



# winter warmers

BIG DISCOUNTS ON  
WINTER ESSENTIALS



Dettol Kids The Wiggles  
Foaming Hand Wash 250ml  
Selected Varieties

\$3<sup>49</sup>  
ea



Kleenex Ultra Soft Pocket  
Mini 6 Pack

\$2<sup>79</sup>  
ea



⊛  
Hot Water Bottle  
Selected Varieties

\$5<sup>99</sup>  
ea



⊛  
HotHands Hand or  
Toe Warmers 2 Pack

\$1<sup>49</sup>  
ea



⊕  
Cenovis Sugarless C 500mg  
300 Chewable Tablets

\$18<sup>99</sup>  
ea



⊕  
Cenovis Chewable  
Vitamin C 250mg  
150 Tablets Selected Varieties

\$9<sup>49</sup>  
ea



Difflam Kids Throat Pops  
10 Pack Selected Varieties

\$7<sup>49</sup>  
ea

ON SALE 15 JULY - 28 JULY 2025 OR WHILE STOCKS LAST.

⊛ Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. ⊕ Always read the label and follow the directions for use. Vitamin and mineral supplements should not replace a balanced diet. If symptoms persist, talk to your healthcare professional. Pharmacists are medication experts. Seek their advice when considering these products. Products may not be available in all stores. Please contact stores for availability. All products in this publication have been included in good faith on the basis that the goods described will be available at the time of sale. Price subject to change without notice. We reserve the right to correct printing errors.

# SAVE ON HEALTH & WELLBEING



**PHARMACY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN

**maxigesic®**  
Paracetamol 500 mg  
Ibuprofen 150 mg

**DOUBLE ACTION**  
PAIN RELIEF

12 FILM COATED TABLETS

**ALSO AVAILABLE**  
PHARMACIST ONLY MEDICINE  
KEEP OUT OF REACH OF CHILDREN  
**maxigesic®**  
**COLD & FLU HOT DRINK**  
**DOUBLE STRENGTH**  
Paracetamol 1000 mg  
Ibuprofen (as lysine) 300 mg  
10 sachets  
Lemon-Flavoured

Maxigesic Double Action 12 Tablets **\$5.99** or Cold & Flu Hot Drink Double Strength 10 Pack **\$13.99**

Maxigesic Double Action 12 Tablets provides 78% more effective pain relief than paracetamol 4000mg per day and 36% more effective pain relief than ibuprofen 2400mg per day given in total. Maxigesic Double Action 12 Tablets provides 78% more effective pain relief than paracetamol 4000mg per day and 36% more effective pain relief than ibuprofen 2400mg per day given in total. Maxigesic Double Action 12 Tablets provides 78% more effective pain relief than paracetamol 4000mg per day and 36% more effective pain relief than ibuprofen 2400mg per day given in total. Maxigesic Double Action 12 Tablets provides 78% more effective pain relief than paracetamol 4000mg per day and 36% more effective pain relief than ibuprofen 2400mg per day given in total.

**maxigesic®**  
**SMARTER PAIN RELIEF**

**78% MORE** effective pain relief than paracetamol alone<sup>1</sup>

**36% MORE** effective pain relief than ibuprofen alone<sup>2</sup>

**FASTER MEANINGFUL PAIN RELIEF** than paracetamol or ibuprofen alone<sup>3</sup>

**FIRST 6 HRS** more effective pain relief than paracetamol or ibuprofen alone<sup>4</sup>

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



**PHARMACY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN  
HALSON

**Panadol Rapid**  
Paracetamol 500 mg  
Fast Pain Relief

48 caplets

capsule shaped tablets



**PHARMACY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN  
HALSON

**Panadol Rapid**  
Paracetamol 500 mg  
Fast Pain Relief

48 caplets

capsule shaped tablets

⊕ # Panadol Rapid 500mg 48 Caplets **\$10.99 ea**

**BEAT THE MIGRAINE BLACKOUT**

**NOW AVAILABLE WITHOUT PRESCRIPTION**

**ASK YOUR PHARMACIST ABOUT THIS PRODUCT**



**PHARMACIST ONLY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN

**Maxalt®**  
**MIGRAINE RELIEF**  
rizatriptan 5 mg (as benzoate)

2 Rapid Dissolving Wafers

For the acute relief of migraine in patients who have a stable, well-established pattern of symptoms

