



Stay Healthy And Save!

A

DOUBLE ACTION

Paracetamol 500mg + Ibuprofen 150mg

FROM \$9.99

B

DOUBLE ACTION

Paracetamol 1000mg + Ibuprofen 300mg

Maxigesic
 A. Cold & Flu Paracetamol 500mg + Ibuprofen 150mg Hot Drink 10 Sachets **\$9.99**
 B. Double Strength Paracetamol 1000mg + Ibuprofen 300mg 10 Sachets **\$16.99**
 A. Always read the label and follow the directions for use. Incorrect use could be harmful.
 B. Ask your pharmacist about this product. Incorrect use could be harmful.

Reusable Like floss, only easier.

Piksters v3
 Interdenal Brushes
 For cleaning between teeth where a toothbrush cannot reach

- Strong, stiff wire means LESS BUCKLING
- Plastic coated wire

40 PACK Also available in 10 pack

Size 0 Grey Handle
For very fine tooth gaps.

Size 3 Yellow Handle
For medium tooth gaps and general oral hygiene.

SAVE \$7.96 OFF RRP*

\$14.99 ea

over for details see 4 5 6 7 8 9 corresponds to the sizes above

SIZE RANGE: See over for details see 0 0 1 2 3 4 5 6 7 8 9 The colour of the handle corresponds to the size above

Piksters
 Interdenal Brush 40 Pack (Variants)

25% OFF RRP*

Molicare Premium
 Mobile

14 Pcs | 88

14 Pcs | 88

Molicare
 Premium Mobile Range (Selected Variants)

PHARMACY MEDICINE
 KEEP OUT OF REACH OF CHILDREN

Codral Day & Night
 Day: Paracetamol 500mg, Phenylephrine hydrochloride 5mg
 Night: Paracetamol 500mg, Phenylephrine hydrochloride 2mg, Chlorpheniramine maleate 2mg

Cold & Flu

PHARMACY MEDICINE
 KEEP OUT OF REACH OF CHILDREN

Codral Night
 Paracetamol 500mg, Phenylephrine hydrochloride 5mg, Chlorpheniramine maleate 2mg

Cold & Flu

\$12.99 ea

Codral
 Day & Night or Night 24 Tablets
 Always read the label and follow the directions for use.

OMRON

SAVE \$44.95 OFF RRP*

\$115

OMRON
 HEM 7144T1

SYS mmHg 123
 DIA mmHg 76
 PULSE /min 56

START STOP

Omron
 Standard Blood Pressure Monitor HEM 7144T1
 Always read the label and follow the directions for use.

PHARMACY MEDICINE
 KEEP OUT OF REACH OF CHILDREN

maxigesic
 Paracetamol 500mg + Ibuprofen 150mg
 Double action relief from pain and fever

DOUBLE ACTION

PHARMACY ONLY

SAVE \$4.50 OFF RRP*

\$5.49 ea

PHARMACY MEDICINE
 KEEP OUT OF REACH OF CHILDREN

maxigesic
 Paracetamol 500mg + Ibuprofen 150mg
 Double action relief from pain and fever

DOUBLE ACTION

12 Film Coated Tablets

Maxigesic
 Paracetamol 500mg + Ibuprofen 150mg 12 Tablets
 Always read the label and follow the directions for use. Incorrect use could be harmful.

A

WANDERLUST
 Echinacea

B

WANDERLUST
 Reishi

40% OFF RRP*

Wanderlust
 Range (Selected Variants)
 Always read the label and follow the directions for use. A. Traditionally used in Western Herbal Medicine to support the immune system to fight illness. B. Used in Traditional Chinese Medicine to maintain healthy immune system function.

melrose

VITAMIN C ASCORBIC ACID
 125g

VITAMIN C + BIOFLAVONOIDS
 100g

SAVE \$7.96 OFF RRP*

\$13.99 ea

Melrose
 Vitamin C Ascorbic Acid Powder 125g or
 Vitamin C + Bioflavonoids Powder 100g
 Always read the label and follow the directions for use.

