

metro

WINTER ESSENTIALS FOR A COZY SEASON

BUCKLEY'S
COUGH SYRUP
250 ml
SELECTED VARIETIES

14⁹⁹
ea.



TYLENOL
COLD
MEDICATION
20 un
SELECTED VARIETIES

8⁹⁹
ea.



DRIXORAL
DECONGESTANT
25 ml

7⁹⁹
ea.

FISHERMAN'S FRIEND
LOZENGES
22 un
SELECTED VARIETIES

1⁹⁹
ea.



Feel your best, indoors & out.

JAMIESON
BISGLYCINATE
MAGNESIUM
70 un

12⁹⁹
ea.



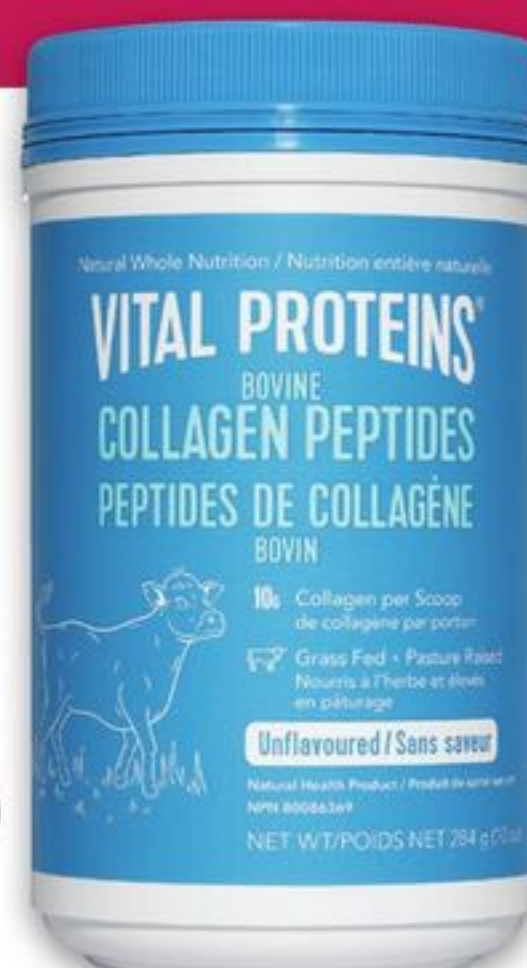
PURE PROTEIN
NUTRITIONAL
SUPPLEMENT
907 g
SELECTED VARIETIES

29⁹⁹
ea.



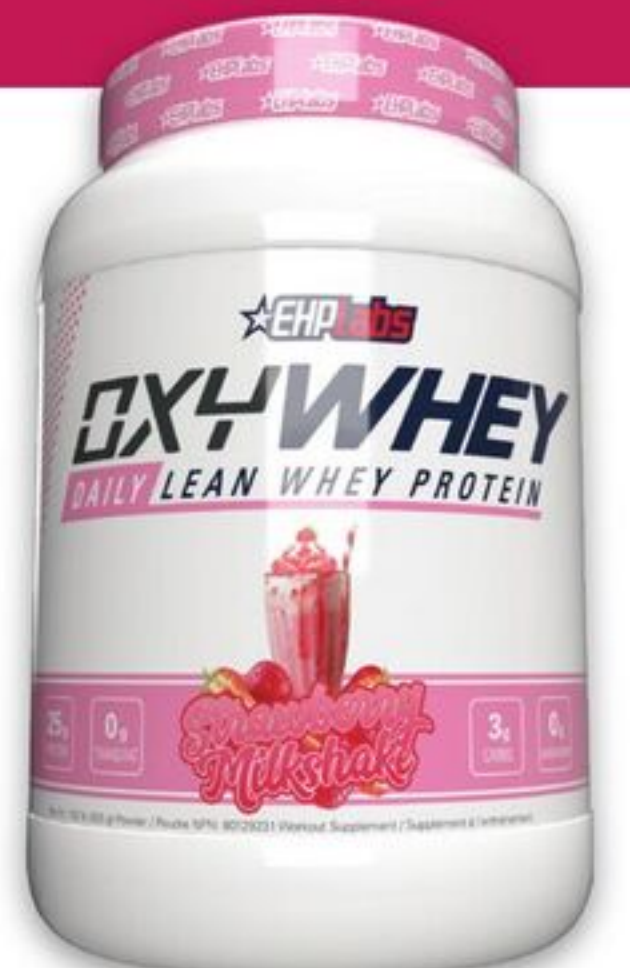
VITAL PROTEINS
COLLAGEN PEPTIDES
284 g

35⁹⁹
ea.



