metro

START THE
season strong
BECAUSE YOUR **HEALTH MATTERS**



24.99 ea. **Cold Fx Cold Medication**
45 - 60 un
Selected Varieties

11.99 ea. **Dutchman's Gold Throat Spray**
30 ml

Redoxon Vitamin C
15 ea.
5.99 ea.

RUB - A535 Analgesic Cream
Selected Sizes
Selected Varieties
11.99 ea.



18.99 ea. **Tylenol Analgesic Roll**
113 g
Selected Varieties



12.99 ea. **Bio True Eye Drops**
10 - 15 ml
Selected Varieties



16.99 ea. **Sambucol Black Elderberry Flu Care**
230 ml



16.99 ea. **Premier Protein**
4 x 325 ml
Selected Varieties



34.99 ea. **Good Protein**
440 - 470 g
Selected Varieties



37.99 ea. **Vital Proteins Collagen Peptides**
284 g
Selected Varieties



9.99 ea. **Liquid I.V. Electrolyte Drink Mix**
60 - 96 g
Selected Varieties



10.99 ea. **Benylin Cold & Cough Syrup**
100 ml
Selected Varieties

pharmacy

EFFECTIVE DATES NOVEMBER 12TH TO NOVEMBER 25TH, 2026



Beekeeper's Throat Spray
30 ml
Selected Varieties
14.99 ea.



Dutchman's Gold Throat Rescue Gummies
60 un
22.99 ea.

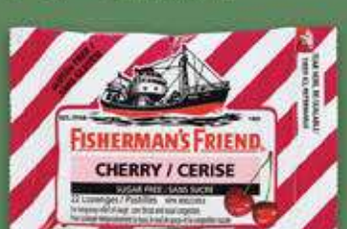
Cough? Sore throat? Stock up on soothing relief this season!



5.49 ea. **Chloraseptic Lozenges**
15 - 18 un
Selected Varieties



7.99 ea. **Ricola Cough Drops**
Selected Sizes
Selected Varieties



3.99 ea. **Fisherman's Friend Lozenges**
2 x 22 un
Selected Varieties



3 for 9.99 or pay 4.99 ea. **Halls Lozenges**
30 un
Selected Varieties

BUILD YOUR ARMOUR AGAINST cold & flu season

Vicks NyQuil Cold Syrup
354 ml
Selected Varieties
14.99 ea.

Vicks VapoRub
50 g
7.49 ea.

9.99 ea. **Thursday Plantation Eucalyptus Essential Oil**
50 ml

12.99 ea. **Sambucol Immunity Cold & Flu Relief Gummies**
30 un
Selected Varieties

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





24.99 ea. Jamieson Essential 10B Probiotics
60 un



29.99 ea. Bio-K Plus Probiotics
Selected Sizes
Selected Varieties

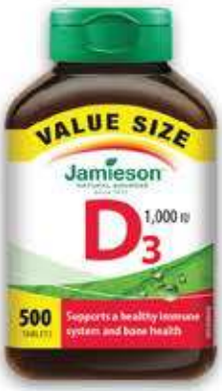


29.99 ea. Webber 50B Probiotics
30 un



36.99 ea. Florastor Daily Probiotics
50 un

Probiotics can help support healthy gut flora.



18.99 ea. Jamieson Vitamin D3
500 un
Selected Varieties



16.49 ea. Pepto-Bismol Antacid
Selected Sizes
Selected Varieties

Bloating? Gas? Enzyme supplements can help support your digestion.



18.99 ea. Lacteeze Lactase Enzyme
Selected Sizes
Selected Varieties



18.99 ea. Graviscon Extra Strength Antacid
Selected Sizes
Selected Varieties



2.99 ea. Dulcolax Laxative
10 un



16.99 ea. Senokot Laxative
60 un
Selected Varieties





Personnelle Epsom Salts
454 g
Selected Varieties
2.99 ea.



Caprina Bubble Bath
1 L
Selected Varieties
6.99 ea.

Pain keeping you awake? Get quick, effective relief.



Tiger Balm Ointment
18 g
5.99 ea.