ORGANON

⊕ #

**FAST-ACTING DRY EYE RELIEF<sup>1,2</sup>**



**Systane Ultra**  
Lubricant Drops

10ml Alcon

**\$14.99 ea** Alcon

**ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.**

References: 1. Davitt WJ, et al. J Ocul Pharmacol Ther. 2010;26(4):347-353. 2. Christensen M, et al. Optometry. 2009;80(6):315. ©2024 Alcon Laboratories Pty Ltd. AUS: 1000 224 153, Auckland NZ: 0900 101 105. ANZ-SYE-2400004.



**PHARMACY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN

**NUROFEN® ZAVANCE mini**  
LIQUID CAPSULES  
Ibuprofen 200mg

32 LIQUID CAPSULES

OUR SMALLEST LIQUID CAP EVER



**PHARMACY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN

**NUROFEN® ZAVANCE mini**  
LIQUID CAPSULES  
Ibuprofen 200mg

32 LIQUID CAPSULES

OUR SMALLEST LIQUID CAP EVER

⊕ # Nurofen Zavance 32 Mini Liquid Capsules **\$12.99 ea**



**Berocca®**  
**ENERGY**  
Everyday Multivitamin

15 Effervescent Tablets

Scientifically formulated to support energy every day

15 Effervescent Tablets

Scientifically formulated to support energy every day

⊕ Berocca Energy Effervescent Tablets 15 Pack Selected Varieties **\$8.99 ea**



**VICKS**

**VapoShower**

BREATHE EASY

- Soothing Vapors
- Infuses with Shower Steam
- Dissolves Clearly

5 Shower Tablets

⊕ Vicks VapoShower 5 Tablet Pack **\$11.99 ea**



**VALUE PACK**

**VICKS**

**Inhaler**

CLEARs STUFFY NOSE

Making Breathing Fast Clear and Cool

2 Inhalers 9.5 mL x 2

⊕ Vicks Inhaler Nasal Decongestant 2 Pack **\$11.99 ea**

**Dymista Allergy**

**CLEARs hayfever from 5 MINUTES<sup>1,2</sup>**

\*Rapid nasal symptom relief

**Antihistamine**

**Dual-action strength<sup>3</sup>**

**Corticosteroid**

Now available without a script

**\$33.99 ea**

**VIATRIS**

Always read the label and follow the directions for use. Treats moderate to severe hayfever symptoms. References: 1. Bousquet J et al. J Allergy Clin Immunol Pract. 2018; 6(5): 1726-1732. (Funded by MEDA Pharma GmbH & Co. KG). 2. Dymista® Allergy Product Information. Dymista® is a Viatris company trademark. DTC-2023-0088



**PHARMACY MEDICINE**  
KEEP OUT OF REACH OF CHILDREN

**Gastro-Stop PLUS**

loperamide hydrochloride 2mg  
simethicone 125mg

✓ CRAMPS ✓ BLOATING ✓ GAS

Effective Relief of Diarrhoea & Wind Pain

12 MINT FLAVOURED Chewable Tablets

**37% OFF RRP**

SAVE **\$11.51**



**nicorette**  
nicotine

gum

classic

for those who smoke 20 or less a day

Regular strength 2mg 75 pieces



**nicorette**  
nicotine

gum

classic

for those who smoke 20 or more a day

Extra strength 4mg 75 pieces

⊕ # Nicorette Gum 2mg or 4mg 75 Pack Selected Varieties **\$19.99 ea**

⊕ # Gastro-Stop Plus 12 Chewable Tablets **\$8.49 ea**

**CHANCE TO WIN \$500 EVERYDAY**

**PLUS WIN \$100 EVERY WEEK**

**Codral Day&Night**

**Codral Cold&Flu**

**Cold & Flu**

**AUSTRALIA'S #1 COLD & FLU BRAND\***

Always read the label and follow the directions for use. \*Based on sales of over-the-counter cold and flu products in Australia for the week ending 10/10/2023. Excludes prescription products. Offer valid in Australia only. Offer ends 10/10/2023. Offer valid in Australia only. Offer ends 10/10/2023. Offer valid in Australia only. Offer ends 10/10/2023.