PHARMACY MEDICINE
 KEEP OUT OF REACH OF CHILDREN

Naphcon-A
 Naphazoline hydrochloride 0.25 mg/mL, Pheniramine maleate 3 mg/mL
 Eye Drops

PHARMACY ONLY

SAVE \$3.00 OFF RRP*

\$9.99 ea

PHARMACY MEDICINE
 KEEP OUT OF REACH OF CHILDREN

Naphcon-A
 Naphazoline hydrochloride 0.25 mg/mL, Pheniramine maleate 3 mg/mL
 Eye Drops

ALLERGY EYE RELIEF
 Fast, comfortable relief from red, itchy, allergy eyes

Alcon

ALLERGY EYE RELIEF
 Fast, comfortable relief from red, itchy, allergy eyes

Alcon

Naphcon-A
 Allergy Eye Relief Drops 15mL
 Always read the label and follow the directions for use.

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On Sale Thursday 3 - Wednesday 23 August 2023

Vitamins

Are you getting enough?

While vitamin supplements should never replace a healthy diet, they can be useful to fill nutritional gaps.

What are vitamins?

Vitamins are organic compounds found in natural foodstuffs such as fruits, vegetables, whole grains, cereals, proteins and healthful fats. Vitamins provide essential nutrients for the body and help it to function properly.¹

Vitamins can be grouped into two categories: fat-soluble and water-soluble. Vitamins A, D, E and K are fat soluble, which means that they are stored in the body's fatty tissue and liver. Vitamins in the B and C groups are water-soluble.

Getting enough vitamins

Water-soluble B-group vitamins can be found in cereal grains, poultry, eggs, fish, dairy, legumes, and vegetables. Fruit and vegetables such as strawberries, kiwifruit, broccoli, peppers, and citrus fruits are good sources of vitamin C.²



1. betterhealth.vic.gov.au/health/healthyliving/Vitamins-and-minerals 2. www.medicalnewstoday.com/articles/195878#soluble-in-fat-vs-water.

A



FROM \$17.99

A. Ferro-Grad 30 Tablets \$17.99

B



\$19.99

B. Ferro-Grad C 30 Tablets \$19.99



30% OFF RRP*

Faulding
Vitamin C 200 Chewable Tablets or Probiotics 90 Capsules

Always read the label and follow the directions for use.



SAVE \$6.50 OFF RRP*

\$14.99 ea

Centrum
For Men or For Women 50+ 60 Tablets

Always read the label and follow the directions for use.



SAVE \$10.00 OFF RRP*

\$19.99

Magzorb
Magnesium 100 Capsules or Sleep Magnesium 60 Tablets

Always read the label and follow the directions for use.



SAVE \$8.00 OFF RRP*

\$19.99

Magzorb
Magnesium Sleep 60 Tablets

Always read the label and follow the directions for use.

NEW

Support your immunity WITH superior absorption^{1,2}



SAVE \$10.00 OFF RRP*

\$39.99 ea

- ✓ Alcohol free
- ✓ Gluten free
- ✓ GMO free
- ✓ High dose
- ✓ Disperses in water
- ✓ Suitable for vegetarians
- ✓ NO artificial colours
- ✓ NO artificial flavours
- ✓ NO added sugars³

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

Ref: 1. M. Lukawski et al. (2019). Journal of Liposome Research, ISSN:0898-2104. 2. Dalek P, et al., Nanomedicine: NBM 2022;43:102552. 3. Contains naturally occurring sugars. AFT Pharmaceuticals Pty Ltd, Sydney.

liposachets.com.au
AC-002688

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Baby



Little Coughs
Each 5 mL contains:
40 mg of Hedera helix (ivy) extract
equiv. to 102 mg of dry leaf

