

Coupon Variations for the Post and Courier for 5/1 below. You will get (5) inserts in your paper.

Be on the lookout for:

(1) Proctor & Gamble

(2) RedPlum

(2) Smart Source

Proctor & Gamble 5/01

all excl trial size, all expire 5/28 (or 5/14 as marked)

\$2 off Always Discreet liner or pad, excl trial size

\$2 off Always Discreet underwear, excl trial size

.50/1 Always pad 12-ct.+ , or feminine wipes, excl Discreet, and trial size (exp 5/14)

.50/1 Always pantiliner 30 ct.+ , excl Discreet, and trial size (exp 5/14)

\$1 off Always Radiant or Infinity pads, 12-ct.+ , excl trial size (exp 5/14)

B2G1 Bounce Sheets 105 ct or smaller (Exp 5/14)

.25/1 Bounty napkins, excl trial size

.50/1 Bounty or Charmin Basic item, excl trial size

.25/1 Bounty or Charmin product, excl single rolls, and trial size

\$1/2 Bounty or Charmin products, excl single rolls, and trial size

\$5/2 Clairol hair color boxes, excl Age Defy, Balsam, and Textures & Tones, and trial size (exp 5/14)

\$2 off Clairol hair color, excl Age Defy, and trial size (exp 5/14)

.75/1 Clairol Herbal Essences body wash, excl trial size (exp 5/14)

\$3 off Covergirl Lashblast mascara, excl accessories, and trial size

\$1 off Covergirl product, excl accessories, and trial size

\$7 off Crest 3D White Glamorous White 14-ct., 1 Hour Express 4-8 ct., Professional Effects 20-25 ct., Professional Effects + 1 Hour Express Professional Effects 22-ct., or Supreme Flexfit 14-17 ct. Whitestrips, excl trial size (exp 5/14)

.50/1 Crest mouthwash, 237 mL +, excl trial size

.50/1 Crest toothpaste 3 oz +, liquid gel or kids toothpaste, excl Cavity, Baking Soda, Tartar Control, and trial size

\$1.50 off Crest toothpaste twin pack 3 oz+, excl Cavity, Baking Soda, Tartar Control, and trial size

.50/1 Downy Product , Unstoppables, Bounce Sheets 60 ct + or Bounce Burst (exp 5/14)

.50/1 Febreze or Unstoppables air item, excl Unstoppables in-wash scent booster, and trial size

\$1.50/2 Febreze or Unstoppables air items, excl Unstoppables in-wash scent booster, and trial size

\$3 off Gillette razor, excl disposables, and trial size

\$1 off Gillette shave gel, excl trial size

\$2/2 Head & Shoulders full size items, 380 mL/12.8 oz +, excl treatments, and trial size (exp 5/14)

\$2 off Luvs diapers, excl trial size

\$2 off Meta appetite control product, excl trial size

\$2 off Meta health bar, capsules, singles or wafers item, excl health bar 1-ct., and trial size

\$1 off MetaBiotic product, excl trial size

\$2 off Metamucil product, excl trial size

.75/1 Mr. Clean Liquid Muscle, liquid or spray, excl trial size

.50/1 Mr. Clean Magic Eraser, excl trial size

\$1 off Olay body wash, bar 4 ct. +, in-shower body lotion or hand and body lotion, excl trial size (exp 5/14)

\$1 off Olay facial moisturizer or cleanser, excl Pro-X, Regenerist, Total Effects, Age Defying, and trial size

\$5/2 Olay Pro-X or Regenerist facial moisturizer or facial hair removal item, excl trial size (exp 5/14)

\$1 off Old Spice product, excl shampoo, 2-in-1, styling items, and trial size (exp 5/14)

\$4/2 Old Spice shampoo, 2-in-1 or styling items, excl trial size (exp 5/14)

.50/1 Oral-B adult or kids manual toothbrush, excl trial size

.50/1 Oral-B Glide Floss 35 M+, or Glide Floss Picks, 30-ct. + pkg., excl trial size

