



Then 1924



Now 2017



Some traditions just grow stonger with time™

EXPERIENCE • QUALITY • SERVICE • COMMITMENT

SPRING



GENUINE HEALTH IS POSSIBLE FERMENTED PROTEIN AWESOMENESS.

Fermented vegan proteins+ & Fermented Greek Yogurt proteins+
• No bloating
• Fermented for up to 40% better absorption
• Strengthens gut & digestive health

Assorted Flavours

600g Powder 900g Powder 55g Bars

25% Off Regular Price



HCP Probiotics BONUS 75 capsules

8 human strains to support the entire digestive tract. Improve intestinal health, supports healthy digestion & immune function and increases absorption of vitamins and minerals.



HCP 30 \$24.95

HCP 70 \$38.95

Breathe Easy

DEEP IMMUNE For Allergies

- Sneezing
- Runny Nose
- Itchy, Watery Eyes
- Itchy Nose or Throat



50 ml \$13.95

100ml \$19.95



THERE IS A WINNER EVERY MONTH
WWW.FACEBOOK.COM/HOOPERSPHARMACY



Allergies - GET READY FOR SPRING! HURRAY FOR HOMEOPATHY

Quercetin Complex
90 veg caps
\$18.95

Natural antihistamine & anti-inflammatory



Bromelain
500 mg
90 caps
\$12.95

Helps to modulate immune system & reduces allergic sensitization



Citrus Bioflavonoids
650 mg
90 cap
\$5.95

Strengthens capillaries and regulates their permeability



Sabalia
60 chewable tabs
\$11.95

Relieves sneezing, runny nose, itchy, watery eyes, & scratchy throat



Sinusalia
60 quick dissolve tabs
\$11.95

Relieves congestion and pain due to sinus inflammation



April 10 to 16th is Homeopathy Awareness Week

Did you know that for nearly four decades Hooper's has had one of the largest selections of Homeopathic medicines available anywhere. We carry the most reputable brands: Boiron, Unda, Dr.Reckeweg, Pascoe, A. Vogel, Hylands, Bach and more...

12 Reasons to Use Homeopathy

- | | |
|-------------------------------|-----------------------------|
| 1. The medicine of the future | 7. Gentle |
| 2. Research | 8. Invaluable for first aid |
| 3. Science | 9. Holistic |
| 4. No harmful side effects | 10. Inexpensive |
| 5. Easy to take | 11. Preventative |
| 6. Patient involvement | 12. Not tested on animals |

Medicine Cabinet Essentials - Our picks for your healthy stash!

Vision Support

Total Vision Care
30 cap
\$23.95
60 cap
\$39.95



- Optometrist-trusted
- Just one per day
- Protects against macular degeneration and cataracts
- The only supplement recognized by The Vision Institute of Canada

Joint Support

• Reduces pain & inflammation while protecting cartilage & connective tissue
MSM Joint Formula
BONUS 240 caps
\$19.95



Digestive Support

• Comprehensive blend of enzymes that supports healthy digestion
Super Enzymes
90 tabs
\$15.95



Multi Support

• Vegetarian formula: All you need is ONE!
Hi Potency Multi
180 tabs
\$27.95



Stress Support

• Reduces acute stress & nervousness, restores mental calmness
GABA
100 mg
60 chew tabs
\$16.95



Sleep Support

• Establishes a normal circadian sleep rhythm
Melatonin
3 mg
BONUS 210 Sub tabs
\$18.95



Your Glorious Gut - April is IBS Awareness Month

Do you suffer from

- A - Abdominal Pain
- B - Bloating
- C - Constipation
- D - Diarrhea



5 million Canadians suffer from IBS with **120,000** Canadians developing IBS each year!

<p>Ultimate Flora 100 billion BONUS 36 veg caps \$42.95</p> <ul style="list-style-type: none"> Chronic digestive issues, enteric coated 	<p>Slippery Elm Bark 370 mg 100 caps \$7.95</p> <ul style="list-style-type: none"> Demulcent to soothe inflammation of the gastro-intestinal tract 	<p>L-Glutamine 500 mg 60 veggie caps \$7.95</p> <ul style="list-style-type: none"> Supports intestinal mucosal metabolic function 	<p>Triphala 500mg 120 tabs \$16.95</p> <ul style="list-style-type: none"> Ayurvedic digestive cleaner and tonifier 	<p>Psyllium Husk 500 mg 200 vcaps \$9.95</p> <p>454 g powder \$10.95</p> <ul style="list-style-type: none"> Source of soluble & insoluble fibre to help maintain regularity  
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What do you feed your GUT?

Did you know that your diet defines the health of your internal bacteria too?

Our microbes respond to what we eat with a speed and sensitivity greater than we imagined! Fermentation, a method of food preservation, is making a come back. Fermented foods have higher nutrients, are easily digested, and they help to "fertilize" our gut ecosystem.




