

# metro

## SPRING INTO healthier living

DISCOVER **NEW** products for your routine



**30% off** GREAT LAKES WELLNESS COLLAGEN 227 - 284 g SELECTED VARIETIES

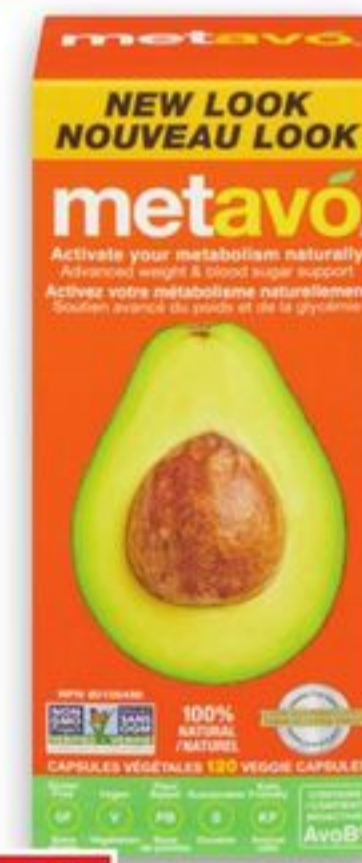
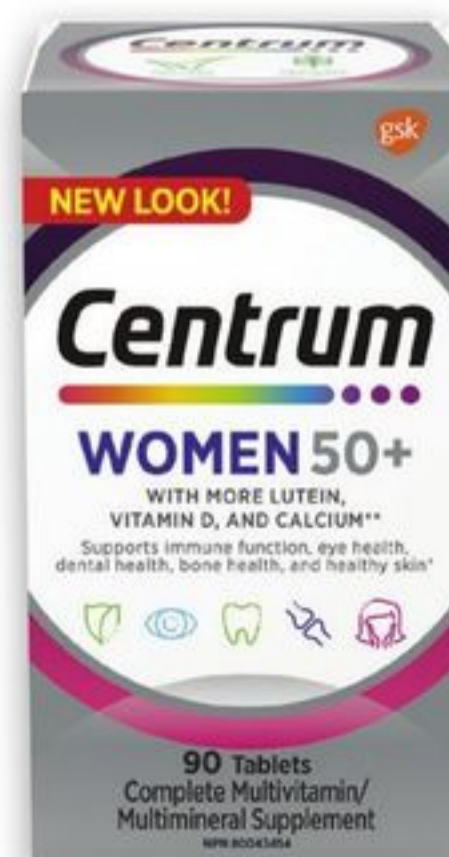
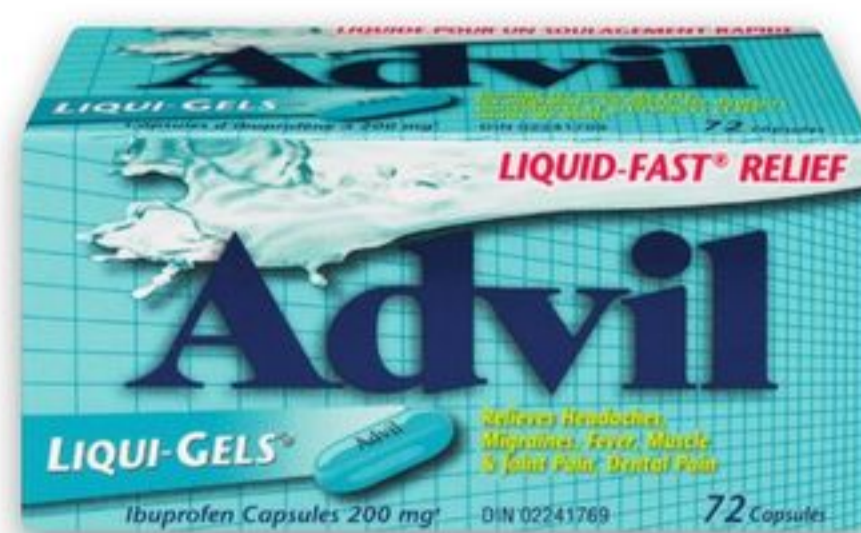
**12<sup>99</sup>** ea. EMERGEN-C CRYSTALS 24 un

