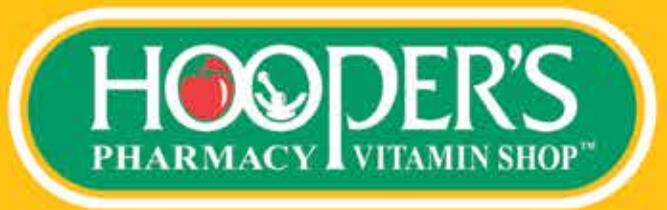




Then 1924



Now 2017



Some traditions just grow stonger with time™

EXPERIENCE • QUALITY • SERVICE • COMMITMENT



ACTIVE LIVING

RESULTS FOR THE BEST YOU!

Keep going with Echinaforce

When cold & flu attack, fight back!



Echinaforce®
Protect the entire family including kids 2+ and pregnant and nursing moms.

- Fends off viruses by over 50%
- Fights infection
- Relieves symptoms
- Shortens sick time
- Reduces the risk of bronchitis or pneumonia
- Made from fresh, organic, GMO free plants

For ages 2+



20% off regular price



COME TO AFRICA WITH NATURAL CALM THE TRIP OF A LIFETIME!

ONE CUSTOMER WILL WIN

A 12-DAY TRIP FOR TWO TO KENYA, AFRICA

Natural Calm 226g

\$20.95

Natural Calm 454g

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Natural CalmPlus 226g

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Better-Tasting, Better-Absorbing, Best-Loved



The Better Magnesium

Carlson The Smartest Smoothie Add-In

Add Carlson Cod Liver Oil in lemon flavor to your next smoothie for upgraded nutrition and taste.



\$34.95 500 mL

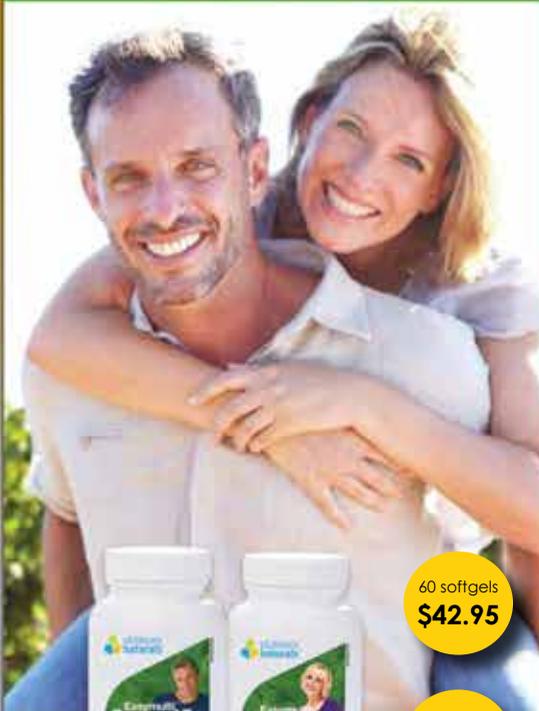
A single teaspoonful provides 1100 mg of omega-3s, including EPA and DHA, which supports heart, brain, vision, & joint health.



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



**Easymulti
Super 45+**
ANTI-AGING SOLUTION



60 softgels
\$42.95

120 softgels
\$69.95

**A COMPLETE ANTI-AGING SOLUTION:
10 SUPPLEMENTS IN 1 FORMULA**

Designed to combat the effects of aging, Super Easymulti 45+ contains a balanced mixture of vitamins and minerals, powerful antioxidants such as green tea, ginkgo biloba, and CoQ10, as well as heart-healthy Omega-3 fatty acids - all in one convenient softgel.

Immunity Boosters

**Sambucus
Cold & Flu Formula**

Pure, potent elderberry extract in a great-tasting syrup for children and adults. It helps relieve symptoms associated with the common cold and flu.



\$9.95 each
120 mL

**Nutri-C
Complex**

A perfect immune system aid. Great tasting liquid with the benefits of Quercetin, Rose Hips, Citrus Bioflavonoids, and Bilberry fruit.