\$1.50 off Oral-B manual toothbrush 3D white, Pro-Health or Complete twin pack, excl Cavity, Healthy Clean, Indicator, and trial size

Free Pampers wipes, 72-ct. or less, up to \$3.99, WYB (1) Pampers diapers or pants, excl trial size (exp

5/14)

\$1 off Pantene Expert Collection item, excl trial size (exp 5/14)

\$2/2 Pantene products, must include shampoo and conditioner or styler, excl 6.7 oz, and trial size (exp 5/14)

\$5/3 Pantene products, must include shampoo and conditioner or styler, excl 6.7 oz, and trial size (exp 5/14)

\$1.50 off Pantene styler or treatment item, excl trial size (exp 5/14)

\$5/2 Prilosec OTC products, 42 ct., excl trial size (exp 5/14)

\$1 off Satin Care or Venus shave gel, 7 oz +, excl trial size

\$2 off Secret or Gillette Clinical, 1.6 oz, excl trial size (exp 5/14)

\$1 off Secret Outlast, Scent Expressions or Destinations deodorant or body spray, excl 1.6-1.7 oz, and trial size (exp 5/14)

.50/1 Swiffer refill, solution or Dust & Shine, excl Steamboost starter kits and refills, and trial size

\$1.50/2 Swiffer refills, solutions or Dust & Shine items, excl Steamboost starter kits and refills, and trial size

\$3 off Swiffer Sweep & Trap, Wetjet or Sweep + Vac starter kit, excl Steamboost starter kits and refills, and trial size

\$1 off Swiffer sweeper or duster starter kit, excl trial size

\$1 off Tampax Pearl or Radiant tampon, 16-ct.+, excl trial size (exp 5/14)

.50/1 Tampax product, 16-ct.+, excl trial size (exp 5/14)

\$2 off Tide PODS or Gain Flings (excl. 5 ct and trial/travel size) exp 5/14

\$2 off Tide Detergents, Tide Odor Rescue or Tide Brights + Whites Rescue (Excp 5/14)

\$2 off Unstoppables Premium Scent Booster with Fabric Conditioner (Exp 5/14)

\$3/3 Tide Detergent, Tide Odor Rescue or Tide Brights+Whites Rescue (Excp 5/14)

\$3 off Venus razor, excl trial size

\$1 off Vicks ZzzQuil item, excl trial size

Red Plum 5/01 #1

\$3 off Advil Allergy Sinus, Allergy & Congestion Relief, Cold & Sinus, or Sinus Congestion & Pain (exp 6/30)

\$3 off Advil Easy Open Arthritis Cap, 160 or 200 ct. (exp 6/30)

\$1 off Advil regular, PM, Migraine or Childrens and infants', or Thermacare item, excl trial size (exp 6/26)

.45/1 Angel Soft bathroom tissue (exp 6/2)

\$1 off Angel Soft mega bathroom tissue, 6-roll + (exp 6/2)

\$1 off Caltrate product (exp 6/26)

\$1 off Centrum multivitamin (exp 6/26)

\$1/2 ChapStick Total Hydration or Dual-Ended Hydration Lock items (exp 6/26)

\$1 off Clairol Professional Flare hair color (Sally Beauty coupon) (exp 5/21)

\$1 off Clairol Professional full size thrive hair care solutions (Sally Beauty coupon) (exp 5/21)

\$1 off Clorox 2 product, excl pen (exp 6/30)

.35/1 Country Crock spread, 45 oz (exp 5/29)

\$1 off Dove beauty bar item, 4-pk. +, excl trial size and Men+Care (exp 5/29)

\$1 off Dove body wash item, 22 oz +, excl trial size and Men+Care (exp 5/29)

\$3/2 Dove hair care items, excl trial size and Men+Care (exp 5/14)

\$1.50 off Dove Women's Advanced Care deodorant, excl trial size and Men+Care (exp 5/29)

\$4 off Flonase 120 spray + (exp 5/29)