**9<sup>99</sup>** ea. SIMPLY PROTEIN NUTRITIONAL SHAKE 4 x 330 ml SELECTED VARIETIES

**SAVE \$5.00**  
**14<sup>99</sup>** ea. AUSTRALIAN GOLD BRONZER SUNSCREEN 237 ml SELECTED VARIETIES

# Because your Health Matters

EFFECTIVE DATES MAY 2ND TO MAY 15TH, 2024



**40% off** WEBBER NATURALS MAGNESIUM 60 - 210 un SELECTED VARIETIES

**14<sup>99</sup>** ea. ADVIL LIQUI-GEL CAPSULES 72 un

**18<sup>99</sup>** ea. CENTRUM MULTIVITAMINS 90 - 160 un SELECTED VARIETIES

**SAVE \$8.00**  
**29<sup>99</sup>** ea. METAVO METABOLISM CAPSULES SELECTED SIZES SELECTED VARIETIES

pharmacy

PRODUCTS AVAILABLE AT METRO PHARMACY LOCATIONS

[LEARN MORE](#)

# FORMULA FOR A GREAT DAY outside

Today's agenda:  
pain relief

Protein-packed  
goodness on-the-go

Stop allergy symptoms  
before they start

Soothe your eyes,  
so you can enjoy outside  
= greet spring with a smile



**14<sup>99</sup>** ea.  
ROBAX PLATINUM  
18 un



**14<sup>99</sup>** ea.  
SLIM-FAST  
MEAL REPLACEMENT  
530 g  
SELECTED VARIETIES



**11<sup>99</sup>** ea.  
CLARITIN  
ALLERGY MEDICATION  
10 un  
SELECTED VARIETIES



**11<sup>99</sup>** ea.  
CLARITIN  
ALLERGY EYE DROPS  
1 un

## Great pain relief



**14<sup>99</sup>** ea.  
VOLTAREN  
EMULGEL ANALGESIC  
100 - 150 g  
SELECTED VARIETIES

RE-UP  
RECOVERY CREAM  
90 ml

**SAVE \$8.00**  
**19<sup>99</sup>** ea.



**SAVE \$3.00**  
**29<sup>99</sup>** ea.  
GENACOL  
PAIN RELIEF  
90 un

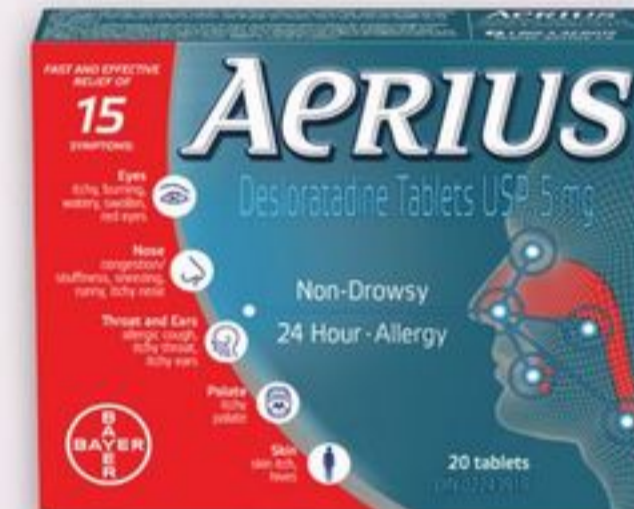


**SAVE \$5.00**  
**34<sup>99</sup>** ea.  
ALANI NU  
PRE-WORKOUT  
POWDER  
194 - 528 g  
SELECTED VARIETIES

## Now you're ready for allergy season



**SAVE \$3.00**  
**9<sup>99</sup>** ea.  
BENADRYL  
ALLERGY MEDICATION  
12 un



**21<sup>99</sup>** ea.  
AERIUS  
NON-DROWSY  
20 un



**6<sup>99</sup>** ea.  
DRIXORAL  
NASAL  
CONGESTION SPRAY  
25 ml



**SAVE \$3.00**  
**16<sup>99</sup>** ea.  
ALLEGRA  
ALLERGY MEDICATION  
36 un



GARNIER OMBRELLE  
FACE CARE  
50 ml  
SELECTED VARIETIES

**18<sup>99</sup>** ea.

## DAILY UV 24H HYDRATION UV PROTECTION



GARNIER®  