**25% off
reg price**
500 mL

Constipated? You don't have to be!

CleanseMORE

Powerful colon cleansing formula without harsh purgative type laxatives. Works by hydrating the colon and stimulating peristalsis.

\$15.95
60 caps

\$24.95
120 caps



FibreSMART

A combination of fibres to cleanse and tone the bowel. Use daily as part of your bowel health.

\$15.95
227g

\$24.95
454g



Medicine Cabinet Essentials

**COMPLETE
MULTIVITAMIN**



25% off reg. price
900 mL

Nutri Multi for Men

Active liquid form multivitamin formulated specifically for men. Helps restore energy and vitality and contains prostate supporting nutrients.

**SLOW
BLOOD FLOW**



\$21.95
60 caps 25 mg

Pycnogenol

Combats circulation related disorders and protects against skin aging and damage.

**IMMUNE & SEXUAL
FUNCTION**



\$4.95
90 tabs 50mg

Zinc Citrate

Enhances the immune system and is a foundation for good over-all health. An essential for healthy sexual function.

**GOUT
RELIEF**



25% off reg. price
60 veggie caps

Uric Cleanse

An aid for gout, rheumatism, arthritis and joint pain. Used in herbal medicine as a diuretic to help flush out excess uric acid.

... for MEN

**PROSTATE
SUPPORT**



\$7.95
90 caps

Saw Palmetto

Works to ease prostate inflammation and can act as a libido enhancer and energy booster. Ideal for men over the age of fifty.

B P H



25% off reg. price
60 veggie caps

PRO BPH

An all-in-one formula that reduces the urologic symptoms associated with benign prostate hyperplasia.

Manage your Blood Pressure

Ortho Heart



Supports healthy levels of blood pressure through multiple pathways. Promotes overall cardiovascular health and reduces risk of stroke.

\$34.95
400 mg
60 veg caps

Mag-K Taurine



Supports normal electrical activity of the brain and heart. Regulates blood pressure.

\$25.95
470 mg
90 veg caps

NAC



Inhibits levels of Lp(a), a marker of heart disease. Is a precursor to glutathione.

\$26.95
500 mg
120 veg caps

Hurray for Homeopathy!

The Essentials for Everyday Health



Arnica 3 tube pack

- Relieves muscles & joint pain
- Eases resorption of bruising and swelling caused by surgical procedures or injuries.
- Relieves cramps, aches, and muscular fatigue.

\$9.95
30 or 200 CH

Reduce Pain & Inflammation

Serrapeptase

A natural anti-inflammatory. Helps dissolve fibrin, dead or damaged tissue without harming living tissue. Also supports cardiovascular health.



25% off
reg. price
120,000 SU
90 enteric veg caps

Double Strength Theracurmin

Provides antioxidants for the maintenance of good health. Contains microscopic curcumin particles in a natural colloidal suspension that is absorbed into the blood faster and stays there longer.



\$29.95
60 mg
30 veg caps

Working on your fitness?

ADD THESE TO YOUR WORKOUT FOR BETTER RESULTS!

L-Arginine



\$9.95
500 mg
100 caps

Supports healthy blood flow and optimizes HGH levels.

Creatine Monohydrate



\$9.95
227 g powder

Helps to maintain existing muscle tissue & support the development of lean mass.

ZMA zinc, magnesium & vitamin B-6



\$18.95
90 caps

Maximize absorption & promote recovery from exercise

L-Carnitine



\$18.95
473 mL

Transports Fatty Acids and boosts cellular energy.