\$2 off Flonase 60 spray or children's (exp 5/29)

\$10 off Flonase Allergy Relief, 120 spray (exp 5/8)

Free lipstick or nail polish up to \$8, with \$20 purchase (Sally Beauty coupon) (exp 5/8)

\$2 off Nexium 24HR item (exp 6/26)

\$1 off Preparation H product (exp 6/26)

B2G1 Purex Crystals in-wash fragrance booster 18 oz, excl Scentsplash, up to \$3.99 (exp 5/8)

.50/1 Purex liquid detergent (exp 5/8)

\$1 off Purex Plus Clorox 2 liquid detergent, 65 oz + (exp 5/8)

\$3 off Schwarzkopf Color Ultime or Keratin color hair color item (exp 5/31)

.50/1 Soft Scrub 4-in-1 toilet care item (exp 5/21)

\$1 off Soft Scrub product, 20 oz + (exp 5/21)

.50/1 Zatarain's rice mix (exp 6/12)

Red Plum 5/01 #2

\$1 off ACT product, excl trial size (exp 6/18)

\$2 off Adams flea and tick control item (exp 7/1)

\$4 off Allegra allergy 24HR item, 5-15 ct. (exp 5/14)

\$5 off Allegra allergy 24HR item, 24-ct.+ (exp 5/14)

\$3 off Allegra children's allergy item (exp 5/14)

\$3 off Allegra D allergy & Congestion item (exp 5/14)

.35/1 Blue Ribbon product (exp 8/31)

\$1 off Cortizone 10 product, excl trial size (exp 6/4)

\$3 off Diruex brand diuretic exp 5/9

\$1 off Diruex brand diuretic exp 7/31

.25/1 Duracell coppertop, quantum, ultra photo lithium, specialty batteries, rechargeable batteries, charger or 6-pk.+ hearing aid batteries, excl 1-ct. and trial size (exp 5/28)

.50/1 Eggland's Best cage free eggs (exp 8/1)

.35/1 Eggland's Best eggs (exp 8/1)

.35/1 Eggland's Best Hard Cooked & Peeled Eggs (Exp 8/1)

\$1/3 Francesco Rinaldi pasta sauce, 15 oz + (exp 6/15)

\$2 off Garnier cleanser, excl trial size (exp 5/28)

\$3 off Garnier moisturizer, excl trial size (exp 5/28)

\$1 off Gold Bond product, excl 1 oz (exp 6/4)

\$1.50 off Huggies Baby Wipes Refill 168-552 ct PUBLIX COUPON exp 6/1

\$2 off Huggies Diapers 18-180 ct. Pull-Ups Training Pants 18-54 ct, Goodnites Youth Pants 11-33 ct or Little Swimmers Disposable Swimpants 10-12 ct PUBLIX COUPON exp 6/1

\$2 off Iams dry dog food bag (exp 6/12)

\$1 off Icy Hot or Aspercreme, Capzasin, Arthritis Hot, Flexall or Sportscreme product, excl 1-ct. patch (exp 6/18)

\$2 off Icy Hot or Aspercreme, with Lidocaine, excl 1.75 oz (exp 6/18)

.75/2 Jimmy Dean breakfast sausage items, excl fully cooked pork patties (exp 6/27)

\$1/2 Jimmy Dean fully cooked breakfast sausage items, excl fully cooked pork patties (exp 5/29)

\$1.50 off Kaopectate product, excl 14-t. tablets (exp 6/18)

\$2 off L'Oreal Everstrong, Oleotherapy, Everpure, Evercurl, Eversleek or Evercreme shampoo, conditioner or treatment item (exp 5/28)

\$3 off L'Oreal Preference Mousse Absolue haircolor, excl Original Superior Preference (exp 5/28)

\$2 off L'Oreal Superior Preference haircolor, excl Preference Mousse Absolue (exp 5/28)

\$1 off Minute gluten-free multi-grain medley (exp 7/23)