OMBRELLE®

# PLAY SAFE IN THE sunshine



**14<sup>99</sup>** ea.  
COPPERTONE  
SUNBLOCK  
SELECTED SIZES  
SELECTED VARIETIES



**14<sup>99</sup>** ea.  
LIVE CLEAN  
SUNSCREEN  
113 - 177 g  
SELECTED VARIETIES



**BUY MORE  
SAVE MORE!**  
2 for  
**22<sup>00</sup>**  
Less than 2  
pay 12.99 ea.  
BANANA BOAT  
SUNBLOCK  
SELECTED SIZES  
SELECTED VARIETIES



**13<sup>99</sup>** ea.  
HAWAIIAN TROPIC  
SUNBLOCK  
SELECTED SIZES  
SELECTED VARIETIES



**12<sup>99</sup>** ea.  
PREMIER PROTEIN  
BEVERAGE  
4 x 325 ml  
SELECTED VARIETIES



**BUY MORE  
SAVE MORE!**  
2 for  
**35<sup>00</sup>**  
Less than 2  
pay 19.99 ea.  
SPERRI  
MEAL REPLACEMENT  
4 x 330 ml  
SELECTED VARIETIES



**SAVE \$10.00**  
**54<sup>99</sup>** ea.  
ALT  
CLEAR PROTEIN  
730 g  
SELECTED VARIETIES



**13<sup>99</sup>** ea.  
HAWAIIAN TROPIC  
AFTER SUN  
MOISTURIZER  
480 ml



**SAVE \$5.00**  
**19<sup>99</sup>** ea.  
XTEND  
HEALTHY HYDRATION  
129 g  
SELECTED VARIETIES



**SAVE \$3.00**  
**26<sup>99</sup>** ea.  
PREMIER PROTEIN  
POWDER  
663 - 697 g  
SELECTED VARIETIES



**SAVE \$10.00**  
**54<sup>99</sup>** ea.  
VEGA ONE  
NUTRITIONAL SHAKE  
SELECTED SIZES  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
ELASTOPLAST  
BANDAGES  
10 - 80 un  
SELECTED VARIETIES

• TRUSTED • /// CLEAN • TESTED • TRUSTED • /// CLEAN • TESTED • TRUSTED • /// CLEAN • TESTED • TRUSTED • /// CLEAN



**WIN FROM  
WITHIN**  
CANADA'S FAVOURITE PROTEINS!

**25% off**  
PVL PROTEIN  
840 - 908 g  
SELECTED VARIETIES



# POWERED BY nature

SAVE \$3.00

26<sup>99</sup> ea.

GENUINE HEALTH  
GREENS+ SUPERFOOD  
148 g  
SELECTED VARIETIES



**+**  
Feeling stressed? Try adding mushrooms and saffron to a healthy diet. These natural antioxidants may help maintain your energy levels and decrease stress so you can enjoy the spring.

SAVE \$4.00

16<sup>99</sup> ea.

PURE-LE ORGANIC  
LIQUID GREENS CHLOROPHYLL(E)  
450 ml  
SELECTED VARIETIES

16<sup>99</sup> ea.

OM  
MUSHROOM  
POWDER  
60 g  
SELECTED VARIETIES



SAVE \$10.00

43<sup>99</sup> ea.

