something is in your eye, irritating it. If you are experiencing any of these symptoms, consider switching to a 3-step preservative-free eye care routine. Long term use of preservatives in some eye drops can cause irritation to the surface of the eye and can even worsen dry eye symptoms.



We have interactive tools in-store to help you find the right products that best suit your eye care needs.

Come in and speak to our dry eye experts to discuss your personalised therapy.



\$19.98

SAVE \$5⁰¹*

1 Mask V

Step 1: Heat

Use a hot compress or a heat mask to stimulate the production of the eye's natural oils.



\$19.98

SAVE \$5⁰¹*

20 Eyelid Wipes V

Step 2: Cleanse

Use soothing wipes to hydrate and soothe the area and remove any residual crust.



\$24.98

SAVE \$9⁹⁷*

10mL V

10mL V

Step 3: Hydrate

The last step is to lock in the moisture and protect your eyes' tear film.



\$24.98

SAVE \$10⁹¹*

3mL V

3mL V

\$34.98

SAVE \$5⁰¹*



\$5 get a voucher!

Simply spend \$40 or more and scan your LifeClub card today!

V This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. *Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. - Terms and Conditions apply. Offer valid Tuesday, 16th February - Sunday, 21st March 2021. Excludes prescriptions. Spend \$40 or more in one transaction on non-prescription items to receive a \$5 LifeClub voucher, redeemable on your next purchase greater than \$10. Voucher is valid for two weeks from issue date, is not transferable, and cannot be used in conjunction with any other offer. Normal LifeClub conditions apply. See in store for full terms and conditions. While stocks last.

WOMEN'S HEALTH

PHARMACY MEDICINE
Maltofer® Tablets
 Your polybiontic 270mg combination of 16 essential iron-rich nutrients
 Oral Iron
 30 Tablets **\$24.98**

PHARMACY MEDICINE
Chemists' Own
Period Pain Relief
 Naproxen Sodium 275 mg
 Relief of pain and discomfort associated with menstrual cramps
 24 Tablets **\$9.98**

Chemists' Own
Cold Sore Relief Cream
 Acyclovir 5% w/w
 For the treatment of cold sores
 5g **\$11.98**

BLACKMORES
PROBIOTICS+
 WOMEN'S FLORA BALANCE
 30 Capsules **\$24.98**
SAVE \$8.52*

BLACKMORES
VALERIAN FORTE
 30 Tablets **\$18.98**

BLACKMORES
PREGNANCY & BREAST-FEEDING GOLD
 180 Capsules **\$38.98**
SAVE \$34.02*

PHARMACIST ONLY MEDICINE
 KEEP OUT OF REACH OF CHILDREN
Fleurstat
 BVgel
 45g **\$32.98**
 Ask your Pharmacist—they must decide if this product is right for you.

If you experience bacterial vaginosis (BV), there are non-antibiotic alternatives out there as well. Fleurstat BV Gel works by disrupting the attachment of BV-causing bacteria to the vaginal lining, so you can get back to feeling fresh and confident again.

Cystitis Relief

Did you know?

Around one in two women will get a UTI like cystitis in their lifetime¹. Bacterial infections in your bladder make your urine more acidic than normal – leading to that unpleasant burning feeling when you go to the bathroom. **Ural Effervescent Powder** raises the pH of your urine, making it less acidic and providing relief while you treat the infection. Taking concentrated cranberry capsules can also help you prevent the chances of getting a UTI in the first place, and help support your overall urinary tract health.

Ural
 Effervescent Powder
 28 Sachets **\$8.98**
SAVE \$2.87*

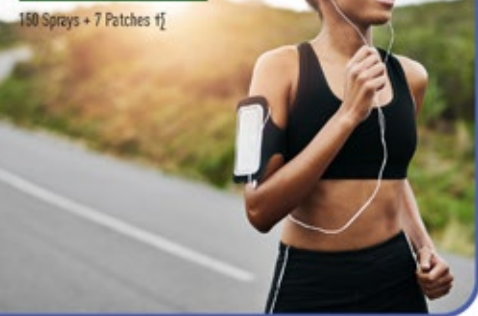
Ural
 DAILY SUPPLEMENT
 HIGH STRENGTH CRANBERRY 60,000...
 Vaccinium macrocarpon 60g
 30 Capsules **\$10.98**
SAVE \$3.97*

QUIT SMOKING

New Year's Eve may be over, but it's never too late to quit! Ask one of our friendly Pharmacists for a personalised quit plan.

