

YOUR PHARMACY ESSENTIALS SHOPPING LIST

Your local Pharmacy has all of your family's health needs covered. Take a moment to go through this handy checklist below and discuss with the Pharmacy team what products are appropriate for your health concerns.

Ask our staff for assistance for your symptoms.

Pain

- Arthritis
- Headache
- Period
- Muscle
- Migraine
- Back pain
- Other _____

Cough, Cold & Flu

Coughs and colds can affect people differently, and some of these symptoms can be similar to those experienced with coronavirus. Please consider contacting your Pharmacist or Doctor before coming into the Pharmacy.

- Chesty cough
- Fever
- Sore throat
- Dry, tickly cough
- Runny Nose
- Other _____

Digestion

- Diarrhoea
- Bloating
- Vomiting
- Gas
- Nausea
- Other _____

Children's Health

- Pain
- Teething
- Diarrhoea
- Fever
- Vomiting
- Other _____

Medicated Skincare & Antifungals

Please indicate the symptoms:

- Eczema/Dermatitis
- Fungal infection
- Cold Sore
- Thrush
- Other _____

Eye Care

- Allergy, Itchy
- Infection
- Dry
- Injury
- Other _____

Lotion and Wash

- Gentle Lotion
- Soap Free wash
- Bath Oil
- Thick Cream
- Soap free gentle wash

Supplements

- Caltrate
- Ostelin Vitamin D
- Inner Health Plus
- Inner Health Plus IBS Control
- Blackmores Macu-Vision
- Blackmores Vitamin B12
- Elevit
- Ethical Nutrients Mega Magnesium
- Blackmores Executive B Stress

Nicotine Replacement

- _____
- _____

Personal Protection Equipment

- Sanitiser
- Wipes
- Gloves
- Masks
- Thermometer
- Surface Spray

*products subject to availability