

Coupon Variation for the Post and Courier for 05/01, below. You will get up to four (4) inserts in your paper this weekend.

Be on the lookout for: **(1) Procter & Gamble, (1) Save, (2) SmartSource , and (1) Unilever**
Procter & Gamble 05/01

\$2 off Align probiotic supplement, excl trial (exp 5/14)

\$3 off Always Discreet Boutique or Discreet Incontinence product 20 ct +, excl Discreet pads 20-ct, Discreet liners 24-26 ct, & trial (exp 5/28)

\$2 off Always Discreet Incontinence product, excl liners 24-26 ct, & trial (exp 5/28)

\$1 off Always ultra thin or maxi Pads 10-ct+, Always ZZZs 4-ct+, or Intimate Care washes & wipes, excl Radiant, Infinity, or Pure Cotton pads, or liners or Discreet items (exp 5/28)

.25/1 Bounty napkins, excl trial (exp 5/14)

\$1 off Bounty paper towels, 4-ct +, incl double plus roll, excl trial (exp 5/14)

\$4/2 Burt's Bees adult or kids toothpaste (exp 5/14)

Free Cascade Rinse Aid, up to \$4.50, WYB (1) Cascade Action Pacs Tub 30-ct+ (exp 5/14)

\$1 off Charmin toilet paper, 4 ct + (exp 5/14)

\$1 off Crest toothpaste 2.7 oz +, excl Cavity, Regular, Base Baking Soda, Tartar Control/Protection, F&W Pep Gleem, Aligner Care, More Free packs, multi-packs & trial (exp 5/14)

.50/1 Dawn dishwashing liquid 32.7 oz +, or Foam product, excl PowerWash, EZ Squeeze & trial (exp 5/14)

.50/2 Dawn Scrubbers, sponges 3-ct+, brushes, and fillable wands, excl gloves, liquids & trial (exp 5/26)

.50/1 Dawn Wipes, excl trial (exp 5/14)

\$10/2 Dermageek Facial Moisturizers or Serums, excl cleansers & trial (exp 5/28)

B1G1 Febreze Air Effects product, up to \$3, excl trial (exp 5/14)

\$2 off Fixodent Adhesive twin or triple pack, 2 oz + (exp 5/14)

\$1 off Fixodent adhesive, 1.4 oz +, excl multi-packs (exp 5/14)

\$1/2 Gain Dishwashing Liquid, 21.6 oz+ (exp 5/14)

\$3 off Gillette razor or blade refill 4-ct+, excl disposables, Venus items & trial (exp 5/14)

\$1 off Gillette shave prep, excl Venus items, Gillette Foamy, Series & Fusion items, & trial (exp 5/14)

\$3/2 Head & Shoulders product, excl trial (exp 5/14)

\$2/2 Herbal Essences bio:renew shampoo, conditioner or styling items, excl masks, 100 ml shampoo & conditioner, color, body wash, & trial (exp 5/14)

\$1 off Metamucil product, excl trial (exp 5/14)

\$1 off Mr. Clean Broom, excl liquids (exp 5/26)

\$1/2 Mr. Clean product, excl trial (exp 5/14)

\$2 off Nerve product, excl trial (exp 5/14)

\$1/2 Olay Bar 4-ct+, body wash, rinse off body conditioner, liquid hand soap or hand and body lotion, excl trial (exp 5/14)

Free Olay Facial Cleanser, up to \$8, WYB (1) Olay Regenerist Facial Moisturizer, excl trial (exp 5/28)

\$1 off Olay Facial Moisturizer, excl trial (exp 5/28)

\$1/2 Old Spice Deodorant, excl Dry Spray, Clinical, High Endurance & trial (exp 5/14)

\$3 off Old Spice Dry or Body Spray, WYB (1) Old Spice Body Wash, excl twin-pack, High Endurance & trial (exp 5/14)

\$2 off Old Spice hand and body lotion, excl trial (exp 5/14)

\$10/2 Oral-B Replacement Brush Heads, 3-ct+ (exp 5/14)

\$5 off Oral-B Water Flosser (exp 5/14)

\$3/3 Pantene products incl Gold Series or Truly Collections, excl Nutrient Blends, Non-Wash, Generation Beauty or Miracle Rescue Collection, One Step Nourishing Mask & trial (exp 5/14)

