

Hello Winter Sale



SAVE \$10.00 OFF RRP*
\$39.99 ea



Lipo-Sachets
Vitamin C or Vitamin D 5g 30 Liquid Sachets
Always read the label and follow the directions for use.



Codral
A. ActiRelief Sore Throat Lozenges 20 Pack **\$6.99**
B. Day & Night 24 Tablets **\$11.99**
Always read the label and follow the directions for use.



Dymadon
Paracetamol For Kids 2-12 Years Orange or Strawberry 200mL
Always read the label and follow the directions for use. Incorrect use could be harmful.



Ego
1 Litre Range (Selected Variants)
With selected QV 1 Litre and 1kg purchases.
While stocks last. Limit one per person.



Duro-Tuss
Chesty Cough Liquid Forte 200mL
Always read the label and follow the directions for use.



Vicks
A. VapoSteam Double Strength Inhalant 100mL
B. WarmSteam Vaporizer
Always read the label and follow the directions for use.



Panadol
Rapid 40 Caplets
Always read the label and follow the directions for use. Incorrect use could be harmful.



Regrow
A. Shampoo or Conditioner For Women 300mL **\$30.99**
B. Hair Tonic For Women 100mL **\$48.99**



Nexium
24 HR 20mg 14 Tablets
Always read the label and follow the directions for use.

*Savings calculated on RRP provided by supplier at time of catalogue preparation and may not reflect previous in store selling price. *The percentage savings shown are calculated to the nearest 5% of the actual savings.

Winter Health

Our tips to staying well this winter

- ❄️ Get vaccinated
- ❄️ Wash your hands regularly
- ❄️ Use tissues
- ❄️ Get enough sleep
- ❄️ Stay active
- ❄️ Eat a healthy diet
- ❄️ Dress warmly
- ❄️ Stay hydrated



Strepsils
EXTRA HONEY & LEMON FLAVOUR
Hexylresorcinol 2.4mg

Strepsils
PLUS anaesthetic
Lidocaine (lignocaine) hydrochloride monohydrate 1.0mg
Dichlorobenzyl alcohol 1.2mg
Amylmetacresol 600micrograms

Strepisils
Extra Honey & Lemon or Plus Anaesthetic 36 Lozenges

Always read the label and follow the directions for use.

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

DEMAZIN
cold + flu + cough
DAY + NIGHT

Demazin
Cold + Flu + Cough Day + Night 48 Capsules

Always read the label and follow the directions for use.

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Robitussin
DRY COUGH FORTE

Robitussin
DRY COUGH FORTE

Robitussin
Dry Cough Forte 200mL

Always read the label and follow the directions for use.

Actor
Sinupret®
Syrup

Sinupret®
Syrup

Sinupret
2 Years+ Sinus Syrup 100mL

Always read the label and follow the directions for use.

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Pharmacy Choice
Cold & Flu Day & Night 24 Capsules or
Cold & Flu Day & Night PE 24 Tablets

SAVE \$4.06 OFF RRP[^]
\$5.89 ea

NEW FORMULATION - For temporary relief of cold & flu symptoms

Pharmacy Choice

Cold & Flu + Cough Day & Night 24 Capsules or
Cold & Flu Day & Night PE 24 Tablets

Always read the label and follow the directions for use.

SUDAFED
NASAL DECONGESTANT
225mL - 225 Sprays

FROM **\$10.79**

Sudafed

A. Nasal Decongestant 225 Sprays 20mL **\$10.79**
B. Nasal Decongestant 24 Tablets **\$12.89**

Always read the label and follow the directions for use.

SUDAFED PE
NASAL DECONGESTANT
24 TABLETS

Sambucol
IMMUNE DEFENCE LOZENGES
20 Pack

FROM **\$8.99**

Sambucol

A. Immune Defence Lozenges 20 Pack **\$8.99**
B. Cold & Flu 24 Capsules **\$16.99**

Always read the label and follow the directions for use.