Organise your medications in one place



Order your scripts with a tap

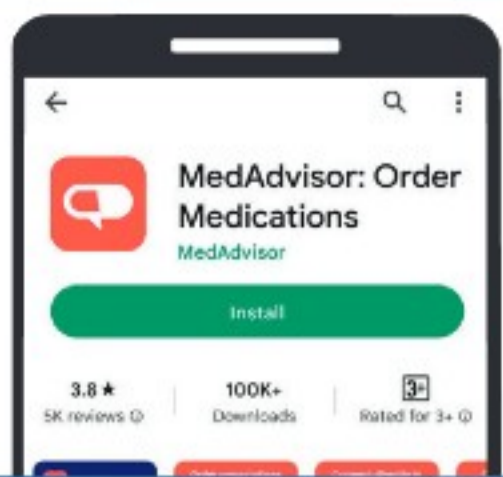


Collect at your selected store

Download Now

GET IT ON  
**Google Play**

Download on the  
**App Store**



**A CANCEL ALL PLANS COLD**

**LEMSIP**  
COUGH  
MAX DECONGESTANT  
MAX COLD+FLU

**FROM \$10<sup>99</sup> ea**

**HOWEVER YOU COLD AND FLU, LEMSIP IT.**

Always read the label and follow the directions for use.

**Strepsils**  
ANAESTHETIC  
Lidocaine (lignocaine) hydrochloride monohydrate 10 mg, Dichlorobenzyl alcohol 12 mg, Amylmetacresol 600 micrograms  
36 LOZENGES

**Strepsils**  
EXTRA  
Hexylresorcinol 2.4 mg, Anaesthetic + Antibacterial  
36 LOZENGES

**\$13<sup>99</sup> ea**

**TRUST Strepsils TO NUMB PAIN FAST**

Always read the label and follow the direction for use. For the temporary relief of sore throats.

**NEW**

**3IN1 ACTION**

*Soothing relief of*

**COUGHS SORE THROATS BLOCKED NOSE**

**Difflam<sup>®</sup> Soothing**  
COUGH + Sore Throat + Blocked Nose

*Soothing relief of:*  
• Coughs  
• Sore throats  
• Blocked nose

**16 HONEY LEMON MENTHOL LOZENGES**

**\$5<sup>99</sup> ea**

**Always read the label and follow the direction for use.**

**GET DURO-TOUGH ON YOUR COUGH**

**DURO-TUSS<sup>®</sup>**

Duro-Tuss Chesty Cough Liquid Forte 350ml

**\$17<sup>49</sup> ea**



**\$10<sup>99</sup> ea**

Otrivin Adult Nasal Spray 10ml

**Arma Yourself**

**BioCeuticals**

**ArmaForce<sup>®</sup>**  
Relieves symptoms of common colds & flu

**ARMAFORCE<sup>®</sup> #1 COLD & FLU IN PHARMACY**

**Ask your Healthcare professional for ArmaForce<sup>®</sup>**

**BioCeuticals<sup>®</sup>**

Always read the label and follow the directions for use.  
\*IQVIA\*\* Pharmacy Data, Vitamins, Minerals & Supplements category, Immune Health segment, Value Sales, 52 weeks to 22nd March 2025

Chances are... there's a **Chemists' Own<sup>®</sup>** for that.

**Chemists' Own<sup>®</sup> Chesty Mucus Cough**  
Guaifenesin 100 mg / 5mL, Bromhexine Hydrochloride 3 mg / 5mL, Oral Liquid  
200 mL

**Chemists' Own<sup>®</sup> Day + Night Cold & Flu Relief PE**  
Paracetamol 500 mg, Phenylephrine Hydrochloride 5 mg, Chlorpheniramine Maleate 2 mg  
48 tablets

**Chemists' Own<sup>®</sup>**

Always read the label and follow the directions for use.  
Chemists' Own<sup>®</sup> is a registered trade mark of Arrow Pharmaceuticals Pty Ltd.



