





# Teenager dies in Jeep which overturned

**Rustenburg/ Maanhaarand** – A 15-year-old boy died when a Jeep overturned on the Maanhaarand dirt road outside Rustenburg in the late afternoon of Saturday 23 July. A man believed to be in his late 30s suffered minor injuries in the incident. ER24 paramedics were on the scene at 17:35 where family members were in attendance. Attempts were made to resuscitate the boy using Advanced Life Support interventions, unfortunately these were unsuccessful, and the patient was later declared dead on the scene. The patient in his 30s, who had suffered minor injuries, was treated, and transported to hospital for further care. The scene was handed over to the South African Police Services.



The Jeep overturned, resulting in the death of a 15-year-old.

Trauma Rescue press release extracts, dated 24 July 2022

# Driver killed, passenger critical



The wreck of the Volkswagen Polo was found next to the road.

**Rustenburg** – A man believed to be in his early 40s has died and a woman in her 30s was critically injured in a single vehicle roll over on the Helen Joseph Drive in Rustenburg in the early morning hours of Sunday 24 July. ER24 paramedics were on the scene at 01:20 along with the Fire Department and Trauma Rescue. The two people were trapped in the Volkswagen Polo, which was upright after it rolled. The male driver unfortunately showed no signs of life and was declared dead on arrival. ER24, with help from the other teams, extricated the two within 30 minutes. Advanced Life Support interventions were needed to stabilise the critically injured woman before transporting her to hospital for further care. The South African Police Services were on the scene for further investigations.

Trauma Rescue press release extracts, dated 24 July 2022  
In case of emergency contact Trauma Rescue on 0861 789 911

# Train crashes into bakkie, killing one, injuring two

**Derby/ Syferbult** – An 11-year-old girl was killed, and two others injured when a train crashed into their bakkie on a farm road crossing in Syferbult between Derby and Magaliesburg on Tuesday 25 July. ER24 arrived on the scene at 15h30 to find the bakkie smashed against the front of the train. Community members had already pulled two girls and a man from the bakkie. Medics assessed the patients and found that the 11-year-old girl had already succumbed to her injuries. Nothing could be done for her, and she was declared dead. A 17-year-old girl and a man believed to be in his 40s were found with numerous injuries and were in critical condition. The patients were treated and provided with advanced life support interventions before they were transported to a nearby hospital for urgent treatment. Fortunately, no one from the train sustained any injuries. Local authorities were on the scene for further investigations.



A train crashed into a bakkie on a farm road crossing in Syferbult.

Trauma Rescue press release extracts, dated 26 July 2022

# BODY OF SECURITY GUARD FOUND

**Mooiooi/ Brits** – The body of a 35-year-old man was found in a river in Brits on Friday 22 July 2022, seven days after he was last seen. Police spokesperson colonel Adele Myburgh said a judicial inquest would shed light on the death of Moris Boitumelo Maepa, whose body was found in Crocodile River. Maepa – who was residing at the Bokamoso section of Mamba informal settlement near Mooiooi – had been reported missing. The deceased, who was working as a security guard, was last seen by a colleague on 15 July 2022 at about 02:00. Myburgh told *Platinum Weekly* that at this stage, it is unknown if the man was murdered. Investigations continue.



The late Moris Boitumelo Maepa.

In remembrance



Wyle Sebastian Liebenberg, 'n 15-jarige Bergsig Akademie leerder, is op Saterdag 23 Julie tragies oorlede. Bergsig Akademie het hul medelye aan sy familie en vriende uitgespreek: "Bergsig dra julle in ons gebede. Rus sag, Sebastian," het hul boodskap gelui. Sy roudiens het op 27 Julie om 10:00 vanuit die Hervormde Kerk Kloof gemeente, Manukastraat, Rustenburg, plaasgevind.



Join us in mourning the enormous loss and loving life of the late Cecile O'Neill (85) who passed away on Tuesday 26 July. Her funeral service will take place on 4 August at 11:00 from the Most Holy Redeemer Catholic Church, Rustenburg. For more information contact Simon Sethabi 078 375 9090 or Cobus Combrink on 081 379 8919 at Econo Funeral Services. A service with love and dignity by Econo Funerals.



Ons onthou met liefde wyle Jurie Kroese (88), oorlede op Maandag 25 Julie. Die oorwinningsdiens vind op 4 Augustus om 11:00 plaas te Zeerust Begraafplaas, vanwaar hulle sal beweeg na die NG Kerk, Zeerust. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Ons onthou met liefde wyle Riaan Engelbrecht (21), oorlede op Woensdag 20 Julie. Hierdie merkwaardige jongman se lewensviering sal op 29 Julie om 14:00 plaasvind vanuit die Hervormde Kerk, Tuine Gemeente, Cuccostraat, Rustenburg. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Ons onthou met liefde wyle Ria (Stompie) Pieterse (67), oorlede op Saterdag 23 Julie. Haar oorwinningsdiens vind op 29 Julie om 11:00 plaas vanuit die kapel by Sonskyn Aftree Oord. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Ons onthou met liefde wyle Pieter Niemandt (57) wat bekend was in die musiek kringe, die groep Bonanza, en die kitaar duo Piet en Pieter Niemandt. Hy is oorlede op Saterdag 23 Julie en sy roudiens vind op 29 Julie om 11:00 plaas vanuit die Hervormde Kerk, Kloof Gemeente in Manukastraat, Rustenburg. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.

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# Placing an obituary

Announcing the death of a family member is a time-honoured tradition as life should be celebrated and never forgotten. To help you to celebrate the life of your loved one and share details about the upcoming funeral, place an obituary in our newspaper, free of charge. You can include the date of death, details about their life and surviving family members. You can also write a special message, a poem or a prayer. Please include a photo and the date, time and place of the memorial service.

If you would like to place an obituary in *Platinum Weekly* / *Platinum Bushvelder*, send the information via WhatsApp to 072 482 6871 or email [news@platinumweekly.co.za](mailto:news@platinumweekly.co.za) / [news@platinumbushvelder.co.za](mailto:news@platinumbushvelder.co.za).





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# ESCAPED RAPE SUSPECT STILL AT LARGE

**Rustenburg** – A rape suspect who escaped from Job Shimankana Tabane Hospital while under police guard, is yet to be re-arrested. Zimbabwean national Aubrey Zunguza, who was arrested by police in Boitekong on allegations of rape, escaped from the casualty ward of the hospital on Wednesday.

20 July 2022. This was after he allegedly broke the wheelchair he was handcuffed to. Police spokesperson sergeant Ofentse Mokgadi said the suspect, who was wearing long khaki trousers, a black tracksuit jersey and white shoes, fled the scene. s  
“He is still at large, and we are appealing to

members of the community who might have any information about his whereabouts, to please contact their nearest police station," Mokgadi said.

Anyone with information about his whereabouts is requested to contact 072 372 4549 or 082 772 6453.



Aubrey Zunguza

# MAN ARRESTED WITH EXPLOSIVES STASH

**Mooinooi** – A man was arrested at the Spar complex in Mooinooi on Friday 22 July after police found him with explosives. Police spokesperson colonel Adele Myburgh said the man was caught with the explosives wrapped in a towel inside a bag.

This was after he had been stopped by the police when they became suspicious of his movements around the complex. Initially, the man – who works at a mine – pretended as if he was going to the gym but was caught out during a search by the police. Further investigations led police to the



man's house where a stash of more explosives was discovered hidden under his bed. "He is yet to appear in court and investigations are ongoing," Myburgh confirmed.

*Platinum Weekly* reached out to a couple of local mines for comment.

Head of investor relations and communications at Tharisa Mine, Ilja Graulich, underlined the importance of safeguarding explosives. "No employee of Tharisa has been involved in any theft of explosives. We have all regulatory protocols in place to ensure safeguarding of explosives," Graulich said.

# TWO IN HOT WATER FOR EXTORTION

**Rustenburg** – Two men who threatened to set vehicles alight at a Transnet construction site in Kroondal over alleged non-payment of money by a contractor, will appear (for a second time) before the Rustenburg Magistrates' Court on Friday 16 September.

Bassie Putu (36) and Emmanuel Ramonasi (41) were arrested by members of the SAPS organised crime and visible policing unit on 11 January 2022 for extortion, public violence and intimidation. The two – who were nabbed



after threatening contractors and chasing employees around – were each granted R500 bail during their initial court appearance on 12 July 2022.

Said police spokesperson brigadier Sabata Mokgwabone: "It is alleged that the accused arrived at the construction site driving in a charcoal Mini Cooper vehicle with Limpopo registration numbers. "They allegedly chased the contractors and employees around and threatened to set alight construction vehicles while accusing contractors of failing to pay them R3,500.

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# Drug bust in Marikana

**Marikana** – Scores of suspects were arrested in Marikana on Friday 22 July 2022 during a police crime prevention operation. Twenty-eight suspects were nabbed for dealing in dagga and selling liquor without a licence while 18 others were charged for being in the country without the required valid documentation. All the suspects that were nabbed during this operation have since appeared before the Marikana Magistrates’ Court.



## Be careful of auction scams

**Koster** – WhatsApp auction groups, where only the administrators can post, is a growing trend and scammers has also climbed on the bandwagon, scamming their bidders out of thousands. A Koster community member is the second person who contacted the *Platinum Weekly* about the same auction WhatsApp group – which sells livestock. The unhappy bidder shared communication between himself and the ‘auctioneer’ with us. He was the successful bidder for merino and dorper sheep on the group during June. “I was asked to pay 8% commission to the admin who said on WhatsApp that they will share the seller’s details with me after the payment reflects in their account,” the *Platinum Weekly* was told. He said he paid over the commission, amounting to R8,720. He then received the details of the seller. He rented a trailer – as the seller was apparently from Walkerville,

Gauteng. After trying numerous times to get hold of the ‘seller’, he gave up and reached out to the auctioneer’s admin. Apparently, the auctioneer’s admin informed him that the seller contacted them from his brother-in-law’s phone and that the seller’s phone was broken, but that the seller will make the necessary arrangements to deliver the sheep. The unhappy bidder told us: “I waited a week and was then told that the seller’s son was in an accident and that he couldn’t deliver the sheep. I realised something was wrong and asked for a refund.” A month later... and the unhappy bidder just kept on getting excuses and also... threats. That is when he decided to go to the police. A case was opened at the Koster police station. “I want to warn others to be safe. Make sure you know who you are dealing with and double check before you make any payments,” he warns.



## GLENCORE

### Submission of Prequalifying Tenders: Wonderkop Smelter

**Tender Name: Internal Transport**  
**Tender No: 2022/WKP/RR/FC/001**

Interested parties are invited to submit their company profiles and the additional information (as requested below) for consideration by **Wonderkop Smelter** as part of the prequalifying tender process in respect of the plant-wide provision of **Internal Transport Services: Smelter Furnaces and Bulk Material handling**.

The scope of the services is all the bulk material handling services within the total plant area and includes the following:

**The main areas at Wonderkop Smelter where the services are to be provided are as follows:**

- Building, push-ups and maintenance of FeCr stockpile, high-walls, berms, footprint toes
- Building, push-ups and maintenance of raw material stockpile, high-walls, berms, footprint toes
- Building, push-ups and maintenance of slag stockpile, high-walls, berms, footprint toes and overland conveyor movement
- Removal, loading, feeding, handling and hauling of FeCr
- Removal, loading, feeding, handling and hauling of raw materials
- Removal, loading, feeding, handling and hauling of slag (treated and untreated)
- General housekeeping and road maintenance
- Preparation of the casting bay slag runner and metal pans
- Breaking of cooled metal ingots over metal break floor grizzly
- Rabbling the furnace
- Removal, loading, feeding, handling and hauling of other plant materials
- Ad hoc tasks as might be required through the P2P
- Wetting of all roads and stockpile areas
- Ensure that all cyclone fines bunkers at the furnaces are kept empty daily by transporting them to Bokamoso
- Always maintain and keep back road to Bokamoso in good condition
- Assist with bulk test that needs to be done from time to time at the Smelter and Bokamoso
- Transporting of heavy loads within departments.

The services shall be provided **24 (TWENTY-FOUR)** hours a day, **7 (SEVEN)** days per week and **365 (THREE-HUNDRED-AND-SIXTY-FIVE)** days a year.

The plant materials, including raw materials, to be handled shall include, chrome ore, quarts, limestone, magnesite, dolomite, anthracite, coke, char, coal, FeCr, sand, Bokamoso pellets, slag, cyclone fines, ball mill balls, building waste (including concrete, norite and other compaction material), fluorspar, general spillages, and general waste.

Interested parties with acceptable profiles/credentials, which adhere to the prequalification standards as specified below, will in Wonderkop Smelter’s sole and absolute discretion be formally invited to participate in a formal tender process for the Services. Should an interested party not be invited to participate in a tender process, or this prequalifying tender process is (in Wonderkop Smelter’s sole and absolute discretion) postponed, amended, or cancelled, no party shall in such event have any right or claim whatsoever against Wonderkop Smelter, Glencore Operations (Pty) Ltd or the Glencore Merafe Chrome Venture pursuant thereto.

In addition, applicants/interested parties should be advised that a portion of this tender may in Glencore’s discretion be ringfenced to a 100% local black-owned company.

Interested parties/applicants are to submit operating business profiles which profiles and supporting documents **must include** the following:

- Applicant’s operating history
- Applicant’s experience in a furnaces operation or smelting environment
- Current clientele (description of the current largest active contract) – active reference
- Listing of all contracts with personnel committed and services provided for the last five (5) years
- Indication that the applicant has the necessary competencies and resources
- Applicant’s cash-flow analysis or financial statements for the past three (3) years
- Applicant’s corporate organogram
- Description of the applicant’s shareholding structure (e.g., sole operator, close corporation, company, partnership, or JV structure), BEE status in terms of the Broad Based Black Economic Act and valid BBBEE certificate (certificate from SANAS accredited verification agency)
- Active local black ownership and management (woman, youth and disability ownership component)
- Applicant’s physical address/addresses where its operations are situated (as verified either by an independent auditor or community leadership)
- Procedure /criteria for employing sub-contractors
- Documented health and safety plan/s
- Details of personnel, HSEC systems and record, assets, systems, etc
- Applicant’s HSEC organogram with basic legal appointments for Occupational Health and Safety Act
- Applicant’s HSEC execution method statement
- Applicant’s HSEC baseline risk assessments and identification programme
- Applicant’s statement / declaration on human rights, modern slavery and child labour
- Proof that the applicant has an effective communication policy/mechanism in place
- Provide proof of the safety officers’ qualifications and expertise
- Details regarding pending litigation between the applicant and existing clients
- Applicants to provide an investment plan on how they intend to support Glencore’s social licence to operate
- Applicant’s ability and/or willingness to enter a contractual partnership with another applicant in the provision of the services
- Valid SARS Letter of Good Standing
- Copy of applicable Workman Compensation Certificate (COIDA) or proof of application
- List of owned fleets as per the example below:

| FLEET # | MACHINE TYPE     | MODEL | MAKE        | LEASED/ OWNED |
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| 1       | Front-end Loader | 966   | Caterpillar | Leased        |

If the Applicant does not comply **with all or any** of the above requirements, please clearly indicate the reasons therefore and/or how the above requirements will be met.

**NO FAXED / ELECTRONIC OR LATE SUBMISSIONS WILL BE ACCEPTED.**

The closing date and time for submission of company profiles is: **Monday, 01 August 2022 at 12:00**

Company profiles must be submitted in the tender box at: **Wonderkop Smelter, Admin Building:Tender box, Farm Brakspruit, Old Marikana Rustenburg Road, Marikana, Rustenburg 0300.**

Applicant’s profiles must be submitted in writing, in a sealed envelope, marked **Internal Transport, 2022/WKP/RR/FC/001**, attention George Cato.

**Enquiries:** All communication to be sent by email only to [george.cato@glencore.co.za](mailto:george.cato@glencore.co.za)

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Closing date for submissions: 5 August 2022



PLATINUM WEEKLY

Should you not have heard from us within the period of 14 days after the closing date, please regard your application as unsuccessful.



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# Where there's smoke...

**Rustenburg** – A fire broke out in one of the shops at Lifestyle Square, shortly after 08h00 on Thursday 21 July. “We were busy taking count when we saw the smoke coming through a vent from the shop underneath us, so we raised the alarm,” a witness told *Platinum Weekly*. The whole centre was immediately evacuated for the safety of all staff and patrons. The quick response of the Centre Management and the Metasec Security team ensured that the fire was caught in its early stages and was extinguished successfully in a short period of time before the arrival of the fire brigade. ER24 responded to the scene and assessed several people for smoke inhalation but luckily no one sustained any injuries. A statement by Lifestyle Square management read: “An investigation is taking place to establish the cause of the fire and we will have more details after the investigation has been completed. The Square’s Centre Management team would like to assure the public that it is business as usual, except for the two affected businesses who will resume trading as soon as the assessor’s investigation has been finalised. We would like to thank all the authorities involved for their quick response and assistance.”



The Rustenburg Fire Department responded to a fire at Lifestyle Square.



Two businesses were affected when the fire broke out.

