

# metro

## ENJOY healthier living INSIDE & OUTSIDE

SAVE \$5.00

**24<sup>99</sup>** ea. SATYA ECZEMA RELIEF 30 ml



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

SUKU GUMMIES 60 un SELECTED VARIETIES



SAVE \$6.50

**9<sup>49</sup>** ea. JAMIESON VITAMIN B12 30 - 80 un SELECTED VARIETIES



SAVE \$3.00

**16<sup>99</sup>** ea. HERO MIGHTY PATCH 10 - 24 un SELECTED VARIETIES



# Because your Health Matters

EFFECTIVE DATES MAY 16TH TO MAY 29TH, 2024



**5<sup>99</sup>** ea. NIVEA HAND CREAM 100 ml SELECTED VARIETIES



SAVE \$3.00  
**9<sup>99</sup>** ea. DREAM WATER SNOOZEBERRY SLEEP AID 4 x 74 ml



**9<sup>99</sup>** ea. PEDIALYTE SELECTED SIZES SELECTED VARIETIES



**12<sup>99</sup>** ea. BOOST MEAL REPLACEMENT 6 x 237 ml OR 4 x 325 ml SELECTED VARIETIES

pharmacy

PRODUCTS AVAILABLE AT METRO PHARMACY LOCATIONS

[LEARN MORE](#)