**\$11<sup>99</sup> ea**

Betadine Sore Throat Gargle Ready to Use 120ml



**\$12<sup>99</sup> ea**

Robitussin Cough & Chest Congestion Liquid 200ml

# SAVE ON HEALTH & WELLBEING

**WIN \$1K**

with **ISOCOL™**  
RUBBING ALCOHOL ANTISEPTIC

Purchase any ISOCOL product & head to [isocol.com.au/competition](http://isocol.com.au/competition) to enter

**GIVEAWAY EVERY WEEK FOR 10 WEEKS**

Competition valid from 26/5/2025 - 1/8/2025. T&C's apply. Limited to one entry per person. Australian residents only.

Always read the label and follow the directions for use

FROM **\$5<sup>99</sup> ea**

**Bosisto's**

**Eucalyptus Oil**  
Eucalyptus Oil 1mL/mL Essential Oil

Antiseptic 175mL

FROM **\$4<sup>99</sup> ea**

Bosistos Eucalyptus Oil 50ml **\$4.99** or 175ml **\$14.99**

**ARNICAEZE EASE PAIN KEEP MOVING**

**BRAUER**

Brauer Arnicaeze Range Selected Lines

**\$13<sup>99</sup> ea**

**HOT! PRICE!**

**PERSKINDOL**

ACTIVE SPRAY

**\$22<sup>99</sup> ea**

Perskindol Active Spray 150ml

**INFLAMAX®**

**Effective temporary relief from muscle pain & inflammation**

**EASY TO USE**

**\$13<sup>99</sup> ea**

Always read the label and follow the directions for use.

**36% OFF RRP**  
SAVE **\$4.00**

**Clearwipe**  
Lens Cleaner

Quick Drying Pre-moistened Wipes

REMOVES 99% OF GERMS\*

60 Soft Wipes

**bodichex**

Reusable hot/cold pack

**\$8<sup>99</sup> ea**

**33% OFF RRP**  
SAVE **\$4.00**

**DEEP HEAT**

BACK PAIN EXTRA-LARGE HEAT PATCHES

8hrs PAIN RELIEF HEAT THERAPY

SCIENTIFICALLY PROVEN

2pk **FREE** XL 2025

Clearwipe Lens Cleaner 60 Wipes

**\$6<sup>99</sup> ea**

**Bodichex Hot/Cold Packs Medium**

**\$8<sup>99</sup> ea**

**Deep Heat Back Patches 2 Pack**

**\$7<sup>99</sup> ea**

**THERMOSKIN**

EXO THERMAL STABILISING KNEE SLEEVE

FLORIDA THERMAL KNEE SLEEVE

FLORIDA THERMAL KNEE SLEEVE

**Thermoskin Exo Thermal Stabilising Knee Sleeve Selected Varieties**

**\$38<sup>99</sup> ea**

**Elastoplast**

RIGID STRAPPING TAPE

38mm x 15m

Maximum stability to prevent and treat injuries by restricting movement

100% Nylon, tightly woven

Strong adhesion

0% LATEX

PROFESSIONAL MEDICAL TAPE

**VALUE PACK 15M ROLL**

**Elastoplast Strapping Tape 38mm x 15m Selected Varieties**

**\$9<sup>99</sup> ea**

KEEP OUT OF REACH OF CHILDREN

**Dencorub**

PAIN RELIEVING HEAT PATCHES

METHYL SALICYLATE 74.88mg/PATCH  
CAPSAICIN 46.20mg/PATCH  
MENTHOL 32.04mg/PATCH

MEDICATED Pain Relief

HEAT

3 PATCHES 8cm x 13cm

**Dencorub Pain Relieving Heat Patches 3 Pack**

**\$8<sup>99</sup> ea**

**ABLE**

VapourMist

**\$54<sup>99</sup> ea**

SAVE \$14.01

**Able VapourMist Humidifier**

# Meds delivered in under 2 hours

Hola is Australia's on-demand pharmacy delivery app, connecting you with your local pharmacy.