MUNICIPAL DEMARCATION BOARD

NOTICE IN TERMS OF SECTION 26 OF THE LOCAL GOVERNMENT MUNICIPAL DEMARCATION ACT, 1998 (NORTH WEST)



Notice is hereby given in terms of section 26 of the Local Government: Municipal Demarcation Act, 1998 (Act No. 27 of 1998) of the intention of the Municipal Demarcation Board to re-determine the boundaries of the municipalities listed in the second column of the Schedule in order to correct the misalignments that led to split settlements / farms.

Members of the public are invited to submit written representations to: registry@demarcation.org.za, or faxed to 012 3422480, or posted to Private Bag X123, Centurion, 0046 or hand delivered to Eco Origins Office Park, Block C1, 349 Witch-Hazel Avenue, Highveld, 0157. The views and representations must be addressed for the attention of the Chairperson of the MDB.

**• All representations and views must reach the office within 30 days of the publication of this notice. No submissions will be accepted after 16:30pm on the closing date.**

**• Submissions sent to any other email address or fax line will not be considered.**

Written representations and views must be based on the criteria provided for in Sections 24 and 25 of the Demarcation Act and must include the Names, and contact details of the person or organisation making representations. The relevant reference number (**DEM Number**.) must please be used in any correspondence with the MDB.

A map for each **DEM Number** can be downloaded from the MDB's web-site (www.demarcation.org.za), or on request from the MDB by sending an email to daniel@demarcation.org.za or by calling Liz at 087 150 4431 for more information on how to acquire maps. *(Where there may be a discrepancy between the information on the map and the information on the notice, the information on the map prevails.)*

The MDB respects your right to privacy and therefore aim to ensure that we comply with the legal requirement of the Protection of Personal Information Act (POPIA) which regulates the manner in which we collect, process, store, share and destroy any personal information which you have provided to us. In this regard, your personal details are only for use by the MDB for the municipal boundary re-determination process.

| DEM_NUMBER | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DEM8002    | Proposed redetermination of the municipal boundaries of Maquassi Hills Local Municipality (NW404) and City of Matlosana Local Municipality (NW403) by excluding a portion of farm MATJIESSPRUIT 145 HP from the municipal area of Maquassi Hills Local Municipality (NW404), and by including it into the municipal area of City of Matlosana Local Municipality (NW403).                                                                                                                                                                  |
| DEM8007    | Proposed redetermination of the municipal boundaries of Mafikeng Local Municipality (NW383) and Ditsobotla Local Municipality (NW384) by excluding a portion of farm WELVERDIEND 45 IQ from the municipal area of Mafikeng Local Municipality (NW383), and by including it into the municipal area of Ditsobotla Local Municipality (NW384).                                                                                                                                                                                               |
| DEM8009    | Proposed redetermination of the municipal boundaries of Mafikeng Local Municipality (NW383) and Ratlou Local Municipality (NW381) by excluding a portion of farms DUIVENHOEK 558 IQ and MAREETSANE 515 IQ from the municipal area of Mafikeng Local Municipality (NW383), and by including them into the municipal area of Ratlou Local Municipality (NW381).                                                                                                                                                                              |
| DEM8010    | Proposed redetermination of the municipal boundaries of Kgetlengrivier Local Municipality (NW374) and Moses Kotane Local Municipality (NW375) by excluding a portion of farm TEERPUTSFONTEIN 228 JP from the municipal area of Kgetlengrivier Local Municipality (NW374), and by including it into the municipal area of Moses Kotane Local Municipality (NW375).                                                                                                                                                                          |
| DEM8012    | Proposed redetermination of the municipal boundaries of Moses Kotane Local Municipality (NW375) and Rustenburg Local Municipality (NW373) by excluding a portion of farm STYLDRIFT 90 JQ from the municipal area of Moses Kotane Local Municipality (NW375), and by including it into the municipal area of Rustenburg Local Municipality (NW373).                                                                                                                                                                                         |
| DEM8013    | Proposed redetermination of the municipal boundaries of Local Municipality of Madibeng (NW372) and Rustenburg Local Municipality (NW373) by excluding a portion of FARM 118 JQ from the municipal area of Local Municipality of Madibeng (NW372), and by including it into the municipal area of Rustenburg Local Municipality (NW373).                                                                                                                                                                                                    |
| DEM8014    | Proposed redetermination of the municipal boundaries of Rustenburg Local Municipality (NW373) and Local Municipality of Madibeng (NW372) by excluding a portion of farm WONDERKOP 400 JQ from the municipal area of Rustenburg Local Municipality (NW373), and by including it into the municipal area of Local Municipality of Madibeng (NW372).                                                                                                                                                                                          |
| DEM8015    | Proposed redetermination of the municipal boundaries of Moretele Local Municipality (NW371) and Local Municipality of Madibeng (NW372) by excluding portion of farm KLIPVOOR 159 IQ from the municipal area of Moretele Local Municipality (NW371), and by including it into the municipal area of Local Municipality of Madibeng (NW372).                                                                                                                                                                                                 |
| DEM8018    | Proposed redetermination of the municipal boundaries of Local Municipality of Madibeng (NW372) and Moses Kotane Local Municipality (NW375) by excluding a portion of FARM 925 JQ from the municipal area of Local Municipality of Madibeng (NW372), and by including it into the municipal area of Moses Kotane Local Municipality (NW375).                                                                                                                                                                                                |
| DEM8019    | Proposed redetermination of the municipal boundaries of JB Marks Local Municipality (NW405) and City of Matlosana Local Municipality (NW403) by excluding a portion of farm BUFFELSFONTEIN 443 IP from the municipal area of JB Marks Local Municipality (NW405), and by including it into the municipal area of City of Matlosana Local Municipality (NW403).                                                                                                                                                                             |
| DEM8020    | Proposed redetermination of the municipal boundaries of JB Marks Local Municipality (NW405), Dr Kenneth Kaunda District Municipality (DC40), Kgetlengrivier Local Municipality (NW374) and Bojanala District Municipality (DC37) by excluding a portion of farm WELTEVREDEN 16 IQ from the municipal areas of JB Marks Local Municipality (NW405) and Dr Kenneth Kaunda District Municipality (DC40), and by including it into the municipal areas of Kgetlengrivier Local Municipality (NW374) and Bojanala District Municipality (DC37). |

# Cable theft leaves families powerless

**Rustenburg** – Cable theft is a crime on the increase and often leaves residents without electricity for extended periods. One household in East End fell victim to these criminals on 10 July and because of apparent stock shortages at the Rustenburg Local Municipality (RLM), they spent two weeks in the dark. More houses in East End in Van Belkum, Ridder and Dawes streets were affected by cable theft on 18 July and while a few of them managed to buy their own cables, three were left without electricity for a week. Democratic Alliance ward 18 councillor Cobus Nortje reported the matter and even tried to get a sponsor for the cables so that the electricity could be restored. He was later informed that the cables were going to be replaced with aluminium cables by a private contractor. On 23 July, residents noticed a team digging holes outside and when enquiring, they were told that the team's only responsibility is to dig the hole, another team will come at a later stage to plant the poles and connect the cables. Nortje enquired about this and was told that the cable they wanted



Two men dug the holes with their hands for the poles that needed to be erected.

to use is not in stock, but that they are going to make a plan to get another cable. “In June, we spent eight days without electricity, our neighbour had power for a about seven days before they stole her cables again. We were told that a private contractor was brought in to replace the cables with aluminium cables. Two men were dispatched to dig holes with their bare hands and at 16:00 they packed up and left,” a resident told *Platinum Weekly*. The men told him that they should be back later to erect the poles. The weekend came and went without any changes or electricity. In the late afternoon of 25 July, the electricity to all four houses was eventually restored. At time of going to print, another house in Ridder Street was on day three without electricity while several others in Beyers Naude and Leyd street East End were once again without electricity after two more cables were stolen on 26 July. *Platinum Weekly* reached out to the RLM for their comment but at time of going to print, we had not yet received their response.

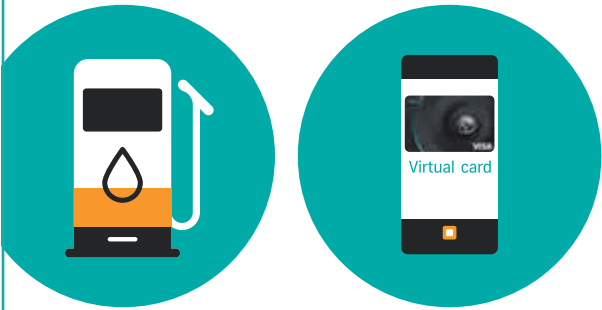
# Making a positive difference on Mandela Day

**Rustenburg** – Nkareng Mpete, an elder resident in Makolokwe village, was gifted a house on Monday 18 July 2022 thanks to Rustenburg executive mayor Sheila Mabale-Huma’s decision to mark international Nelson Mandela Day through this handover. Nelson Mandela Day is celebrated each year on 18 July (on the birthday of the late former South African president). On this day, each of us is called to honour the legacy of Nelson Mandela and his values through acts of kindness, volunteering and community service. Mabale-Huma – together with members of the mayoral committee, ward councillors and Rustenburg Local Municipality (RLM) employees – handed the RDP house to Mpete on Mandela Day. The mayor and her team also distributed blankets, mattresses and dignitary packs to MTS Ancillary Old Age Home in Tlhabane before painting a house of a senior citizen residing in Ikageng. Said Mabale-Huma: “Mandela Day was created to inspire people to embrace the values of democracy and contribute towards the ideals of ensuring a just and fair society. Through our actions on this day, we also inspire people of Rustenburg to do what they can, with what they have, wherever they are.”



RLM ward councillor Karabo Phutu (left) looks on as executive mayor Sheila Mabale-Huma cuts the ribbon during the handover of the house to Nkareng Mpete.





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## Residentia Sering hou ‘n gholfdag

**Rustenburg** – Residentia Sering se eerste gholfdag vind plaas op Vrydag 19 Augustus om 08:00 by Rustenburg Golfklub. Die formaat van die kompetisie is: “shotgun start – scramble drive – 2 ball alliance”. Die fondse wat deur die gholfdag ingesamel word, sal aangewend word om die badkamers in die tehuis te renoveer en om meer kamers in te rig, elk met ‘n badkamer, sodat badkamers nie gedeel moet word nie. Residentia is genoodsaak om fondswerwingsprojekte te loods om hul inkomstebegroting te laat klop. Dit is ook ‘n geleentheid vir vriende om saam te kuier, te ontspan en nuwe vriende te maak. Dit alles in ‘n lekker ontspanne atmosfeer in die natuur. Indien u nie die dag kan speel nie, maar voel

u wil steeds ‘n bydrae lewer, is u welkom om Residentia te ondersteun in die vorm van pryse vir die spelers, kontantdonasies of koopbewyse. ‘n Artikel 18A kan op aanvraag uitgereik word. Skryf soveel spanne in soos u wil. Die koste beloop R3,000 per vierbal. Die inskrywingsfooi sluit in die baanfooi, halfweghuis en twee gholfkarretjies. Deelname aan die geleentheid moet asseblief bevestig word met ‘n elektroniese betaling teen 14 Augustus en bewys van betaling moet per e-pos gestuur word na [sering@residentia.co.za](mailto:sering@residentia.co.za). U kan ook ‘n putjie borg en die kostes hiervoor beloop R2,500 per putjie om u besigheid te bemark. Al 18 putjies is beskikbaar. Motorhandelaars is ook welkom om motors te parkeer vir bemarking.

Residentia beoog ook om ‘n veiling te hou gedurende die prysuitdeling en ‘n gelukkige trekking teen R20 per lootjie of R100 vir 6! Daar gaan ook lekker pryse wees vir naaste aan die pen en langste dryf. Daar is ook lootjies beskikbaar teen R50 elk waar jy ‘n kans staan om ‘n blou wildebees, mid-week wegbreek by Magalies of R1,000 kontant te wen. Die trekking vind plaas tydens die gholfdag en dit is nie nodig om by die golf te wees om ‘n kaartjie vir die trekking te koop nie. Die wenner sal telefonies gekontak word. **Vir meer inligting of om te bespreek, kontak Residentia Sering ontvangsdame Natalie van der Heyde op 072 444 9924 of bestuurder Liza van der Merwe op 072 781 2116.**



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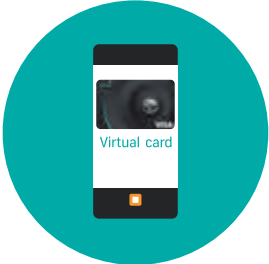
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# LOCAL BEAUTY HEADING FOR PARIS



Tsholofelo O'montle Mathebe will represent South Africa in the Miss Supertalent of the World pageant.

**Rustenburg** - Tsholofelo O'montle Mathebe is a 20-year-old model from Globe Model Look Rustenburg. Her talent and beauty went international when she took to the Future Fashion Faces World 2022 catwalk in Antalya, Turkey, in April. She was once again chosen to represent South Africa on the international catwalk. Mathebe has been selected as a finalist for Miss Supertalent of the World that takes place from Wednesday 21 September to 27 September. She will travel from Italy to France, competing on catwalks in Rome, Milan, Dijon and Paris. She will also participate as a model in the Paris Fashion Week!

Miss Supertalent World 2022 Season 15 Grand Final will be hosted held at the stunning Pavillon Cambon Capucines, a stone throws away from Coco Chanel's first boutique Chanel Modes. It is well-known as a top three fashion venue.

## Impala upgrades Tapologo Hospice



Chief executive at Impala Rustenburg, Mark Munroe, with some of the Tapologo caregivers and bursary students.

**Phokeng/ Rustenburg** – In a long-standing partnership with Tapologo Hospice, Impala Rustenburg has funded an upgrade of the Tapologo Training Centre and sponsored bursaries for all 30 students to complete a 12-month NQF Level 3 qualification in home-based care at the new training facility. Tapologo Hospice is a non-profit organisation in Phokeng, Rustenburg, which provides home-based care to people in the Bojanala district who are living with chronic or life-threatening illnesses. Tapologo also has outreach centres based in Freedom Park, Chaneng and Boitekong which provide a safe space for orphaned and vulnerable children to receive support.

“Impala Rustenburg has been involved with Tapologo since its inception. We helped to set up the first health clinic in Freedom Park and, over the past two decades, we have worked closely with the team to provide support and funding to many of the Tapologo initiatives, including the home-based care programmes that deliver such a vital service to the people of our mine communities,” says Mark Munroe, chief executive at Impala Rustenburg.

Dr Jon Andrews, health and safety executive at Implats, emphasised that globally, home-based care has been identified as a hugely successful intervention. “Due to the small comforts and the familiar environment that home-based care offers to patients, as well as the support that they and their families receive from it, it is often the preferred method of care for patients with life threatening illnesses, as opposed to hospitalisation. The benefits have again been emphasised in our response to the covid pandemic,” says Andrews.

Based on this global, and South African trend, and due to the success of Impala Rustenburg's Covid-19 programme, a need was identified to increase the number of home-based caregivers in the Bojanala area and in the Tapologo team, as well as a need for caregivers to hold formal qualifications in home-based care that are recognised by the National Hospice and Palliative Care Association.

Together with Impala Rustenburg, Tapologo upgraded its training centre facilities to qualify as an official training venue to facilitate the courses that would result in these qualifications. The inaugural NQF Level 3 qualification training at the newly refurbished Tapologo Training Centre began in March 2022 with the first group of 30 students.

Stephen Blakeman, CEO of Tapologo Hospice says: “We are immensely grateful for everything that Impala Rustenburg has done for Tapologo over the years and are incredibly proud to have these 30 students enrolled in our official home-based care training programme, all of whom have been given a bursary by Impala Rustenburg. We are thrilled that through our partnership, we have been able to offer these students a chance to fulfil their passion for caring for people in their communities.”



