

metro

**Biosteel
Sports Drink**
500 ml
Selected Varieties
**2 for
5⁰⁰**



RELIEVE. RENEW. Get Ready for Spring

BECAUSE YOUR
HEALTH MATTERS



**PVL
Creatine
Chewz**
80 un
25⁹⁹
ea.

**Good Protein
Nutritional Shake**
440 g
Selected Varieties
19⁹⁹
ea.



14⁹⁹
ea. **RestoraLax
RestoraFibre
Daily Gummies**
90 Un



28⁹⁹
ea. **Natural Calm
Magnesium
Powder**
226 g
Selected Varieties



**Pepcid
Complete
Mint Antacid**
50 un
26⁹⁹
ea.

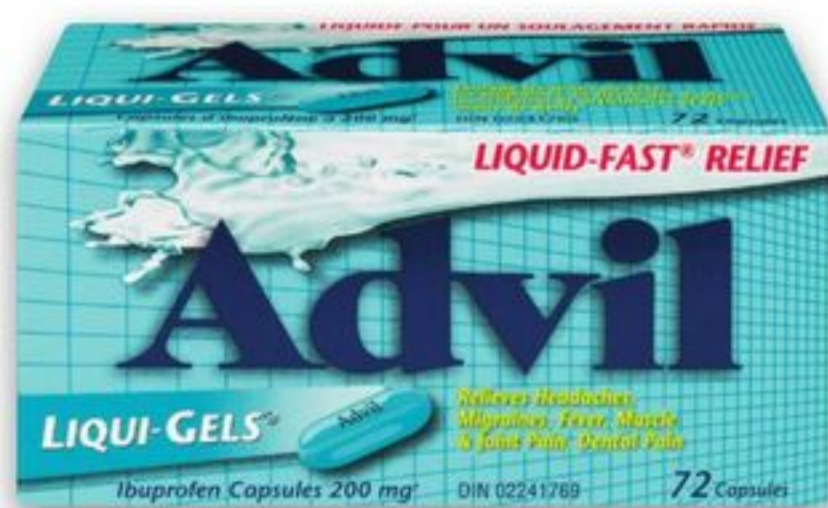


**Alani Nu
Pre-Workout
Supplement**
Selected Sizes
Selected Varieties
34⁹⁹
ea.



**Dream Water
Sleep Shot**
4 x 74 ml
7⁹⁹
ea.

Soothe your pain, so you
can spring into action.



14⁹⁹
ea. **Advil Liqui-Gels
Ibuprofen**
70 - 72 un
Selected Varieties

**Nuun
Hydration
Vitamins**
12 tabs
Selected Varieties
6⁹⁹
ea.



**Webber
Naturals
Multivitamin**
90 un
Selected Varieties
15⁹⁹
ea.



**Wampole
Multivitamin
Liquid**
350 ml
Selected Varieties
14⁹⁹
ea.

pharmacy

EFFECTIVE DATES APRIL 30TH TO MAY 13TH, 2026



19⁹⁹ ea. 1 un
Flonase Allergy Relief Nasal Spray



17⁹⁹ ea. 100 un
NeilMed Sinus Rinse Refill



17⁹⁹ ea.
Hydrasense Nasal Spray



18⁹⁹ ea.
Bausch + Lomb Eye Drops



9⁹⁹ ea.
Otrivin Medicated Complete Nasal Spray

BREATHE EASIER ALL allergy season

Allergy season is here, but relief is right around the corner. Find what you need in our pharmacy.



9⁹⁹ ea.
Benadryl Liquid Allergy Medication

8⁹⁹ ea.
Drixoral Decongestant

8⁹⁹ ea.
Claritin Allergy Decongestant Nasal Spray



For round-the-clock relief, take your allergy meds at the same time daily.

25⁹⁹ ea.
Reactine Allergy Medication



27⁹⁹ ea. 100 ml
Benadryl Allergy Medication



19⁹⁹ ea. 30 un
Allegra-D Decongestant



21⁹⁹ ea. 30 un
Claritin Allergy Medication

STAY HYDRATED, **feel refreshed**

7⁹⁹
ea. 1 un



Rehydrate, recharge,
and feel your best
with our selection
of electrolytes.