EHP LABS
OXYWHEY
825 - 900 g
SELECTED VARIETIES

44⁹⁹
ea.



pharmacy

EFFECTIVE DATES NOVEMBER 27TH TO DECEMBER 10TH, 2025



ENER-C VITAMIN C
30 un
SELECTED VARIETIES
15⁹⁹ ea.



NEILMED SINUINHALER
2 un
5⁹⁹ ea.



JAMIESON VITAMIN D3
240 un
8⁴⁹ ea.

COUGH & COLD support system



ROBITUSSIN COUGH CONTROL
230 - 250 ml
SELECTED VARIETIES
17⁹⁹ ea.



BENYLIN COUGH SYRUP
250 ml
SELECTED VARIETIES
15⁹⁹ ea.

NEOCITRAN
COLD & SINUS
RHUME ET SINUS
EXTRA STRENGTH
EXTRA FORT
10 un
SELECTED VARIETIES
13⁹⁹ ea.

Buckley's
COMPLETE
EXTRA-STRENGTH
Cough, Cold & Flu
DAY / JOUR
NIGHT / NUIT
48 CAPLETS
14⁹⁹ ea.

REDOXON
MULTIVITAMIN
15 un
SELECTED VARIETIES
7⁹⁹ ea.

BUCKLEY'S COUGH & COLD MEDICATION
48 un
14⁹⁹ ea.

RICOLA COUGH DROPS
17 - 19 un
SELECTED VARIETIES
2⁹⁹ ea.

A dose of prevention, as well as effective relief for symptoms, could help you feel better, faster.



TYLENOL COLD MEDICATION
24 - 40 un
SELECTED VARIETIES
13⁴⁹ ea.



VICKS COLD MEDICATION
24 un
SELECTED VARIETIES
12⁹⁹ ea.



CÉPACOL LOZENGES
16 un
4⁴⁹ ea.



GET YOUR FLU SHOT WHERE YOU SHOP

*Subject to vaccine availability. Speak to your Pharmacist for more details.

Click to register online metro.ca/flushot



HERBAL REMEDIES: rooted in wellness

Take a natural,
herbal approach
that may help relieve
cold & flu symptoms,
boost energy, build
immunity & provide
digestive support

ST-FRANCIS
HERB FARM
CANADIAN BITTERS
50 ml

19⁹⁹
ea.



JAMIESON
BLACK
ELDERBERRY
45 un

14⁹⁹
ea.



ORGANIKA
MACA
POWDER
400 g

36⁹⁹
ea.

17⁹⁹
ea.

OM MUSHROOM
SUPERFOOD
POWDER
54 - 60 g
SELECTED VARIETIES



26⁹⁹
ea.

IRWIN NATURALS
MILK THISTLE
60 un



24⁹⁹
ea.

HOLISTA
OREGANO OIL
25 ml



10⁹⁹
ea.

JAMIESON
GINGER
30 un



27⁹⁹
ea.

NATURE'S BOUNTY
TURMERIC CURCUMIN
90 un



16⁹⁹
ea.

NATURE'S BOUNTY
ASHWAGANDHA
100 un



17⁹⁹
ea.

WEBBER
NATURALS
ULTRACRAN
100 un



15⁴⁹
ea.

ORGANIC TRADITIONS
LATTE
150 g
SELECTED VARIETIES



ST-FRANCIS
HERB FARM
ECHINASEAL
50 ml

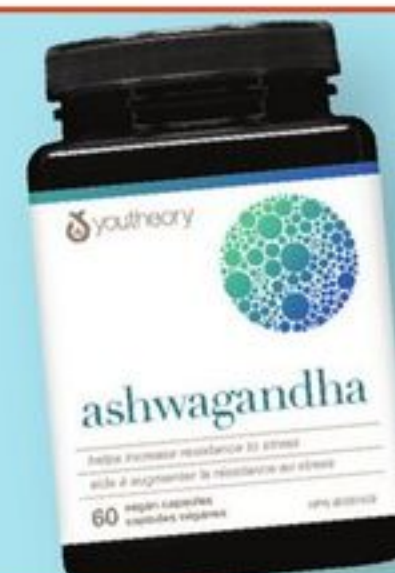
19⁹⁹
ea.