HAVNLIFE  
MIND MUSHROOM  
90 un



DOSEOLOGY  
MUSHROOM  
TINCTURE  
100 ml  
SELECTED VARIETIES

SAVE \$4.00

19<sup>99</sup> ea.



**+**  
Supercharge your spring with superfoods! Lion's Mane mushrooms may support brain function, while chlorophyll and activated charcoal in Liquid Greens may help maintain your energy levels throughout the day.

These products may not be right for you. Always read and follow the label. The product information provided should not be used in place of consultation with a health care professional.

Progressive

SAVE \$10.00

44<sup>99</sup> ea.

PROGRESSIVE  
WHEY PROTEIN  
850 g  
SELECTED VARIETIES



- Gluten-free
- No growth hormones
- Pasture-raised
- No artificial colours, flavours or sweeteners



Made with  
**New Zealand  
Grass Fed Whey**

**+**  
Stay energized with natural supplements and superfoods loaded with good stuff, like ashwagandha, matcha, Irish sea moss, saffron and greens that may help reduce stress + boost energy, mood, focus and gut health.

**16<sup>99</sup>**  
ea.

ORGANIC TRADITIONS  
LATTE  
150 g  
SELECTED VARIETIES



HIMALAYA  
ASHWAGANDA  
60 un

**SAVE \$10.00**  
**19<sup>99</sup>**  
ea.



GENUINE HEALTH  
STRESS CAPSULES  
60 un  
SELECTED VARIETIES

**SAVE \$3.00**  
**29<sup>99</sup>**  
ea.



**SAVE \$5.00**

**12<sup>99</sup>**  
ea. PLUMPP  
IRISH SEA MOSS  
40 g



GENUINE HEALTH  
CLEAR FOCUS CAPSULES  
60 un

**SAVE \$3.00**  
**29<sup>99</sup>**  
ea.



GENUINE HEALTH  
MOOD CAPSULES  
60 un

**SAVE \$10.00**  
**34<sup>99</sup>**  
ea.

**goli**  
NUTRITION

Big Goals Start with  
Bite-Sized Steps



Vegan



Gluten-Free



Non-GMO



GOLI  
APPLE CIDER  
VINEGAR GUMMIES  
240 g

**SAVE \$4.00**  
**14<sup>99</sup>**  
ea.



**40% off**  
**JAMIESON GUMMIES**  
 60 - 130 un  
 SELECTED VARIETIES



**19<sup>99</sup>** ea.  
**CENTRUM MULTIGUMMIES**  
 75 - 130 un  
 SELECTED VARIETIES



**19<sup>99</sup>** ea.  
**FEED THAT BRAIN ANTI-STRESS GUMMY**  
 60 un  
 SELECTED VARIETIES

**SAVE \$3.00**  
**11<sup>99</sup>** ea.

**FLINTSTONES CHILDREN'S VITAMINS**  
 60 un



**SAVE \$3.00**  
**16<sup>99</sup>** ea.  
**HONIBE GUMMIEBEES KIDS MULTI+**  
 60 un



**9<sup>99</sup>** ea.  
**NATURE'S WAY VITAMIN D3**  
 60 un



**SAVE \$3.00**  
**12<sup>99</sup>** ea.  
**ADRIEN GAGNON OMEGA-3**  
 180 un

**SAVE \$8.00**  
**11<sup>99</sup>** ea.  
**SESAME STREET POWER MULTI GUMMIES**  
 180 un



**19<sup>99</sup>** ea.  
**SUKU GUMMIES**  
 60 un  
 SELECTED VARIETIES



**40% off**  
**WEBBER NATURALS GUMMIES**  
 SELECTED SIZES  
 SELECTED VARIETIES