Hydralyte
Oral Rehydration
10 un

10⁹⁹
ea.



Liquid I.V.
Hydration
Multiplier
Drink Mix

9⁹⁹
ea.

60 - 96 g
Selected
Varieties



Roar Plus
Drink Mix
50.26g
Selected Varieties

9⁹⁹
ea.



Roar Healthy
Hydration Drink

532 ml
Selected Varieties

2⁹⁹
ea.



Cwench
Hydration Drink

500 ml
Selected Varieties

2⁴⁹
ea.

Electrolytes power you up & support
muscle recovery – caffeine free.



Wake Water
Electrolytes

8 un
Selected Varieties

18⁹⁹
ea.



BioSteel
Hydration Mix

16 un
Selected Varieties

19⁹⁹
ea.



Organika
Electrolytes Powder

210 g
Selected Varieties

45⁹⁹
ea.



Organika
Electrolytes
Lemon
Iced Tea

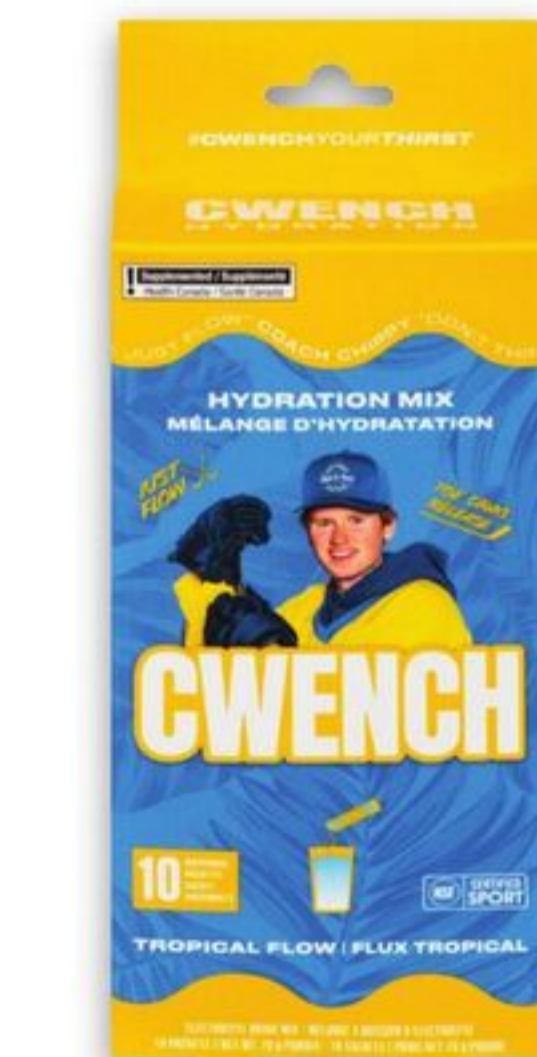
20 un

21⁹⁹
ea.

Nuun
Electrolyte
Tablets

10 un
Selected Varieties

8⁹⁹
ea.



Cwench Hydration
Electrolyte Mix

70 g
Selected Varieties

14⁹⁹
ea.



35⁹⁹ ea. **Pure Protein Protein Powder**
907 g
Selected Varieties



33⁹⁹ ea. **Premier Protein Milkshake Protein Powder**
663 - 697 g
Selected Varieties



24⁹⁹ ea. **Genuine Health Fermented Organic Vegan Protein Powder**
300 - 320 g
Selected Varieties



21⁹⁹ ea. **Hemp Yeah! Plant Protein Blend**
454 g
Selected Varieties

FUEL YOUR WORKOUTS WITH **powerful proteins**



36⁹⁹ ea. **Kaizen Naturals Whey Protein**
840 g
Selected Varieties

29⁹⁹ ea. **Leanfit Organic Plant-Based Protein**
715 g
Selected Varieties



57⁹⁹ ea. **ALT Clear Protein**
730 g
Selected Varieties



49⁹⁹ ea. **EHP Labs Oxywhey Lean Whey Protein**
825 - 900 g
Selected Varieties

Fuel your day with protein options that support strength, recovery, and everyday wellness.