**Step 1**  
Download the Hola App



**Step 2**  
Upload or scan Scripts



**Step 3**  
Delivered in under 2 hours

Scan, download order today



GET IT ON Google Play

Download on the App Store



Sugarless Confectionery 70g - 90g Selected Varieties

**\$4.49** ea

mineralyte™

## Hydrate+

- ✓ NO sugar
- ✓ NO sweetener
- ✓ NO preservatives
- ✓ Made in Australia

22 essential electrolytes, minerals and trace elements

Add drops to your drink for rapid rehydration - faster than water alone



50mL

**Better value** than hydration tablets

**\$16.99** ea



**\$3.99** ea

Glucerna™

CLINICALLY PROVEN DIABETES NUTRITIONAL SUPPLEMENT

## HELPS REDUCE BLOOD GLUCOSE BY 38%\*



Cathy Freeman

LIVING WITH TYPE 2 DIABETES & OLYMPIC GOLD MEDALLIST



**PROVEN TO PERFORM**

Food for Special Medical Purposes. Use only under medical supervision.

Glucerna is indicated for people with diabetes and/or impaired glucose tolerance as part of a diabetes management plan including diet and exercise. \*A randomised controlled trial comparing Glucerna to an oatmeal breakfast in type 2 diabetes patients (n=32) found 280% higher postprandial GLP-1 secretion and 38% lower postprandial blood glucose levels with Glucerna compared to oatmeal (based on individual percent changes). The study utilized a previous Glucerna formulation. References: 1. Davitt, A., et al. J Diabetes Res Clin Metab. 2012;10:120.



OMRON  
BLOOD PRESSURE MONITORS

**#1** Australia's  
Global Bestselling BPM Brand\*  
**No.1** Blood Pressure Monitor\*\*

\*Source: "Global Home Appliance Market Comprehensive Survey 2022", Fuji Keizai Co., Ltd (data for 2021) \*\*IQVIA, National Australian Pharmacy Sell-Out Sales, Blood Pressure Monitors MAT March 2022.



STANDARD  
MEDIUM CUFF  
HEM7142T1

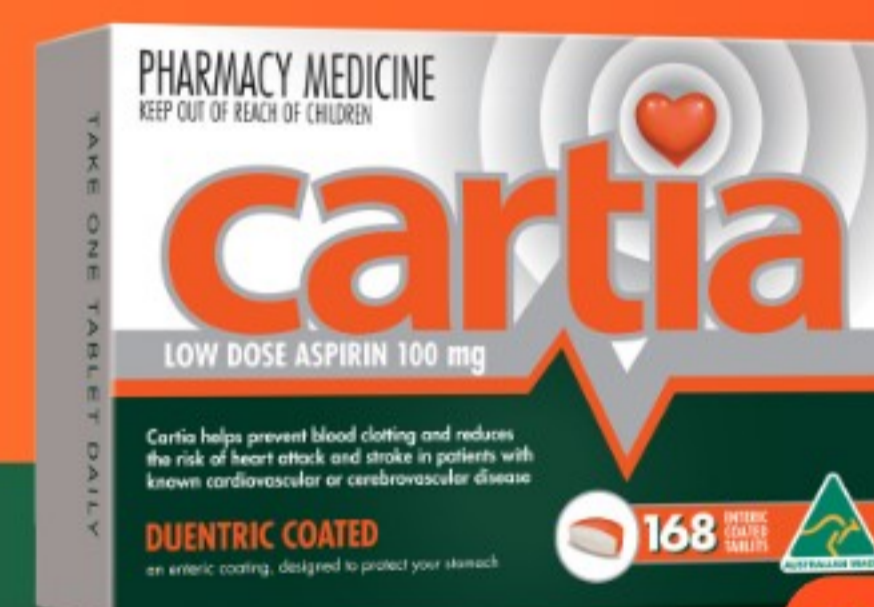
**\$99.99** ea

SAVE \$37.96

Has your doctor recommended  
**low dose aspirin for heart protection?**  
**Cartia** has a **Duentric** coating  
that's gentle on the stomach\*

cartia.com.au

\*Cartia low dose aspirin has a Duentric coating which is designed to protect the stomach from the irritation that can be caused by aspirin.



**\$14.99** ea

Always read the label and follow the directions for use.

Cartia helps prevent blood clotting and reduces the risk of heart attack and stroke in patients with known cardiovascular or cerebrovascular disease. For use under medical supervision only. The use of low dose aspirin may be only one component of your medical practitioner's management plan to prevent you having a further heart attack or stroke. You should discuss this plan with your medical practitioner. Do not substitute other medicines containing aspirin, for this medicine, without first consulting your pharmacist or medical practitioner. CAR-08311-0326.