Sambucol
COLD & FLU
24 Capsules

Benadryl PE
Dry Cough & Nasal Congestion
200mL

SAVE \$5.00 OFF RRP[^]
\$10.99 ea

Benadryl

Oral Liquid 200mL (Selected Variants)

Always read the label and follow the directions for use.

LEMSIP MAX
COLD & FLU HOT DRINK
10 Sachets

FROM **\$9.99**

Lemsip

A. Max Cold & Flu Hot Drink 10 Sachets **\$9.99**
B. Max Decongestant Cold & Flu Hot Drink 10 Sachets **\$11.99**

Always read the label and follow the directions for use.

LEMSIP MAX DECONGESTANT
COLD & FLU HOT DRINK
10 Sachets

20% OFF RRP[^]

Betadine
Sore Throat Gargle 120mL

SAVE \$4.50 OFF RRP[^]
\$10.99 ea

Betadine

Sore Throat Gargle 120mL

Always read the label and follow the directions for use.

Betadine
Sore Throat Gargle 120mL

VICKS Sinex
12 HOUR RELIEF
Nasal Decongestant Spray

SAVE \$2.28 OFF RRP[^]
\$9.49 ea

Vicks

Sinex 12 Hour Relief Nasal Decongestant Spray Aloe or Extra Fresh Menthol 15mL

Always read the label and follow the directions for use.

BECONASE
Allergy & Hayfever
12 Hour Relief
200 Sprays

SAVE \$5.00 OFF RRP[^]
\$9.99 ea

Beconase

Allergy & Hayfever 12 Hour Nasal Spray 200 Sprays

Always read the label and follow the directions for use.

FESS
NASAL & SINUS WASH EXTRA STRENGTH
Wash Kit 6 Pack

FROM **\$9.99**

Fess

A. Nasal & Sinus Wash Extra Strength Wash Kit 6 Pack **\$9.99**
B. Nasal & Sinus Wash Extra Strength Refills 24 Pack **\$15.49**

Always read the label and follow the directions for use.

melrose
VITAMIN C + BIOFLAVONOIDS
100g

SAVE \$5.96 OFF RRP[^]
\$15.99 ea

Melrose

Vitamin C + Bioflavonoids 100g or Vitamin C Calcium Ascorbate 125g

Always read the label and follow the directions for use.

Berocca
ENERGY
30 Tablets

SAVE \$1.51 OFF RRP[^]
\$15.99 ea

Berocca

Energy Effervescent Orange or Original Berry 30 Tablets

Always read the label and follow the directions for use.

Pentavite
daily immune support gummies
60 Gummies

SAVE \$6.36 OFF RRP[^]
\$9.59 ea

Pentavite

Daily Immune Support or Daily Multivitamin 60 Gummies

Always read the label and follow the directions for use.

NO MORE YUCK FACE

IT'S DIMETAPP TIME.

Help relieve their common cough and cold symptoms with **great-tasting** Dimetapp for Kids.

Dimetapp
Cold & Allergy
200mg Oral Suspension

SAVE \$3.00 OFF RRP[^]
\$13.99 ea

Always read the label and follow the directions for use.

[^]Savings calculated on RRP provided by supplier at time of catalogue preparation and may not reflect previous in store selling price. *The percentage savings shown are calculated to the nearest 5% of the actual savings.

Did you know...

Exercising during winter is a great way to boost your immune system, improve your mood, and control your weight? Staying physically active can reduce your risk of heart disease, Type 2 diabetes, stroke and several common cancers¹. It also strengthens your bones and muscles and improves your ability to do everyday tasks such as grocery shopping and climbing stairs.

Staying motivated to exercise during winter can be as simple as mixing up your exercise routine and doing things you enjoy.

Walking, running, and cycling are all great outdoor winter activities. Studies reported by Harvard University show that exercising in cold weather can help you to burn fat more efficiently². Be sure to warm up properly before you start, and if you are heading out into the cold, remember to layer your clothing so that you can add or remove layers when needed.