# glow

## WHEREVER YOU GO

**SAVE \$6.00**

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

**OLAY REGENERIST FACE CREAM**  
48 g OR 50 ml  
SELECTED VARIETIES



**SAVE \$3.00**

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

**ORGANIKA ENHANCED COLLAGEN**  
200 g



**SAVE \$3.00**

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

**NIVEA FACE CREAM**  
50 ml  
SELECTED VARIETIES



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

**DOVE DEODORANT**  
45 g  
SELECTED VARIETIES





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

**ST. IVES FACE CARE**  
170 g  
SELECTED VARIETIES



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

**VASELINE BODY CREAM**  
600 ml  
SELECTED VARIETIES



**14<sup>49</sup>** ea.

**JAMIESON CLEAR SKIN**  
60 un

**SAVE \$10.00**



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

**CERAVE FACIAL MOISTURIZING LOTION SPF 30**  
89 ml

**SAVE \$5.00**



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

**SOO'AE HYDRATING SERUM**  
50 ml

**SAVE \$4.00**



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

**OLLY VITAMINS**  
60 un  
SELECTED VARIETIES



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

**NEW NORDIC HAIR GRO TABLETS**  
60 un

**SAVE \$4.00**



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

**VITAL PROTEINS COLLAGEN PEPTIDES**  
284 g

**SAVE \$5.00**



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

**HAWAIIAN TROPIC SUNBLOCK**  
SELECTED SIZES  
SELECTED VARIETIES



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

**COPPERTONE KIDS SUNBLOCK**  
177 ml OR 237 ml  
SELECTED VARIETIES



# START THE DAY WITH A HEALTHY smile



**SAVE \$5.00**  
**29<sup>99</sup>** ea.  
**CREST 3D WHITE WHITENING STRIPS**  
 10 un



**SAVE \$4.00**  
**8<sup>99</sup>** ea.  
**THERABREATH ICY MINT MOUTHWASH**  
 473 ml



**4<sup>99</sup>** ea.  
**COLGATE TOOTHBRUSH**  
 1 un  
 SELECTED VARIETIES



**5<sup>99</sup>** ea.  
**COLGATE OPTIC WHITE TOOTHPASTE**  
 70 ml

## Whiter, brighter & fresher



**6<sup>99</sup>** ea.  
**CREST MOUTHWASH**  
 1 L  
 SELECTED VARIETIES



**SAVE \$10.00**  
**24<sup>99</sup>** ea.  
**ORAL-B VITALITY RECHARGEABLE TOOTHBRUSH**  
 1 un  
 SELECTED VARIETIES



**3<sup>99</sup>** ea.  
**CREST PRO-HEALTH TOOTHPASTE**  
 130 ml  
 SELECTED VARIETIES



**4<sup>99</sup>** ea.  
**TOM'S OF MAINE TOOTHPASTE**  
 85 ml



**5<sup>99</sup>** ea.  
**SENSODYNE TOOTHPASTE**  
 110 - 135 ml  
 SELECTED VARIETIES



**5<sup>99</sup>** ea.  
**COLGATE TOTAL TOOTHPASTE**  
 120 ml  
 SELECTED VARIETIES

**TENA**  
 TENA SENSITIVE CARE  
 SANITARY NAPKINS  
 28 - 39 un  
 SELECTED VARIETIES

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



**TENA** is  
 Canada's **#1**  
 Overnight  
 Incontinence  
 Brand\*



TENA.ca

\*Essity Canada Inc. calculation based in part on NielsenIQ MarketTrack data for the 52-week period ending September 10, 2022. © 2022 Nielsen Consumer LLC. TENA is a registered trademark of Essity Hygiene and Health, AB. ©2024 Essity



# OVERINDULGE? PACK THE remedies

**9<sup>99</sup>** ea. TUMS ANTACID 60 - 160 un. SELECTED VARIETIES



**SAVE \$4.00**  
**24<sup>99</sup>** ea. LACTAID DIETARY SUPPLEMENT 80 un



**SAVE \$5.00**  
**14<sup>99</sup>** ea. NEXIUM ANTACID 14 un



**SAVE \$4.00**  
**44<sup>99</sup>** ea. ALIGN PROBIOTIC DIGESTIVE SUPPORT 42 un



**SAVE \$3.00**  
**9<sup>99</sup>** ea. DULCOLAX SOFT CHEWS LAXATIVE 30 un



**10<sup>99</sup>** ea. GRAVOL DIMENHYDRINATE CAPLETS 24 un



**15<sup>99</sup>** ea. SENOKOT-S LAXATIVE 60 un



**SAVE \$12.00**  
**27<sup>99</sup>** ea. FLORASTOR PROBIOTIC 50 un



PEPTO-BISMOL ANTACID 230 ml

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



**SAVE \$3.00**  
**19<sup>99</sup>** ea. BIO-K PLUS PROBIOTIC 6 x 98 g SELECTED VARIETIES

GAVISCON EXTRA STRENGTH ANTACID 120 un

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



**SAVE \$7.00**  
**29<sup>99</sup>** ea. RESTORALAX LAXATIVE 765 g

Feed your gut, fuel your health



Enhance your overall diet by incorporating whole foods, high-fibre foods, fermented foods, and probiotics to promote better health and well-being.

Visit [www.CDHF.ca](http://www.CDHF.ca) to learn more





12<sup>99</sup> ea.

GOLD BOND  
DIABETICS'  
FOOT CREAM  
96 g



+

People with diabetes may be prone to dry, itchy skin, as well as vitamin B12 and vitamin D deficiencies, which is why remembering to pack moisturizing creams + essential vitamins are essential to enjoying every day.

Vitamin B12 may support healthy nerve function for people with diabetes.

JAMIESON  
VITAMIN B12  
45 - 100 un  
SELECTED VARIETIES

SAVE \$8.00

10<sup>99</sup> ea.



JAMIESON  
VITAMIN D  
240 un

SAVE \$5.00

6<sup>99</sup> ea.



17<sup>99</sup> ea.

HIMALAYA  
BITTER MELON CAPLETS  
60 un



4<sup>99</sup> ea.  
JORDANS  
GRANOLA CEREALS  
400 g  
SELECTED VARIETIES



2 for  
6<sup>00</sup>  
EARTH'S OWN  
OAT BEVERAGE  
946 ml  
SELECTED VARIETIES



3<sup>99</sup> ea.  
RISE KOMBUCHA  
414 ml  
SELECTED VARIETIES



5<sup>49</sup> ea.  
BOB'S RED MILL  
OATMEAL  
454 g

# Living with diabetes?

## BALANCING YOUR BLOOD SUGAR IS KEY TO A HEALTHY SUMMER

Ensuring your blood sugar levels are balanced is essential to keep feeling your best. Metro makes it a little easier to manage diabetes with our range of suitable products

pharmacy



**KEEP YOUR COMMUNITY SAFE.**  
Return unused medication to our pharmacy for safe disposal.

Click here to find your nearest metro pharmacy location.