Free Pantene Styler or Treatment, up to \$6.99, WYB (1) Nutrient Blends shampoo AND (1) Pantene conditioner 8 oz+; free item excl Gold Series, Generation Beauty, Intense Rescue Shots, Nutrient Blends Collection, Miracle Rescue, One Step Nourishing Mask & trial (exp 5/14)

\$1/3 Puffs facial tissues boxes or cubes, excl Puffs To Go 10 ct & trial (exp 5/14)

\$2 off Secret Clinical, Gillette Clinical, or Gillette Invisible Solid deodorant, excl trial (exp 5/14)

\$1 off Secret Dry Spray, excl trial (exp 5/14)

\$1/2 off Secret Fresh, Outlast, or Aluminum Free, or Gillette Clear Gel Deodorant, excl trial (exp 5/14)

\$1 off Swiffer product, excl 1 & 2-ct duster, & trial (exp 5/14)

\$10 off Venus Radiant Skin Starter Kit, excl Radiant Skin Cartridges, serum refills, & trial (exp 5/14)

\$3 off Venus razor, excl disposables & trial (exp 5/14)

\$1.50 off Vicks Vapo product, excl DayQuil, NyQuil, Sinex, Formula 44 & trial (exp 5/14)

.50/1 off Voost product, excl trial (exp 5/14)

These coupons may only be available online, and not within the insert

\$2 off Downy liquid fabric conditioner 105-174 fl oz (incl Downy infusions 83-120 fl oz or Downy odor protect 56-81 oz), or Downy WrinkleGuard 48-71 oz, Downy Intense 48-71 oz, or Downy Nature Blends 103 oz, or Bounce/Downy sheets 180-250 ct (incl Bounce/Downy WrinkleGuard 120-130 ct, or Bounce Pet Hair and Lint Guard sheets 120-130 count), Downy in wash scent boosters 8.6-14.6 oz (incl Downy Unstopables, Fresh Protect, Odor Protect, Infusions and Dreft Blissfuls), Bounce Rapid Touch-Up 3-in-1 spray or Downy Wrinkle Releaser Spray 9.7 oz, or Bounce /Downy spray bundle pk, excl Downy Fresh 50 and 125 oz, & trial (exp 5/28)

\$3 off Downy Liquid Fabric conditioner 190 fl oz, or Bounce Wrinkle Guard sheets 160-ct + (incl Downy infusions 150 fl oz, or Downy Nature Blends 129 oz), or Bounce Pet Hair and Lint Guard sheets 160-ct, Downy in wash scent boosters 20.1-26.5oz (incl Downy Unstopables, Fresh Protect, Odor Protect, Infusions and Dreft Blissfuls), excl trial (exp 5/28)

\$1 off Downy liquid fabric conditioner 60-90 fl oz (incl Infusions 48-72 fl oz, Downy Odor Protect 32-48 oz, Downy Intense 48-71 oz, Downy WrinkleGuard 25-40 oz, or Downy Nature Blends 44-67 oz), or Bounce/Downy sheets 90-160 ct (incl Bounce/Downy WrinkleGuard or Bounce Pet Hair and Lint Guard sheets 50-80 ct), or Downy in wash scent boosters 5.5-8.8 oz (incl Downy Light, Downy Unstopables, Fresh Protect, Odor Protect, Infusions and Dreft Blissfuls), or Bounce Rapid Touch Up 3-in-1 spray 9.7 oz, or Downy Wrinkle Releaser spray 9.7 oz, excl trial (exp 5/28)

\$3 off Dreft Newborn or Active Baby or Pure Gentleness product, 46 oz + (exp 5/28)

\$1 off Gain Flings 14-20 ct, Essential Oils laundry detergent 18 oz, liquid fabric softener 48-60 fl oz, Fireworks In wash scent boosters 5.5-7.4 oz, Gain sheets 105-160 ct, or Gain powder detergent 30-40 fl oz, excl Ultra Flings and trial (exp 5/14)

\$2 off Gain Flings 24-51 ct, Ultra Flings 18-ct, liquid laundry detergent 46-113 oz, liquid fabric softener 105-190 fl oz, Fireworks In wash scent boosters 10-22.7 oz, Gain sheets 180-ct+, or Gain powder detergent 63 fl oz+, excl trial (exp 5/14)