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CREAMED  
Assorted 500 g  
**79<sup>99</sup>**  
each

**BIG DEAL**

You First Odourless Coconut Oil 1 L

**2 FOR R110**

Food Lover's Cheddar, Gouda, Mozzarella or White Cheddar  
400 g - 3 Months Matured

**3 FOR R120**

Food Lover's Raisins Jumbo Seedless or Raisins Jumbo Mixed 1 kg

ANY 3 FOR R100

Douglasdale Full Cream or Low Fat Milk 2 L

**2 FOR R50**

Alzu Free Range XLarge Eggs 15's

**2 FOR R50**

Moccagatta Pasta Assorted 500 g

**3 FOR R50**

Maggi 2 Minute Noodles 5-Packs Assorted 5 x 73 g

ANY **2 FOR R40**

Bakers Tennis Biscuits 200 g

**3 FOR R50**

Food Lover's White Sugar 2 kg

**32<sup>99</sup> each**

Big Korn Bites Assorted 120 g

**4 FOR R50**

De Vries Ginger Biscuits 200 g

**4 FOR R50**

La Belinda Chopped or Peeled Tomatoes 400 g

**5 FOR R60**

Sasko White Premium Bread 700 g

**14<sup>99</sup> each**

Romany Creams or Choc-kits 200 g

**2 FOR R50**

Cadbury Slabs Assorted 80 g/88 g

**3 FOR R36**

Nescafé Ricoffy Instant Coffee 750 g

**84<sup>99</sup> each**

Tastic Manhattan Range 2 kg (Long Grain Brown, Long Grain White & Parboiled)

ANY **2 FOR R50**

Food Lover's Unpitted Prunes 500 g

**2 FOR R100**

Food Lover's Sugared Fruit Dainties or Lollies 500 g

**39<sup>99</sup> each**

Food Lover's Mixed Dried Fruit 500 g

**2 FOR R100**

You First Organic Virgin Coconut Oil 1 L

**89<sup>99</sup> each**

Food Lover's Canola Oil 750 ml

**3 FOR R100**

AS SEEN ON TV

BIG DEAL



**BAKERY**

**BREAD COMBO:**  
 1 x San Francisco Sourdough Bread  
 1 x German Landbrot  
**both FOR R45**



**DESSERT COMBO:**  
 1 x Banana Bread  
 1 x Malva Pudding  
**both FOR R50**



**HOT FOODS**

Selected Take-Home Pizzas 28 cm

**3<sup>FOR</sup>R120**

Family Pies Assorted

ANY **2** FOR **R120**



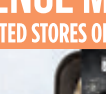
# CONVENIENCE MEALS

AVAILABLE AT SELECTED STORES ONLY



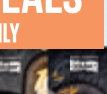
Food Lover's Mac & Cheese Pasta Meal 1 kg

**109<sup>99</sup>** each



Food Lover's Fettuccine Alfredo, Mac & Cheese or Spaghetti Bolognese Pasta Meals 300 g

**39<sup>99</sup>** each



Food Lover's Beef Lasagne Pasta Meal 1 kg

**119<sup>99</sup>** each

# SEAFOOD

FOOD LOVER'S  
PINK PRAWNS TAILS  
CUT AND DEVEINED  
350 g

Food Lover's Cut & Deveined  
Pink Prawns 350 g

**89<sup>99</sup>**  
each



# BUTCHERY

Bulk Beef Stir Fry  
**109<sup>99</sup>**  
per kg

**Bulk Beef  
Tenderised Steaks**  
**109<sup>99</sup>** per kg

**AS SEEN  
ON TV**

**Class A Bulk Stewing  
Beef & Potjiekos**  
**79<sup>99</sup>**  
per kg

Whole Chicken  
5 In A Bag  
**46<sup>99</sup>**  
per kg

1/2 Spatchcock  
Chicken 600 g  
**39<sup>99</sup>**  
per pack

Chicken Braai  
Packs 16-Piece  
**49<sup>99</sup>**  
per kg

Beef Roast  
**109<sup>99</sup>**  
per kg

**AS SEEN  
ON TV**

**Food Lover's Precooked  
Pork Belly Spare Ribs 1 kg  
or Loin Ribs 750 g**

**99<sup>99</sup>**  
per pack

Bulk Pork Rashers  
Spiced or Plain  
**79<sup>99</sup>**  
per kg

Smoked Pork Hocks  
**59<sup>99</sup>**  
per kg

Extra Lean Beef  
Mince 2 x 500 g  
**109<sup>99</sup>**  
per pack

Bulk Lamb Braai Chops  
**149<sup>99</sup>**  
per kg

Gourmet Wagyu Burger  
Patties 4 x 100 g  
**59<sup>99</sup>**  
per pack

Jan Braai  
Boerewors  
Original 500 g  
**49<sup>99</sup>**  
per pack

Gourmet Biltong  
Burger Patties or  
Cannabis & Lime Burger  
Patties 4 x 100 g  
**49<sup>99</sup>**  
per pack

**AS SEEN  
ON TV**

Beef Oxtail  
**79<sup>99</sup>**  
per kg

## EXCEPTIONAL HINDQUARTER VALUE

## DID YOU KNOW THE HINDQUARTER OFFER CAN INCLUDE?

RUMP STEAK  
SIRLOIN STEAK  
T-BONE STEAK  
FILLET STEAK  
TENDERISED STEAK

LEAN MINCE  
TOPSIDE MINCE  
BEEF ROAST  
BOEREWORS

**ASK YOUR BUTCHER ABOUT THE  
BEST VALUE DEAL IN BEEF.**

**Class A Beef Hindquarter** **89<sup>99</sup>** per kg

Pork Belly Espetada 500 g  
**R50** each

**Bulk Pork Rib &  
Loin Chops**  
**69<sup>99</sup>**  
per kg

**Bulk Pork Braai Chops**  
**49<sup>99</sup>**  
per kg

**Class A Beef Steak  
Packs (T-bone,  
Club & Rump)**  
**109<sup>99</sup>** per kg

Bulk Beef Goulash  
**109<sup>99</sup>**  
per kg

Beef Texan Steak  
**99<sup>99</sup>**  
per kg

Pork Belly Roast  
(Bone-In)  
**79<sup>99</sup>**  
per kg

Lamb Tails  
**129<sup>99</sup>**  
per kg

**BUY 3  
GET + 1  
FREE!**

Eskort Rindless  
Back Bacon 200 g  
**39<sup>99</sup>**  
per pack

Beef Biltong 350 g or  
Beef Droëwors 400 g  
**R99** per pack

Van Wyngaardt  
Sandwich Ham 300 g  
**2 FOR R50**

Eskort Country Style  
Grillers 500 g  
**2 FOR R110**

Food Lover's Prime Cut  
Bacon 200 g  
**3 FOR R55**

## CHRISTMAS IN JULY

**Festive Box (Boneless  
Gammon, Pickled Pork,  
Corned Beef & Pickled Tongue)**

**89<sup>99</sup>**  
per kg

**LENASIA BUTCHERY & STORE ARE STRICTLY HALAAL & NIHT-CERTIFIED. NO PORK PRODUCTS SOLD IN-STORE.**

**THE BEST  
IN FRESH  
GUARANTEED!**

# FOOD LOVER'S MARKET

SPECIALS VALID UNTIL SUNDAY 31 JULY 2022 • ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY.  
HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE



# MARKDAG MAKIETIE BY RUSOORD

**Rustenburg** – Rustenburg Rusoord hou weer makietie! Saterdag, 3 September, is dit weer tyd vir Rustenburg Rusoord se Oupa en Ouma Markdag. Die gemeenskap word uitgenooi om te kon deel in die pret van die dag. Hierdie jaar het Rusoord spesiaal vir die jongspan voorsiening gemaak en daar sal treintjieritte, gesigverf en springkastele wees. Rustenburg Rusoord het ook 'n verskeidenheid uitstallers en heerlike kos en snoeperye te koop op die dag. Pieter Naude, Pierre, Divann Dee en Riaan Rust sal op die verhoog wees. Bring jou kinders, jou familie, jou werksmense... almal wat jy ken en kom geniet 'n vrolike dag by Rusoord se Oupa en Ouma Mark! Die mark vind plaas by Rusoord se terrein, op die hoek van Bosch- en Fatima Bhayatstraat vanaf 09:00 en ingang beloop R10 per persoon. Vir verdere navrae, of om self 'n stalletjie te beman, kontak Sanmarie Ferreira by 014 592 9218 of stuur 'n e-pos aan rusoord.exec.pa@telkomsa.net.



Van links: Estelle Grundling, Angelina van Rooyen, en Amorein van Rooyen.

## Fiks en vlytig

**Rustenburg** – Die Vroue Landbou Unie (VLU) Kashané aand-tak het op Dinsdag 12 Julie hul maandelikse vergadering gehou. Dit was 'n aand gevul met kreatiwiteit en gesondheid. Angelina van Rooyen van Jostaline Fotografie het die dames kom touwys maak oor hoe om foto's te redigeer en verskillende skakerings te verander.

Amorein van Rooyen van Herbal Life en Evolve24 Fitcamp het insig gegee oor Herbal Life se produkte en oor die fiksheidskampe wat hulle aanbied. Die VLU Kashané aand-tak is spesiaal gestig vir werkende vrouens wat wil deel wees van 'n VLU-span. Hulle nooi almal hartlik uit wat wil aansluit by die groep om die voorsitter van die VLU Kashané aand-tak, Charmain Olivier, te kontak op 083 469 5505.

## RUSTENBURG LOCAL MUNICIPALITY OFFICE OF THE MUNICIPAL MANAGER

P O Box 16, Rustenburg, 0300,  
North West Province, South Africa  
Tel: (014) 590 3550  
Fax: (014) 590 3551  
Email: munman@rustenburg.gov.za

### OFFICIAL NOTICE NO. 42/2022

#### DRAFT 2023/2024 IDP, BUDGET AND PMS TIME SCHEDULE FOR PUBLIC COMMENTS

Notice is given in terms of Section 28 (2) and (3) of the Local Government: Municipal Systems Act, no 32 of 2000 (MSA). The Act prescribes that: Each Municipal Council, within a prescribed period after the start of its elected term, must adopt a process set out in writing to guide the planning, drafting, adoption and review of its Integrated Development Plan.

The municipality must through appropriate mechanisms, processes and procedures establish in terms of Chapter 4, consult the local community before adopting the process. A municipality must give notice to the local community of particulars of the process it intends to follow.

The draft Time Schedule served before the IDP and Budget Steering Committee meeting, held on the 20 July 2022 and resolved that the time schedule be publicized in compliance with the above-quoted legislation. The draft will be open for comments and inputs for a period of 21 days effective from Thursday the 28 July 2022. The closing date for comments is the 18 August 2022.

Comments and inputs may be emailed to: cmosiane@rustenburg.gov.za and gmoopelwa@rustenburg.gov.za

The draft Time Schedule 2023/2024 will be available for perusal from Friday the 29<sup>th</sup> July 2022 at the following venues:

- **Municipal Building:** Missionary Mpheni House, Corner Nelson Mandela and Beyers Naude Drive;
- **Municipal Offices and RCCs:** Marikana, Harteesfontein / Lethabong, Phatsima, Monnakato, Boitekong, Ikageng, Rankelenyane, Freedom Park, Phokeng Civic Centre;
- **Tribal Offices:** Rankelenyane, Bethanie;
- **Rustenburg Main Library; Community Libraries:** Phatsima, Boitekong, Monnakato, Mamerotse Info Hub, Lethabong, Rankelenyane, Barseba, Tlhabane, Marikana, Mathopestad, Charora Info Hub, Karlien Park and Zinniaville; or

The documents may be viewed on the Municipal website ([www.rustenburg.gov.za](http://www.rustenburg.gov.za))

For more information, please contact  
Ms. Gloria Moopelwa or Ms. Cindi  
Mosiane at 014 590 3251 / 3106  
respectively.

SV Makona  
Municipal Manager



## North West Gambling Board

### NOTICE IN TERMS OF SECTION 29 OF THE NORTH WEST GAMBLING ACT, 2001 (ACT No. 2 OF 2001), AS AMENDED.

#### APPLICATIONS FOR SITE OPERATOR LICENCES AND AMENDMENT OF LICENCE AS CONTEMPLATED BY SECTION 45 (A) READ TOGETHER WITH SECTION 54 OF THE ACT

Notice is hereby given in terms of the provisions of section 29 of the North West Gambling Act, 2001 (Act No. 2 of 2001), as amended ("the Act"), that the North West Gambling Board ("the Board") received applications for Site Operator Licences, as listed below.

This notice invites any interested persons to view the applications, which will be lying open for public inspection at the offices of the Board and to lodge their representations (written or oral) with the Board, as provided for in terms of section 29 of the Act.

A Site Operator Licence shall authorise, subject to any conditions which the Board may impose, the keeping and exposing for play in or on the licensed premises or part of such premises, as specified in the Route Operator licence.

#### THE FOLLOWING ARE DETAILS OF THE APPLICANTS FOR SITE OPERATOR LICENCES

| NO | SITE NAME                                                     | PHYSICAL ADDRESS                                | NO. OF LPMs |
|----|---------------------------------------------------------------|-------------------------------------------------|-------------|
| 1. | Johannes Whywhy Moloantsoa trading as, Winnie's Tavern        | No. 361, Ramotene Section Chaneng, Rustenburg   | 05          |
| 2. | Oupa Abie Baloyi trading as, The Zone Pub & Grill             | No. 3086 Pruchard Section, Mmotla Village       | 05          |
| 3. | Mgibelani Nicholas Radebe trading As, @ 510 Pub & Grill       | No. 10089 Sepeding Section Sandfontein, Mogwase | 10          |
| 4. | Dinko Daniel Ntsala trading as, Diphafaneng Liquor Restaurant | Hospital Road, Raserapane Section Saulspoor     | 30          |

The Board further received an application from **Bontsala Business Solutions trading as, G-Bets Boitekong** which is currently licensed to operate five (5) Limited Payout Machines to increase their number of Limited Payout Machines from five (5) to ten (10) Limited Payout Machines and amend their current licence.

Please take note that these applications will be lying open for public inspection at the offices of the North West Gambling Board at 131 University Drive, Mmabatho, **between 08h30 – 16h30, for a period of one (1) month, commencing on 01 August 2022 until 31 August 2022.**

**Persons wishing to make representations, be either comments or objections, in relation to any application submitted to the Board, shall do so in writing and such representations shall contain the following information:**

- The name of the objector;
- The grounds on which representations are made;
- The name, address, telephone, and facsimile numbers of the person submitting representations; and
- Whether or not the person making representations wish to make an oral presentation at the hearing of the application.

Written objections should be lodged with the **Acting Chief Executive Officer, Mr. Simon Mogapi** by facsimile, email, hand delivery or post: Facsimile **018 384 2290**, Email: **ceo@nwgb.co.za**, Hand delivery or post, **North West Gambling Board, 131 University Drive, Mmabatho, 2735, Private Bag X34, Mmabatho, 2735, between 08h30-16h30, during the period 01 August 2022 until 31 August 2022.**

Enquiries: **Ms. Morongoa Moss/Mr. Kenny Maloba** (Tel. No: 018 384 3215/25).



P O Box 16, Rustenburg, 0300,  
North West Province, South Africa  
Tel: (014) 590 3550  
Fax: (014) 590 3552  
Email: [munman@rustenburg.gov.za](mailto:munman@rustenburg.gov.za)



**Rustenburg**  
Local Municipality

**MotoringMail**



victron energy

- NEW BATTERIES
- RECONDITIONED BATTERIES
- MOTORCYCLE BATTERIES
- BATTERY ACCESSORIES
- DIAGNOSTIC SERVICES

**NEW BATTERIES FROM: R750**  
**RECONDITIONED BATTERIES**  
**FROM: R380** \*T's & C's APPLY



**GERMAN  
SPARES**  
RUSTENBURG

**014 112 0295**  
**20B WATERVAL AVE**



**9 STORES  
COUNTRYWIDE**

## STRIPPING FOR SPARES



## VW GOLF 6 TSI



**VW  
SCIROCCO  
1.4 TSI DSG**



## BMW X5 V8 MSPORT



## SUPPLY USED AND NEW PARTS





EMERGENCY NUMBERS

KIDS!  
FILL IN AND  
KEEP CLOSE!

My Mommy's number:  
-----

My Daddy's number:  
-----

My Doctor's number:  
-----

Friend/ Family  
member's number:  
-----

| SAPS                                            |                          |
|-------------------------------------------------|--------------------------|
| Rustenburg SAPS Radio Control Centre            | 014 590 4115/6/7         |
| Rustenburg SAPS Community Service Centre        | 014 590 4126/27/39       |
| SAPS Boitekong                                  | 014 593 6001/6002/ 6003  |
| SAPS Emergency (cell phones only)               | 112                      |
| SAPS Marikana                                   | 014 572 3143             |
| SAPS Rustenburg                                 | 014 590 4116             |
| SAPS Tlhabane                                   | 014 565 9154             |
| AMBULANCE                                       |                          |
| Ambulance / Metro Control Room                  | 014 784 4100             |
| Ambulance / Metro Control Room (provincial)     | 014 777 3500             |
| MEDICAL EMERGENCY                               |                          |
| Med 24/7 (Private)                              | 086 177 7761             |
| ER24                                            | 084 124                  |
| NetCare 911                                     | 082 911                  |
| Trauma Rescue                                   | 014 594 0689             |
| Ferncrest Hospital (Emergencies)                | 014 568 4339/8           |
| Peglerae Hospital (Casualties)                  | 014 597 2823             |
| HOSPITALS                                       |                          |
| Ferncrest Hospital                              | 014 568 4399             |
| Job Shimankana Tabane (JST) provincial hospital | 014 590 5100             |
| La Femme Clinic                                 | 014 594 9500             |
| RusMed 24                                       | 014 523 9378/9351        |
| PEST CONTROL                                    |                          |
| Bee Removal                                     | 061 657 6085             |
| CLEANING SERVICES 24/7                          |                          |
| CIA Crime Incident Accident                     | 079 498 7606             |
| FIRE                                            |                          |
| Fire Department                                 | 014 590 3232/ 3333/ 3444 |
| RTB LOCAL MUNICIPALITY                          |                          |
| RLM Accounts Queries                            | 014 590 3111/3090        |
| RLM Emergencies (Fire Dept.)                    | Press 3                  |
| RLM Customer Care Supervisor                    | Press 2                  |
| WATER                                           |                          |
| Water Problem Helpline                          | 014 590 3111             |
| ELECTRICITY                                     |                          |
| Electricity Helpline                            | 014 565 1042             |
| Eskom National Line                             | 086 003 7566             |
| ROAD AND TRAFFIC                                |                          |
| Bakwena N4 Toll Road                            | 080 022 5936             |
| Traffic Control Room (Rustenburg)               | 014 590 3221             |



Have your say / Sê jou sê

Do you think the world is going to end in your lifetime?