If the weather makes it difficult to exercise outdoors, you might consider options such as indoor sports or swimming and activities such as yoga, exercise classes, or the gym. Remember to wipe down surfaces before or after using them, and opt for venues with great ventilation.

So, what are you waiting for? Now is the ideal time to get out there and exercise! Talk to your local community pharmacist today for more information on staying well and exercising during winter.

Winter Exercise



1. Centers for Disease Control and Prevention <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#:~:text=Being%20physically%20active%20can%20improve,activity%20gain%20some%20health%20benefits.>

2. Harvard Health Publishing <https://www.health.harvard.edu/staying-healthy/the-wonders-of-winter-workouts>



Voltaren
Emulgel with No Mess Applicator 75g
Always read the label and follow the directions for use.



Inflamax
Diclofenac 4% Spray 30mL
Always read the label and follow the directions for use.



Hotteeze
Heat Pads Large 10 Pack
Always read the label and follow the directions for use.

PHARMACY ONLY



SAVE \$2.50 OFF RRP*

\$9.99 ea

Advil
Minis 40 Liquid Capsules

Always read the label and follow the directions for use. Incorrect use could be harmful.



SAVE \$1.20 OFF RRP*

\$6.99 ea

Nurofen
Double Strength Zavance 512mg 12 Tablets

Always read the label and follow the directions for use. Incorrect use could be harmful.



SAVE \$1.50 OFF RRP*

\$7.49 ea

Nuromol
Dual Action 10 Liquid Capsules or 12 Tablets

Always read the label and follow the directions for use. Incorrect use could be harmful.



SAVE \$3.51 OFF RRP*

\$9.99 ea

Panadol
Extra Optizorb 40 Caplets

Always read the label and follow the directions for use.



\$15.99 ea

Naproxen
Pain Relief 30 Liquid Capsules

Always read the label and follow the directions for use. Incorrect use could be harmful.



SAVE \$2.00 OFF RRP*

\$4.99 ea

Osteomol 665
Blister or Bottle 96 Tablets

Ask your pharmacist about this product. Incorrect use could be harmful.



\$11.99 ea

Relpax
Migraine 2 Tablets

Ask your pharmacist about this product.



SAVE \$4.00 OFF RRP*

\$29.99 ea

Nicabate
7 Clear Patches (Variants)

Always read the label and follow the directions for use. Stop Smoking Aid.



SAVE \$7.50 OFF RRP*

\$24.99 ea

Nicotinell
2mg or 4mg 96 Gums (Variants)

Always read the label and follow the directions for use. Stop Smoking Aid.



SAVE \$32.95 OFF RRP*

\$105 ea

Omron
Automatic Blood Pressure Monitor HEM7142T1

Always read the label and follow the directions for use.



SAVE \$10.00 OFF RRP*

\$59 ea

Able
VapourMist

Always read the label and follow the directions for use.



\$27.99 ea

HYLO®
Tear replacement that provides
long-lasting lubrication for dry eyes

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

AFT Pharmaceuticals Pty Ltd, Sydney

NOVA TEARS®
Forms a layer to stabilise the tear film and
protects tears from evaporation



\$38.99 ea

\$27.99 ea

AC-002113

SFI HEALTH | FLQRDIS™

Fed up with recurring cystitis?

SAVE \$10.96 OFF RRP*
\$29.99

Always read the label and follow the directions for use.



Wanderlust Daily Detox 60 Capsules or Ashwagandha Drops 90mL

Always read the label and follow the directions for use. A. Traditionally used in Western Herbal Medicine to maintain liver health. B. Traditionally used in Ayurvedic Medicine to calm nerves.



Swisse Vitamins (Selected Variants)

Always read the label and follow the directions for use.



A. Ferro-grad 30 Tablets \$17.99
B. Ferro-grad C 30 Tablets \$20.99
Always read the label and follow the directions for use.