\$5 off Nasacort Allergy 24-hr spray (exp 5/14)

\$2 off Nasacort product (exp 6/18)

\$3/2 Roloids bottles, 60-ct.+ or 12 oz + (exp 6/4)

\$1 off Selsun Blue product, excl trial size (exp 6/18)

SmartSource 5/01 #1

\$2 off Aleve product, 40-ct. +, excl D (exp 7/15)

\$1 off Black Forest gummies or fruit snacks (exp 7/31)

\$3 off Blink lid wipes (exp 6/6)

\$3 off Blink Revitalens 10 oz (exp 6/6)

\$5 off Blink Revitalens 20 oz (exp 6/6)

\$3 off Blink tears, tears preservative free, geltears, blink-n-clean or contacts (exp 6/6)

\$3 off Blue-Emu product (Exp 6/30)

\$3 off Blue-Emu original (Exp 6/30)

\$1 off Bush's Cocina Latina (exp 6/19)

\$2/2 Carnation breakfast essentials boxes, canisters or multipacks, excl single serve 8 oz bottles (exp 6/30)

\$3 off Carvel, Oreo, Chips Ahoy! Hello Kitty or Peanuts Ice Cream Cakes 32 oz + (exp 6/25)

\$5 off Clarispray product (exp 5/29)

\$7 off Clarispray product (exp 5/8)

\$3 off Claritin children's 4 oz or 20-ct. (exp 5/29)

\$5 off Claritin children's syrup 8 oz, or chewables (exp 5/8)

\$5 off Claritin product, 30 ct. (exp 5/29)

\$10 off Claritin product, 70-ct. (exp 5/8)

\$3 off Claritin-D product, 15-ct. + (exp 5/29)

\$5 off Claritin-D product, 15-ct. + (exp 5/8)

\$1 off Colgate 360 or Slim soft manual toothbrush, excl Plus, Triple Action, Extra Clean and Classic lean (exp 5/7)

\$1 off Colgate mouthwash or mouth rinse, 236 mL+ (exp 5/28)

\$2 off Colgate Optic White High Impact White, Total Daily Repair, Enamel Health or Sensitive Smart White toothpaste, 3 oz + (exp 5/14)

\$2 off Colgate powered toothbrush (exp 5/21)

.50/1 Colgate toothpaste 3 oz +, excl 2.8 oz, 2.8 oz bonus and trial size (exp 5/14)

\$3 off Complete product, 12 oz + (exp 6/6)

\$3 off Dr. Scholl's insoles \$7.95 + (exp 6/11)

\$3 off Dr. Scholl's massaging gel insoles or pain relief orthotics (exp 6/11)

\$1 off Dr. Scholl's product, incl cushions and removers (exp 6/11)

.55/1 Duncan Hines perfect size cake mix (exp 7/31)

\$1 off Eight O'Clock Coffee (Exp 7/13)

\$1 off Energems bottle, 21 ct. (exp 7/31)

\$2 off Ensure Enlive multipack (exp 6/26)

\$2/2 Ensure multipacks (exp 6/26)

.55/2 Fiora facial tissue (exp 6/30)

.55/1 Fiora roll bath tissue, or paper towels 6-roll (exp 6/30)

\$1 off Glade Plugins scented oil twin or triple refills (exp 6/12)

\$1/2 Glade Premium room sprays (exp 6/12)

\$1/2 Glade products, excl solid air freshener, aerosol 8 oz, and Plugins scented oil warmer (exp 6/12)

\$1/2 Glade small jar candles, 3.4 oz (exp 6/12)

\$1 off Gratify Gluten Free Crackers or Pretzels (Exp 7/31)

\$1 off Irish Spring body wash, excl 2.5 oz trial size (exp 5/21)

\$1 off Irish Spring soap bar packs, 6-ct.+ (exp 5/21)

\$1 off MiraLAX product (exp 6/10)

\$3 off MiraLAX product, 30-dose + (exp 6/10)

.55/1 Oroweat bread item (exp 8/31)