There are several theories as to when and how the world will end. Since the dawn of time, mankind has been obsessed with the apocalypse. Do you think you will witness it?



No, the world will not end in my lifetime. There has been a lot said about the world ending but none of this has come true. Over the past 10 to 15 years, we have been hearing people saying that the world will come to an end. Their predictions have thus far turned out to be false.

Melanie Crament



Yes, I believe that the world will end in my lifetime. I am a Christian and the Bible talks of the last days in the book of Revelations. I believe that we are now living in the last days and that the world, as we know it, will come to an end in my lifetime.

Amanda Madela

PUBLIC POLL: THE RESULTS ARE IN!

Do you think the world is going to end in your lifetime? NO 88% YES 12%

Send your event listing to news@platinumweekly.co.za \*\* Free Placement!

| PLATINUM EVENT DIARY            |               |                                         |                      |
|---------------------------------|---------------|-----------------------------------------|----------------------|
| Karaoke Kuier & Braai           | 29 Jul '22    | Rustenburg: Jabulani                    | 083-865-9585         |
| Tolbos Live Entertainment       | 29 Jul '22    | Rustenburg: Top Dog Pub & Grill         | 071-886-8749         |
| Pierre - Live entertainment     | 29 Jul '22    | Kroondal: Hunters Pub & Grill           | 082-726-0627         |
| Platteland Musiekfees           | 29-30 Jul '22 | Brits: Hoërskool Wagpos                 | iTickets             |
| Brothers in Arms live           | 30 Jul '22    | Rustenburg: Jabulani                    | 083-865-9585         |
| Pieter Naude Live Entertainment | 30 Jul '22    | Kroondal: Hunter's Pub & Grill          | 082-726-0627         |
| SPCA Fundraiser with Live music | 30 Jul '22    | Rustenburg: Rump & Draught              | 082-375-1221         |
| RTB Methodist Church Bazaar     | 30 Jul '22    | Rustenburg: 8 Schuurman st.             | 072-245-7348         |
| 7de Laan Meet and greet         | 30 Jul '22    | Rustenburg: Waterfall Mall Centre Court | 014-537-3600         |
| Trail seeker                    | 30 Jul '22    | Hartbeespoort: Van Gaalen               | info@vangaalen.co.za |

|   |   |   |   |   |   |   |     |
|---|---|---|---|---|---|---|-----|
|   | 1 | 8 |   | 3 |   |   | 9   |
|   |   |   | 8 |   | 2 | 7 |     |
| 5 |   | 2 |   |   |   |   | 8   |
| 2 |   |   | 1 | 7 |   |   |     |
| 8 |   |   |   |   | 6 |   | 9   |
|   | 6 |   |   | 4 |   |   | 5 2 |
|   | 2 |   | 3 |   | 4 |   | 5   |
| 1 |   |   | 2 |   |   | 4 |     |
|   | 4 | 3 |   |   |   | 2 |     |

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| 8 |   |   |   |   | 6 | 2 | 9 |   |
|   | 9 |   |   |   |   |   |   |   |
|   | 2 |   |   |   |   | 3 | 7 |   |
|   |   | 3 |   |   | 7 | 8 |   | 4 |
|   | 7 |   | 4 |   | 3 |   |   |   |
|   |   | 6 |   | 7 |   |   |   |   |
| 5 |   |   | 6 | 3 | 9 |   |   |   |
| 3 | 4 |   |   |   |   |   | 2 | 6 |

SUDOKU

SOULFOOD

PSALM 41

The Blessing and Suffering of the Godly To the Chief Musician. A Psalm of David. 41 Blessed is he who considers the poor; The Lord will deliver him in time of trouble. 2 The Lord will preserve him and keep him alive, And he will be blessed on the earth; You will not deliver him to the will of his enemies. 3 The Lord will strengthen him on his bed of illness; You will sustain him on his sickbed. 4 I said, "Lord, be merciful to me; Heal my soul, for I have sinned against You." 5 My enemies speak evil of me: "When will he die, and his name perish?" 6 And if he comes to see me, he speaks lies; His heart gathers iniquity to itself; When he goes out, he tells it. 7 All who hate me whisper together against me; Against me they devise my hurt. 8 "An evil disease," they say, "clings to him. And now that he lies down, he will rise up no more." 9 Even my own familiar friend in whom I trusted, Who ate my bread, Has lifted up his heel against me. 10 But You, O Lord, be merciful to me, and raise me up, That I may repay them. 11 By this I know that You are well pleased with me, Because my enemy does not triumph over me. 12 As for me, You uphold me in my integrity, And set me before Your face forever. 13 Blessed be the Lord God of Israel From everlasting to everlasting! Amen and Amen.

NEW KING JAMES VERSION (NKJV)

|                |          |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|----------------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
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| EUR / ZAR      | 17.1334  |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| GBP / ZAR      | 20.347   |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| AUD / ZAR      | 11.7008  |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Yuan / ZAR     | 2.4966   |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| USD / EUR      | 0.98551  |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| USD / GBP      | 0.82976  |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Bitcoin / USD  | 21235    |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Ethereum / USD | 1448.37  |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Gold \$/oz     | 1 715.70 |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Platinum       | 862.15   |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Brent          | 104.40   |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Palladium      | 2 012.00 |                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Silver         | 18.46    |                                                                                                                                                                                                                                                                                                                                                                                                                                         |

FINANCIAL INDICATORS

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POLL

Poll: Do you follow global politics?

Politics are activities associated with the governance of a country, especially the debate between parties having power. Are you up to date with the latest Joe Biden or Donald Trump news? Did you follow the Brexit saga? Do you even care about the decisions those in power in other countries make?

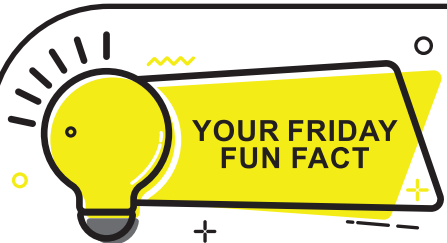
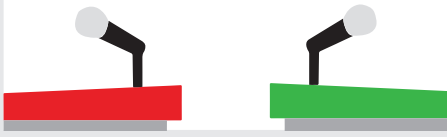
Make yourself heard by sending an email to news@platinumweekly.co.za or a WhatsApp to 081 579 7000 with the following information before 17:00 on Tuesday 2 August:

- Yes, I follow global politics.
- No, I don't follow global politics.
- The reason for your answer.
- A recent photo of yourself (optional) – that we can publish with your answer.
- Your contact details.

If you don't want your answers to be in the newspaper, just reply to the question: YES/ NO.

The results of the votes will be published in our next issue.

PS – You can also give your opinion by commenting on our Facebook post.



Did you know?

When you see clouds in the sky, they almost look weightless – they are floating after all! But did you know that a cloud can weigh more than 500,000 kilograms. Cumulus cloud density is given as a density of about 0.5 gram per cubic metre. A x1 cubic kilometre (km3) cloud contains 1 billion cubic metres. Doing the math: 1,000,000,000 x 0.5 = 500,000,000 grams of water droplets in a cloud. That is about 500,000 kilograms!



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# Kolskoot vir Rustie boogskuts!

**Rustenburg** – Die Hoërskool Rustenburg (RHS) leerders het 'n algehele eerste plek behaal tydens die boogskietkompetisie wat by Laerskool Rustenburg plaasgevind het op Saterdag, 23 Julie. Nie net het die Rustie-boogskietspan puik gevaar nie, maar De Wet Naude het ook weggestap met 'n algehele eerste plek.



## Welkom by Ellies!

**Mooinooi** – Benjamin Strydom het op Dinsdag 19 Julie 'n nuwe hoofstuk as onderwyser by Laerskool Elandsdraai begin.

Hy bied Kuns en Kultuur as 'n vak aan en sal die register onderwyser wees vir die Graad 5S klas. Op die sportveld sal hy ook baie gesien word en rig hokkie en krieket af.

Meneer Benjamin Strydom is aangestel as onderwyser by Laerskool Elandsdraai.

## BGO SE NUWE ONNIES

**Rustenburg** – Baie welkom aan Heidi Visser, Therese Schutte en Mercedes Kleynhans wat op Dinsdag 19 Julie by die Rustenburg Skool van Buitengewone Onderwys (BGO) span aangesluit het.

## Verena Harmse's art to be on display at Kroondal Meule

**Kroondal** – Verena Harmse's artwork will be on exhibition at Kroondal Meule Restaurant & Deli from Saturday 6 August till 30 Augustus. The theme for the exhibition is 'Ek is Wildernes' and will showcase Harmse's photographic and hand printed works.

Harmse is a local artist from Kroondal. She's an outdoor-loving adventurer, which is clearly reflected in her art. She believes in sustainable art and her artworks are painted with natural pigments extracted from the earth, found at different sites throughout South Africa.

Kroondal Meule Restaurant & Deli has become known as a place for art, history and great food. It is more than just a restaurant, it is also an art gallery with a focus on helping artists to get exposure for their work.

The official exhibition opening will start at 11:00 so join in for the launch, lunch or delicious dessert.

Kroondal Meule Restaurant and Deli is open from 08:00 to 16:00 (Deli is open to 17:00), Mondays to Saturdays. For more information contact Kok on 063 966 9450 or 063 409 9412, or pay them a visit in Kroondal across from Aug Behrens SPAR.

## TUITION SERVICES

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084 626 2786

| SUBJECTS OFFERED FOR GRADES 5-9:                                                                                                           | SUBJECTS OFFERED FOR GRADES 10-12:                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>English</li><li>Mathematics</li><li>Social Sciences</li><li>Natural Science and Technology</li></ul> | <ul style="list-style-type: none"><li>English</li><li>History</li><li>Geography</li><li>Life Sciences</li></ul> |
| INDIVIDUAL SESSIONS                                                                                                                        | GROUP SESSIONS                                                                                                  |
| <b>45 minutes</b><br><b>Cost: R130 per session</b>                                                                                         | <b>50 minutes</b><br><b>Cost: R90 per session</b>                                                               |

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Chris 082 343 2419 | Willem 067 755 9473

#### RUSTENBURG CHILD AND FAMILY WELFARE

In search of the whereabouts of the biological mother of the male children, with the surname, Springbok, who is 8 years of age and 10 years of age, must urgently contact the Social Worker, Geraldine Legobye from Rustenburg Child and Family Welfare on 014 537 2014 or email geraldine@rtbchildandfamilywelfare.co.za

#### RUSTENBURG CHILD AND FAMILY WELFARE

In search of the whereabouts of the biological father of the male child with the surname Lesomo, who is 10 years of age and the female child with the surname Lesomo, who is 5 years of age; must urgently contact the Social Worker Geraldine Legobye from Rustenburg Child and Family Welfare on 014 537 2014 or geraldine@rtbchildandfamilywelfare.co.za

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014 596 5708  
57 Molen Street, Rustenburg

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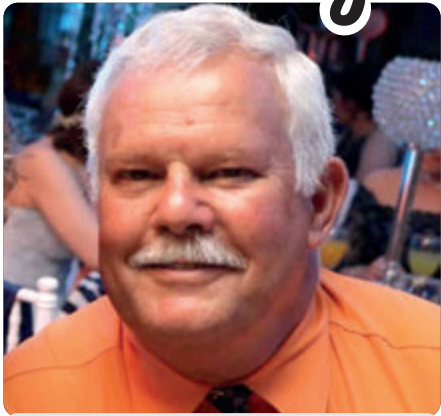
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# WHAT'S Cooking?



**Protea Athletics club coach Johann Marais**



**Chicken pasta**

## Chicken Pasta for 8

**Rustenburg** – Most know Johann Marais as the coach of the Protea Athletics Club. While coaching might be his number one passion, cooking takes a close second. He makes sure that everyone in the family has more than enough to eat. This chicken pasta is perfect for a delicious family dinner as well as yummy leftovers to take to work the next day.

### Ingredients:

- 400g pasta
- 5 chicken breast fillets
- 1 chopped red pepper
- 1 chopped onion
- 400g bacon bits
- 250 ml cream
- 1 cream of mushroom soup packet
- 250g chopped mushrooms
- 250ml milk
- grated cheese

### Instructions:

1. Boil the pasta in hot water until soft, and set aside.
2. Use a pot to fry the chicken in olive oil, and dish out.
3. Use the leftover chicken broth to fry the bacon, onions and red pepper until the bacon is cooked.
4. Add the mushrooms, cook until the mixture is saucy.
5. Chop the cooked chicken and place it in the pot.
6. Mix the soup powder with milk and add to the mixture in the pot.
7. Add the cream.
8. Simmer for about 2min.
9. Mix with the pasta and dish out into a large oven dish.
10. Add grated cheese on top and put in the oven until the cheese is melted.

**Note: Can be served with a salad side!**

**If you want your recipe featured in the Platinum Weekly newspaper (free of charge), contact Danika Minnaar at 081 579 7000 or email editorial@platinumweekly.co.za.**

Anrich Barkhuizen was the first competitor to cross the finishing line in his age group at the NW Schools XCO Cup series.



## Barkhuizen putting pedal to the metal

**Rustenburg** – Anrich Barkhuizen has reaffirmed his status as one of the most promising young riders in North West. The Rustenburg Cycling Club (RCC) member coasted to a well-deserved victory in the 15-16 years age group during the first race of the North West Schools XCO Cup Series in Klerksdorp on Saturday 23 July 2022. Barkhuizen completed the three-lap contest in an impressive time of 00:43:18. Held at Curro Klerksdorp, this XCO Cup Series was the first of four exciting competitions being supervised by the North West Schools Cycling (NWSC). The races are all designed as a steppingstone to future provincial and national championship competitions that are hosted by Cycling SA.



Impala Rugby Club's first team will face Grizzlies this weekend in Rustenburg. See you there!

## Impala eye second win

**Rustenburg** – Impala Rugby Club coach Joel Scherman has called on local supporters to cheer their team on against Grizzlies on Saturday 30 July 2022. Impala, who lost 95-12 to Harlequins in their last game, have been training very hard throughout the week. "The players that were not available against Harlequins are back and we are banking on a lot of support because we will be playing at home," Scherman said.

Mr S Nkosi (left), Ms C Hagen, and Mr K Ramakatsa.

Mr K. Njoro (left), Ms S. Quirk, Ms K. Mathibe, and Ms A. Joubert.



## Grenville learner excels at UCT

**Rustenburg** – Grenville High School learners were inspired to reach for their dreams by former head girl Kelebogile Mathibe, who is now studying at the University of Cape Town. Mathibe, who was invited to the school's morning assembly on Tuesday 19 July 2022, was handed a certificate for her academic achievement. A dux scholar for Grenville High School in 2021, Mathibe is now studying towards a Bachelor of Medicine and Bachelor of Surgery at the University of Cape Town (UCT). Grenville High School wishes her all the best in her studies! The school also welcomed three new teachers – Mr S Nkosi, Ms C Hagen and Mr K Ramakatsa.

# Silwerrand het bobaas skaakspelers

**Rustenburg** – Laerskool Silwerrand Primary het op Saterdag 23 Julie deelgeneem aan die *Clash of Schools* skaakkompetisie by Grenville High School. Skaak het verskeie voordele, aangesien dit help om organisasievaardighede op te skerp, kreatiwiteit te stimuleer en help om jou geheue te verbeter. Die leerders het met hul skaak talente gewoek en uitstekend gevaar tydens die kompetisie.



Laerskool Silwerrand Primary skaakspelers

NOTICE IS HEREBY GIVEN, IN TERMS OF THE ENVIRONMENTAL IMPACT ASSESSMENT (EIA) REGULATIONS PUBLISHED UNDER GOVERNMENT NOTICE NO. R. 983 OF 2014 AS AMENDED 7 APRIL 2017, IN TERMS OF SECTIONS 24(2), 24(5), 24D AND 44, READ WITH SECTION 47A(1)(B) OF THE NATIONAL ENVIRONMENTAL MANAGEMENT ACT, 1998 (ACT NO. 107 OF 1998), OF ESKOM HOLDINGS SOC LIMITED'S INTENT TO DEVELOP THE ARARAT-BAFOKENG 88KV POWERLINE, RUSTENBURG LOCAL MUNICIPALITY, NORTH WEST PROVINCE

### PROJECT DESCRIPTION

Eskom Holdings SOC Limited - Gemma Cluster, intends to split and subsequently reconstruct the 2xSycamore 88kV lines that are entering the Bafokeng 7 substation and the 2xSycamore 88kV lines that are leaving Eskom's Ararat Main Transmission Substation (MTS).

### LOCATION

The project is located on Farm Doornspruit 106 JQ RE (Bafokeng 7 site) and Farm Kookfontein 265 JQ (Ararat site) near the villages of Ga-Luka and Phokeng respectively.