# energizing

STAYING ACTIVE CAN HELP  
KEEP YOU HAPPY & HEALTHY



Physical activity goes a long way in managing your diabetes. Along with being active, certain products can help manage your blood sugar levels.

METAMUCIL  
FIBRE  
283 - 575 g  
SELECTED VARIETIES

15<sup>99</sup> ea.



ORGANIKA  
BLOOD SUGAR CONTROL  
120 un

SAVE \$4.00

21<sup>99</sup> ea.



SAVE \$3.50

12<sup>99</sup> ea.

BOOST DIABETIC  
MEAL REPLACEMENT  
6 x 237 ml  
SELECTED VARIETIES



Helps treat low  
blood sugar.

DEX4  
GLUCOSE TABLETS  
10 - 12 un  
SELECTED VARIETIES

2 for  
5<sup>00</sup>  
or pay  
2.99 ea.



14<sup>99</sup> ea.

NEW NORDIC  
GUMMIES  
60 un  
SELECTED VARIETIES



SAVE \$5.00

19<sup>99</sup> ea.

LIVRELIEF  
PAIN RELIEF CREAM  
50 - 100 g  
SELECTED VARIETIES



SAVE \$5.00

29<sup>99</sup> ea.

NEW NORDIC  
BLUE BERRY  
STRONG TABLETS  
60 un



29<sup>99</sup> ea.

NATURAL CALM  
MAGNESIUM POWDER  
226 g  
SELECTED VARIETIES



Helping People Live  
Healthy Lives.



NUTRASEA OR  
NUTRAVEGE OMEGA-3  
200 ml OR 30 un  
SELECTED VARIETIES

21<sup>99</sup> ea.



1% FOR THE PLANET MEMBER



# HIT THE TRAIL WITH PROTEIN-PACKED goodness



2 for  
**4.00**  
LÄRABAR 45 - 48 g  
OR CLIF BAR 68 g  
ENERGY BARS  
SELECTED VARIETIES

2 for  
**5.00**  
or pay  
2.79 ea.  
RXBAR PROTEIN BAR 52 g  
OR LOVE GOOD FATS  
SNACK BAR 40 g  
SELECTED VARIETIES

2 for  
**3.00**  
or pay  
1.79 ea.  
KIND  
GRANOLA BAR  
40 g  
SELECTED VARIETIES

2 for  
**7.00**  
or pay  
3.79 ea.  
GO MACRO  
BAR 65 - 69 g  
OR ONE  
PROTEIN BAR 60 g  
SELECTED VARIETIES



**9.99**  
ea.  
CLIF BAR  
MINI ENERGY BARS  
10 x 28 g  
SELECTED VARIETIES



**9.99**  
ea.  
KIND THINS  
GRANOLA BARS  
10 x 21 g  
SELECTED VARIETIES



**4.49**  
ea.  
ANNIE'S  
GRANOLA BARS  
130 g  
SELECTED VARIETIES



**4.49**  
ea.  
KASHI BARS  
175 - 200 g  
SELECTED VARIETIES



**12.99**  
ea.  
PURE PROTEIN  
PROTEIN BARS  
6 x 50 g  
SELECTED VARIETIES



**6.99**  
ea.  
LIFE SMART PROTEIN BARS  
6 x 60 g  
SELECTED VARIETIES



**10.99**  
ea.  
NO SUGAR COMPANY  
COOKIE BARS  
160 g  
SELECTED VARIETIES



**5.49**  
ea.  
SUNRYPE  
FRUIT BITES  
108 g  
SELECTED VARIETIES



DISCOVER  
**NEW**



LIFE SMART  
CHEWY BARS  
12 x 40 g  
SELECTED VARIETIES  
**11.99**  
ea.