\$1.50 off Purina Beneful dog snack, 6 oz + (exp 8/1)

\$3 off Purina Beneful dry dog food, 31.1 lb + (exp 8/1)

\$2 off Purina Beneful dry dog food, 3-15.5 lb. bag (exp 8/1)

\$1/4 Purina Beneful wet dog food, 3-ct. 3 oz sleeves (exp 8/1)

\$1/24 Purina Fancy Feast gourmet cat food, 3 oz cans (exp 8/30)

\$1 off Purina Fancy Feast gourmet dry cat food (exp 8/30)

\$1/6 Purina Fancy Feast Medleys gourmet cat food cans (exp 8/30)

\$1/4 Purina Fancy Feast wet cat food, 2 oz trays (exp 8/30)

\$1/2 Purina Friskies cat treats (exp 7/1)

\$2 off Purina Tidy Cats lightweight clumping litter (exp 8/1)

\$20 off qilib hair regrowth and revitalizing hair system for him or for her (exp 10/31)

\$10 off qilib hair regrowth treatment or revitalizing hair solution for him or for her (exp 10/31)

.55/1 Sabor by Texas Pete Mexican Style Hot Sauce (Exp 5/21)

\$1 off Skinny Cow frozen treat (exp 7/15)

\$1 off Softsoap body wash, 15 oz + (exp 5/21)

.50/1 Softsoap liquid hand soap premium pump 8-10 oz, or refill 28 oz + (exp 5/21)

\$1 off SPAM Snacks (exp 6/27)

\$½ SPAM products (Exp 6/27)

.50/1 Speed Stick deodorant, 2.7 oz+ (exp 5/21)

B1G1 Speed Stick Gear deodorant or body spray, up to \$4.29, excl .5-1.8 oz trial size (exp 5/21)

.50/1 Speed Stick Lady deodorant, 2.3 oz +4 (exp 5/21)

\$½ Sticky Fingers Barbecue Sauce (Exp 5/31)

\$1 off Suavitel fabric softener, 44 oz + (exp 5/21)

\$1.50 off Suavitel Fragrance Pearls in-wash scent booster, or fabric softener sheets 40-ct.+ (exp 5/21)

\$4 off Waggin' Train treats for adult dogs, 18 oz + (exp 8/1)

B1G1 Waggin' Train treats for adult dogs, 3 oz, up to \$4.99 (exp 8/1)

.75/1 Wet Ones product, excl 15-20 ct. travel packs (exp 6/30)

\$1/2 Wet Ones product, excl 15-20 ct. travel packs (exp 6/30)

\$2 off Windex Outdoor Glass, Patio and More! items (exp 5/22)

\$2/2 Windex products, excl trial size (exp 5/22)

SmartSource 5/01 #2

\$2 off Bausch+Lomb Biotrue 10 oz, Peroxiclear 12 oz, Renu Fresh 12 oz, Renu Sensitive 12 oz, or Boston items (exp 7/1)

\$4 off Bausch+Lomb Biotrue 2×10 oz, Peroxiclear 2×12 oz or Renu Fresh 2×12 oz (exp 7/1)

\$3 off Bausch+Lomb Ocuville (exp 6/30)

\$3 off BIC Flex 5,, Flex 4, Flex 3, Comfort 3 Advance, Hybrid 3 Comfort or Hybrid 4 Flex razor, excl trial size (exp 5/29)

\$3 off BIC Soleil disposable razor, excl trial size (exp 5/29)

\$1 off Black Forest Gummies or Fruit Snacks (Exp 7/31)

\$1 off Bonne Maman Preserves or Jelly 13 oz (Exp 7/31)

.50/1 Bonne Maman Preserves or Jelly 13 oz jar (exp 8/31)

\$2 off Brita On The Go bottle (exp 6/26)

\$4 off Brita pitcher, filter 3 ct. +, faucet mount or faucet mount filter, excl 1 ct. (exp 6/26)

.75/1 Brut deodorant, excl Revolution 2.25 oz (exp 5/29)