58⁹⁹ ea. **Vega One All-In-One Protein Powder**
827 g



12⁹⁹ ea. **Basic Supplements Micronized Creatine Supplement**
300 g



24⁹⁹ ea. **Cellucor C4 Sport Pre-Workout Supplement**
270 g



34⁹⁹ ea. **Vital Proteins Collagen Coffee Whitener**
201 - 275 g
Selected Varieties



11⁹⁹ ea.
Boost Meal Replacement
 6 x 237 ml
 Selected Varieties



11⁹⁹ ea.
Boost Plus Calories Meal Replacement
 6 x 237 ml
 Selected Varieties



11⁹⁹ ea.
Boost Diabetic Meal Replacement
 6 x 237 ml
 Selected Varieties



Pediasure Complete Supplement
 4 x 235 ml
 Selected Varieties
10⁹⁹ ea.

NOURISH YOUR BODY, energize your day

10⁹⁹ ea.
Simply Protein Nutritional Shake
 4 x 330 ml
 Selected Varieties



13⁹⁹ ea.
Biosteel Protein Beverage
 4 x 325 ml
 Selected Varieties



More than 15g of protein to help fuel & maintain muscle.



11⁹⁹ ea.
Boost High Protein Meal Replacement
 6 x 237 ml
 Selected Varieties



19⁴⁹ ea.
Sperry Meal Replacement
 4 x 330 ml
 Selected Varieties



21⁹⁹ ea.
SlimFast Keto Shake Mix
 367 - 390 g
 Selected Varieties



11⁹⁹ ea.
Ensure Meal Replacement
 6 x 235 ml
 or 4 x 235 ml
 Selected Varieties



11⁹⁹ ea.
Ensure High Protein Meal Replacement
 6 x 235 ml
 Selected Varieties



11⁹⁹ ea.
Glucerna Meal Replacement
 6 x 237 ml
 Selected Varieties

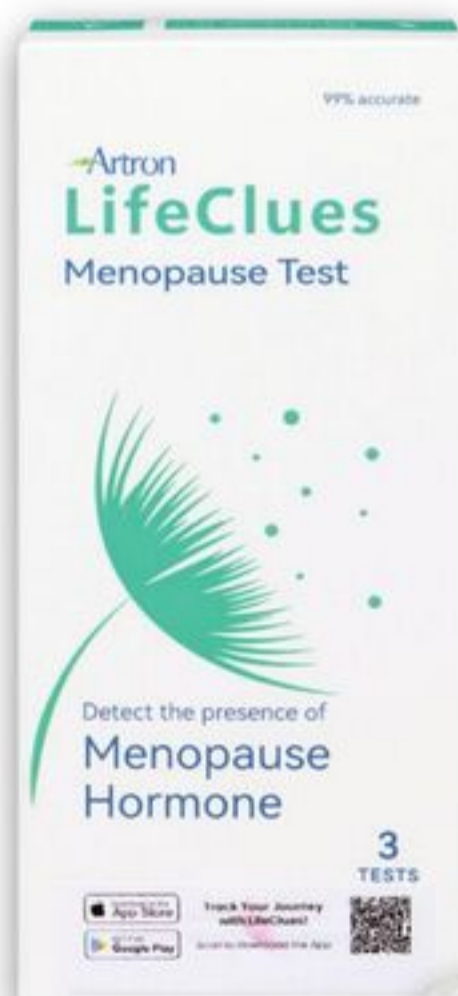
Centrum
Multigummies
Women
130 un
Selected Varieties
18⁹⁹
ea.



Suku
Luscious Hair
60 un
19⁹⁹
ea.



17⁹⁹
ea. Olly Women's
Multivitamin
90 un
Selected Varieties



Artron
Life Clues
Menopause
Test
3 un
23⁹⁹
ea.

ITLHealth
Prizmag
Bisglycinate
Magnesium
120 un
21⁹⁹
ea.