youtheory
wellness made
for all of you

+try youtheory® today

YOUTHEORY
SELECTED SIZES
SELECTED VARIETIES

15%
off



DON'T LET JOINT PAIN slow you down

22⁴⁹ ea. **TYLENOL**
200 - 230 un
SELECTED VARIETIES



Get the benefits of collagen
– in your morning coffee!

For hot coffee: simply stir
until dissolved

Cold coffee: dissolve in a
small amount of hot water
first to avoid clumps.



RUB-A535
65 - 100 g
SELECTED VARIETIES

9⁹⁹ ea.



ICYHOT
MEDICATED
PATCH
TIMBRE
MÉDICAMENTEUX

FOR HOURS OF
EFFECTIVE RELIEF

POUR DES HEURES DE
SOULAGEMENT EFFICACE

DUAL ACTION: Cold to Hot
DOUBLE ACTION : Froid à Chaud

REGULAR STRENGTH
PUISSANCE RÉGULIÈRE
Menthol 5% w/w, p/p

• Backache
• Muscle pain
• Mal de dos
• Douleur musculaire

5 PATCHES
TIMBRES

resealable pouch
un sachet refermable

RAND FORMAT
5 1/16" x 7 13/16" each / chacun

ICY HOT
ANALGESIC PATCH
3 - 5 un
SELECTED VARIETIES

9⁹⁹ ea.



31⁹⁹ ea. **INSTAFLEX**
ADVANCED
COLLAGEN
14 un

25⁹⁹ ea. **GENACOL**
AMINOLOCK
COLLAGEN
90 un



15⁹⁹ ea. **NEW NORDIC**
TURMERIC
GUMMIES
60 un
SELECTED VARIETIES

10⁴⁹ ea. **WEBBER NATURALS**
CALCIUM
MAGNESIUM ZINC
200 un

From supplements that support your
joint health to remedies that relieve
aches & pains, we have you covered,
so you can keep enjoying winter fun.

VOLTAREN
EMULGEL
100 - 120 g
SELECTED VARIETIES

17⁴⁹ ea.

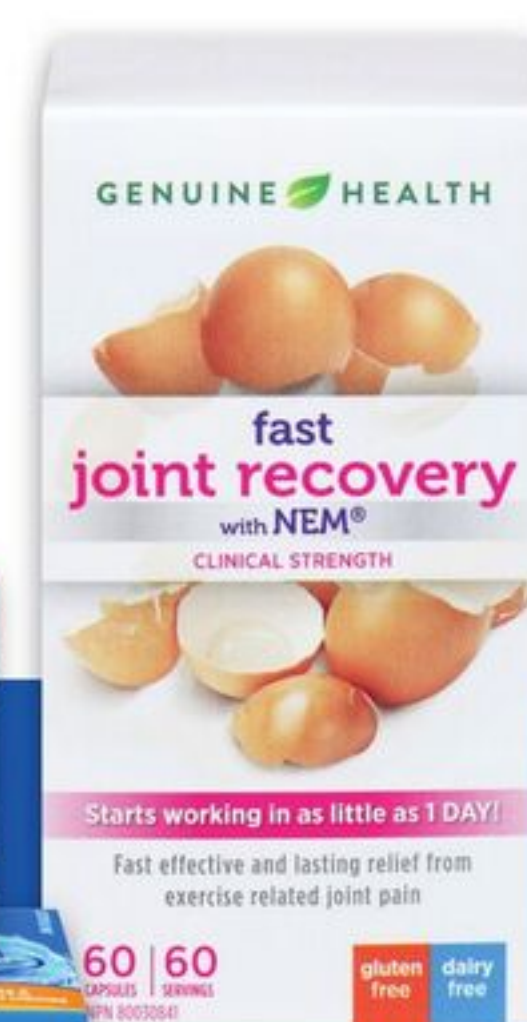


ALEVE
NAPROXEN
20 un

6⁹⁹ ea.