\$1 off Tide Laundry Detergent 37 or 46 oz, or Purclean Laundry detergent 37 oz or less, excl Tide PODS, Rescue, Studio BY Tide, Simply and Simply PODS, and trial (exp 5/28)

\$2 off Tide Laundry Detergent 69 oz, Purclean Laundry detergent 46 oz, Antibacterial Spray, Tide To Go Instant Stain Remover Wipes 10-ct or Tide To Go Instant Stain Removal Pen 3-ct, excl Pods, Rescue, Studio BY Tide, Simply & Simply PODS, & trial (exp 5/28)

\$3 off Tide Laundry Detergent 92 oz+, or Purclean 69 oz+, excl PODS, Rescue, Studio BY Tide, Simply and Simply PODS, & trial (exp 5/28)

\$1 off Tide PODS 10-20 ct, or Hygienic Clean Power Pods 8-ct, excl Simply PODS & trial (exp 5/28)

\$2 off Tide PODS 23 or 26 or 31 or 35-ct, excl Simply PODS & trial (exp 5/28)

Save 05/01

\$2 off Bengay Product, excl trial (exp 5/29)

\$2.50 off Biotene product, excl trial (exp 5/15)

\$5/2 Boost Nutritional Drinks, multipacks (exp 6/26)

\$2/2 Dial Foaming Hand Wash concentrated refills, or Hand Soap refills (exp 5/15)

\$3/2 Dial or Tone Body Wash, or Dial Bar soaps 6-ct + (exp 5/15)

\$2 off Dollar Shave Club 4 Blade refill 4 or 8-ct, or shave aid, excl trial (exp 5/28)

\$3 off Dollar Shave Club Mixed or 6 Blade starter kit, or 6 Blade refill 4 or 8-ct, excl trial (exp 5/28)

.55/1 Eggland's Best Cage Free eggs (exp 8/1)

.55/1 Eggland's Best eggs (exp 8/1)

.55/1 Eggland's Best Organic eggs (exp 8/1)

.35/1 Eggland's Best Regular, Cage Free or Organic Hard-Cooked & peeled Eggs (exp 8/1)

\$3/2 Garnier Fructis Shampoo, Conditioner, Treatment or styling Product, excl 1-3 oz, or twin or value packs (exp 5/14)

\$4/2 Garnier Nutrisse, Color Reviver or Olia haircolor (exp 5/14)

\$3/2 Garnier Whole Blends Shampoo, Conditioner or Treatment, excl 3 oz trial, twin or value packs (exp 5/14)

\$4 off L'Oreal Age Perfect Cell Renewal or Rosy Tone product, excludes cleansers & trial (exp 5/14)

\$2 off L'Oreal Age Perfect cosmetic product, excl trial (exp 5/14)

\$2 off L'Oreal Cosmetic face product, excl Age Perfect items, makeup remover, & trial (exp 5/14)

\$3/2 L'Oreal Elvive haircare or Advanced Hairstyle or Ever haircare, excl 1 oz, 3 oz shampoo & conditioner, or twin or value packs (exp 5/14)

\$3/2 L'Oreal Elvive shampoo, conditioner or treatment, excl 1 oz item, 3 oz shampoo & conditioner, or twin or value packs (exp 5/14)

\$2.50 off L'Oreal Mascara, excl Age Perfect mascara (exp 5/14)

\$3 off L'Oreal Mascara, excl Age Perfect mascara (exp 5/14)

\$3 off L'Oreal Revitalift Derm Intensives, Triple Power Moisturizer, or Revitalift Pressed Night Cream with Retinol + Niacinamide, excl toners, cleansers & trial (exp 5/14)

\$5/2 L'Oreal Superior Preference, Excellence, Feria, LeColor Gloss, Root Precision, Magic Root Cover Up or Root Rescue productsProduct (exp 5/14)

\$1.50/2 Lindt Lindor products, 5 oz + (exp 6/1)

\$4/2 Maybelline Fit Me Face product (exp 5/14)

\$2 off Maybelline Mascara, excl mini and trial (exp 5/14)

\$3 off Nature's Bounty Jelly Bean Vitamin (exp 5/29)

\$2 off Nature's Bounty Optimal Solutions Vitamin or Supplement (exp 5/29)

\$4 off Nature's Bounty Sleep3 supplement, excl 15-ct (exp 5/29)