**DFFE REFERENCE No.**  
Not yet issued

### PUBLIC REVIEW OF THE DRAFT BASIC ASSESSMENT REPORT

Humba Environmental Consultancy hereby informs all Interested and Affected Parties (I&APs) of the availability of the Draft Basic Assessment Report (DBAR) and the associated appendices for the proposed project. The DBAR will be available for public review and comment for at least **30 days from Thursday, 28 July 2022 to Monday, 29 August 2022**. The DBAR can be reviewed at the following public places:

| Venue                                        |
|----------------------------------------------|
| SAPS, Phokeng, Salema Section, Phokeng, 0300 |
| The The Secondary School, Ga-Luka, 0322      |
| Phokeng Library, Phokeng Shopping Complex    |
| Mogono Primary School, Mogono, 0328          |
| Humba/Eskom Website                          |

**For enquiries:** Tinashe Maramba, Humba Environmental Consultancy; Cel.: 072 309 0502 / E-mail: info@humba.org

## MOSES KOTANE LOCAL MUNICIPALITY

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E-Mail: municipalmanager@moseskotane.gov.za

### PUBLIC NOTICE CALLING FOR INSPECTION OF THE SUPPLEMENTARY VALUATION ROLL 2022/2023

Notice is hereby given in terms of Section 49(1)(a)(i) of the Local Government Municipal Property Rates Act, 2004 (Act 6 of 2004), hereinafter referred to as the "Act", that the **Supplementary Valuation Roll** for 2022/2023 is open for public inspection during office hours (Monday to Friday between 07h30 and 16h00) at the offices of **Moses Kotane Local Municipality** from **29 June 2022 to 5 August 2022**.

An invitation is hereby made in terms of section 49(1)(a)(ii) of the Act that any owner of property or other person who so desires should lodge an objection with the Municipal Manager in respect of any matter reflected in, or omitted from, the Supplementary Valuation Roll within the above-mentioned period.

Attention is specifically drawn to the fact that in terms of section 50(2) of the Act an objection must be in relation to a specific individual property and not against the supplementary valuation roll as such. The form for the lodging an objection is obtainable at the office of Moses Kotane Local Municipality. The completed forms must be returned to the following address not later than **19 August 2022**.

**For enquiries please contact Mr. Mmope at 014 555 1300.**

Re direla setšhaba

**Municipal Manager - Mr M.V. Letsoalo**



# RHS vs. Bergsig Old Boys and Girls

**Rustenburg** – Etlike honderde mense het Hoërskool Rustenburg (RHS) se Old Boys en Girls geleentheid ondersteun op Saterdag 23 Julie op verskeie sportvelde vir liefdadigheid. Die fondse wat tydens die wedstryde ingesamel is, word gebruik vir finansiële ondersteuning van oud-Rustieleerder, Jaco Fourie, wat in 2018 tydens 'n tragiese motorongeluk longbeserings, breinbeserings, 'n regterheup fraktuur en 'n C2 nekfraktuur opgedoen het. Daar is ook finansiële ondersteuning verleen aan oud-Bergsigleerder, Charlene Jansen van Rensburg, wat suksesvol borskanker en servikalekanker geklop het en opnuut gediagnoseer is met longkanker. RHS het die voorreg gehad om die geleentheid te huisves in samewerking met die RHS en Bergsig Old Boys. Die Hoërskool Rustenburg sê dankie aan die Rustenburg gemeenskap wat in hulle massas opgedaag het om die inisiatief te ondersteun. Dit was 'n riem onder die hart om soveel omgee en ondersteuning op een plek aan te tref! Die uitslae van Saterdag se wedstryde is as volg:

- Rugby Old Boys: RHS Wen 20-14
- Hokkie Old Boys: Gelykop 3-3
- Hokkie Old Girls: RHS Wen 3-1
- Netbal Old Girls: RHS Wen 35-28



RHS Old Girls netbal span wen Bergsig Akademie 35-28.



Die Old Girls hokkie spanne.



RHS Old Boys hokkie span het puik hokkie opgedis.



RHS Old Boys rugby span in aksie!

# Banyana Banyana are Africa’s best!

**SA** – Banyana Banyana, victors of the Women African Cup of Nations (WAFCON), won the trophy by defeating Morocco 2 -1 in the final. Their win over Morocco in Rabat on Saturday 23 July means Banyana went through the entire tournament unbeaten. In his congratulatory message to the team, North West Premier Kaobitsa Maape lauded coach Desiree Ellis and her staff for a job well done.



# Rustenburg Ladies face Keleku

**Rustenburg** – Rustenburg Ladies Football Club, who are now third on the log, will bounce back from their setback when they face Keleku at Colridge Stadium on Saturday 30 July 2022. Log leaders Royal Queens and second placed North West University (NWU) Tawana are both on 21 points and will sure be monitoring the action at Colridge Stadium closely! Rustenburg Ladies, who shot to the top of the log after the first few games of the season, have now lost three of the nine matches they have played thus far. On 23 July, they suffered a 2-1 loss to NWU Tawana in Lefaragatlha.



# 2022 Rugby Championship



Die 2022 Rugby Championship skop op 6 Augustus af met die Bokke wat teen die gekweste All Blacks in Nelspruit gaan uitdra. Na die toetsneerlaag in Nieu-Seeland teen die Iere, het die Kiwi's hul hulp afrigters John Plumtree en Brad Mooar afgedank. Jason Ryan, voorspeler afrigter van die Crusaders, is aangestel om die All Blacks se voorspelers te coach om teen die Bokke se rowwe bliksems hulle man te kan staan. In die Bok kamp is daar slegte nuus dat Cheslin Kolbe nie beskikbaar gaan wees vir die reeks nie weens 'n besering. Maar Frans Steyn en Duane Vermeulen is terug in die groep. Die Argentynse Pumas het na hulle reeks oorwinning teen Skotland ook duidelik 'n sein uitgestuur dat hulle hul nekke gaan dik maak in dié reeks. Die Wallabies het wel hulle toetsreeks teen Engeland verloor maar is verseker nie in sak en as nie. Vanjaar se Championship is vir die eerste keer in baie jare op 'n gelyke speelveld en sal wys wie honger is vir glorie! Manne, kry die huiswerkies en tuin in orde om ten volle gereed te wees om uit te draf volgende Saterdag!

**Nag ou grote...**





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# Meintjes cheered on by locals in France

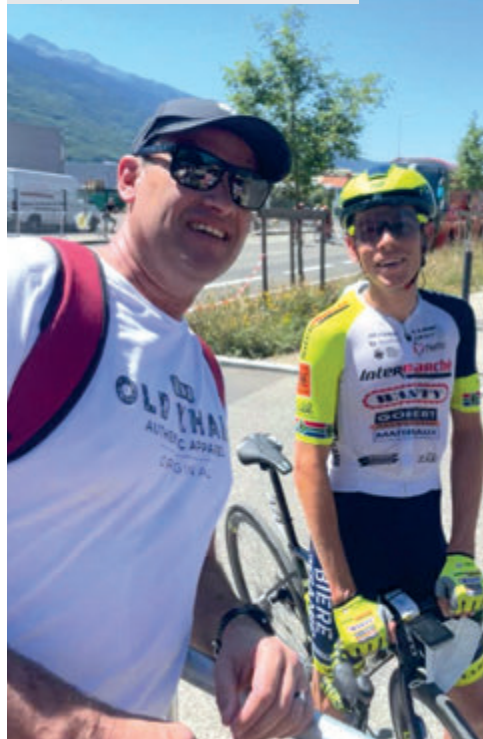
**Rustenburg** – Jaun-Pierre Stringer and his wife Michelle, who are both Rustenburg Cycling Club (RCC) members, were among a group of South Africans

who made a trip to France to enjoy the 2022 Tour de France and cheer on local cycling star Louis Meintjes. Meintjes, who grew up in Rustenburg but now resides in Andorra, Spain, achieved an eighth overall position in the gruelling and world-renowned mountain bike race. Meintjes, who also achieved eighth place in the 2016 and 2017 editions of the Tour de France, attended Bergsig Academy in Rustenburg and was a member of the RCC.

The exacting route of the Tour de France 2022 began in Copenhagen on 1 July 1 and ended 23 days later at the Champs-Élysées in Paris, totalling 3,349.8km. In between, riders have to cover more than 200km on three occasions during the 21 stages in Denmark, Belgium, Switzerland and France. Those sections include six flat stages, seven hilly stages and six mountain stages with five summit finishes. Meintjes made South Africa proud in the 165.1 km stage 12 of the competition by achieving an impressive second place finish. Meintjes completed this race less than a minute behind the winner, Great Britain's Tom Pidcock (4:55:24).

They were both very excited as they watched and supported Meintjes during the 12th stage of the competition. "We were there on the mountain to cheer him on as he was riding and we were both very happy when he finished in second position," Juan-Pierre told *Platinum Weekly*. "He is such a great inspiration!"

Jaun-Pierre Stringer (left) with Louis Meintjes at the Tour de France.



# RHS vs. Nelspruit

**Rustenburg** – Hoërskool Rustenburg (RHS) wen ses uit die nege wedstryde teen die Hoërskool Nelspruit op Saterdag 23 Julie.

Die Rusties eerste span het 'n naelbytwedstryd teen Hoërskool Nelspruit se eerste-rugbyspan gehad. In die laaste vyf minute van die wedstryd het RHS 'n strafskop gekry en was voor op die telbord met twee punte.

Nét voor die eindfluitjie geblaas het, het Hoërskool Nelspruit een laaste drie gedruk en die telling geswaai na 28-33. Hoërskool Rustenburg is dankbaar vir die ondersteuning van die gemeenskap en die leerders van Bergsig Akademie wat met trots die Rusties ondersteun het tydens die stryd teen Nelspruit.

RHS se eerste span in aksie teen Hoërskool Nelspruit.



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**119<sup>99</sup>** per kg  
Grill House Style Sticky BBQ Pre-Cooked Marinated Pork Ribs

## QUALITY SEAFOOD AT HARBOUR PRICES



**14<sup>99</sup>** per 100g  
Extra Large West Coast Soles



**SAVE R15**  
**104<sup>99</sup>** 350g  
WITH CARD  
Fisherman's Deli Cut & Devised Prawns



**SAVE R15**  
**149<sup>99</sup>** 800g  
WITH CARD  
Cape Point Prawn Meat



**SAVE R15**  
**224<sup>99</sup>** 700g  
WITH CARD  
Cape Point 26/30 Queen Prawns



**SAVE R20**  
**ALL 3 FOR R300**  
WITH CARD



Cape Point 400g Kingklip Fillet & 500g Calamari Rings & Fisherman's Deli 400g Prawn Meat



**BUY ANY 2 & SAVE 10%**  
WITH CARD  
2 x 330g Forage and Feast Rollmops/Danish/Bismarck Herring



**59<sup>99</sup>** per kg  
Simple Truth Free-Range Whole Chicken



**79<sup>99</sup>** per kg  
Simple Truth Free-Range Chicken 4 Drumsticks & 4 Thighs



**89<sup>99</sup>** per kg  
Simple Truth Free-Range Chicken Breast Fillets



**66<sup>99</sup>** per kg  
Farmer's Choice Fresh 12-Piece Chicken Fillets



**79<sup>99</sup>** per kg  
Farmer's Choice Fresh 12-Piece Deboned Skinless Chicken Thighs



**SAVE R12**  
**39<sup>99</sup>** 400g each  
WITH CARD  
County Fair Crumbed Chicken Steaklets All Variants



**SAVE R10**  
**39<sup>99</sup>** 350g/400g each  
WITH CARD  
Rainbow Simply Chicken Nuggets/Fingers All Variants



**SAVE R10**  
**36<sup>99</sup>** 1kg each  
WITH CARD  
Eskort French/Garlic Polony



**SAVE R16**  
**56<sup>99</sup>** 1kg each  
WITH CARD  
Eskort Red/Smoked Viennas



**SAVE R30**  
**BUY 4 FOR R90**  
WITH CARD  
4 x 200g Renown Shoulder Bacon



**SAVE R20**  
**49<sup>99</sup>** 600g  
WITH CARD  
I&J Fish Fingers



**SAVE R15**  
**54<sup>99</sup>** 400g  
WITH CARD  
I&J Out of the Oven Crumbed Fish All Variants Each



**SAVE R15**  
**54<sup>99</sup>** 400g  
WITH CARD  
I&J Batter Crisp Hake Portions



**SAVE R20**  
**69<sup>99</sup>** 600g  
WITH CARD  
Sea Harvest Fish Friday



**SAVE R40**  
**99<sup>99</sup>** 800g  
WITH CARD  
Sea Harvest Prime Hake Fillets



**SAVE R34**  
**BOTH FOR R99**  
WITH CARD  
I&J 400g Hake Pops & 500g Smackeroos



**SAVE R13**  
**56<sup>99</sup>** 600g  
WITH CARD  
I&J Smokey BBQ/Black Pepper Burgers Each



**SAVE R13**  
**ALL 3 FOR R40**  
WITH CARD  
Freshly Baked 400g French Loaf & 700g Pot Brood & Millstone Olive Focaccia



**SAVE R10**  
**ANY 2 FOR R60**  
WITH CARD  
12 per pack The Bakery Mini Muffins Double Chocolate/Blueberry



**SAVE 13%**  
**ANY 2 FOR R60**  
WITH CARD  
Vea Food Chutney Vension Pie



**SAVE R10**  
**74<sup>99</sup>** each  
WITH CARD  
The Bakery Carrot Cake



**SAVE R10**  
**ANY 3 FOR R80**  
WITH CARD  
3 x 350g/360g Olim Homemade Lamingtons/Cake Slices All Variants



**14<sup>99</sup>** per 100g  
Chef's Best Turkey Roll



**16<sup>99</sup>** per 100g  
Feinschmecker Smoked Chicken Breast



**SAVE 10%**  
**ANY 2 FOR R90**  
WITH CARD  
2 x 125g Tirolean Meat Sliced Pastrami/Silverside/Beef Roast



## A WIDE RANGE OF CHEESES



**SAVE 18%**  
**27<sup>99</sup>**  
100g each  
WITH CARD  
Fairview Blue Rock/Tower Cheese



**SAVE 17%**  
**29<sup>99</sup>**  
125g each  
WITH CARD  
Fairview Brie/Camembert Cheese



**SAVE 14%**  
**29<sup>99</sup>**  
250g  
WITH CARD  
Lancewood Cottage Cheese All Variants Each



**SAVE 11%**  
**32<sup>99</sup>**  
150g each  
WITH CARD  
Clover Natural Cheese Slices Cheddar/Gouda



**SAVE 13%**  
**34<sup>99</sup>**  
90g  
WITH CARD  
Fairview Mini Cheese Platter



**SAVE 14%**  
**36<sup>99</sup>**  
230g each  
WITH CARD  
Lancewood Cream Cheese All Variants



**SAVE 12%**  
**29<sup>99</sup>**  
250g each  
WITH CARD  
The Laughing Cow Cheese Spread



**SAVE 17%**  
**BUY 2 FOR 32<sup>99</sup>**  
WITH CARD  
2 x 40g Mezzé Parmesan Cheese



**SAVE 22%**  
**42<sup>99</sup>**  
400g each  
WITH CARD  
Parmalat Cheese Slices All Variants



**SAVE 18%**  
**44<sup>99</sup>**  
180g  
WITH CARD  
Mezzé Halloumi Cheese Fingers



**SAVE 20% BOTH FOR 99<sup>99</sup>**  
WITH CARD  
120g Laughing Cow Cheese Wedges & 800g Lancewood Cheddar/Gouda/White Cheddar Each



**AS SEEN ON TV**  
**BUY ANY 2 & SAVE 25%**  
WITH CARD  
2 x 850g Parmalat Cheddar/Gouda/White Cheddar Cheese

## wine route WE BRING THE WINE ROUTE TO YOU!



**SAVE 18%**  
**44<sup>99</sup>**  
750ml each  
WITH CARD  
Namaqua Pinotage Merlot Shiraz Cabernet Sauvignon



**SAVE 15%**  
**54<sup>99</sup>**  
750ml each  
WITH CARD  
Boschendal Le Bouquet Chenin Blanc Blanc Blanc De Noir Rosé Garden



**SAVE 17%**  
**74<sup>99</sup>**  
750ml each  
WITH CARD  
Spier Pinotage Merlot Shiraz Cabernet Sauvignon



**SAVE 12%**  
**56<sup>99</sup>**  
750ml  
WITH CARD  
Backsberg Dry Red



**SAVE R15**  
**79<sup>99</sup>**  
750ml each  
WITH CARD  
Franschoek Merlot Shiraz Cabernet Sauvignon



**SAVE 11%**  
**79<sup>99</sup>**  
750ml  
WITH CARD  
Niet Joubert Shiraz



**SAVE R15**  
**99<sup>99</sup>**  
750ml  
WITH CARD  
Hartenberg Shiraz Cabernet Sauvignon



**SAVE R15**  
**84<sup>99</sup>**  
750ml each  
WITH CARD  
Gaurdian Peak Merlot Shiraz



**SAVE R30**  
**169<sup>99</sup>**  
750ml  
WITH CARD  
Steenberg Cap Classique Brut

## LiquorShop



**SAVE R40**  
**2 FOR R120**  
WITH CARD  
2 x 6x275ml Brutal Fruit Sparkling Ruby Apple Spirit Cooler NRB



**SAVE R65**  
**3 FOR R175**  
WITH CARD  
3 x 6x340ml Carling Black Label Beer NRB



**139<sup>99</sup>**  
750ml  
Klipdrift Export Brandy



**199<sup>99</sup>**  
750ml  
Ballantine's Finest Blended Scotch Whisky



**SAVE R40**  
**ANY 2 FOR R269**  
WITH CARD  
2 x 750ml Russian Bear Vodka All Variants (Excluding Energy Fusion)



**SAVE R75**  
**2 FOR R295**  
WITH CARD  
2 x 750ml Captain Morgan Original Spiced Gold Rum

**LiquorShop**  
SKIP THE QUEUE, SHOP ONLINE.  
SCAN HERE  
www.liquorshop.co.za

Not for Persons Under the Age of 18. Drink Responsibly.