6 MONTHS+

For the soothing relief of coughs & chesty congestion

With Ivy Leaf Extract

Helps:
Thin and loosen mucus
Clear chest congestion

Includes dosing syringe

100 mL Oral Liquid

Non-drowsy
Sugar Free

SAVE \$2.96 OFF RRP[^]
\$12.99 ea

Little Coughs
Each 5 mL contains:
40 mg of Hedera helix (ivy) extract
equiv. to 102 mg of dry leaf

6 MONTHS+

For the soothing relief of coughs & chesty congestion

With Ivy Leaf Extract

Helps:
Thin and loosen mucus
Clear chest congestion

Includes dosing syringe

100 mL Oral Liquid

Non-drowsy
Sugar Free

SAVE \$2.96 OFF RRP[^]
\$12.99 ea

Little Coughs
Oral Cough Liquid 100mL

Always read the label and follow the directions for use.

SAVE \$6.30 OFF RRP[^]
\$14.69 ea

Brauer

Baby & Child Runny Nose or Sleep Oral Liquid 100mL

Always read the label and follow the directions for use. A. Traditionally used in Homeopathic Medicine to relieve symptoms of hayfever and runny nose. B. Traditionally used in Western Herbal Medicine to relieve sleeplessness.

BANANA
CALENDULA | FLUORIDE FREE

JACK N' JILL
NATURAL CERTIFIED TOOTHPASTE

50g e1.76oz

SAVE \$2.96 OFF RRP[^]
\$3.99 ea

STRAWBERRY
CALENDULA | FLUORIDE FREE

JACK N' JILL
NATURAL CERTIFIED TOOTHPASTE

50g e1.76oz

SAVE \$2.96 OFF RRP[^]
\$3.99 ea

Jack N' Jill

Natural Toothpaste Banana or Strawberry 50g

SAVE \$3.81 OFF RRP[^]
\$13.99 ea

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.

Dymadon
PARACETAMOL

for Kids

Paracetamol 50 mg/mL

PAIN & FEVER RELIEF

2-12 YEARS

ORANGE FLAVOUR

200 mL COLOUR FREE

Dymadon
PARACETAMOL

for Kids

Paracetamol 50 mg/mL

PAIN & FEVER RELIEF

2-12 YEARS

STRAWBERRY FLAVOUR

200 mL COLOUR FREE



FROM
\$5.99

Pharmacy Choice

A. Diarrhoea Relief 20 Capsules \$5.99

B. Sennalax Constipation Relief 90 Tablets \$6.99

Always read the label and follow the directions for use.

SAVE \$3.96 OFF RRP[^]
\$8.99 ea

Nexium
24 HR 20mg 7 Tablets

Always read the label and follow the directions for use.

SAVE \$4.70 OFF RRP[^]
\$13.99 ea

Uramet
1g 20 Tablets

Always read the label and follow the directions for use.

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

Guardium
Acid Reflux Relief 14 Tablets

Always read the label and follow the directions for use.

FROM
\$11.99

Hydralyte

A. Effervescent Electrolyte Tablets 20 Pack (Variants) \$11.99

B. Electrolyte Powder Sachets 4.9g 10 Pack (Variants) \$12.99

Always read the label and follow the directions for use.

SAVE \$5.51 OFF RRP[^]
\$7.99 ea

Gastro-Stop Plus
12 Chewable Tablets

Always read the label and follow the directions for use.

SAVE \$4.06 OFF RRP[^]
\$9.49 ea

Coloxyl
With Senna Dual Action
Constipation Relief 90 Tablets

Always read the label and follow the directions for use.

SAVE \$14.46 OFF RRP[^]
\$42.99 ea

Optifast
Protein Plus Shake Chocolate or
Vanilla 63g 10 Pack

Food for special medical purposes. Not suitable as a supplement source of nutrition. Use only under medical supervision.

[^]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



SAVE \$5.95 OFF RRP*
\$59

Microlife
NC200 Non Contact Thermometer
Always read the label and follow the directions for use.