NUTRICIA  
**Souvenaid®**  
PROVEN TO SLOW MEMORY & COGNITIVE DECLINE BY AN  
**AVERAGE OF 60%**

in an early stage of Alzheimer's disease known as mild cognitive impairment when taken daily over 3 years<sup>1</sup>

TO LEARN MORE, VISIT:  
souvenaid.com.au

1. Sonnen H et al. Alzheimer's Dement. 2021;17:29-40  
Souvenaid® is a food for special medical purposes for the dietary management of early Alzheimer's disease.  
Souvenaid® must be used under medical supervision. Souvenaid® does not cure or alleviate Alzheimer's disease.



ASK YOUR PHARMACIST ABOUT  
**SOUVENAIID® TODAY!**

FROM  
**\$16.99** ea

microlife®

Pulse  
Arrhythmia  
Detection

Adaptive pressure  
control for gentler  
measurements



5  
YEAR  
WARRANTY



**B2 Basic**

⑧ Blood Pressure Monitor

**\$64.99** ea

SAVE \$25.00

► The save prices listed are calculated from the suppliers RRP (Recommended Retail Price) at the time of preparation and where no such price exists is the retail price found at competing retailers. Due to discount policy we may not have sold at RRP. ⑧ For people with high blood pressure. Consult your doctor to evaluate the readings. Check your device periodically for accuracy. ⑧ Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.

OPTIMAL PHARMACY+

► The save prices listed are calculated from the suppliers RRP (Recommended Retail Price) at the time of preparation and where no such price exists is the retail price found at competing retailers. Due to discount policy we may not have sold at RRP.

# SUPPORTING

# All Women

**BETTER HEALTH STARTS WITH INNER HEALTH**



**INNER HEALTH PLUS DOUBLE STRENGTH PROBIOTIC**

24 HOUR GUT SUPPORT

**\$47<sup>99</sup> ea**

HIGH STRENGTH. DIGESTIVE SUPPORT

Always read the label and follow the directions for use.

**SUPPORT FOR SLEEPTIME SERENITY**

ETHICAL NUTRIENTS



**MEGA MAGNESIUM NIGHT**

9hr SLEEP PER HOUR

**\$29<sup>99</sup> ea**

Australia's #1 Magnesium Brand<sup>1</sup>

Always read the label and follow the directions for use.  
<sup>1</sup>IQVIA™, Pharmacy channel, VMS category, Total Sales Magnesium ingredient, 52 weeks WE, 11.01.2025.



⊕ Centrum for Women 50+ 60 Tablets **\$17<sup>99</sup> ea**



⊕ Swisse Ultivite Women's 50+ Multivitamin 60 Tablets **\$32<sup>99</sup> ea**



⊕ Caruso's Ashwagandha 50 Tablets **\$21<sup>99</sup> ea**



⊕ Nature's Way Sleeping 60 Tablets **\$13<sup>99</sup> ea**



⊕ Bioglan Sleep 90 Tablets **\$17<sup>99</sup> ea**



⊕ Swisse Ultiboost Sleep 60 Tablets **\$12<sup>99</sup> ea**



**Are muscle cramps waking you up at night?**

Try Caruso's Super Magnesium products to relieve muscle cramps when dietary intake is inadequate.






**MADE IN AUSTRALIA**

**100% MONEY BACK GUARANTEE**

**FROM \$15<sup>99</sup> ea**

Always read the label and follow the directions for use.  
See Caruso's Natural Health website for terms and conditions of 100% Money Back Guarantee.



⊕ Seremind 80mg Lavender Oil 56 Capsules **\$29<sup>99</sup> ea**



⊕ Nature's Own Complete Sleep Advanced 30 Tablets **\$19<sup>99</sup> ea**

## A GOOD DAY STARTS WITH A GOOD NIGHT'S SLEEP



ASK YOUR PHARMACIST ABOUT THIS PRODUCT.

Short-term treatment of primary insomnia (insomnia without an underlying medical or any other clear cause) characterised by poor quality sleep, in adults aged 55 years or over. Not to be used concurrently with other treatments for insomnia.