EMPOWER women's health

Olly
Happy
Hoo-Ha
Supplement
25 un
Selected Varieties

18⁹⁹
ea.



Centrum
Women
50+ Vitamin
90 un
Selected Varieties
16⁹⁹
ea.



One A Day
50+ Women
Multivitamin
90 un
Selected Varieties

14⁹⁹
ea.



Vagisil
Women's
Cleanser
360 ml
Selected Varieties

6⁹⁹
ea.

Create a self-care
routine with formulas
specially designed for
women's unique needs.



21⁹⁹
ea. CanesOral
Vaginal Care
1 un



18⁹⁹
ea. Replens
Vaginal
Moisturizer
35 ml



4⁹⁹
ea. Summer's Eve
Sensitive Skin
Feminine Wipes
32 un

Gaviscon
Antacid
50 - 100 un
Selected Varieties

17⁹⁹
ea.



RELIEVE
SYMPTOMS,
restore
comfort

16⁹⁹
ea.

Dulcolax
Laxative
100 un



16⁹⁹
ea.

OM Mushroom
Superfood Powder
54 - 60 g
Selected Varieties



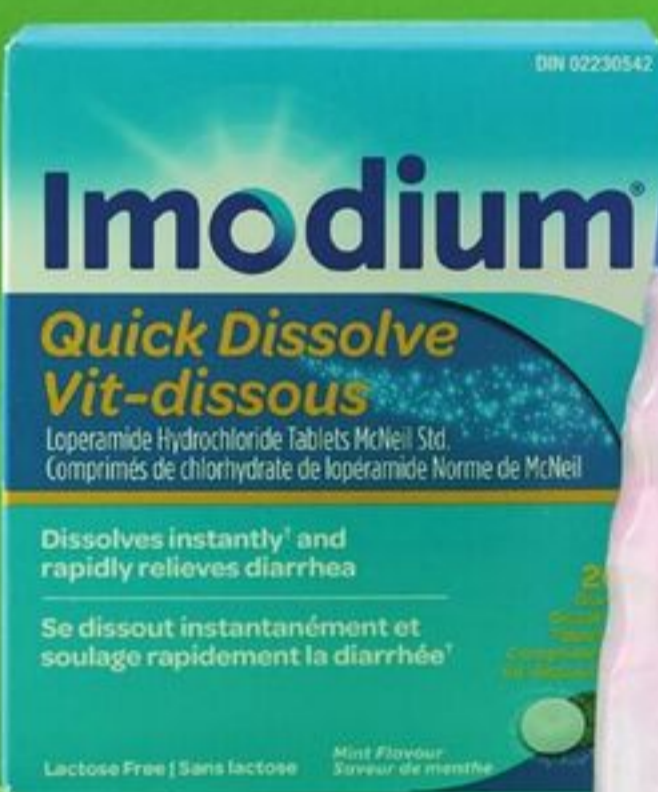
9⁹⁹
ea.

Pedialyte
Oral Rehydrate
1L
Selected Varieties



17⁹⁹
ea.

Nexium
24h
Antacid
14 un



25⁹⁹
ea.

Imodium
Quick Dissolve
20 un
Selected Varieties



10⁹⁹
ea.

Tums
Antacid
140 - 160 un
Selected Varieties



Psyllium fibre can
help manage blood
sugar by slowing
carbs down.

17⁹⁹
ea.