OFFERS VALID FROM 25 JULY 2022 UNTIL 07 AUGUST 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.



**29<sup>99</sup>**  
1kg  
WITH CARD

Danone Divine Double Cream Dessert All Variants Each

AS SEEN ON TV

**SAVE 23%**  
**59<sup>99</sup>**  
500g each  
WITH CARD

Ladismith Spreado Butter Spread

AS SEEN ON TV

**SAVE R13**  
**62<sup>99</sup>**  
30 per pack  
WITH CARD

Extra Large Eggs

EXTRA LARGE EGGS

**SAVE R70**  
**ANY 2 FOR R110**  
WITH CARD

2 x Ola 1,4l Gino Ginelli Ice Cream/ 6 per pack Magnum Minis All Variants

KEEP SWIPING

KEEP SAVING.

**SAVE 20%**  
**13<sup>99</sup>**  
700g each  
WITH CARD

Sunbake Standard/Farmstyle Sliced White Bread

**SAVE 31%**  
**BUY 2 FOR R22**  
WITH CARD

2 x 600g Health Food Co Maize Bread

**FROM 26<sup>99</sup>**  
each

Meze Speciality Bread/6 Pitas/ 10 Cocktail Pita/5 Oval Pita/120g Breadsticks/6 Tortillas/6 Wraps

**SAVE R10**  
**ANY 2 FOR R30**  
WITH CARD

2 x 700g/800g Albany Wholewheat/ Health Brown Low GI Bread

**SAVE R18**  
**BUY 2 FOR R50**  
WITH CARD

2 x 500g Stork Bake Margarine Brick

**SAVE R21**  
**BUY 2 FOR R65**  
WITH CARD

2 x 1kg Blossom Lite Medium Fat Spread

**SAVE 17%**  
**9<sup>99</sup>**  
250g/360g each  
WITH CARD

Parmalat YogoFun/Drinking Yoghurt All Variants

**SAVE 13%**  
**25<sup>99</sup>**  
1L each  
WITH CARD

Dewfresh Full Cream/Low Fat Milk

**SAVE R10**  
**29<sup>99</sup>**  
1L each  
WITH CARD

ButtaNutt Almond/ Macadamia/Oat Milk

**SAVE R11**  
**28<sup>99</sup>**  
2L each  
WITH CARD

Clover Tropika Dairy Fruit Blend All Variants

**SAVE 22%**  
**ANY 3 FOR 34<sup>99</sup>**  
WITH CARD

3 x 300ml Clover Super M Flavoured Milk All Variants

**SAVE R38**  
**ANY 6 FOR R100**  
WITH CARD

6 x 100ml Sir Fruit 100% Shot All Variants

**SAVE 26%**  
**ANY 3 FOR 19<sup>99</sup>**  
WITH CARD

3 x 225g Lancewood Drinking Yoghurt All Variants

**SAVE 20%**  
**31<sup>99</sup>**  
1kg each  
WITH CARD

Lancewood Double Cream Yoghurt All Variants

**SAVE 16%**  
**ANY 2 FOR R50**  
WITH CARD

2 x 6x100g per pack Lancewood Double Cream Yoghurt Plain/Fruit Mix

**SAVE 25%**  
**ANY 2 FOR R52**  
WITH CARD

2 x 1kg Lancewood Low Fat Yoghurt All Variants

**SAVE R32**  
**BUY ANY 4 & GET A 5<sup>TH</sup> ONE FREE**  
WITH CARD

BUY 4 x 150g Lancewood Double Cream Yoghurt All Variants & GET a 5th one FREE!



**SAVE R21  
BOTH FOR  
R70**  
WITH CARD

1kg Natures Garden Ovenbake Chips & 350g/360g/400g Rainbow Simply Chicken Nuggets/Fingers/Bites All Variants Each

**SAVE R19  
ALL 3 FOR  
R70**  
WITH CARD

200g Tirolean Meats Back Bacon & 500g Wimpy Hash Browns & 6 per pack Large Eggs

**SAVE R24  
BOTH FOR  
R85**  
WITH CARD

750g McCain V-Cut Crispers & 320g Brown Foods Corn Dogs All Variants Each

# SA'S BIGGEST BRANDS ARE NOW SMALL.

**FROM 36<sup>99</sup>**  
each

Simply Great Asian Crunch 260g/Greek Pasta Salad 450g/Coronation Salad 500g/Potato Salad 650g

**54<sup>99</sup>**  
380g

The Menu Sides Pumpkin Fritters

**139<sup>99</sup>**  
1kg

Bella Vita BBQ Chicken & Bacon Bake

**139<sup>99</sup>**  
1kg

Bella Vita Beef Lasagne Pasta

**149<sup>99</sup>**  
800g

Ready to Cook Beef Stroganoff

**249<sup>99</sup>**  
1.2kg

Ready to Cook Lamb Shanks

**Plant-BASED MEAT-FREE MADE EASY**

**SAVE 11%  
54<sup>99</sup>**  
WITH CARD

Fairview Dairy/Soya Free Parmesan/Mozzarella/Cheddar

**SAVE 10%  
44<sup>99</sup>**  
WITH CARD

Flora Plant Based Butter

**SAVE R15  
54<sup>99</sup>**  
WITH CARD

Fry's Plant Based Strips

**SAVE R15  
59<sup>99</sup>**  
WITH CARD

Fry's Plant Based Wors/Burgers

**SAVE FROM 17%  
ANY 2 FOR 69<sup>99</sup>**  
WITH CARD

2 x 320g/350g/400g NuVeg Prepared Vegetables All Variants

**SAVE 25%  
29<sup>99</sup>**  
WITH CARD

1kg Natures Garden Mixed Vegetables

**SAVE 23%  
31<sup>99</sup>**  
WITH CARD

1kg each McCain Country Crop/Garden Mix

**SAVE 24%  
37<sup>99</sup>**  
WITH CARD

700g each McCain Roast Vegetables Classic/Mediterranean

**ANY 2 FOR R70**  
WITH CARD

2 x Dr. Oetker Ital Pizza All Variants

**SAVE R30**

**SAVE R15  
74<sup>99</sup>**  
WITH CARD

6 per pack Mama's Pies All Variants



# The finest coffee from near & far

## TO YOU AT SUPERMARKET PRICES

**BEST VALUE FOR SINGLE ORIGIN BEANS**

**FOREIGN GROUND SINGLE ORIGIN COFFEE**  
Café de Origem Única / Café d'Origine Unique  
**BRAZIL**  
BRASIL / BRÉSIL  
1 kg

**SAVE R45**  
**FREE DEAL**  
**214<sup>99</sup>** 1kg  
X WITH CARD

BUY ANY 1kg Foreign Ground Coffee Beans All Variants Each & GET 35g Lindt Excellence Chocolate Slab All Variants Each FREE!

**FOREIGN GROUND SINGLE ORIGIN COFFEE**

- Artisanally roasted & full-bodied.
- Never blended - resulting in the purest regional flavour for easy drinking.

**The best of BEANS**

**SAVE R12**  
**64<sup>99</sup>** 250g  
X WITH CARD  
Foreign Ground Coffee Beans All Variants Each

**SAVE R80**  
**FREE DEAL**  
**199<sup>99</sup>** 1kg  
X WITH CARD  
BUY ANY 1kg House of Coffees Coffee Beans All Variants Each & GET 200g Bakers Romany Creams Biscuits All Variants Each FREE!

**BUY ANY 2 & SAVE 20%**  
X WITH CARD  
2 x Starbucks All Variants

**Your favourite GROUNDS**

**SAVE R10**  
**64<sup>99</sup>** 250g  
X WITH CARD  
Foreign Ground Ground Coffee All Variants Each

**SAVE R20**  
**69<sup>99</sup>** 250g  
X WITH CARD  
House of Coffees Ground Coffee All Variants Each

**SAVE R10**  
**94<sup>99</sup>** 500g  
X WITH CARD  
Antigua Filter Coffee All Variants Each

**BUY ANY 2 & SAVE 25%**  
X WITH CARD  
2 x 250g Jacobs Ground Coffee All Variants

**Flavour-Packed CAPSULES**

**SAVE R10**  
**79<sup>99</sup>** 20 per pack  
X WITH CARD  
Antigua Coffee Capsules All Variants

**SAVE R15**  
**ANY 2 FOR R85**  
X WITH CARD  
2 x 10 per pack Foreign Ground Coffee Capsules All Variants

**SAVE 20%**  
**159<sup>99</sup>** 30 per pack  
X WITH CARD  
Nescafé Dolce Gusto Coffee Capsules All Variants

**BUY ANY 3 & SAVE 25%**  
X WITH CARD  
3 x 10 per pack Jacobs/L'Or/illy Coffee Capsules All Variants

**Quick CUPS**

**SAVE R40**  
**BOTH FOR R99**  
X WITH CARD  
200g Nescafé Classic Instant Coffee All Variants Each & 450g Bakers Rusks All Variants Each

**SAVE R125**  
**BUY ANY 2 & GET A 3<sup>RD</sup> FREE**  
X WITH CARD  
BUY ANY 2 x 200g/230g Jacobs Krönung/Gold Instant Coffee Jar/Pouch & GET A 3<sup>RD</sup> FREE!

**FREE DEAL**  
**SAVE R30**  
X WITH CARD  
BUY ANY 2 x 8/10 per pack Nescafé Cappuccino Sticks All Variants & GET 135g/150g Nestlé Chocolate Slab All Variants Each FREE!

**BUY ANY 2 & SAVE 25%**  
X WITH CARD  
2 x 8/10 per pack Jacobs Cappuccino Sticks All Variants

OFFERS VALID FROM 25 JULY 2022 UNTIL 07 AUGUST 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDOOP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.



Dip, dunk & ENJOY

**FORAGE AND FEAST**  
Specially Selected

**SAVE R10**  
**R50** 300g/400g each  
WITH CARD  
Forage and Feast Rusks All Variants

**BOTH FOR R25** WITH CARD  
350ml Foreign Ground Cappuccino & 20g Forage and Feast Honey & Almond Rusk

**SAVE R15**  
**89<sup>99</sup>** 475g  
WITH CARD  
Forage and Feast Honey

**SAVE 25% BOTH FOR R49** WITH CARD  
100 per pack **Joko** Tagless Teabags & 200g **Cape Cookies** Mini Biscuits All Variants Each

**SAVE R5**  
**24<sup>99</sup>** 20 per pack  
WITH CARD  
Freshpak Tagless Teabags All Variants

**SAVE R5**  
**ANY 2 FOR R25** WITH CARD  
2 x 20 per pack **Tetley** Green/Earl Grey/Lemon Tagless Teabags All Variants

**2 FOR R60** WITH CARD  
2 x 102 per pack **Tetley** Tagless Black Teabags

Indulgence UNCOMPROMISED

**FORAGE AND FEAST**  
Specially Selected

**SAVE R10**  
**ANY 2 FOR R130** WITH CARD  
2 x 250g Forage and Feast White/Dark Hot Chocolate

Also Available  
Hi-Ball Poetry Glass - R12,99

Become your own BARISTA

**SAVE R5**  
**24<sup>99</sup>** each  
WITH CARD  
Made with Love Coffee Mug All Variants

**SAVE UP TO R20**  
**FROM 39<sup>99</sup>** each  
WITH CARD  
Homestyle Tea Range

**1. Creamer** - R39,99 **SAVE R10**  
**2. Sugar Pot** - R89,99 **SAVE R10**  
**3. Cup & Saucer** - R99,99 **SAVE R10**  
**4. Teapot** - R189,99 **SAVE R20**

**AVAILABLE AT SELECTED CHECKERS HYPER STORES**

**SAVE R20**  
**149<sup>99</sup>** per pack  
WITH CARD  
Home Discovery Comfy/Cafecito Double Wall Glass Coffee Mug Set - 2-Pack

**SAVE R20**  
**179<sup>99</sup>** per pack  
WITH CARD  
Mila Double Wall Glass Coffee Mug Set - 2-Pack

**BUY ANY 5 & GET THE 6TH FREE** WITH CARD  
BUY 5 of The Same Item, Any Variant & GET the 6th for FREE! **Candy Stone/Mocca** Coffee Mugs

**350ml** - R89,99 **SAVE R10**  
**1L** - R139,99 **SAVE R10**

**SAVE R10**  
**69<sup>99</sup>** each  
WITH CARD  
Mila Stainless Steel Milk Frother - 450ml

**SAVE R10**  
**89<sup>99</sup>** each  
WITH CARD  
Mila Glass & Silicone Coffee Plunger - 350ml

**SAVE R20**  
**109<sup>99</sup>** each  
WITH CARD  
Mila Aluminium Espresso Maker - 6-Cup

**HYPERS ONLY**

**SAVE R500**  
**2499<sup>99</sup>** each  
WITH CARD  
**Philips** Grind & Brew Coffee Maker

**Hisense**

**SAVE R300**  
**1499<sup>99</sup>** each  
WITH CARD  
Hisense Capsule Coffee Machine - Red

**HYPERS ONLY**



**SAVE R13**  
**ANY 2 FOR**  
**R55**

WITH CARD

2 x 200ml  
**Ina Paarman's**  
Sauce All Variants

**SAVE R20**  
**BUY 2 FOR**  
**R60**

WITH CARD

2 x 750g **Crosse & Blackwell**  
Mayonnaise

**SAVE 12%**

**28<sup>99</sup>**  
700ml each

WITH CARD

**All Gold**  
Tomato Sauce

**SAVE R50**

**149<sup>99</sup>**  
1L

WITH CARD

**Forage and Feast**  
Extra Virgin Olive Oil

**WE'VE SHRUNK PRICES SO YOU**

**SAVE 39%**  
**ANY 2 FOR**  
**R22**

WITH CARD

2 x 500g **Mr. Pasta**  
Pasta Shapes All Variants

**SAVE 22%**  
**28<sup>99</sup>**  
250ml each

WITH CARD

**All Joy Veri Peri**  
Sauce All Variants

**SAVE 21%**  
**29<sup>99</sup>**  
470g each

WITH CARD

**Mrs Ball's**  
Chutney All Variants

**SAVE R10**  
**42<sup>99</sup>**  
60ml each

WITH CARD

**Tabasco**  
Sauce All Variants

**SAVE 13%**  
**54<sup>99</sup>**  
2kg

WITH CARD

**Sela**  
Basmati Rice

**SAVE R10**  
**54<sup>99</sup>**  
500ml each

WITH CARD

**Wellington's Vinegar**  
All Variants

**SAVE R11**  
**ANY 6 FOR**  
**R22**

WITH CARD

6 x 50g **Royco**  
Packet Soup All Variants

**SAVE R20**  
**ANY 5 FOR**  
**R30**

WITH CARD

5 x 34g/38g **Imana**  
Sauce/Gravy All Variants

**SAVE 14%**  
**ANY 3 FOR**  
**R34**

WITH CARD

3 x 410g **Miami**  
Braai Relish/Seshebo

**SAVE R11**  
**ANY 2 FOR**  
**R45**

WITH CARD

2 x 100g **Spur**  
Seasoning All Variants

**SAVE R10**  
**99<sup>99</sup>**  
2L

WITH CARD

**B-well**  
Canola Oil

**SAVE R40**  
**119<sup>99</sup>**  
1L

WITH CARD

**B-well Extra**  
Virgin Olive Oil

**SAVE R70**  
**BUY 2 FOR**  
**R120**

WITH CARD

2 x 1L **Nuts About Cooking**  
Coconut Oil

**BUY 2 FOR**  
**R24**

WITH CARD

2 x 410g **Koo** Baked Beans in Tomato Sauce

**SAVE 14%**

**SAVE 17%**  
**24<sup>99</sup>**  
300g each

WITH CARD

**Bull Brand** Corned Meat All Variants

**ANY 3 FOR**  
**R30**

WITH CARD

3 x **Hinds** Spice Refill All Variants

**SAVE R12**

**ANY 2 FOR**  
**R30**

WITH CARD

2 x 200g **Buffet** Queen/Green Olives

**SAVE 17%**

**SWEET SAVINGS**

**AS SEEN ON TV**

**BUY ANY 2 & SAVE 25%**

WITH CARD

2 x **LITTLE BEE** HONEY RANGE



**SAVE 17%**

**32<sup>99</sup>**  
80 per pack

WITH CARD

**Laager**  
Rooibos Teabags

Pure Rooibos

AS SEEN ON TV

BUY ME & WIN!