Nicaba
 CLEAR 21mg PATCH
 CONTINUOUS* RELEASE
 7 Patches **\$32.98 each**

nicorette
 Combination Value Kit
 150 Sprays + 7 Patches **\$47.98**



¹ <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/urinary-tract-infections-uti> ² This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. ³ Vitamin supplements may only be of assistance if dietary intake is inadequate. ⁴ Always read the label. Follow the directions for use. ⁵ This product contains nicotine. Stop smoking aid. ⁶ This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Incorrect use could be harmful. *Savings claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 16th February - Sunday, 21st March 2021. Excludes prescriptions. Normal LifeClub conditions apply. See in store for full terms and conditions.



Have you seen our little koala sticker? This means that the product is made in Australia.

KIDS' HEALTH

Now that the kids are back to school, it's important to maintain their health and wellbeing, both inside and out. Here are some kid-friendly solutions to keep their little bodies healthy and happy.

Aches and Pains

It's not easy dealing with a sick child, especially if they are in pain. We offer lots of different options to help your little ones ease their discomfort. Speak with our Pharmacist to determine which is the most suitable option for your child.



When your child can't tell you about asthma, wheezo can.

Introducing wheezo, a new way to manage asthma. Designed to monitor, support and improve asthma management – providing peace of mind. Ask our Pharmacist about wheezo today.



Healthy Habits

Teach your kids good hygiene habits to avoid illness and to reduce the amount of sick days from school.



Head Lice

For something so small, head lice can cause a big headache for parents. Back to school time means that these pesky little creatures have plenty of new opportunities to spread and infiltrate into your home.



BUY ANY 2

MOOV HEAD LICE PRODUCTS TO RECEIVE A

\$20 VOUCHER FROM STUCKONYOU

MADE IN AUSTRALIA

Claim at moov.com.au

AU only. Starts 12:01am AEDT 11/11/21 & ends 11:59pm AEDT 31/3/21. Buy any 2 MOOV products in 1 transaction from a participating store & visit www.moovstuckonyou.com.au. Valid claims get \$20 Stuckonyou.com.au Gift Card. For full T&Cs visit MOOV.com.au/termsandconditions
 Promoter: Ego Pharmaceuticals Pty Ltd (ABN 86 005 142 361), 21-31 Malcolm Rd, Braeside VIC 3195.

ALWAYS READ THE LABEL. FOLLOW THE DIRECTIONS FOR USE. IF SYMPTOMS PERSIST, WORSEN OR CHANGE UNEXPECTEDLY, TALK TO YOUR HEALTH PROFESSIONAL.

* This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. ** Vitamin supplements may only be of assistance if dietary intake is inadequate. Always read the label. Follow the directions for use. Incorrect use could be harmful. If symptoms persist, see your health professional. This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Incorrect use could be harmful. *Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last.

Support Australian businesses and your local community by shopping locally.



MOVING AROUND THE DIGESTIVE TRACT

No movement?

There can be a number of reasons things "stop moving", like a change in diet, a change in routine or not enough water or exercise. Taking a laxative can help get your bowels back on track and relieve the symptoms of acute constipation. Speak to our Pharmacist for the right solution for you.