13⁹⁹ ea. **ADVIL**
IBUPROFEN
24 - 32 un
SELECTED VARIETIES



GENUINE HEALTH
JOINT RECOVERY
60 un

51⁹⁹ ea.

From the makers of
TYLENOL

Target pain precisely where you need it

TYLENOL
PRECISE
ANALGESIC
CREAM
113 g
SELECTED VARIETIES

16⁹⁹ ea.



To be sure this product is right for you, always read and follow the label. © Kenvue Canada Inc. 2025



9⁶⁹ ea.
LÄRABAR
ENERGY BARS
5 x 45 g
SELECTED VARIETIES

fuel
YOUR
WORKOUTS



4⁴⁹ ea.
MADE GOOD
BARS
SELECTED SIZES
SELECTED VARIETIES



2⁹⁹ ea.
BAREBELLS
PROTEIN BARS
55 g
SELECTED VARIETIES

LOVE GOOD FATS
BARS
39 g
SELECTED VARIETIES

2⁹⁹ ea.



PVL CREATINE
249 g
27⁹⁹ ea.

34⁹⁹ ea.
EHP LABS OXYSHRED
151 - 165 g
SELECTED VARIETIES

REVOLUTION
NUTRITION
HIGH WHEY
PROTEIN POWDER
908 g
SELECTED VARIETIES
39⁹⁹ ea.

9⁹⁹ ea.
MUSCLE MILK
PROTEIN BEVERAGE
4 x 330 ml
SELECTED VARIETIES

Create your pre- & post-workout routine with hydration packets, protein powders & beverages that may help maximize your recovery after exercising.