\$1 off Brut fragrance (exp 5/29)

\$1 off Bush's Cocina Latina (exp 6/19)

\$1 off Butterball Deli Ham from the Service Deli Counter (Exp 6/30)

\$1 off Clean & Clear product, excl trial size (exp 7/3)

\$1/2 Clorox bleach items, 24 oz + (exp 6/30)

\$1/2 Clorox disinfecting wipes 34 ct. +, Triple Action dust wipes 20 ct. +, or liquid bleach 55 oz + (exp 7/1)

\$2 off Depend product (exp 6/11)

\$2 off Depend Real Fit or Silhouette items, 8 ct. + (exp 6/11)

\$2 off Depend shields, guards for men or bed protectors, 8-ct. + (exp 6/11)

\$1/2 General Mills Cheerios, any flavor (exp 6/11)

\$1/2 General Mills Honey Nut Cheerios, Lucky Charms, Trix, Cookie Crisp, Cinnamon Toast Crunch, Reese's Puffs, Cocoa Puffs, Golden Grahams, Kix, Honey Nut Cheerios Medley Crunch, Honey Kix, berry Berry Kix, Chocolate Lucky Charms, Chocolate Toast Crunch, French Toast Crunch, or Teenage Mutant Ninja Turtles (exp 6/11)

\$1/2 Hormel Compleats microwave meals, snackers dips or sandwich makers (exp 6/27)

\$2 off Infusium 23 shampoo, conditioner or leave in treatment (exp 5/29)

\$1/2 Kraft Barbecue Sauce 17.5-18 oz) exp 6/12

.50/1 Kraft Mayo 22oz + (Exp 6/12)

.75/2 Kraft Dressing 16 oz + (Exp 6/12)

\$1 off Liquid-Plumr product (exp 6/30)

.75/1 Merci box (exp 6/30)

\$1 off MiraLax product (exp 6/10)

\$3 off Miralax product 30 ct + (exp 6/10)

\$5 off Miralax 30 dose + (Exp 5/15)

\$1 off Motrin IB, PM, children's or infant's item, excl trial size (exp 5/31)

\$3/2 Motrin IB, PM, children's or infant's items, excl trial size (exp 5/31)

.50/2 Nature Valley granola bars, 5-ct. + (exp 6/25)

\$1 off Nuk or Gerber Graduates item, excl food and clothing (exp 5/15)

\$1 off Neutrogena SunCare or Sunless Product (exp 7/31)

.75/1 Pert Plus product, 13.5 oz + (exp 5/29)

\$2 off Pert Plus product, 25.4 oz + (exp 5/29)

\$2 off Phazyme anti-gas softgels, 180 mg (exp 6/30)

\$2 off Phazyme anti-gas softgels, 250 mg (exp 6/30)

\$2 off Phazyme gas & acid chews, 250 mg (exp 6/30)

\$10 off Philips Sonicare 2 Series Plaque Control, 3 Series Gum Health, Healthywhite +, or Airfloss Ultra (exp 6/11)

\$5 off Philips Sonicare Essence, Essence+, or for kids rechargeable toothbrush (exp 6/11)

\$2 off Poise pads, liners or Impressa bladder supports, excl 14-26 ct. liners and 10-ct. pads (exp 5/21)

\$1 off Skippy P.B. Bites (exp 6/27)

\$2 off St. Joseph aspirin 90 ct. + (exp 6/30)

\$1 off St. Joseph low dose aspirin (exp 6/30)

.40/1 SunnyD product (exp 6/30)

.75/1 Sure product, 2.6, 2.7 or 6 oz (exp 5/29)

\$4 off Thera Tears (Exp 5/15)

\$2 off Thera Tears (Exp 7/31)

.50/1 Welch's Fruit 'n Yogurt snacks, 8-ct. (exp 6/11)

.75/2 Welch's fruit snacks or pb&j snacks, 8-ct. +, excl 80-ct. (exp 6/11)