Kalaya Analgesic Cream
120 g
Selected Varieties
16.99 ea.

sleep well, STAY WELL

Sleep Eze Sleeping Pills
9.99 ea.
Selected Sizes
Selected Varieties



Deep Relief Spray or Patch
Selected Sizes
Selected Varieties
9.99 ea.

Natural Calm Magnesium Powder
226 g
Selected Varieties
28.99 ea.







Jamieson Ashwaganda Vitamins
100 un
20.99 ea.



Nytol Sleep Aid
8.49 ea.
Selected Sizes
Selected Varieties



Melatonin can help support healthy sleep cycles.



Webber Melatonin Gummies
Selected Sizes
Selected Varieties
12.99 ea.



Jamieson 10mg Melatonin
60 un
Selected Varieties
14.99 ea.



Nature's Bounty Melatonin
Selected Sizes
Selected Varieties
19.99 ea.



Youtheory Magnesium Powder
126 g
Selected Varieties
24.99 ea.



John Frieda Hair Care
250 ml
Selected Varieties
13.49 ea.

Replens Vaginal Moisturizer
35 ml
18.99 ea.

9.99 ea. **Playtex, Carefree or Ob Feminine Hugiene**
Selected Sizes
Selected Varieties

Anusol Plus Hemorrhoidal Ointment
30 g
Selected Varieties
10.99 ea.

TAKE CHARGE OF women's health



11.49 ea. **Pond's Skin Cream**
190 ml



11.99 ea. **Neutrogena Make Up Removal Wipes**
25 un



Ogx or Maui Hair Care
Selected Sizes
Selected Varieties
11.49 ea.



6.99 ea. **St. Ives Facial Scrubs**
Selected Sizes
Selected Varieties

Pregnancy to menopause – support for every life stage.



17.99 ea. **Olly Women's Multivitamin**
90 un
Selected Varieties



21.99 ea. **Suku Women's Multivitamin**
60 un
Selected Varieties



17.99 ea. **Centrum Women's Multivitamin**
90 un
Selected Varieties



21.99 ea. **Jamieson Prenatal Vitamin**
60 un

Grow Your Mo for Movember 2026 & help raise awareness for men's health!

EVERYDAY ESSENTIALS made for men



Schick Hydro Razor Refills
4 un
19.99 ea.



Old Spice Body Care
Selected Sizes
Selected Varieties
9.99 ea.

Every Man Jack Body Wash
500 ml
Selected Varieties
9.49 ea.

Dove Hair Care
Selected Sizes
Selected Varieties
6.49 ea.



BIC Flex 4 Razors
3 un
8.49 ea.



Harry's Razor & Catridges Refill
1 un
Selected Varieties
13.99 ea.



Gillette Shaving Gel
Selected Sizes
Selected Varieties
4.99 ea.



Sesh+ Nicotine Gum
10 un
Selected Varieties
5.99 ea.

Use as directed. Read and follow package instructions. Consult a healthcare professional if you have questions about whether this product is right for you. Always read and follow the label. Use only as directed.



Just For Men Hair Dye
Selected Sizes
Selected Varieties
12.99 ea.



Trojan Condoms
10 un
Selected Varieties
12.99 ea.



Start his day with self-care solutions.

O'Keeffe's Working Hands Cream
85 g
12.99 ea.

Axe Deodorant
113 g
Selected Varieties
6.99 ea.





Revolution Protein Powder
667 - 908 g
Selected Varieties
44.99 ea.

Iron Vegan Sprouted Protein
1 kg
Selected Varieties
57.99 ea.

Progressive Isolate Protein
850 g
Selected Varieties
94.99 ea.

Building muscle? Add protein powders to your routine

EHP Oxy Whey Protein
825 - 900g
Selected Varieties
47.99 ea.

Basic Supplements Protein
2 lb
Selected Varieties
46.99 ea.

Alt Clear Protein
730 g
Selected Varieties
59.99 ea.

Working up a sweat? Stay hydrated with electrolytes.



Liquid I.V. Drink Mix
256 g
Selected Varieties
29.99 ea.



Organika Electrolytes
21 x 3.5 g
21.99 ea.

POWER THROUGH WITH healthy hydration

Good Protein
440 - 470 g
Selected Varieties
34.99 ea.

Vega Sport Protein
812 - 837 g
Selected Varieties
56.99 ea.