⊕ # ⊕

[www.melotinmr.com.au](http://www.melotinmr.com.au)



Aids in healthy bone development and maintains healthy immune system function

Speak to your pharmacist.



Always read the label and follow the directions for use.

# SAVE ON BABY & TODDLER HEALTH

**Dymadon®**  
PARACETAMOL

87% of parents agreed Dymadon's great tasting flavours help make pain relief easy to give!\*

**Strawberry**  
200 mL  
\$14.99 ea

**Orange**  
200 mL  
\$14.99 ea

Always read the label and follow the directions for use. Incorrect use could be harmful.  
\*McNair Squares, 2022, Dymadon easy parenting, Quantitative n = 273 (Aspen sponsored) data on file, 2022.

**Little, FESS or FESS**  
LittleNoses or Children's

For Sticky, Crusty Eyelids & Lashes  
Helps relieve little blocked noses\*  
For the Medical Treatment of Constipation\*

FROM \$9.99 ea

\*ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. ^caused by excess mucus

**Euky Bear™**

**Breathe easier**  
with Sniffly Nose essentials:

**Sniffly Nose Room Spray**  
125g  
\$7.99 ea

**Sniffly Nose Inhalant**  
200mL  
\$12.99 ea

With soothing Eucalyptus Breathe easier Antibacterial

Extra strong with Eucalyptus For use with steam vapouriser

125g Australian made & owned

200mL



Diffiam Kids Throat Pops 10 Pack Selected Varieties \$7.49 ea



Duro-Tuss Children's Cough Liquid Strawberry 200ml \$14.99 ea



Dimetapp Kids Cold & Allergy or Cold & Allergy Colour Free 6 Years & Over 200mL \$15.99 ea



Vicks Baby Balm 100g \$12.99 ea

**Dettol**

Learn to Wash Like The Wiggles with Dettol

**Colour Foaming**  
250 mL  
\$3.49 ea  
SAVE \$1.51

Always read the label and follow the directions for use. The same Dettol you love, now in colourful foam for fun handwashing. Suitable for children 3+ years old. ©2024 The Wiggles Pty Ltd



Sambucol Kids Soothing Throat Pops 8 Pack \$6.99 ea



Cenovis Chewable Vitamin C 250mg 150 Tablets Selected Varieties \$9.49 ea

**AUSTRALIA'S MOST TRUSTED VAPORIZER**  
WITH NATURAL STEAM THERAPY

**VICKS WarmSteam Vaporizer**  
NATURAL STEAM THERAPY

Winner TRUSTED BRAND 2023 Reader's Digest Humidifiers & Vaporisers

Suitable for Children under 2 years

Unique Design to Help Avoid Scalding  
Automatic Shut-Off  
Easy to Clean  
Lock on Cap and Nightlight

12-14 Hours of Operation 25

Always read the label and follow the directions for use. Inhalants sold separately.

**Euky Bearub™**

**Eucalyptus Chest Rub**  
50g net  
\$6.99 ea

Helps relieve the symptoms of colds Gentle on sensitive skin

Australian made & owned

50g net AUST R 10913



# JOIN OPTIMAL LOYALTY CLUB

EQUIVALENT TO 5% DISCOUNT  
TOWARDS YOUR NEXT PURCHASE\*



FREE TO JOIN

SHOP & EARN

REDEEM YOUR REWARDS



\* Kid Essentials Nutritionally Complete 800g

**\$33<sup>99</sup>**  
ea



\* Karicare Toddler Milk Drink 12+ Months or 2+ Years 900g

**\$17<sup>99</sup>**  
ea



\* S26 Original Alula Toddler 900g

**\$17<sup>99</sup>**  
ea



\* NAN SUPREMEpro 3 Toddler From 1 Year 800g

**\$25<sup>99</sup>**  
ea



\* Tommee Tippee Novelty Hood Bottle 250ml Selected Varieties

**\$3<sup>99</sup>**  
ea

**PLAY MORE. LOVE MORE.**

**FUN BLUEY PRINTS**

**BabyLove Nappy Pants**

Easy to Change!

Bluey

4 9-14 56

5 12-17 50

**\$24<sup>99</sup>**  
ea

© Ludo Studio.



