

Medicine Shoppe Canada's New Year, New Habits Contest 2026

Medicine Shoppe Canada's New Year, New Habits Contest Rules ("Contest Rules")

1. The **Medicine Shoppe Canada's New Year, New Habits Contest** (the "Contest") is presented by Medicine Shoppe Canada (the "Contest Organizer"). The Contest will be held online through our website or on a Facebook or Instagram form as either a Facebook or Instagram sponsored post from January 6 to January 20, 2026. (the "Contest Period"). The Contest is in no way sponsored, endorsed, administered by, or associated with Facebook or Instagram.

ELIGIBILITY

2. The Contest is open to all residents of Canada, (with the exception of Quebec residents), who have reached the age of majority in their province of residence ("Customers"). Employees, agents, representatives and franchisees of the Contest Organizer, of any company, corporation, trust or other legal entity controlled by or affiliated to them, their advertising and promotional agencies, suppliers of prizes, material and services related to this Contest, as well as members of their immediate family (brothers, sisters, children, father, mother), their legal or common-law spouse and any individuals with whom such employees, agents, representatives and franchisees are domiciled, are not eligible to enter the Contest.

HOW TO ENTER

1. NO PURCHASE NECESSARY. To enter the Contest, respond to the sponsored Facebook or Instagram post as it becomes available on the Facebook and Instagram platforms and fill out the Contest entry form by submitting your salutation, full name, postal code and email address.
2. Declare that you have agreed to the Contest Rules by checking the corresponding box.
3. Customers are restricted to one (1) entry per person, per household, per day. Entries indicating the same telephone contact number or address will be considered, for purposes of the Contest, to belong to the same Customer and therefore are subject to the above restriction.
4. Each entry must be submitted by the entrant himself or herself. Entrant may only use one (1) email address in connection with this Contest. Any attempts to exceed the maximum number of entries per person is a violation of these Contest Rules and may result in disqualification. Use of automated devices is prohibited; automated entries (including but not limited to entries submitted using any robot, script, macro or other automated service) are not permitted and may result in disqualification.

LIMITS

5. Ballots must comply with the following limits, otherwise they may be disqualified: one (1) entry per person, per email address, per day. Further, there is a limit of one prize per person per household.

PRIZE

The prize consists of an Oura Ring 4 Ceramic, a LARQ Bottle PureVis™ 2, and a pair of Apple Airpods Max. (the “**Prize**”). The approximate retail value of the Prize is \$2,000.00. Additional details of the Prize will be communicated to the winner at the time of notice.

ODDS

6. The odds of being randomly selected to win a Prize depend on the total number of eligible entries received during the Contest Period.

DRAW

7. To determine the winner of the Prize, a random draw from all eligible Contest entries received during the Contest Period will be held at 9:00 am on January 23, 2026 at 4705 Rue Dobrin, Saint-Laurent, QC H4R 2P7. (the “**Draw**”).

NOTIFICATION OF SELECTED CUSTOMERS

8. The selected Customers will be contacted by email (using the contact information provided by Customer on the selected ballot) a total of at least three (3) times within the fourteen (14) days after the Draw. If the selected Customer cannot be contacted in that time, another Customer will be randomly selected and the initial selected Customer will be disqualified and will have no recourse towards the Contest Organizer or anyone involved in the Contest. The selected Customer will be required to (a) correctly answer a mathematical skill testing question and (b) sign a Declaration and Release Form confirming compliance with the Contest Rules, acceptance of the Prize as awarded and releasing the Contest Organizer from all liability relating to the Contest. No substitution for, or transfer of the Prize, will be allowed. The selected Customer will have ten (10) days from the date of receipt to return a signed copy of the Declaration and Release Form to the Contest Organizer or its representative. If the selected Customer does not do so within this period of time, another Customer will be randomly selected and the initial selected Customer will be disqualified and will have no recourse towards the Contest Organizer or anyone involved in the Contest.

GENERAL

9. Each Prize claim is subject to verification by the Contest Organizer and/or its designated representatives. Any entry or Declaration and Release Form that is, as the case may be, incomplete, illegible, mutilated, fraudulent, registered or submitted late, bearing an invalid email address or phone number, not bearing the correct answer to the mathematical skill-testing question or otherwise noncompliant with these Contest Rules, shall be rejected. The decisions of the Contest Organizer in relation to this Contest will be final and binding on all entrants.
10. The Contest Organizer reserves the right to disqualify a person or to cancel the entry of a person who (a) does not comply with all terms and conditions of these Contest Rules, (b) participates or tries to participate in this Contest by using methods that do not comply with these Contest Rules or that are unfair to other entrants, or (c) is suspected of tampering directly or indirectly with the conduct of the Contest or making a false statement. This person could be referred to the appropriate legal authorities.
11. By participating, each Customer and selected winners agrees: (a) to be bound by these Rules and the decisions of the Contest Organizer, (b) to release and hold harmless, Facebook, Contest Organizers, its affiliates, subsidiaries, and independent contractors, and their respective directors, officers, employees, agents and representatives including advertising and promotion agencies, from any and all liability for claims/damages including, but not limited to, claims/damages for personal injury, for property damage with respect to acceptance, possession or use or misuse of the Prize or participation in the Contest; (c) to permit the Contest Organizer to use his/her name, address, city, province, of residence, photograph, video, or any likeness for advertising or publicity purposes without any additional compensation and (d) the winner agrees to sign a Declaration and Release Form to this effect.
12. The Contest Organizer will not be responsible for lost, stolen, illegible or destroyed purchase receipts.
13. The Contest Organizer reserves the right to cancel, terminate, or suspend this Contest, at its sole discretion, in the event of a technical failure, computer virus or bug, unauthorized human intervention, fraud or any other occurrence or cause beyond its control that corrupts or adversely affects the administration, security, fairness or normal operation of the Contest.
14. If a selected Customer is awarded a Prize due to a system error, malfunction or defect the Customer's entry will be returned to the pool and the Prize will be reawarded.
15. Under no circumstances will the Contest Organizer, its affiliates, subsidiaries, and independent contractors, and their respective directors, officers, employees, and agents, including advertising and promotion agencies be required to award more Prizes than what is indicated in these Contest Rules or award Prizes other than in accordance with these Contest Rules.

16. The Contest is subject to all Federal, Provincial and local laws, as well as the rules adopted in view of said laws. If a section of the Contest Rules is declared or deemed illegal, unenforceable or invalid by a competent court, that section shall be considered invalid, but all unaffected sections will be applied within the limits of the law.
17. The personal information provided to enter the Contest will be used only to administer the Contest, and for no other reason.
18. For a copy of the Contest Rules, please write to: Medicine Shoppe Canada, at 4705 Rue Dobrin, Saint-Laurent, QC H4R 2P7 or email marketing@medicineshoppe.ca