Strepsils
Herbal Cough+ Fresh Menthol or Honey Lemon Flavour 16 Lozenges
Always read the label and follow the directions for use.



SAVE \$5.50 OFF RRP*
\$17.49 ea

Duro-Tuss
Lingerin Cough Liquid 350mL
Always read the label and follow the directions for use. Traditionally used in Western Herbal Medicine to help soothe an irritated throat.



SAVE \$3.96 OFF RRP*
\$14.99

Vicks
A. VapoSteam Double Strength Inhalant 200mL
B. WarmSteam Vaporizer
Always read the label and follow the directions for use.



SAVE \$3.20 OFF RRP*
\$12.79 ea

Strepsils
36 Lozenges (Selected Variants)
Always read the label and follow the directions for use.



SAVE \$4.00 OFF RRP*
\$7.99 ea

Demazin
12 Hour Nasal Decongestant Spray 20mL
Always read the label and follow the directions for use.



SAVE \$2.50 OFF RRP*
\$7.49 ea

Difflam
Plus Anaesthetic Sore Throat Lozenges 16 Pack (Selected Variants)
Always read the label and follow the directions for use.



SAVE \$2.41 OFF RRP*
\$12.49

VapoShower™
BREATHE EASY
with STEAMY, SOOTHING VICKS VAPORS
NON-MEDICATED
Fragrances of Menthol and Eucalyptus

SAVE \$2.01 OFF RRP*
\$16.49



2X ACTIVE
TRA STRONG

VapoRub®
2X* ACTIVES FOR YOUR TOUGH COLD SYMPTOMS
*2X Actives vs. Vicks VapoRub

Always read the label and follow the directions for use.

Winter Sports



When engaging in winter sports, it is crucial to prioritise safety and take proper care to ensure an enjoyable and injury-free experience. It is essential to dress appropriately for the weather conditions. Additionally, don't forget to wear appropriate protective gear such as helmets, goggles, and wrist guards to minimise the risk of head, eye, and wrist injuries.

Cold temperatures can cause your muscles to tighten, increasing the chances of strains or sprains. A proper warm-up routine helps increase blood circulation, loosens up your muscles, and improves your overall flexibility. Make sure to stay hydrated even in colder temperatures. Dehydration can still occur during winter sports due to exertion and the dry air. Be sure to drink water or sports drinks regularly to maintain optimal hydration levels.



Fixomull
Stretch Tape 5cm x 10m
Always read the label and follow the directions for use.



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



Amazing Oils
A. Magnesium Daily Gel 60mL \$12.99
B. Magnesium Daily Spray 200mL \$18.99



Fisiocrem
A. Solugel 60g \$13.99
B. Solugel 120g \$20.99
Always read the label and follow the directions for use.



Osteomol 665
Blister or Bottle 96 Tablets
Ask your pharmacist about this product. Incorrect use could be harmful.

NO TIME FOR A HEADACHE?

FAST PAIN RELIEF

\$9.49

Care starts here

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

HALEON



Combolieve
Day & Night Pain Relief 24 Tablets
Always read the label and follow the directions for use. Incorrect use could be harmful.



Pananatra
Joint Pain Relief 30 Tablets or Muscle Pain Relief 30 Capsules
Always read the label and follow the directions for use.

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Hair & Body



SAVE \$4.00 OFF RRP*
\$15.99 ea

OGX
Shampoo or Conditioner 385mL
(Selected Variants)



SAVE \$6.00 OFF RRP*
\$11.99 ea

Abundant Natural Health
Ocean Soothe Scalp Control
Shampoo or Conditioner 300mL



SAVE \$4.50 OFF RRP*
\$24.99 ea

Ego
QV Ceramides Cleanser 1kg or
Lotion 1L



SAVE \$4.96 OFF RRP*
\$19.99 ea

Bio Oil
Skincare Oil 125mL



Biore
Skincare Range (Selected Variants)

40% OFF RRP*
NEW



Cetaphil
Skincare Range (Selected Variants)

20% OFF RRP*



SAVE \$10.00 OFF RRP*
\$29.99 ea

Dermal Therapy
Fungistop 3-in-1 Nail Treatment 4mL
Always read the label and follow the directions for use.