\$1 off Nature's Bounty Vitamin or Supplement (exp 5/29)

\$3 off Opti-Free PureMoist or Replenish, 10 oz + (exp 6/11)

\$6 off Opti-Free PureMoist or Replenish, twin pk (exp 6/11)

\$7 off Osteo Bi-Flex Ease product (exp 5/15)

\$5 off Osteo Bi-Flex One Per Day product, 60-ct (exp 5/15)

\$10 off Osteo Bi-Flex product, 70-ct + (exp 5/15)

\$2 off Polident product 84-ct +, or Pro Guard & Retainer product (exp 6/1)

\$1.50/2 Purina Beggin dog treats, 5 oz+ (exp 5/31)

\$2 off Purina Beneful dry dog food, 3 lb + (exp 5/29)

\$3 off Purina Beneful dry dog food, 5 lb + (exp 5/29)

\$1.50 off Purina Cat or Kitten Chow dry cat food, 3.15 lb + (exp 5/29)

\$1/2 Purina Friskies cat treats, 2.1 oz+ (exp 5/31)

\$1.50 off Purina Tidy Cats Clumping cat litter, 20 lb+ (exp 5/29)

\$1 off Revlon Colorsilk Beautiful color (exp 5/14)

\$2/2 Revlon Colorsilk Beautiful color (exp 5/14)

\$1 off Revlon Eye tool (exp 5/14)

\$3 off Revlon Face Cosmetic (exp 5/14)

\$3 off Revlon Lip Cosmetic, excl Kiss Balm (exp 5/14)

\$1 off Right Guard Sport Deodorant (exp 5/15)

\$3/2 Right Guard Xtreme Defense or Dry Idea Deodorant (exp 5/15)

\$2.50 off Super Poligrip product, 2 or 3 ct (exp 6/1)

\$1.50 off Super Poligrip product, 2.2 oz + (exp 6/1)

\$5 off Systane lubricant eye drops, 8 mL+ (exp 5/28)

\$3 off Systane Zaditor eye drops, 5 mL+ (exp 5/28)

\$2 off Tylenol Adult or PM, or Simply Sleep product, excl Tylenol Cold or Sinus & trial (exp 5/29)

SmartSource 05/01

\$3 off Aleve item 80-ct+, or any AleveX product, excl Aleve-D items (exp 5/8)

\$1.50 off Alka Seltzer Effervescent or Relief Chews, 16-ct + (exp 5/15)

\$5 off Amope Pedi Perfect device or refill priced 12.95+ (exp 5/31)

\$1 off Amope Pedimask Foot Mask priced \$3.95+ (exp 5/31)

\$1 off Baby Magic product (exp 7/31)

\$3 off Bausch + Lomb OcuVite product (exp 6/29)

\$1 off Bayer Aspirin Product, 100-ct+ (exp 5/22)

\$1.75 off Breathe Right product (exp 6/30)

\$4/2 Breathe Right products (exp 6/30)

\$3 off Cetaphil Gentle Clear, Healthy Radiance, Healing Ointment, Cracked Skin Repair Balm or Lotion, Daily Smoothing Moisturizer, or Gentle Relief Body Wash item (exp 5/28)

\$2 off Cetaphil product, excl 4 oz or less Daily Facial Cleanser, Gentle Skin Cleanser, Moisturizer Lotion or Cream, single bars, Sheer Mineral and Cetaphil Baby (exp 5/28)

\$5/2 Cetaphil Products, excl 4 oz or less Daily Facial Cleanser, Gentle Skin Cleanser, Moisturizing lotion or cream, single bars, Sheer Mineral products, and Cetaphil Baby items (exp 5/28)

\$1 off Chobani non dairy oatmilk or lactose free milk (exp 6/1)

\$1 off Chobani probiotic drink 14 oz, or Cold Brew Coffee (exp 6/1)

\$3 off Citracal product, excl gummies (exp 5/15)

.50/1 Colgate Adult or kids Manual Toothbrushes, excl Plus, Triple Action, Extra Clean, & Classic Clean (exp 5/21)

\$1/2 Colgate Adult or kids Manual Toothbrushes, excl Plus, Triple Action, Extra Clean, & Classic Clean (exp 5/21)

.50/1 Colgate Mouthwash or Mouth Rinse, 200 mL+ (exp 5/21)