Maltofer
A. Oral Iron Syrup 150mL \$19.99
B. Oral Iron 30 Tablets \$22.99
Always read the label and follow the directions for use.



Natalis
Pregnancy Support 30 Tablets
Always read the label and follow the directions for use.



Souvenaid
125mL 4 Pack (Selected Variants)
Food for special medical purposes. Not suitable as a supplement source of nutrition. Use only under medical supervision.



Coloxyl
With Senna Dual Action Constipation Relief 90 Tablets
Always read the label and follow the directions for use.



Aptamil
Aptagrow Nutrient-Dense Drink 1+ Years, 3+ Years or 6+ Years 900g
Breastmilk is best for most babies. Consult your doctor or pharmacist when considering this product.



Nan
A. Comfort Stage 3 800g \$16.99
B. Supremepro Stage 3 800g \$25.99
Breastmilk is best for most babies. Consult your doctor or pharmacist when considering this product.



Red Seal
Toothpaste 100g (Selected Variants)

Colgate OPTIC WHITE™

NO. 1 TEETH WHITENING BRAND*

25% OFF RRP*



*Colgate Optic White Range. Retail sales IRI Australia Grocery and Pharmacy scan data 2021. Data sourced from IRI MarketEdge based on data definitions provided by Colgate-Palmolive Pty Ltd.

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Winter Skin

During winter, skin tends to become dry, itchy and dull due to the cold air and indoor heating.

We recommend moisturising regularly, drinking plenty of water and avoiding hot showers.



\$3.99 ea

Blistex
Intensive Repair Balm 7.25g or Pot 7g



\$12.89 ea

Pharmacy Choice
Skin Wash 1 Litre



\$19.99 ea

Cetaphil
Gentle Cleanser or Moisturising Lotion 1 Litre



30% OFF RRP*

Kenkay
Skincare Range (Selected Variants)
Always read the label and follow the directions for use.



30% OFF RRP*

Dermal Therapy
Skincare Range (Selected Variants)



NEW

SAVE \$7.96 OFF RRP*

\$31.99 ea

Boost Lab
Serum 30mL (Selected Variants)



25% OFF RRP*

SAVE \$4.56 OFF RRP*

\$13.39 ea

Bondi Sands
Skincare Range (Selected Variants)



40% OFF RRP*

Dr Lewinn's
Skincare Range (Selected Variants)



30% OFF RRP*

Abundant Natural Health
Ocean Soothe Skincare Range

SMOOTHER RESULTS IN 1 WEEK

RESURFACES & RENEWS DRY, ROUGH + BUMPY SKIN

SUITABLE FOR SENSITIVE SKIN

EXFOLIATING SCRUB

\$13.99 ea

SMOOTHING LOTION

NEW

FOR KERATOSIS PILARIS PRONE SKIN



Great Value



SAVE \$0.50 OFF RRP*
\$2.29 ea

Sorbent
Silky White Tissues 250 Pack



SAVE \$1.00 OFF RRP*
\$1.99 ea

Trix
Dishwashing Liquid Lemon 1 Litre



SAVE \$1.01 OFF RRP*
\$3.99 ea

Morning Fresh
Dishwashing Liquid 400mL (Selected Variants)



FROM
\$4.19

Dettol
A. Tru Clean Multi-Purpose Spray 500mL (Variants) **\$4.19**
B. Tru Clean Multi-Purpose Wipes 90 Pack (Variants) **\$7.69**



SAVE \$6.00 OFF RRP*
\$18.99 ea

Crystawash
Foaming Hand Sanitiser 500mL
Always read the label and follow the directions for use.



SAVE \$4.06 OFF RRP*
\$5.89 ea

Schwarzkopf
Napro Palette Permanent Hair Colour (Selected Variants)



Libra
Range (Selected Variants)



Poise & Depend
Ranges (Selected Variants)

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your local pharmacy is:



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