Roar Drink Mix
Selected Sizes
Selected Varieties
10.99 ea.



Blume
125ml
Selected Varieties
20.99 ea.

Grab your fuel for on-the go

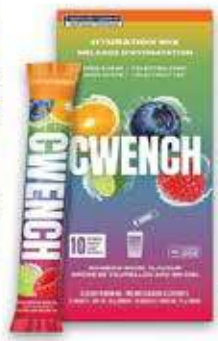


Pure Protein Protein Bar
6 x 50 g
Selected Varieties
14.99 ea.

Premier Protein Powder
663 - 697 g
Selected Varieties
56.99 ea.

Kaizen Whey Protein
840 g
Selected Varieties
62.99 ea.

Ensure High Protein
Selected Sizes
Selected Varieties
14.99 ea.



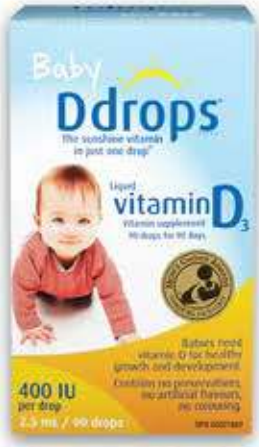
Cwench Drink Mix
70 g
Selected Varieties
14.99 ea.



Organika Bee Propolis
30 ml
Selected Varieties
18.99 ea.

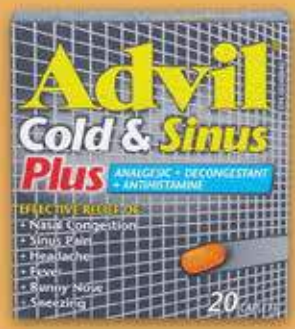


Jamieson D3 Drops
11.7 ml
Selected Varieties
17.99 ea.



Ddrops
2.5 ml
Selected Varieties
11.99 ea.

Soothing cough relief – made with natural ingredients.



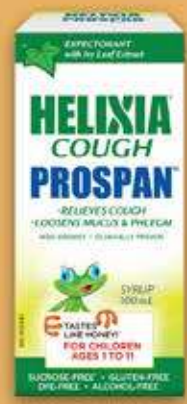
12.99 ea. **Advil Cold & Sinus**
Selected Sizes
Selected Varieties



Herbion Children's Cough Syrup
150 ml
Selected Varieties
7.99 ea.

10.99 ea. **Zarbee's Baby Cough Syrup**
59 ml

11.49 ea. **Tylenol Kids Medication**
Selected Varieties



Helixia Cough Syrup
100 ml
Selected Varieties
7.99 ea.



Buckley's Complete Syrup
150 ml
Selected Varieties
16.99 ea.

Possibly pregnant? Get quick, accurate results.



First Response Pregnancy Test
1 un
Selected Varieties
13.99 ea.



8.99 ea. **Aveeno Baby Wash & Shampoo**
236 ml



3.99 ea. **Once Upon A Farm Baby Purée**
Selected Sizes
Selected Varieties



5.49 ea. **Gerber Baby Snacks**
Selected Sizes
Selected Varieties



CeraVe Skin Care
962 ml
Selected Varieties
22.99 ea.

3.99 ea. Blistex Lip Balm
Selected Sizes
Selected Varieties

15.99 ea. Hero Mighty Patch
24 un

Eucerin Body Lotion
500 ml
21.99 ea.

rescue your skin
THROUGH THE WINTER



HydraSense Nasal Spary
100 ml
Selected Varieties
12.99 ea.



Neilmed Clearcanal Ear Care
1 un
9.99 ea.



Systane Ultra Eye Drops
10 ml
Selected Varieties
11.99 ea.

Keep winter-stressed skin soft & hydrated.



16.99 ea. **Cetaphil Skin Care**
Selected Sizes
Selected Varieties



TheraBreath Mouthwash
473 ml
Selected Varieties
13.99 ea.



Colgate Toothpaste
95 ml
Selected Varieties
1.79 ea.

G-U-M Sunstar Toothbrush
2 un
Selected Varieties
6.99 ea.





Aveeno Daily Moisturizing Lotion
532 ml
Selected Varieties
15.49 ea.

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