**SAVE R13**

**49<sup>99</sup>**  
500g

WITH CARD

**Nestlé Milo**  
Malt Energy Drink

AS SEEN ON TV

**SAVE R15**

**47<sup>99</sup>**  
900g

WITH CARD

**Bokomo**  
Weet-Bix

48 Biscuits

WHOLEGRAIN WEET-BIX

**SAVE 30%**

**29<sup>99</sup>**  
2,5kg

WITH CARD

**Sasko**  
Cake Wheat Flour

# CAN TAKE HOME BIGGER SAVINGS

**SAVE R10**

**31<sup>99</sup>**  
1kg

WITH CARD

**Jungle**  
Oats

**SAVE R10**

**37<sup>99</sup>**  
400g

WITH CARD

**Kellogg's**  
Vanilla Rice Krispies

**SAVE R12**

**44<sup>99</sup>**  
400g each

WITH CARD

**Jungle**  
Muesli Cereal All Variants

**SAVE R15**

**49<sup>99</sup>**  
1kg

WITH CARD

**Bokomo**  
Corn Flakes

**SAVE R20 ANY 2 FOR R100**

WITH CARD

2 x 6 per pack **Nature Valley**  
Cereal Bars All Variants

**SAVE R51 ANY 3 FOR R99**

WITH CARD

3 x 350g **Jungle**  
Crunchalots Fillows All Variants

**SAVE 23%**

**16<sup>99</sup>**  
410g each

WITH CARD

**Rhodes**  
Peach Halves/ Slices in Syrup

**SAVE 31%**

**26<sup>99</sup>**  
500g

WITH CARD

**Moir's**  
Custard Powder

**SAVE 22%**

**28<sup>99</sup>**  
400g each

WITH CARD

**Yum Yum**  
Peanut Butter All Variants

**SAVE R10**

**32<sup>99</sup>**  
2kg

WITH CARD

**Selati**  
Golden Brown Sugar

**SAVE R20 ANY 5 FOR R35**

WITH CARD

5 x 80g **Moir's**  
Jelly All Variants

**SAVE R18**

**54<sup>99</sup>**  
100 per pack

WITH CARD

**Canderel**  
Sweetener

**SAVE 23%**

**29<sup>99</sup>**  
900g

WITH CARD

**All Gold**  
Smooth Apricot Jam

**SAVE 20%**

**27<sup>99</sup>**  
500g each

WITH CARD

**Illovo**  
Syrup All Variants

**SAVE R18**

**89<sup>99</sup>**  
750g/800g

WITH CARD

**Nescafé**  
Riccio Instant Coffee Each

**SAVE R26**

**139<sup>99</sup>**  
250g each

WITH CARD

**illy**  
Filter Coffee/Ground Coffee/ Coffee Beans All Variants

SELECTED STORES

**BREAKFAST FAVOURITES**

**BUY ANY 3 & SAVE 30%**

WITH CARD

3 x **FUTURELIFE**  
PRODUCT RANGE ALL VARIANTS

AS SEEN ON TV

OFFERS VALID FROM 25 JULY 2022 UNTIL 07 AUGUST 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.



SAVE R10

36<sup>99</sup>

450g/500g

WITH CARD

AS SEEN ON TV

Cadbury DAIRY MILK

4 x 80g Cadbury Chocolate Slabs All Variants

SAVE R24

ANY 4 FOR

R48

WITH CARD

SAVE R29

ANY 4 FOR

R59

WITH CARD

AS SEEN ON TV

Doritos

4 x 145g Doritos Corn Chips All Variants

SAVE R25

89<sup>99</sup>

435g

WITH CARD

Ouma Rusk All Variants Each

4 x 80g Cadbury Chocolate Slabs All Variants

4 x 145g Doritos Corn Chips All Variants

Nestlé Quality Street Chocolates & Toffees

KEEP SWIPING

KEEP COLLECTING.

MANHATTAN marshmallows

SAVE R10

28<sup>99</sup>

400g each

WITH CARD

SAVE 25%

BUY 2 FOR

R24

WITH CARD

OREO

SAVE 18%

ANY 2 FOR

R26

WITH CARD

RYVITA

SAVE R10

44<sup>99</sup>

250g each

WITH CARD

Mister Sweet

SAVE R36

ANY 2 FOR

R50

WITH CARD

Skittles

SAVE R29

ANY 2 FOR

R55

WITH CARD

M&M's

SAVE R10

46<sup>99</sup>

200g each

WITH CARD

Manhattan Pink & White Marshmallows

2 x 4x20g per strip Messaris Cheese Snack

2 x 133g Oreo Biscuits All Variants

Ryvita Crispbread All Variants

2 x 100g Mister Sweet Giant Speckled Eggs

2 x 160g Skittles Sweets All Variants

M&M's Chocolates All Variants

De Vries

SAVE 22%

BUY 2 FOR

R28

WITH CARD

Bakers Red Label

SAVE R12

ANY 2 FOR

R32

WITH CARD

LunchBar

SAVE R10

ANY 5 FOR

R45

WITH CARD

Safari

SAVE 16%

ANY 2 FOR

R45

WITH CARD

Sweets from Heaven

SAVE R19

ANY 3 FOR

R50

WITH CARD

Lindt

BUY ANY 3 & SAVE 25%

WITH CARD

2 x 200g De Vries Ginger Biscuits

2 x 200g Bakers Red Label Cream Biscuits All Variants

5 x Cadbury 5Star/LunchBar/P.S./Dairymilk/Crunchie All Variants

2 x 4x32g Safari Jungle Bites Dried Fruit All Variants

3 x 125g Sweets from Heaven Sweets All Variants

3 x 100g Lindt Excellence Chocolate Slabs All Variants

AS SEEN ON TV

WILLARDS CRINKLE CUT

BUY ANY 3 & SAVE 25%

WITH CARD

ANY 2 FOR

R22

WITH CARD

ANY 2 FOR

R45

WITH CARD

ANY 3 FOR

R45

WITH CARD

ANY 2 FOR

R55

WITH CARD

3 x 120g/125g Willards Crinkle/Ripple Cut Chips

2 x 135g Simba Nik Naks Maize Snack All Variants

2 x 200g Bakers Salticrux Crackers All Variants

3 x 150g Willards Flings/Cheese Curis All Variants

2 x 200g/5x40g/6x33g Bakers Mini Biscuits/Cheddars/Salticrux All Variants

SAVE 23%

SAVE R13

SAVE R14

SAVE R19

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**SAVE 16%**  
**ANY 2 FOR**  
**R30**

WITH CARD

2 x 2L Sparletta Cold Drink All Variants

**SAVE R10**  
**BUY 2 FOR**  
**R30**

WITH CARD

2 x 2L Pepsi Regular Cold Drink

**SAVE R29**  
**ANY 2 FOR**  
**R75**

WITH CARD

2 x 2L Liqui Fruit 100% Fruit Juice Blend All Variants

**SAVE R31**  
**ANY 2 FOR**  
**R99**

WITH CARD

2 x 6x300ml Coca-Cola/ Sparletta Core Flavours/Diet Cold Drink Cans All Variants

**AS SEEN ON TV**

**SWIPE FOR INSTANT SAVINGS**

**XTRA SAVINGS**

**SAVE 13%**  
**18<sup>99</sup>**

WITH CARD

Thirsti Still Water

**SAVE 23%**  
**ANY 2 FOR**  
**R26**

WITH CARD

2 x 500ml Monster Energy Drink All Variants

**BUY ANY 2 & SAVE 20%**

WITH CARD

2 x 6x1,5L aQuelle Still/Sparkling Water

**SAVE R14**  
**ANY 2 FOR**  
**R30**

WITH CARD

2 x 1L Wild Island Dairy Fruit Blend Concentrate All Variants

**SAVE 19%**  
**36<sup>99</sup>**

WITH CARD

6x200ml per pack

Clover Tropika Dairy Fruit Blend All Variants

**SAVE R10**  
**44<sup>99</sup>**

WITH CARD

1L each

Magalies Nectar Concentrate All Variants

**SAVE 15%**  
**37<sup>99</sup>**

WITH CARD

6x200ml per pack

Lipton Ice Tea All Variants

**SAVE 15%**  
**49<sup>99</sup>**

WITH CARD

6x330ml per pack

Cappy 100% Fruit Juice Blend All Variants

**SAVE R20**  
**59<sup>99</sup>**

WITH CARD

6x500ml per pack

Energade Sports Drink All Variants

**SAVE R24**  
**ANY 2 FOR**  
**R70**

WITH CARD

2 x 6x200ml Rhodes 100% Fruit Juice Blend All Variants

**SAVE R20**  
**74<sup>99</sup>**

WITH CARD

6x330ml per pack

Heineken Non-Alcoholic Beer NRB

**WIN**  
your share of  
**R100 000**  
in prizes!

Mini playsets & vouchers up for grabs.

Buy any participating brand & swipe your Xtra Savings card to enter.

**Laager**

**NESCAFÉ GOLD**

**TASTIC**

**Energizer**

**aQuelle**

**Simple Truth**

**Sunfoil**

**OROS**

**OH MY GOODNESS!**

**El FORAGE AND FEAST**

**Baby Soft**

**JIK**

**HUGGIES gold**

**Beyers**

**FUTURELIFE**

**hth**

**Maggi**

Check your till slip for details. Ts & Cs apply.

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**SAVE R16**  
**42<sup>99</sup>**  
400ml each  
X WITH CARD

Nivea Body Cream/  
Lotion  
All Variants



**SAVE R25**  
**64<sup>99</sup>**  
1l each  
X WITH CARD

Organics Shampoo/  
Conditioner  
All Variants



**SAVE R40**  
**ANY 2 FOR R90**  
X WITH CARD

2 x 500ml  
Nivea Shower  
Gel/Cream  
All Variants



**SAVE R280**  
**ANY 2 FOR R299**  
X WITH CARD

2 x 500g E45  
Dermatological  
Body Cream

**COLLECT ALL 24 WITH XTRA SAVINGS**


**PERSONAL CARE** *Essentials*



**SAVE R15**  
**39<sup>99</sup>**  
400ml/500g each  
X WITH CARD

Ingram's Body Cream All Variants  
(Excluding Tissue Oil Variant)



**SAVE R9**  
**ANY 3 FOR R45**  
X WITH CARD

3 x 75ml/100ml Colgate Triple  
Action/Active Salt Toothpaste



**SAVE R15**  
**54<sup>99</sup>**  
75ml each  
X WITH CARD

Colgate Naturals/Total Vitamin C/  
Optic Sensitive Pro Relief All Variants



**SAVE R15**  
**54<sup>99</sup>**  
60g each  
X WITH CARD

Mitchum Roll-On/Gel  
for Ladies/Men All Variants



**SAVE R15**  
**54<sup>99</sup>**  
500ml each  
X WITH CARD

Dove Shower Gel  
All Variants



**SAVE R21**  
**63<sup>99</sup>**  
2l  
X WITH CARD

Safeskin Bubble Bath  
All Variants Each



**SAVE R15**  
**49<sup>99</sup>**  
450ml each  
X WITH CARD

Cuticura Body  
Cream All Variants



**SAVE R22**  
**ANY 2 FOR R70**  
X WITH CARD

2 x 150ml Cuticura  
Face Wash All Variants



**SAVE 20%**  
X WITH CARD

Cantu Hair Products  
All Variants



**SAVE R12**  
**ANY 2 FOR R48**  
X WITH CARD

2 x 90ml/150ml Playboy/Playgirl  
Aerosol for Ladies/Men All Variants



**SAVE R32**  
**BUY ANY 2 & GET A 3<sup>RD</sup> FREE!**  
X WITH CARD

BUY 2 x 150ml Lenthéric Solo  
Aerosol for Men All Variants & GET A 3<sup>RD</sup> FREE!

**ANY 2 FOR R28**  
X WITH CARD

2 x 175g Lux Bath  
Soap All Variants



**SAVE R8**

**SAVE R20**  
**74<sup>99</sup>**  
6+2 per pack  
X WITH CARD

Bic  
Easy Shave Razor



**SAVE 30%**  
X WITH CARD

100ml/300ml/400ml Nivea Q10  
Firming Body Cream/Lotion/Oil



**BUY ANY 3 & SAVE 20%**  
X WITH CARD

3 x Gentle Magic  
Skincare Range



**BUY ANY 2 & SAVE 30%**  
X WITH CARD

2 x 4.9g Lip Ice  
Lip Balm Range



**SAVE 15%**  
X WITH CARD

50ml/150ml Dove Roll-On/Aerosol  
Deodorant Range





**SAVE R12**

**42<sup>99</sup>**  
500g

WITH CARD

**Nestlé Nestum Baby Cereal All Variants Each**

**SAVE R20**

**89<sup>99</sup>**  
224/288 per pack

WITH CARD

**Johnson's Extra Sensitive/Gentle All Over Baby Wipes**

PRICE PER PANTS

|        |      |       |
|--------|------|-------|
| SIZE 3 | - 62 | R2,80 |
| SIZE 4 | - 50 | R3,80 |
| SIZE 5 | - 44 | R4,09 |
| SIZE 6 | - 38 | R4,74 |

**HUGGIES gold pants**

**SAVE R45**

**179<sup>99</sup>**  
per pack

WITH CARD

**Huggies Dry Comfort/New Baby/Nappy Pants Disposable Nappies**

PRICE PER NAPPY

|         |      |       |
|---------|------|-------|
| SIZE 1  | - 86 | R1,87 |
| SIZE 2  | - 84 | R1,91 |
| SIZE 3  | - 76 | R2,37 |
| SIZE 4  | - 66 | R2,73 |
| SIZE 4+ | - 60 | R3,00 |
| SIZE 5  | - 56 | R3,21 |

NEW BABY - 66 R2,73

**BUY ME & WIN!**

**HUGGIES extra care**

**SAVE R50**

**279<sup>99</sup>**  
1,8kg

WITH CARD

**Nestlé Nido No. 3 Formula**

NEW DEALS IN EVERY AISLE

**PURITY**

**SAVE R15**  
ANY 5 FOR  
**R55**

WITH CARD

5 x 110ml Purity Baby Food Pouches All Variants

**PURITY**

**SAVE R25**  
ANY 5 FOR  
**R60**

WITH CARD

5 x 200ml Purity 3rd Foods Baby Food All Variants

**Johnson's**

**SAVE R36**  
ANY 2 FOR  
**R70**

WITH CARD

2 x 500ml Johnson's Baby Aqueous Cream/Baby Jelly All Variants

**Johnson's**

**SAVE R10**  
**42<sup>99</sup>**  
500ml each

WITH CARD

Johnson's Baby Oil All Variants

**Johnson's**

**SAVE R12**  
**44<sup>99</sup>**  
600g

WITH CARD

Johnson's Baby Powder All Variants Each

**Bennetts**

**SAVE R20**  
**49<sup>99</sup>**  
100g each

WITH CARD

Bennetts Baby Bum Crème

**Johnson's**

**SAVE R20**  
ANY 2 FOR  
**R110**

WITH CARD

2 x 500ml Johnson's Liquid Baby Soap All Variants

Affordable Healthcare Made Easy Health

**GRAND-PA**

**64<sup>99</sup>**  
38 per pack

GRAND-PA Headache Powders

**Savlon**

**SAVE 24%**  
**R95**  
2L

WITH CARD

SAVLON Antiseptic Liquid

**Berocca**

**149<sup>99</sup>**  
20 per pack

BEROCCA Boost Effervescent Tablets All Variants

**VICKS**

**BUY ANY 2 & GET A 3<sup>RD</sup> FREE**

WITH CARD

BUY ANY 3 x Vicks Honey & Ginger: 100ml Cough Syrup/50g VapoRub/45g BabyRub/24 per pack VapoLozenges & GET the Cheapest one FREE!

**Vital**

**BUY ANY 2 & GET A 3<sup>RD</sup> FREE**

WITH CARD

BUY ANY 3 x Vital Vitamin C/Zinc/Garlic & Parsley/Immune Support & GET the Cheapest FREE!