**Rainbow gummies for a healthy family**



**SAVE \$3.00**  
**12<sup>99</sup>** ea.  
**FIRST RESPONSE PRENATAL GUMMIES**  
 90 un

**Jamieson**

**DELICIOUS GUMMY VITAMINS**



**JAMIESON GUMMIES**  
 10 un  
 SELECTED VARIETIES

**2 for 5<sup>00</sup>**  
 Less than 2 pay 2.99 ea.



JAMIESON VITAMIN E 120 un



JAMIESON VITAMIN EXTRA-C 75 un



JAMIESON VITAMIN B12 SELECTED SIZES SELECTED VARIETIES



JAMIESON VITAMIN B COMPLEX 90 - 120 un SELECTED VARIETIES



JAMIESON OMEGA 30 - 280 un SELECTED VARIETIES



JAMIESON VITAMIN D3 240 un



JAMIESON MAGNESIUM 60 - 200 un SELECTED VARIETIES



JAMIESON MELATONIN 60 un SELECTED VARIETIES



JAMIESON MELATONIN 3 mg, 100 un



JAMIESON PRIMROSE OIL 85 - 180 un SELECTED VARIETIES

# 40% OFF

## JAMIESON® VITAMINS Selected sizes, selected varieties



JAMIESON MELATONIN SPRAY 58 ml



JAMIESON VALERIAN 60 un



+try **youththeory** today



# 19<sup>99</sup> ea.

YOUTHEORY  
SELECTED SIZES  
SELECTED VARIETIES

# BUY MORE

# SAVE MORE!

## MORE OF WHAT YOU NEED... FOR LESS

CHECK OUT THESE GREAT SAVINGS & MORE

PERSONNELLE  
MULTIVITAMINS  
30 - 100 un  
SELECTED VARIETIES

**2 for**  
**18<sup>00</sup>**  
Less than 2  
pay 10.99 ea.



PERSONNELLE  
ALLERGY MEDICATION  
SELECTED SIZES  
SELECTED VARIETIES

**2 for**  
**16<sup>00</sup>**  
Less than 2  
pay 9.99 ea.



PERSONNELLE  
ANTINAUSEANT GINGER  
TABLETS  
30 un

**2 for**  
**7<sup>00</sup>**  
Less than 2  
pay 6.49 ea.



PERSONNELLE  
EYE DROPS  
15 ml  
SELECTED VARIETIES

**2 for**  
**10<sup>00</sup>**  
Less than 2  
pay 5.99 ea.



PERSONNELLE  
COLD MEDICATION  
20 - 24 un  
SELECTED VARIETIES

**2 for**  
**15<sup>00</sup>**  
Less than 2  
pay 7.99 ea.



PERSONNELLE  
ANTIACIDS  
72 - 150 un  
SELECTED VARIETIES

**2 for**  
**7<sup>00</sup>**  
Less than 2  
pay 4.99 ea.



PERSONNELLE  
NICOTINE COATED GUM  
30 un  
SELECTED VARIETIES

**2 for**  
**22<sup>00</sup>**  
Less than 2  
pay 14.99 ea.



PERSONNELLE  
NICOTINE PATCH  
7 un  
SELECTED VARIETIES

**2 for**  
**40<sup>00</sup>**  
Less than 2  
pay 27.99 ea.



LIFE SMART  
PROTEIN BARS  
6 x 60 g  
SELECTED VARIETIES

**2 for**  
**12<sup>00</sup>**  
Less than 2  
pay 7.29 ea.



PERSONNELLE  
MEAL REPLACEMENT  
6 x 235 ml  
SELECTED VARIETIES

**2 for**  
**22<sup>00</sup>**  
Less than 2  
pay 12.99 ea.



PERSONNELLE  
ELASTIC BANDAGE  
1 un  
SELECTED VARIETIES

**2 for**  
**8<sup>00</sup>**  
Less than 2  
pay 4.99 ea.



PERSONNELLE  
KINESIOLOGY TAPE  
1 - 10 un  
SELECTED VARIETIES

**2 for**  
**12<sup>00</sup>**  
Less than 2  
pay 7.99 ea.





# OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS\*

CLICK HERE  
TO LEARN MORE



Speak with our pharmacist for details.

