

metro

ENJOY healthier living INSIDE & OUTSIDE

SAVE \$5.00

24⁹⁹ ea.

SATYA
ECZEMA RELIEF
30 ml



19⁹⁹ ea.

SUKU
GUMMIES
60 un
SELECTED VARIETIES



SAVE \$6.50

9⁴⁹ ea.

JAMIESON
VITAMIN B12
30 - 80 un
SELECTED VARIETIES



SAVE \$3.00

16⁹⁹ ea.

HERO
MIGHTY PATCH
10 - 24 un
SELECTED VARIETIES



Because your Health Matters

EFFECTIVE DATES MAY 16TH TO MAY 29TH, 2024



5⁹⁹ ea.
NIVEA
HAND CREAM
100 ml
SELECTED VARIETIES



SAVE \$3.00
9⁹⁹ ea.
DREAM WATER
SNOOZEBERRY SLEEP AID
4 x 74 ml



9⁹⁹ ea.
PEDIALYTE
SELECTED SIZES
SELECTED VARIETIES



12⁹⁹ 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

29⁹⁹ ea.

OLAY REGENERIST FACE CREAM
48 g OR 50 ml
SELECTED VARIETIES



SAVE \$3.00

32⁹⁹ ea.

ORGANIKA ENHANCED COLLAGEN
200 g



SAVE \$3.00

8⁹⁹ ea.

NIVEA FACE CREAM
50 ml
SELECTED VARIETIES



5⁹⁹ ea.

DOVE DEODORANT
45 g
SELECTED VARIETIES





4⁹⁹ ea.

ST. IVES FACE CARE
170 g
SELECTED VARIETIES



8⁹⁹ ea.

VASELINE BODY CREAM
600 ml
SELECTED VARIETIES



14⁴⁹ ea.

JAMIESON CLEAR SKIN
60 un

SAVE \$10.00



16⁹⁹ ea.

CERAVE FACIAL MOISTURIZING LOTION SPF 30
89 ml

SAVE \$5.00



8⁹⁹ ea.

SOO'AE HYDRATING SERUM
50 ml

SAVE \$4.00



22⁹⁹ ea.

OLLY VITAMINS
60 un
SELECTED VARIETIES



28⁹⁹ ea.

NEW NORDIC HAIR GRO TABLETS
60 un

SAVE \$4.00



34⁹⁹ ea.

VITAL PROTEINS COLLAGEN PEPTIDES
284 g

SAVE \$5.00



13⁹⁹ ea.

HAWAIIAN TROPIC SUNBLOCK
SELECTED SIZES
SELECTED VARIETIES



14⁹⁹ ea.

COPPERTONE KIDS SUNBLOCK
177 ml OR 237 ml
SELECTED VARIETIES

START THE DAY WITH A HEALTHY smile



SAVE \$5.00
29⁹⁹ ea.
CREST 3D WHITE WHITENING STRIPS
 10 un



SAVE \$4.00
8⁹⁹ ea.
THERABREATH ICY MINT MOUTHWASH
 473 ml



5⁹⁹ ea.
COLGATE OPTIC WHITE TOOTH PASTE
 70 ml

4⁹⁹ ea.
COLGATE TOOTHBRUSH
 1 un
 SELECTED VARIETIES

Whiter, brighter & fresher



6⁹⁹ ea.
CREST MOUTHWASH
 1 L
 SELECTED VARIETIES



SAVE \$10.00
24⁹⁹ ea.
ORAL-B VITALITY RECHARGEABLE TOOTHBRUSH
 1 un
 SELECTED VARIETIES



3⁹⁹ ea.
CREST PRO-HEALTH TOOTH PASTE
 130 ml
 SELECTED VARIETIES



4⁹⁹ ea.
TOM'S OF MAINE TOOTH PASTE
 85 ml



5⁹⁹ ea.
SENSODYNE TOOTH PASTE
 110 - 135 ml
 SELECTED VARIETIES



5⁹⁹ ea.
COLGATE TOTAL TOOTH PASTE
 120 ml
 SELECTED VARIETIES

TENA
TENA SENSITIVE CARE SANITARY NAPKINS
 28 - 39 un
 SELECTED VARIETIES
20⁹⁹ 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

9⁹⁹ ea. TUMS ANTACID 60 - 160 un. SELECTED VARIETIES



SAVE \$4.00
24⁹⁹ ea.

LACTAID DIETARY SUPPLEMENT 80 un



SAVE \$5.00
14⁹⁹ ea. NEXIUM ANTACID 14 un



SAVE \$4.00
44⁹⁹ ea. ALIGN PROBIOTIC DIGESTIVE SUPPORT 42 un



SAVE \$3.00
9⁹⁹ ea. DULCOLAX SOFT CHEWS LAXATIVE 30 un



10⁹⁹ ea. GRAVOL DIMENHYDRINATE CAPLETS 24 un



15⁹⁹ ea. SENOKOT-S LAXATIVE 60 un



SAVE \$12.00
27⁹⁹ ea. FLORASTOR PROBIOTIC 50 un



PEPTO-BISMOL ANTACID 230 ml

8⁹⁹ ea.



SAVE \$3.00
19⁹⁹ ea. BIO-K PLUS PROBIOTIC 6 x 98 g SELECTED VARIETIES

GAVISCON EXTRA STRENGTH ANTACID 120 un

SAVE \$4.00
25⁹⁹ ea.



SAVE \$7.00
29⁹⁹ 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 to learn more

12⁹⁹ 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

10⁹⁹ ea.



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

17⁹⁹ ea.

HIMALAYA
BITTER MELON CAPLETS
60 un



JAMIESON
VITAMIN D
240 un

SAVE \$5.00

6⁹⁹ ea.



4⁹⁹ ea.
JORDANS
GRANOLA CEREALS
400 g
SELECTED VARIETIES



2 for
6⁰⁰
EARTH'S OWN
OAT BEVERAGE
946 ml
SELECTED VARIETIES



3⁹⁹ ea.
RISE KOMBUCHA
414 ml
SELECTED VARIETIES



5⁴⁹ ea.
BOB'S RED MILL
OATMEAL
454 g


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

15⁹⁹ ea.



ORGANIKA
BLOOD SUGAR CONTROL
120 un

SAVE \$4.00

21⁹⁹ ea.



SAVE \$3.50

12⁹⁹ 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
5⁰⁰
or pay
2.99 ea.



14⁹⁹ ea.
NEW NORDIC
GUMMIES
60 un
SELECTED VARIETIES



SAVE \$5.00
19⁹⁹ ea.
LIVRELIEF
PAIN RELIEF CREAM
50 - 100 g
SELECTED VARIETIES



SAVE \$5.00
29⁹⁹ ea.
NEW NORDIC
BLUE BERRY
STRONG TABLETS
60 un



29⁹⁹ 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

21⁹⁹ 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

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all in one place.



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