SAVE \$10.00 OFF RRP*
\$22.99 ea

EndWarts Freeze
Warts Treatment 7.5g
Always read the label and follow the directions for use.

SMOOTHER RESULTS IN 1 WEEK

RESURFACES & RENEWS DRY, ROUGH + BUMPY SKIN

25% OFF RRP*

EXFOLIATING SCRUB



SMOOTHING LOTION

FOR KERATOSIS PILARIS PRONE SKIN



SUITABLE FOR SENSITIVE SKIN

Oral Care

Be sure to practice regular dental hygiene, such as brushing and flossing daily and regular dental check-ups to maintain healthy teeth and gums!



SAVE \$102 OFF RRP*
\$110

Waterpik
Cordless Waterflosser Select White



\$8.99 ea

Polident
Power Max Hold + Seal or Hold + Comfort Denture Adhesive 40g



SAVE \$5.00 OFF RRP*
\$13.99 ea

Curasept
Oral Rinse 200mL (Variants)
Always read the label and follow the directions for use.



SAVE \$2.26 OFF RRP*
\$9.99 ea

Sensodyne
Repair & Protect Toothpaste 100g (Variants)
Always read the label and follow the directions for use.

SAVE \$2.01 OFF RRP*
\$11.49

5X MORE EFFECTIVE THAN FLOSS
AT REDUCING PLAQUE ABOVE THE GUMLINE*

LISTERINE

OUR MOST COMPLETE PROTECTION
LISTERINE TOTAL CARE

* WITH 12 WEEKS CONTINUOUS USE GERM-KILL PROVIDES SUSTAINED PLAQUE REDUCTION AFTER A DENTAL CLEANING. RINSE IS NOT INTENDED TO REPLACE BRUSHING OR FLOSSING. USE ONLY AS DIRECTED.
Always read the label and follow the directions for use.



SAVE \$0.20 OFF RRP*
\$6.79 ea

TePe
Interdental Brush Angle 6 Pack (Selected Variants)



SAVE \$3.76 OFF RRP*
\$14.49 ea

Biotene
Dry Mouth Relief Wash 470mL

Colgate

Brush twice a day for a healthy smile

Colgate ADVANCED WHITENING
TOOTH PASTE
NET 100g

Colgate ADVANCED WHITENING
TOOTH PASTE
NET 100g

SAVE \$2.01 OFF RRP*
\$7.99 ea

Colgate 360
TOOTHBRUSH
MEDIUM

SAVE \$1.00 OFF RRP*
\$3.99

Colgate Plax
FRESHMINT
ANTICAVITY MOUTHWASH
NET 470mL

Keeps Working Between Brushings

20% OFF RRP*

SAVE \$2.40 OFF RRP*
\$9.59

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BATHROOM

Must haves!



Sorbent
Silky White Toilet Paper 16 Pack



Kleenex
Wellbeing Aloe Vera & Vitamin E
or Eucalyptus Tissues 95 Pack



Blink
A. Intensive Tears Eye Drops 15ml
\$6.49



B. Intensive Tears Eye Drops 0.4ml
20 Vials \$8.49

Always read the label and follow the directions for use.



Libra
Range (Selected Variants)

Always read the label and follow the directions for use.



TheraBreath
Fresh Breath Oral Rinse Mild
Mint 473mL

Always read the label and follow the directions for use.



Dentagenie
GO2 Water Flosser



Oral B
Electric Toothbrush Range
(Selected Variants)



Head & Shoulders
Shampoo or Conditioner 200mL
(Selected Variants)

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your local pharmacy is:

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