Coloxyl **\$8.98**

WITH **SENNA**
Docusate sodium 50mg
Senna 8.6mg
**DUAL ACTION
CONSTIPATION RELIEF**
• Stimulates Movement
• Softens Stools
90 TABLETS

SAVE \$4.57*

90 Tablets V

Coloxyl **\$10.98**

120
Docusate Sodium 120mg
CONSTIPATION RELIEF
• Softens Stools
100 TABLETS

SAVE \$2.57*

100 Tablets V

Coloxyl **\$8.98**

INFANT DROPS
Polymer 100mg
CONSTIPATION RELIEF
0-3 YEARS
• Softens Stools
30 ML

30mL V

Dulcolax **\$19.98**

Bisacodyl 5mg
200 TABLETS
**Predictable, Overnight
Constipation relief**
**RELIEF IN
6-12 hours**
200

SAVE \$4.01*

200 Tablets V

Be prepared this flu season

You may not even be thinking about it yet, but flu season is fast approaching!

It's important to get your flu shot each year so you're protected for flu season¹.

Ask our Pharmacist about booking in for your flu shot and other vaccinations we offer in our Pharmacy.

Too much movement?



On the other hand, sometimes our gut can move too much. Diarrhoea may not only be uncomfortable/painful and interrupt your day, it also can disrupt your gut microbiome. **Gastro-Stop** helps by slowing down your intestines movement and relieving the symptoms of diarrhoea.

Gastro-Stop **\$8.48**

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN
Gastro-Stop
loperamide hydrochloride 2mg
Effective Diarrhoea Relief
Improvement Within 1-3 Hours
20 Capsules

20 Capsules V

Moving the wrong way?



No-one likes the uncomfortable feeling in their chest that heartburn can bring, and frequent heartburn can really put a damper on things. If you experience heartburn, ask our Pharmacist about options for long-lasting relief.

Zanzole **\$11.98**

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN
Zanzole
Esomeprazole 20mg (pH-magnum)
ONE TABLET DAILY
LASTING RELIEF FOR
• FREQUENT HEARTBURN
• ACID REFLUX
14 ENTERIC COATED TABLETS

14 Tablets V

¹ Australian Technical Advisory Group on Immunisation (ATAGI) Influenza Webpage updated 03/2020 <https://www.health.gov.au/resources/publications/atagi-advice-on-seasonal-influenza-vaccines-in-2020> V This product may not be right for you. Read the label before purchase. Follow the Directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. *Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. While stocks last. Terms and Conditions apply. Offer valid Tuesday, 16th February - Sunday, 21st March 2021. Excludes prescriptions. Normal LifeClub conditions apply. See in store for full terms and conditions.

Did you know?

You can now get certain migraine medication over the counter without a prescription.

SLEEPING WITH PAIN

If you are experiencing pain, you may find yourself tossing and turning at night and finding it hard to fall asleep. Chronic pain and sleep problems seem to go hand in hand¹. Not being able to get a good amount of sleep can make you feel tired in the morning and can even increase your pain levels the next day. At our Pharmacy, we have many different options to help manage your pain, as well as tips to help you improve your sleep.

Come in and speak to our Pharmacist today.



150g V

\$23.98



75g V

\$17.98

SAVE \$3.01*



96 Caplets p

\$19.98



12 Tablets p Ask your Pharmacist—they must decide if this product is right for you.



96 Tablets *

\$4.98 each

Ask your Pharmacist—they must decide if this product is right for you.



96 Tablets p

\$19.98



40 Caplets *

\$9.98



100g V

\$24.98



80 Liquid Capsules p

\$19.98



12 Tablets p

\$4.98



45g V

\$12.98

SAVE \$5.01*

SHOP & SAVE

\$5 get a voucher!



Simply spend \$40 or more and scan your LifeClub card today!*

LifeClub™

¹ <https://painhealth.cse.wva.edu.au/pain-modules/sleep-and-pain/> * This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Incorrect use could be harmful. * Always read the label. Follow the directions for use. Incorrect use could be harmful. If symptoms persist, see your health professional. * This product may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. * Saving claim is based on the Supplier Recommended Retail Price. Not all products stocked in all participating pharmacies. * Terms and Conditions apply. Offer valid Tuesday, 16th February - Sunday, 21st March 2021. Excludes prescriptions. Spend \$40 or more in one transaction on non-prescription items to receive a \$5 LifeClub voucher, redeemable on your next purchase greater than \$10. Voucher is valid for two weeks from issue date, is not transferable, and cannot be used in conjunction with any other offer. Normal LifeClub conditions apply. See in store for full terms and conditions. While stocks last.