17⁹⁹ ea.
SPERRI
MEAL REPLACEMENT
4 x 330 ml
SELECTED VARIETIES



11⁹⁹ ea.
LIQUID I.V.
HYDRATION
MULTIPLIER
96 g



59⁹⁹ ea.
ALT
CLEAR PROTEIN
730 g
SELECTED VARIETIES



38⁹⁹ ea.
NORTH COAST
NATURAL
PROTEIN
680 g
SELECTED VARIETIES

Progressive®
10% off



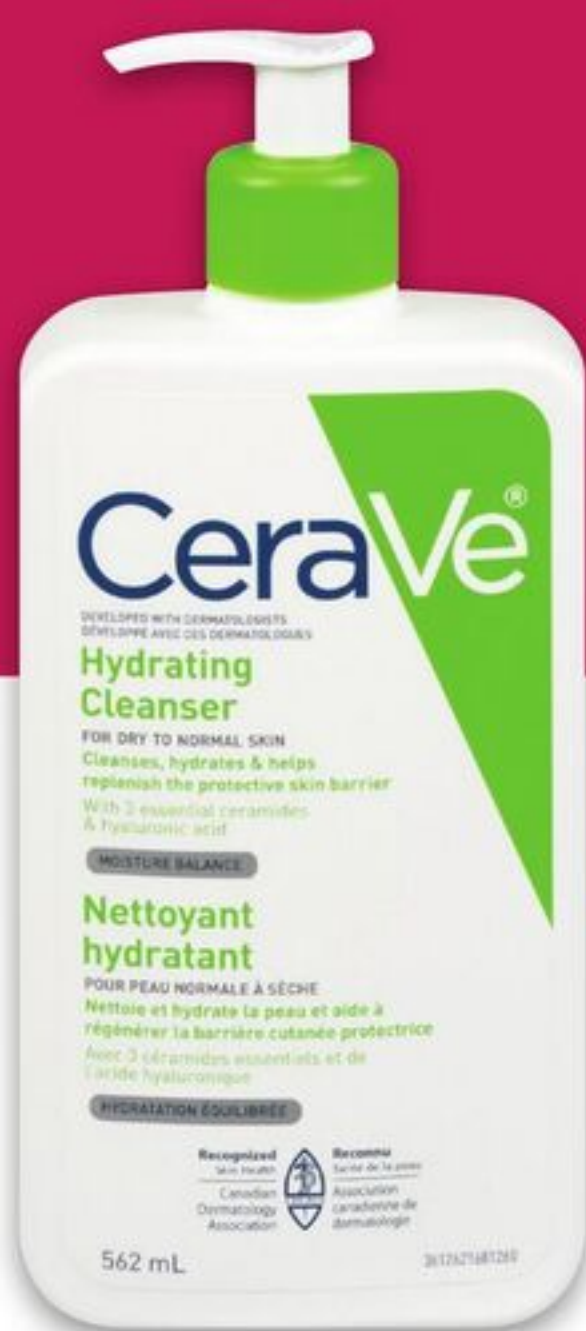
PROGRESSIVE
ISOLATE PROTEIN
850 g
SELECTED VARIETIES

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



Made with
**New Zealand
Grass Fed Whey**

COLDER WEATHER, softer skin



21⁹⁹
ea. CERAVE
CLEANSER
562 ml
SELECTED VARIETIES



24⁹⁹
ea. SATYA
ECZEMA RELIEF
OINTMENT
30 ml



9⁹⁹
ea. CLEARASIL
CLEANSING PADS
90 un

20⁹⁹
ea. NEUTROGENA
HYDRO BOOST GEL
47 ml



23⁹⁹
ea. CETAPHIL
BRIGHTENING-C
SERUM
30 ml

Harsh weather can dry out your skin – so keep your complexion & your lips soft & smooth by adding daily moisturizers, cleansers & serums to your routine. And don't forget the SPF.

17⁹⁹
ea. CERAVE
SPF 30
MOISTURIZING
LOTION
50 ml



4⁴⁹
ea. EUCERIN
AQUAPHOR
LIP BALM
4.8 g



13⁴⁹
ea. AVEENO
MOISTURIZING LOTION
532 ml
SELECTED VARIETIES



15⁹⁹
ea. CETAPHIL SKIN CARE
50 - 500 ml
SELECTED VARIETIES



12⁹⁹
ea. NIVEA BODY LOTION
625 ml
SELECTED VARIETIES

9⁹⁹
ea. NEUTROGENA
MAKEUP REMOVER
WIPES
25 un



9⁹⁹
ea. NIVEA
EYE MAKEUP
REMOVER
125 ml



Don't Pop It, Patch It!

Gently absorbs pimple gunk in 6-8 hours

HERO
MIGHTY PATCH
10 - 24 un
SELECTED VARIETIES

15% off



LESS STRESS, **better sleep**

WAKEUPS STIMULANT
100 un
11⁹⁹ ea.

NATURAL CALM
A MAGNESIUM POWDER SUPPLEMENT
UN SUPPLÉMENT DE MAGNÉSIMUM EN POUDRE
Raspberry-Lemon Flavour
Saveur de framboise-citron
Net Wt. 226 g / Poids net 226 g
29⁹⁹ ea.

OLLY SLEEP
50 un
SELECTED VARIETIES
24⁹⁹ ea.

GENUINE HEALTH STRESS
60 un
SELECTED VARIETIES
38⁴⁹ ea.

FEED THAT BRAIN
VEGAN ENERGY GUMMY
60 un
18⁹⁹ ea.

GENUINE HEALTH CLEAR FOCUS
60 un
24⁹⁹ ea.

JAMIESON VITAMIN B12
150 un
20⁹⁹ ea.

WEBBER NATURALS ASHWAGANDHA & MAGNESIUM
120 un
19⁹⁹ ea.

Our selection of calming & de-stressing supplements + sleep aids could help you sleep well, so you wake up feeling renewed.

PERSONNELLE NASAL STRIPS
26 - 30 un
SELECTED VARIETIES
12⁹⁹ ea.

NYTOL SLEEP AID
20 un
SELECTED VARIETIES
8⁴⁹ ea.

SLEEP EZE SEDATIVE
20 un
SELECTED VARIETIES
9⁹⁹ ea.

DREAM WATER SLEEP SHOT
4 x 74 ml
9⁹⁹ ea.

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up to
zero leaks, zero odours

always discreet
S/M/L PADS
2-14
MAXIMUM
17 UNDERWEAR COLOURED

always discreet
L/G PADS
14-20
MAXIMUM
17 UNDERWEAR COLOURED

BUY MORE SAVE MORE!
2 for
42⁰⁰
Less than 2 pay 21.99 ea.

ALWAYS DISCREET ADULT INCONTINENCE
17 - 66 un
SELECTED VARIETIES