Meta Mucil Fibre
283 - 575 g
Selected Varieties



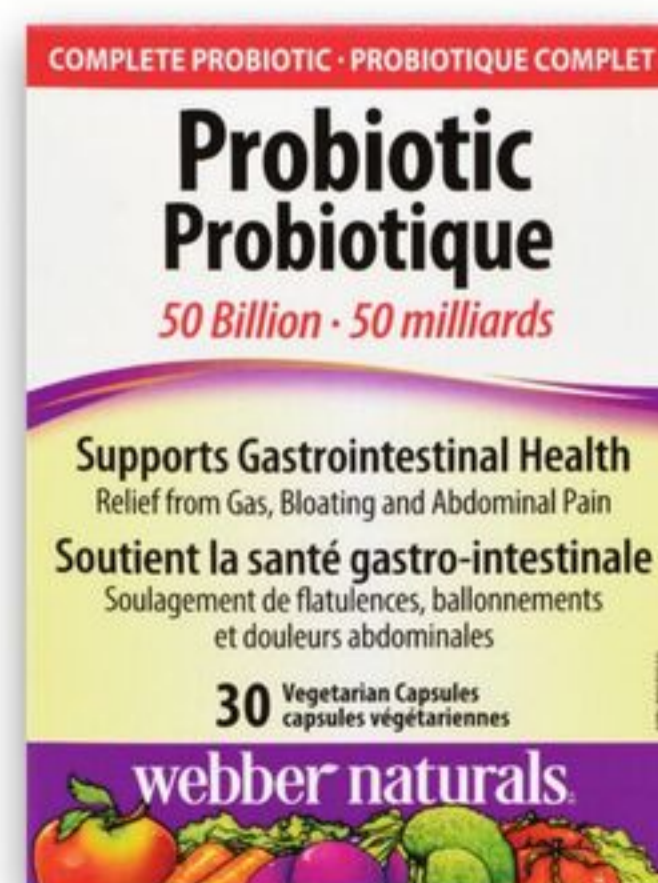
36⁹⁹
ea.

Florastor
All-In-One Probiotic
50 un



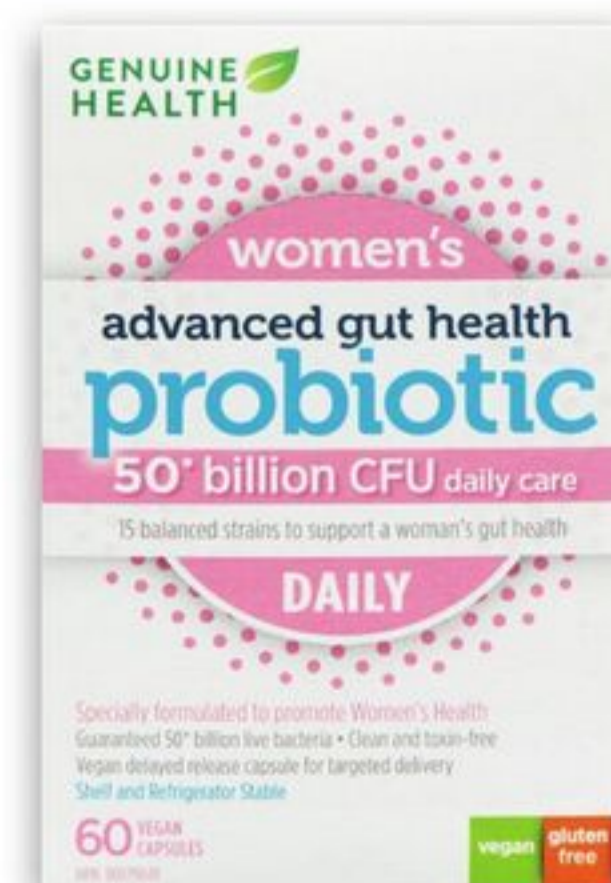
29⁹⁹
ea.

Align Advanced
Probiotic
21 un



25⁴⁹
ea.

Webber Naturals
Probiotic
30 un



68⁹⁹
ea.

Genuine Health
Women's Probiotic
60 un



LOOK WHAT'S NEW



19⁹⁹ ea. Jamieson Ashwagandha 100 un



15⁹⁹ ea. Jamieson Magnesium Bisglycinate 130 un



18⁹⁹ ea. Jamieson Multi Menopause 115 un



18⁹⁹ ea. Jamieson Kids Multi+ Probiotics 100 un



19⁹⁹ ea. Youtheory Ashwagandha 60 un



Youtheory K2D3 60 un **19⁹⁹** ea.



new gummies



Youtheory Biotin+ 60 un **19⁹⁹** ea.



Youtheory B12B6 60 un **19⁹⁹** ea.

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