\* Babylove Water Wipes 80 Pack

**\$3<sup>99</sup>**  
ea

\* BabyU Scented Nappy Bags 50 Pack

**\$1<sup>99</sup>**  
ea

**QV**

ALL YOU NEED FOR YOUR BATH TIME ROUTINE

**Ego QV Baby Gentle Wash 500g \$15.99, Bath Oil 500ml \$14.99 or Moisturising Cream 500g \$18.99**

**FROM \$14<sup>99</sup>**  
ea



\* Sudocrem Healing Cream 250g

**\$19<sup>99</sup>**  
ea

**PROTECT YOUR DERMA BEAN WITH DERMAVEEN**



\* Dermaveen Baby Selected Varieties



**FROM \$12<sup>99</sup>**  
ea

**Colgate**

**Brush twice a day for a healthy smile**

**Bluey Strawberry Flavoured Toothpaste**

**\$3<sup>99</sup>**  
ea

**Colgate Kids Toothbrush**

**\$7<sup>99</sup>**  
ea

**JACK N' JILL**

**NATURAL BATHTIME**

**washing & brushing is fun!**

**TEETHING GEL**

**\$11<sup>99</sup>**  
ea  
SAVE \$2.96

**NATURAL TOOTHPASTE**

**\$5<sup>99</sup>**  
ea  
SAVE \$1.51

**EXTRA SOFT BIO TOOTHBRUSH**

**\$3<sup>99</sup>**  
ea  
SAVE \$0.96

**BLISSFUL BUBBLES**

**\$11<sup>49</sup>**  
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SAVE \$3.46

Jack N' Jill Shampoo & Body Wash 300ml, Natural Toothpaste 50g Selected Varieties, Extra Soft Bio Toothbrush, Blissful Bubbles, Natural Baby Wash 300ml

\* The save prices listed are calculated from the suppliers RRP (Recommended Retail Price) at the time of preparation and where no such price exists is the retail price found at competing retailers. Due to discount policy we may not have sold at RRP. \* Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. \* Breast milk is the best for most babies. Consult your Doctor or Pharmacist when considering this product.

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**Try Caruso's WEE LESS® & PEE LESS®**  
 With Schisandra chinensis, traditionally used in Chinese Medicine to relieve urinary frequency

**WEE LESS®**  
 60 TABLETS TWO-A-DAY  
**\$25.99 ea**  
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 See Caruso's Natural Health website for terms and conditions of 100% Money Back Guarantee.

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**HYDRO 5**  
 4 CARTRIDGES

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**Depend**  
 underwear  
 SUPER PLUS XL 9

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**EXPERTCARE FILE & SMOOTH 2in1 Electronic Foot File System**  
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**RELIEVE & HELP REDUCE OCCASIONAL OCCURRENCE OF GOUT SYMPTOMS**

**GOUT Shield**  
 NEW

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ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

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Blackmores Nails, Hair and Skin 60 Tablets **\$16<sup>49</sup>** ea

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even the most  
sensitive skin.



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11

# SAVE ON HOUSEHOLD ESSENTIALS



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Piksters On The Go Essential or Mini Monsters Oral Care Kit Selected Varieties

**\$4<sup>99</sup>**  
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Palmolive Liquid Hand Wash 250ml Selected Varieties

**\$2<sup>49</sup>**  
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Kleenex Anti-Bacterial To-Go Wipes 15 Pack

**\$1<sup>79</sup>**  
ea



Kleenex Everyday Facial Tissues 200 Pack

**\$2<sup>99</sup>**  
ea



Palmolive Dishwashing Liquid 500ml Selected Varieties

**\$2<sup>79</sup>**  
ea



Jif Cream Cleanser Original or Lemon 500ml

**\$3<sup>49</sup>**  
ea



Duck Deep Action Gel 500ml Selected Varieties

**\$2<sup>99</sup>**  
ea



Dettol Disinfectant Wipes 110 Pack Selected Varieties

**\$7<sup>99</sup>**  
ea



Quilton Toilet Tissue 3 Ply 10 Pack

**\$5<sup>99</sup>**  
ea



Radiant Classic Laundry Powder 500g

**\$1<sup>99</sup>**  
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Cuddly Fabric Softener Sunshine Fresh 1L

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Vanish Napisan Oxi Action 3kg Big Value Pack

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