25% Off Regular Price

When GOOD inflammation goes BAD

<p>Nutri Cure 2 different formulas to choose from 25% off reg price</p> <ul style="list-style-type: none"> Fight inflammation Boost immune system Fast-acting Clinically proven 	<p>Serrapeptase 90 enteric coated caps 25% off reg price</p> <ul style="list-style-type: none"> An anti-inflammatory to reduce pain A natural pain control substance plus an excellent alternative to NSAIDS Help to dissolve any dead or non-living tissue 	<p>NutraSea Omega 3 500 ml Zesty Lemon \$34.95</p> <ul style="list-style-type: none"> Just 1 teaspoon a day Clean light taste, no fishy burp back Pure, Potent, and Balanced Omega 3 supplement. 
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Naturopathic Medicine



Tackling Spring Allergies

Allergies are brought on by a hyper-sensitive immune response to several substances, whether they are inside our homes or in the environment. Consider a Naturopathic approach, which strengthens the body & immune system. Here are a few Naturopathic tips to stop allergies from taking over this season:

- Rinse your nasal passageways daily
- Try self-acupressure on either side of your nostrils where your cheeks and nose meet.
- Eat foods: that strengthen your immune system, are anti-inflammatory and do not produce into your mucous.
- Incorporate anti-inflammatory fruits into your diet – Fruits such as papaya, kiwi, and pineapple contain bromelain, which is an anti-inflammatory enzyme.
- Avoid foods that irritate the immune system and produce excessive mucous - This includes refined and packaged foods, sugars, caffeine, dairy products, and certain grains to name a few.
- Drink green tea – Some teas contain natural antihistamines. Since histamines are released during an allergic reaction, incorporating natural antihistamines will help the immune system.

The Oakville Clinic Article contributed by *Dr. Suzanne Bartolini, B.A., M.A., ND* | Centre for Collaborative Health | info@cch-oakville.ca | (905) 849 9915

Compounding

Compounding Article Contributed By:



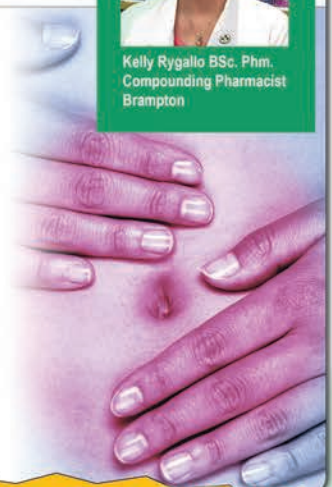
Kelly Rygalla BSc. Pharm.
Compounding Pharmacist
Brampton

Condition: Irritable Bowel Syndrome & Allergies

For Sandra, IBS caused abdominal pain, bloating and diarrhea. Her recreational activities were limited to places with accessible bathrooms due to her unpredictable bowels. After seeing her GI specialist, Sandra is prescribed an anti-fungal Fluconazole. Her doctor's concern is that the prescription medication may worsen Sandra's multiple allergies that include gluten and preservatives. She came to see Kelly, her Hooper's compounding pharmacist for help. Working with her doctor, Kelly is able to come up with a solution that meets all of Sandra's needs.

Solution: Allergen Free Compounded Medication

Sandra is prescribed an allergen free, gluten free and dye free preparation of her anti fungal formula. She is given a daily dose along with suppositories for any acute attacks that she may have. Speak to our compounding pharmacist to see how we can work with your medical doctor to customize your IBS or any other medications for optimal efficacy.



Hooper's has gone DIGITAL!

Go to www.hoopershealth.com
or visit your local Hooper's location
for more details.

SENIORS DAY IS THE FIRST TUESDAY OF EVERY MONTH
SAVE AN EXTRA 5% ON TOP OF OUR EVERYDAY 10% SENIORS DISCOUNT.
SOME EXCEPTIONS MAY APPLY. SEE PHARMACY FOR DETAILS.

OUR SERVICES....

VitCheck Consultations • Nutritional Consultations • Reiki Sessions • Live Blood Cell Analysis • Hair Analysis Testing • Rocky Mountain Analytical Testing....and More!

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Visit us for demos every
Saturday.

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Vitamin Shop
2136 Queen Street East
(416) 699-3747

BRAMPTON

Pharmacy and
Vitamin Shop
31 Main Street North
(905) 451-2453

OAKVILLE

Vitamin Shop
Upper Oakville Shopping Centre
1011 Upper Middle Road East
(905) 337-8522
Centre for Collaborative Health
info@cch-oakville.ca (905) 849 9915
Accepting new patients

VAUGHAN

Pharmacy and Vitamin Shop
Eagles Landing Plaza
1410 Major Mackenzie Drive W.
(905) 303-4466
WALK-IN Medical CLINIC &
Dr. Mokhtari ND accepting new
patients - call for more details



Sale Prices In Effect - April 15th - April 30th, 2017
Thank you for choosing Hooper's Pharmacy & Vitamin Shop

*HOOPER'S PHARMACY IS NOT RESPONSIBLE FOR ANY MISPRINTS ON PRICING, ITEMS MAY BE SUBJECT TO SUBSTITUTION AND/OR PRORATED.
WE RESERVE THE RIGHT TO LIMIT QUANTITY, WHILE SUPPLIES LAST.
THE FLYER IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT TO BE TAKEN FOR SUBSTITUTION OVER MEDICAL ADVICE.