DISCOVER  
**NEW**



LIFE SMART  
CHEWY BARS  
40 g  
SELECTED VARIETIES  
2 for  
**2.00**



# OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS\*

CLICK HERE  
TO BOOK A PHONE  
APPOINTMENT



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.

 pharmacy



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all in one place.



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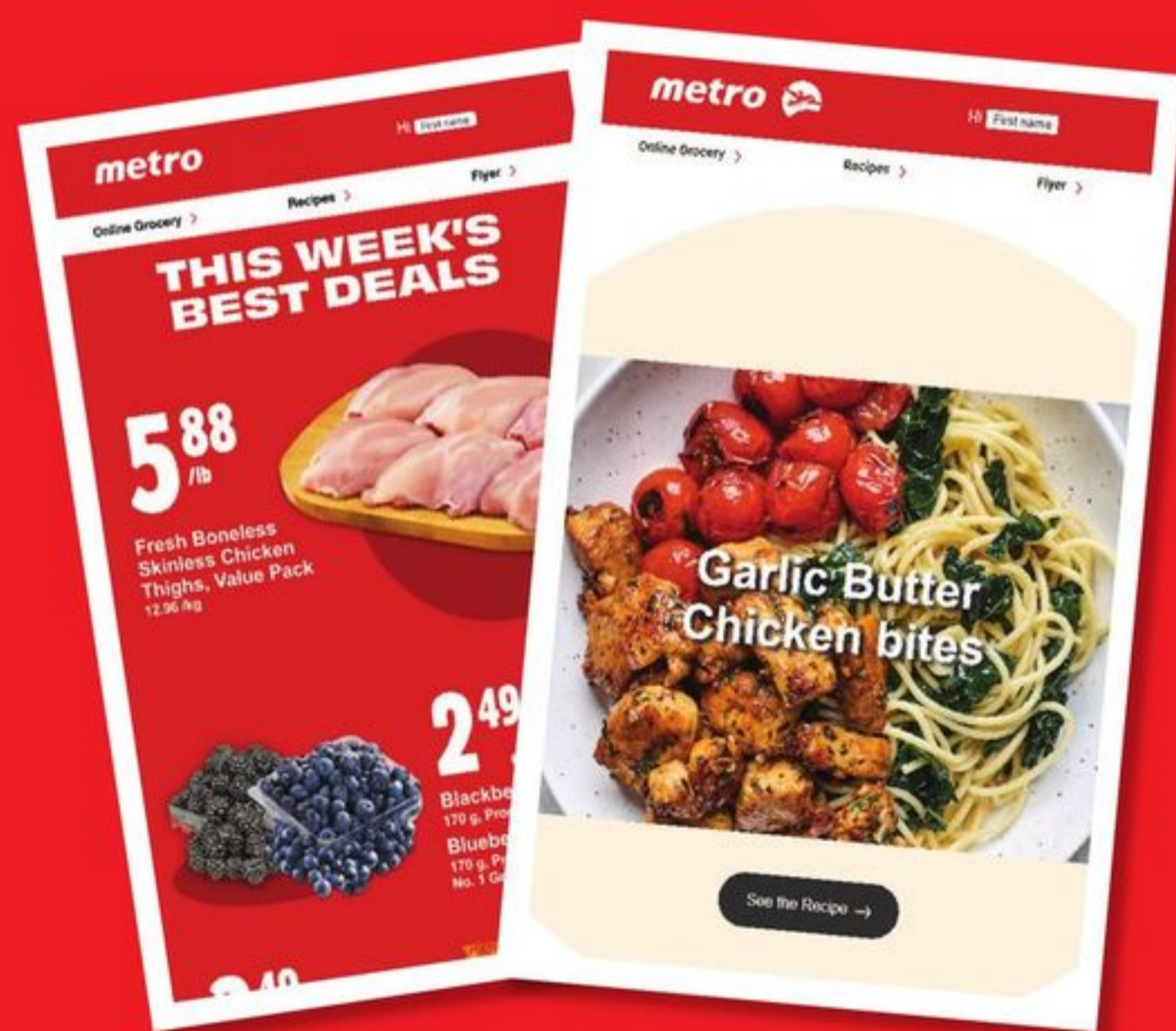


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