Naturopathic Medicine



Naturopathic Article Contributed By: Dr. Yaad Shergill

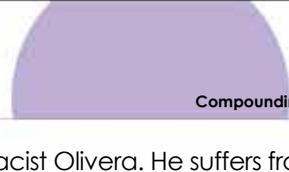
Men's Health Spotlight: Overactive Bladder

We often think of women when we hear of an overactive bladder (OAB) but men suffer from this condition as well. If you are running to use the bathroom, you might have an OAB. Symptoms accompanying an OAB can include having to push, difficulty starting urination and/or having a weak stream. Causes of OAB include an enlarged prostate blocking the flow of urination, weakened muscles of the bladder, infection of the bladder, or prostate/bladder stones and bladder cancer. If you are experiencing an OAB consult with your Medical or Naturopathic Doctor to determine the underlying cause.

If the cause is weakened muscles of the bladder - perform a Kegel exercise to strengthen the walls of the bladder. Kegel exercises can strengthen and train your pelvic floor muscles to help control urination. To find the muscles of the pelvic floor, start urinating and after a few seconds stop midstream. The muscles you used to stop midstream are your pelvic floor muscles. Begin your Kegel exercises with an empty bladder. Lie on the floor with your knees bent and apart. Tighten your pelvic floor muscles for three seconds and then relax them for three seconds. Repeat a few times. You should be able to do this standing or sitting once you get the hang of completing them lying down.

Centre for Collaborative Health Oakville Clinic | Article contributed by Dr. Yaad Shergill | Centre for Collaborative Health | info@cch-oakville.ca | (905) 849 9915

Compounding



Compounding Article Contributed By:

Condition: Fungal Infection

Rob, a 54 year old man, comes into Hooper's to speak to his pharmacist Olivera. He suffers from chronic red, scaly, itchy skin, on his feet, behind his knees, and sometimes other parts of his body. Rob is passionate about swimming but this makes his skin worse. He complains to Olivera that he has tried everything but cannot find relief.

Olivera Skakvac
R.Ph., Bsc.Pharm.
Compounding Pharmacist
Port Credit Location

Solution: Hooper's Customized Anti-fungal & Anti-inflammatory Cream

Olivera works with Rob's doctor to formulate a customized solution. She combines an over the counter fungicide along with 2 prescription anti-fungals all in a base of a mild steroid cream. This unique formula will provide relief for all of Rob's skin symptoms. Olivera dispenses this to Rob according to his doctors instructions.

A few weeks later an overjoyed Rob comes in to report that the itching, swelling, and redness has drastically reduced. He is also able to swim faster and feels less stiff. He can't believe how one cream could make such a difference.

Come and speak to one of our compounding pharmacists to see how we can create a customized solution for you!

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!

PORT CREDIT
Pharmacy and Natural Apothecary
88 Lakeshore Road East
(905) 278-4242
"Aging with Vitality"
at the Port Credit Library
November 23rd 5:30pm-8:00pm.
Speakers, samples, demos, gift baskets, mini massages and more!

BEACHES
Pharmacy and Vitamin Shop
2136 Queen Street East
(416) 699-3747
CUSTOMER APPRECIATION DAYS
November 25th-26th - 20% off store-wide!
Stock up on basics & shop for Christmas.
Accepting Pre-Orders. Ask in-store for details.

BRAMPTON
Pharmacy and Vitamin Shop
31 Main Street North
(905) 451-2453
Enter our raffle to win a trip to Africa
with Natural Calm
On sale all month!

OAKVILLE
Vitamin Shop
Upper Oakville Shopping Centre
1011 Upper Middle Road East
(905) 337-8522
Come and join us for demos on
November 11th, 18th and 25th.
Receive information, samples, and savings!

VAUGHAN
Pharmacy and Vitamin Shop
Eagles Landing Plaza
1410 Major Mackenzie Drive W.
(905) 303-4466
CHRISTMAS SALE!
Saturday December 2nd - 20% OFF
Pre-order deadline is November 17th.
See in store for details.



Sale Prices In Effect - November 11th - November 23rd, 2017

Thank you for choosing Hooper's Pharmacy & Vitamin Shop

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THE FLYER IS FOR INFORMATIONAL PURPOSES ONLY AND IS NOT TO BE TAKEN FOR SUBSTITUTION OVER MEDICAL ADVICE.