Ask our Pharmacist for advice on managing your migraines and headache symptoms.

MANAGING YOUR ALLERGIES



An allergy occurs when your body reacts to a substance in the environment such as grass, dust and animal dander. When these allergens are breathed in, it can cause your body to react, resulting in mucus build up, an itchy nose and sneezing. Ask our Pharmacist for prevention and treatment options.

ALLERGY KIT
30 Tablets & 60 Sprays V

\$32.98

PHARMACY MEDICINE
RhinoCort
Zyrtec

PHARMACY ONLY

NASONE ALLERGY
140 Metered Sprays V

\$19.98

PHARMACY MEDICINE
Effective treatment & prevention of:
✓ Hayfever
✓ Dust allergies
✓ Pollen allergies
✓ Mould allergies

PHARMACY ONLY

Allergy Relief Nasal Spray
140 Metered Sprays V

\$17.98

PHARMACY MEDICINE
Mometasone Furoate
50 µg/100µl

PHARMACY ONLY

FESS Soline Spray
30mL

\$10.98

A natural way to help relieve congestion

PHARMACY ONLY

FESS Soline Spray
30mL

\$10.98

SAVE \$2.61*

A natural way to help relieve congestion

PHARMACY ONLY

Zyrtec
50 Tablets V

\$32.98

PHARMACY MEDICINE
CETIRIZINE
Rapid Acting 24h Relief

PHARMACY ONLY

Skin Irritation

Allergies aren't just within the sinus area. You can get skin allergies too. Try switching to a gentle fragrance-free skincare routine to prevent further irritation to the skin.

Bonus
QV Face Day Cream 75g with a purchase of selected QV 1L and 1kg products

MADE IN AUSTRALIA
PHARMACY ONLY

QV baby
Free gift*

when you purchase any
QV Baby 500g/mL product



DERMAVEEN
1L

\$18.98 each
SAVE \$5.01*

MADE IN AUSTRALIA

QV baby
500g

MADE IN AUSTRALIA

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Do you tend to lose or misplace your scripts?
You can leave your scripts on file with us. Your scripts will be kept safe, secure and in one place.

SUPPLEMENTS



Sometimes you may find that managing your health can take less of a priority in life, especially if you're juggling a busy lifestyle. Supplements are a convenient way to ensure you are taking the right amount of nutrients you may be lacking from your diet.



Tips for Exercising

Super charge with electrolytes



Excessively sweating can cause loss of fluids in your system. Drink plenty of water prior and during exercising. If water is not enough, try an electrolyte to rehydrate.

Try taking magnesium



Magnesium supplements offers support for muscular cramps, mild spasms and healthy muscle function.

Get moving

Walking around can ease the cramp. Try stretching it out to relax the cramping muscle. You can even massage the area.



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You can even register for our prescription app – receive timely medication reminders or save time by ordering ahead!





PETRIE VILLAGE PHARMACY

Getting the most out of your medications?

We all know the importance of maintaining a healthy lifestyle when it comes to our wellbeing. Besides a healthy diet, exercise and maintaining social connections, the proper management of our medicines also plays an important role in our wellness.

We know it may seem trivial, however proper medication management includes understanding your medicines, the ideal time to take them, the appropriate dose, managing side effects and considering potential interaction with other medicines and foods.

Take at bedtime and be careful, I'll make you dizzy!



Take me on an empty stomach



Take me immediately after food



Ask our Pharmacist at Petrie Village Pharmacy about your personalised medication review today!



We also offer free home delivery Monday to Friday!

Anna
Your local Pharmacist

**OPEN
7 DAYS**

15 Dayboro Road, Petrie

Phone: 3285 4604

Monday - Friday: 9.00am - 6.00pm

Saturday: 9.00am - 5.00pm Sunday: 9.00am - 2.00pm

FREE Delivery Available

www.petrievillagepharmacy.com.au