\$1/2 Colgate Mouthwash or Mouth Rinse, 200 mL+ (exp 5/21)

.50/1 Colgate Toothpaste 2.1 oz+, excl 2-in-1 Icy Blast, Whitening 4.6 oz, & Bonus Packs (exp 5/21)

\$1/2 Colgate Toothpaste 2.1 oz+, excl 2-in-1 Icy Blast, Whitening 4.6 oz, & Bonus Packs (exp 5/21)

\$3 off Ensure Complete or High Protein multipacks (exp 6/11)

\$2 off Flintstones or One A Day Kids Multivitamin (exp 5/15)

\$3 off Flintstones or One A Day Kids Multivitamin (exp 5/15)

\$2 off Fungi-Nail product (exp 5/31)

\$2 off Glucerna product, excl Protein Smart & snack bars (exp 6/12)

\$2.50 off Huggies diapers, 10-ct+ (exp 5/29)

\$1.50 off Huggies Little Swimmers disposable swim pants, 10-ct+ (exp 5/29)

\$2 off Huggies Pull-Ups training pants, 7-ct+ (exp 5/29)

\$3 off Irwin Naturals product (exp 8/31)

\$1 off Kinder Bueno product, 5.7 oz+ bag (exp 5/28)

\$3 off One A Day multivitamin product 65 ct+ or any One A Day Prenatal (exp 5/15)

\$4 off One A Day multivitamin product 65 ct+ or any One A Day Prenatal (exp 5/15)

\$5 off Opti-Nail 2-in-1 product (exp 5/31)

\$3 off Opti-Nail product (exp 5/31)

\$1 off Phillips laxative or Fiber Good Gummies (exp 5/15)

\$5 off Phillips probiotic (exp 5/15)

\$2 off Poise or One by Poise pads or liners, excl liners 14-26 ct (exp 6/4)

\$1 off Tena liners, Ultra Thins, Moderate Pads any length, or Male Guards, Wipes or Cream items (exp 5/15)

\$5/2 Tena Maximum, Ultimate, Overnight Pads, any, or underwear and brief items (exp 5/15)

\$3 off Zegerid OTC product (exp 5/15)

Unilever 05/01

\$2 off AXE Fresh Collection body wash, excl twin packs & trial (exp 5/14)

\$1.50 off AXE hair item, excl twin packs & trial (exp 5/14)

B1G1 AXE stick Deodorant or Body Spray, up to \$8, excl twin packs & trial (exp 5/14)

\$1.25 off Dove Advanced Care, dry sprays, Even Tone, or Zero deodorant, excl 0% aluminum dry sprays, twin packs & trial (exp 5/14)

\$2 off Dove Baby product, 13 or 20 oz, excl gift sets, bars, shampoo, wipes, & trial (exp 5/14)

\$1 off Dove Bath product, excl trial (exp 5/14)

\$3 off Dove Body Love body cleanser (exp 5/14)

\$3 off Dove Body Love pre-cleanse shower butter (exp 5/14)

\$1 off Dove body wash, 22 oz + (exp 5/14)

\$2 off Dove Exfoliating Body Polish, excl trial (exp 5/14)

\$3/2 Dove Hair Care, excl Hair Therapy, Men+Care, & trial (exp 5/14)

\$2 off Dove Hair Therapy product incl styling, excl trial (exp 5/14)

\$1 off Dove hand wash, excl trial (exp 5/14)

\$5 off Nexxus product, excl 5.1 oz Wash & Care, masque sachets & trial (exp 5/14)

\$5/2 SheaMoisture products, excl bar soap, lip balm, single use packettes, .05 oz sheet masks & trial (exp 5/14)

\$1.50 off St Ives face care, excl trial (exp 5/14)

.50 off Suave deodorant, excl twin-pk & trial (exp 5/14)

\$1 off Suave Lotion, excl 3 oz & trial (exp 5/14)

\$1 off Suave Pro Green, Gold, or Naturally Derived item, excl Essentials, twin packs & trial (exp 5/14)

\$1 off Suave Simply Styled, Suave Pink, or Suave for Natural Hair, excl Essentials, twin packs & trial (exp 5/14)

\$3/2 TRESemme hair styling item, excl trial (exp 5/14)

\$4/2 TRESemme Pro Collection shampoo, conditioner or treatment, excl trial (exp 5/14)