\*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.



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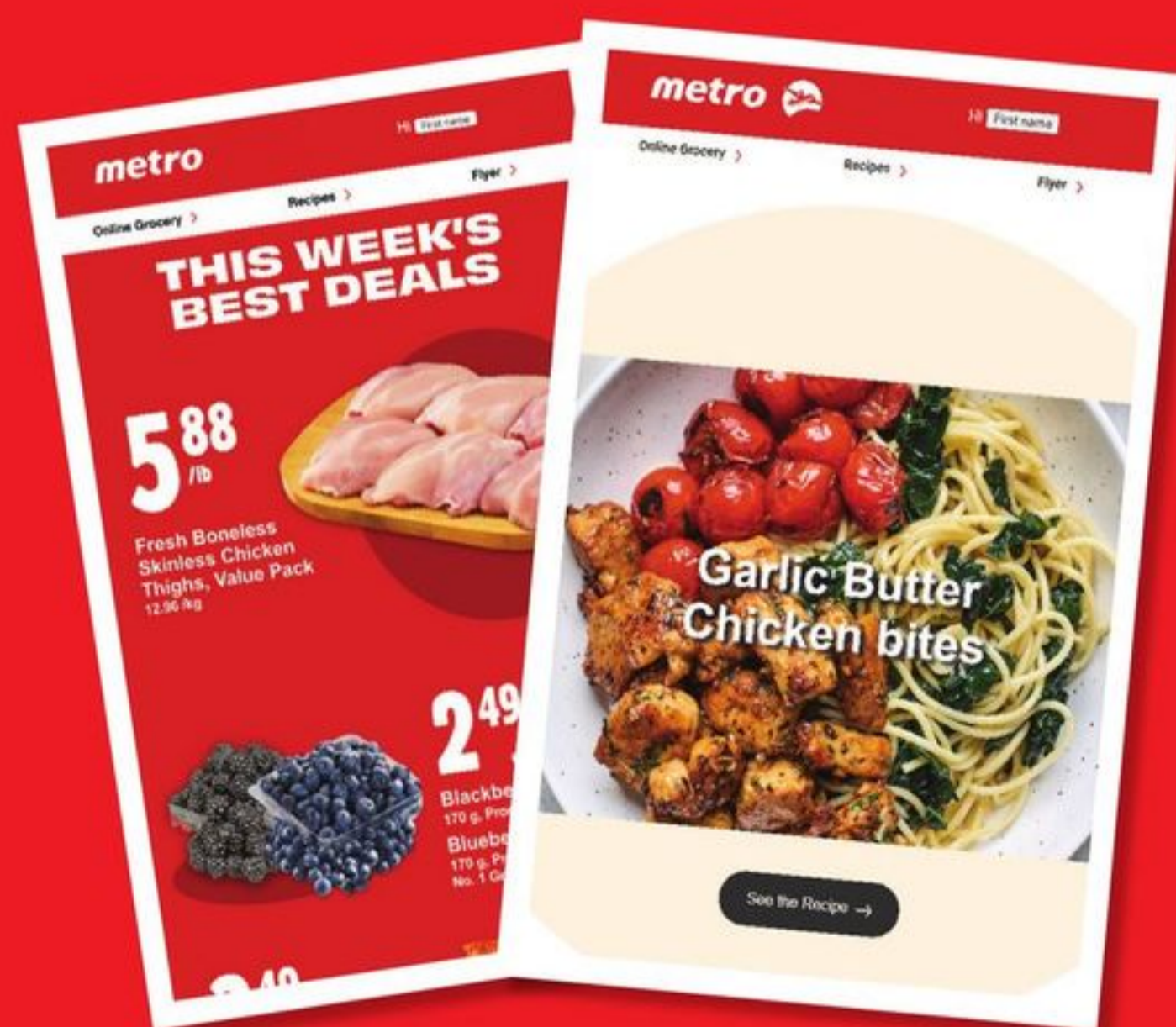


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