**SAVE 20%**

**22<sup>99</sup>**  
40 per pack

WITH CARD

**Libresse**  
Scented/Unscented Pantyliners

**SAVE R17**

**29<sup>99</sup>**  
per pack

WITH CARD

**Libresse**  
Sanitary Pads 2x8/2x10 per pack

**SAVE 20%**

**31<sup>99</sup>**  
32 per pack

WITH CARD

**Lil-lets**  
Tampons All Variants

**ANY 2 FOR**  
**R40**

WITH CARD

2 x Kotex Ultra Thin Sanitary Pads 7/8/10 per pack OR 40 per pack Pantyliners

**ANY 2 FOR**  
**R299**

WITH CARD

2 x Lovies Disposable Nappies Jumbo Pack

**AS SEEN ON TV**

**LOVIES**

**5 junior**  
10 - 25 kg

**jumbo pack 48**

**SAVE R61**

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**SAVE R300**

**1699<sup>99</sup>** each

WITH CARD

**NutriBullet Blender** - 600W

- ✓ Unique extraction blades
- ✓ Exclusive cyclonic action to break down, pulverize and emulsify whole fruits and vegetables better than any standard blender or juicer
- ✓ Silky-smooth nutrient-extracted beverages



**SAVE R400**

**1399<sup>99</sup>** each

WITH CARD

**Philips Essential Airfryer** - 800g/4.1L



**SAVE R200**

**999<sup>99</sup>** each

WITH CARD

**Platinum Silver Mirror Finish Microwave Oven** - 20L

**WE'LL BEAT ANY APPLIANCE PRICE IN SA GUARANTEED!**



**SAVE R30**

**349<sup>99</sup>** each

WITH CARD

**Philips Easy Speed Non-Stick Steam Iron** - 2000W



**SAVE R20**

**379<sup>99</sup>** each

WITH CARD

**Platinum Stainless Steel Cordless Kettle** - 1.7L - Black



**SAVE R50**

**399<sup>99</sup>** each

WITH CARD

**Platinum Stainless Steel Toaster** - 2-Slice - Black



**SAVE R50**

**599<sup>99</sup>** each

WITH CARD

**Platinum Stainless Steel Sandwich Press** - 4-Slice



**SAVE R50**

**449<sup>99</sup>** each

WITH CARD

**Platinum Stainless Steel Stick Blender Set**



**SAVE R200**

**999<sup>99</sup>** each

WITH CARD

**Platinum Pressure Cooker** - 6L

1. Stick blender - 250W - 229.99 SAVE R20

2. 5-Speed hand mixer - 200W - 349.99 SAVE R50

3. Mixer bowl - 3L - 200W - 449.99 SAVE R50

4. Jug blender - 1.5L - 450W - 549.99 SAVE R50

5. Food processor - 1.2L - 500W - 599.99 SAVE R50

**SAVE R20 FROM 229<sup>99</sup>** each

WITH CARD

**Platinum 50/50 Range**



**SAVE R400**

**2599<sup>99</sup>** each

WITH CARD

**Smeg 50s Style Vintage Retro 2-Slice Toaster** - Various Colours

**SAVE R400**

**2599<sup>99</sup>** each

WITH CARD

**Smeg 50s Style Vintage Retro 360° Cordless Kettle** - Various Colours - 1.7L



**SAVE R80**

**319<sup>99</sup>** each

WITH CARD

**HTH Granular Plus Pool Chlorine** 8kg (Reg. No. L146 & N-AR 1060 Act 36 of 1947)

**SAVE R10**

**39<sup>99</sup>** each

WITH CARD

**HTH Shock It Pool Care** 500g (Reg. No. L5537 Act 36 of 1947)

**SAVE R20**

**139<sup>99</sup>** each

WITH CARD

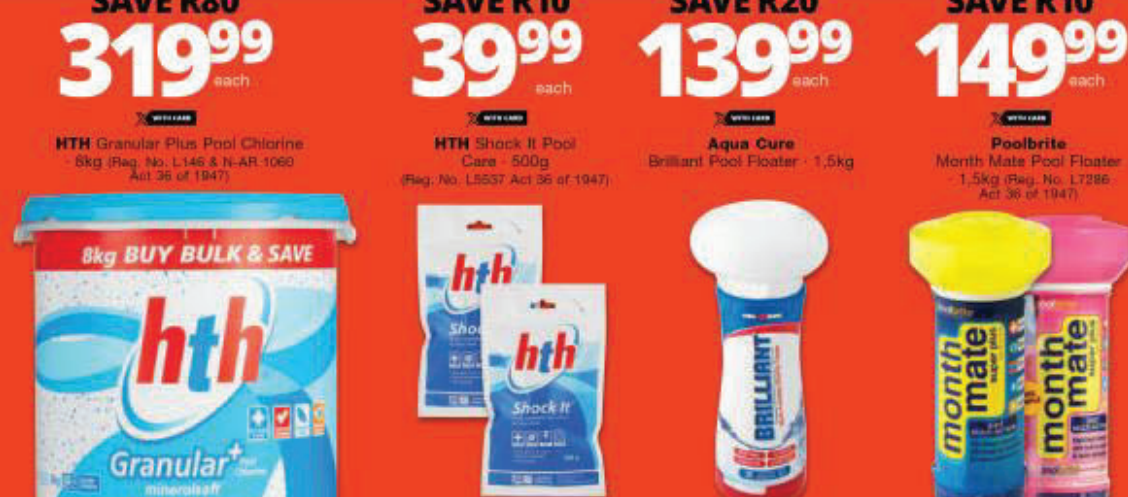
**Aqua Cure Brilliant Pool Floater** - 1.5kg

**SAVE R10**

**149<sup>99</sup>** each

WITH CARD

**Poolbrite Month Mate Pool Floater** 1.5kg (Reg. No. L7286 Act 36 of 1947)



**SAVE R10**

**119<sup>99</sup>** per pack

WITH CARD

**Energizer Max Alkaline Batteries** - AA/AAA - 12-Pack

**SAVE R20**

**79<sup>99</sup>** each

WITH CARD

**SCE Extension Cord** - 3m

**SAVE R5 FROM 19<sup>99</sup>** each

WITH CARD

**Lumaglo CLA LED Globe** - 5W/9W - CW/WW - E8/BC



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**SAVE R50**  
**549<sup>99</sup>** per set  
WITH CARD

**Majoré Stainless Steel Cookware Set - 12-Piece**

**SAVE R20**  
**159<sup>99</sup>** per pack  
WITH CARD

**Maison Forine Gourmet Glasses Range - 4-Pack**  
4 x 715 ml  
White Wine Glass, Red Wine Glass, Coupe Wine Glass, Calice Wine Glass

Magnum Glasses  
Flute Glasses  
White Wine Glasses

**SAVE R50**  
**299<sup>99</sup>** per set  
WITH CARD

**Nordic Coupe Dinner Set - 24-Piece**

## BIG SAVINGS ON YOUR HOMEWARE ESSENTIALS

**SAVE R20**  
**159<sup>99</sup>** per set  
WITH CARD

**Maison Forine Gourmet Decanter & Glasses Set - 5-Piece**

**SAVE R20**  
**179<sup>99</sup>** per pack  
WITH CARD

**Maison Forine Bohemia Red Wine/White Wine Glasses - 350ml/450ml - 6-Pack**

**SAVE R10**  
**69<sup>99</sup>** per set  
WITH CARD

**LAV Tuana/Adora Hi-Ball Glasses Set - 6-Piece**

**SAVE R20 FROM 209<sup>99</sup>** each  
WITH CARD

**Hazel Wood Forged Aluminium Cookware Range**

**FROM R59.99 BUY ANY 2 & SAVE R10**  
WITH CARD

**2 x Fridge & Pantry Storage Organiser**

**SAVE R70 BOTH FOR 249<sup>99</sup>** each  
WITH CARD

**Marinex Rectangular Glass Roasters**

**SAVE R30 249<sup>99</sup>** per set  
WITH CARD

**Prochef Wooden Block Knife Set - 5-Piece**

**SAVE R50 249<sup>99</sup>** each  
WITH CARD

**Prochef Stainless Steel Large Bread Bin**

**SAVE R20 129<sup>99</sup>** per set  
WITH CARD

**Reusable Food Storage Containers - 26 In 1**

**SAVE R20 159<sup>99</sup>** per set  
WITH CARD

**Pyrorey Glass Casserole Set - 4-Piece**

**SAVE R50 299<sup>99</sup>** per set  
WITH CARD

**Unicase Stoneware Bakeware Set - 4-Piece**

**SAVE R50 249<sup>99</sup>** per set  
WITH CARD

**Home Discovery Glass Container Set - 20-Piece**

**SAVE R100 FROM 399<sup>99</sup>** each  
WITH CARD

**Forage and Feast Stainless Steel Range**

**SAVE R100 299<sup>99</sup>** per set  
WITH CARD

**Forage and Feast Carving Set - 2-Piece**

**SAVE R100 1199<sup>99</sup>** per set  
WITH CARD

**Forage and Feast Stainless Steel Cutlery Set - 16-Piece**

**SAVE R50 299<sup>99</sup>** per set  
WITH CARD

**Forage and Feast Stainless Steel Salad Servers - 2-Piece**

**SAVE R100 299<sup>99</sup>** per set  
WITH CARD

**Forage and Feast Handmade Steel Cleaver Knife**

**SAVE R50 249<sup>99</sup>** each  
WITH CARD

**Forage and Feast Acacia Wood Serving Board**

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**AS SEEN ON TV**

**SAVE R70**

**179<sup>99</sup>** 50/56 per pack

WITH CARD

Finish Dishwasher Tablets All in 1/0%

**SAVE R35**

**ANY 3 FOR R100**

WITH CARD

3 x 500ml Handy Andy Cleaning Agent/Window Cleaner All Variants

**SAVE R20**

**94<sup>99</sup>** 3kg each

WITH CARD

Omo Auto/Comfort Washing Powder

**SAVE R50**

**ANY 2 FOR R180**

WITH CARD

2 x Omo Auto Liquid Detergent 2L/Capsules 24 per pack

**ALL YOUR FAVOURITE BRANDS AT LITTLE PRICES**

**SAVE 16%**

**24<sup>99</sup>** 750ml each

WITH CARD

Handy Andy Cleaning Agent All Variants

**SAVE R10**

**ANY 2 FOR R30**

WITH CARD

2 x 200ml Air Scents Air Freshener All Variants

**SAVE R11**

**ANY 2 FOR R35**

WITH CARD

2 x 2 per pack Dinu Kitchen Towels All Variants

**SAVE 15%**

**BUY 2 FOR R56**

WITH CARD

2 x 750ml Sunlight Dishwashing Liquid Excluding Anti Bacterial

**SAVE 16%**

**ANY 2 FOR R56**

WITH CARD

2 x 750ml Domestos Thick Bleach All Variants

**SAVE R18**

**ANY 2 FOR R70**

WITH CARD

2 x 800ml Comfort Fabric Conditioner Pouch All Variants

**SAVE 20%**

WITH CARD

BUY ANY Dr. Beckmann Range

**SAVE R11**

**25<sup>99</sup>** 20 per pack

WITH CARD

Garbie Super Saver Refuse Bags

**SAVE 9%**

**29<sup>99</sup>** 400ml each

WITH CARD

Mr. Sheen Multi Surface Cleaner All Variants

**SAVE R10**

**29<sup>99</sup>** 1.6L each

WITH CARD

Jik Bleach All Variants

**SAVE R10**

**ANY 2 FOR R60**

WITH CARD

2 x 750ml Plush Tile Cleaner All Variants

**CLEANING ESSENTIALS**

**BUY ANY 2 & SAVE 25%**

WITH CARD

2 x MR MUSCLE PRODUCT RANGE ALL VARIANTS

AS SEEN ON TV

**BATHROOM ESSENTIALS**

**AS SEEN ON TV**

**SAVE 30%**

WITH CARD

3 x DUCK PRODUCT RANGE ALL VARIANTS

**HOUSEHOLD ESSENTIALS**

**BUY ANY 3 & SAVE 30%**

WITH CARD

3 x GLADE PRODUCT RANGE ALL VARIANTS

AS SEEN ON TV

**ANY 4 FOR R66**

WITH CARD

4 x 415g Dr Hahnz Cat Food All Variants

**SAVE 15%**

**ANY 3 FOR R90**

WITH CARD

3 x 775g Petley's Dog Food All Variants

**SAVE R21**

**BUY 2 & GET A 3<sup>RD</sup> FREE**

WITH CARD

BUY 2 x 12x85g Pamper Cat Food Pouches All Variants & GET a 3<sup>RD</sup> FREE!

AS SEEN ON TV

**SAVE R100**

**SAVE R25**

**119<sup>99</sup>** 2kg

WITH CARD

Pamper Cat Food All Variants Each

**SAVE R40**

**129<sup>99</sup>** 8kg

WITH CARD

Epel Dog Food All Variants Each

**SAVE R60**

**219<sup>99</sup>** 4kg/5.5kg/6kg

WITH CARD

Canine Cuisine Dog Food All Variants Each

Get a **FREE** mini delivered with every **R200** you spend on **Sixty60**.

For Xtra Savings linked customers only. Ts and Cs apply. Excludes LiquorShop sales & delivery fee.

**Checkers SIXTY60**

Download the app

**Checkers**

better and better

also at **Checkers Hyper**

**Checkers SIXTY60**

download the app

OFFERS VALID FROM MONDAY 25/07/2022 UNTIL SUNDAY 07/08/2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFKENG, LICHTENBURG & WELTEVREDEN PARK. CHECKERS FOODS WINE ONLY AVAILABLE AT STORES WITH WINE DEPARTMENTS. BEER & SPIRITS ONLY AVAILABLE AT LIQUORSHOP STORES. DUE TO GOVERNMENT REGULATIONS, LIQUOR TRADING HOURS MAY VARY. PLEASE VISIT WWW.CHECKERS.CO.ZA/LIQUORSHOP FOR THE LATEST TRADING HOURS. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. APPLIANCE PRICE BEAT GUARANTEE. SEE WWW.TERMSCONDITIONS.CO.ZA FOR DETAILS. TS & CS APPLY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE), XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).



AS SEEN ON TV

GOLDI IQF Mixed Chicken Portions

5kg

FROZEN CHICKEN MIXED PORTIONS WITH BRINE-BASED MIXTURE

CHICKEN 85%, BRINE-BASED MIXTURE 15% (WATER 14.5%)

Tender in Tasty GOLDI Chicken

RAW KEEP FROZEN BELOW -12°C

5kg

Great South African Chicken

**169<sup>99</sup>**

NESTLE Cremora Creamer 750g & NESCAFÉ Ricoffy Instant Coffee 250g

750g

250g

BUY BOTH

**80**

per combo

BEST COOK Baked Beans

410g

BUY SIX

**58**

6 x 410g

# MORE BOXER BIRTHDAY

MORE LOW PRICES • MORE FREE DEALS • MORE COMBOS

+ **R 50\***

eCoupon

BACK WHEN YOU SPEND R1000

**R 100\***

eCoupon

BACK WHEN YOU SPEND R1500

**R 150\***

eCoupon

BACK WHEN YOU SPEND R2000

WHEN YOU SPEND ON ADVERTISED PRODUCTS • TO BE REDEEMED BETWEEN 08<sup>th</sup> AUGUST TO 24<sup>th</sup> AUGUST 2022 Ts & Cs APPLY

MAMA'S Plain Russians

4kg

Plain

1.5L

Coca-Cola ORIGINAL TASTE LESS SUGAR

**169<sup>99</sup>**

4kg

**& GET THIS FREE!**

RAMA Original 70% Fat Spread Brick

500g

BUY THREE

**66**

3 x 500g

ALBANY Superior Sliced White Bread

700g White

BUY THREE

**36**

3 x 700g

TASTIC Long Grain Parboiled White Rice 10kg

10kg

SUPER WHITE SUPER MAIZE MEAL your No.1 choice

10kg

SNOWFLAKE too fresh to flop cake wheat flour

10kg

2L

Excella SUNFLOWER OIL

2L

LUCKY STAR PILCHARDS IN TOMATO SAUCE

4 x 400g

PARMALAT EverFresh Long Life Milk Assorted 6 x 1L

6 x 1L

BUY ALL

**549**

per combo

PRICES VALID: 25/07/2022 - 07/08/2022



# MORE LOW PRICES • MORE FREE DEALS • MORE COMBOS



1kg



1kg

CLOVER  
Classic Custard 1kg,  
CLOVER Bliss Yoghurt Assorted 1kg &  
CLOVER Classic Smooth Low Fat Yoghurt  
Based Dairy Snack Assorted 6 x 100g



BUY ALL  
**60**  
per combo



400g

CLOVER  
Go Nuts Smooth  
Peanut Butter



400g

BUY THREE  
**84**  
3 x 400g

**& GET THIS FREE!**

**R 50\***

eCoupon

**R 100\***

eCoupon

**R 150\***

eCoupon

BACK WHEN YOU SPEND R1000

BACK WHEN YOU SPEND R1500

BACK WHEN YOU SPEND R2000

WHEN YOU SPEND ON ADVERTISED PRODUCTS • TO BE REDEEMED BETWEEN 08<sup>th</sup> AUGUST TO 24<sup>th</sup> AUGUST 2022 \*Ts & Cs APPLY



2kg

CLOVER  
Medium Cream  
Amasi

BUY TWO  
**45**  
2 x 2kg



1kg

**38<sup>99</sup>**  
1kg



180g

**23<sup>99</sup>**  
180g



800g

CLOVER  
Berg  
Processed  
Cheese  
Assorted

**64<sup>99</sup>**  
800g



375g

LITTLE BEE  
Pure Honey

**49<sup>99</sup>**  
375g



6 x 100g

DANONE  
Nutriday Smooth  
Low Fat Dairy Snack  
Assorted

BUY THREE  
**42**  
3 x (6 x 100g)



1kg

DANONE  
Nutriday  
Low Fat Fruit  
Yoghurt  
Assorted

**28<sup>99</sup>**  
1kg



950g

DANONE  
Danup  
2 in 1  
Assorted

BUY TWO  
**38**  
2 x 950g



1L

DANONE  
Ultra Mel  
Custard  
Assorted

**21<sup>99</sup>**  
1L



5L

DAIRYMAID  
Farmhouse Ice Cream  
Assorted

**89<sup>99</sup>**  
5L



4.56kg

**169<sup>99</sup>**  
per pack



2kg

BEST COOK  
French Polony

**49<sup>99</sup>**  
2kg



2kg

BEST COOK  
Chicken Polony

**59<sup>99</sup>**  
2kg



1kg

THOMPSONS  
Viennas  
Assorted

**49<sup>99</sup>**  
1kg



30's

Large Eggs

**59<sup>99</sup>**  
30's



900g

HARVESTIME  
Frozen Mixed Vegetables

**21<sup>99</sup>**  
900g



3kg

Frozen Chicken  
Feet

**R129**  
3kg



**79<sup>99</sup>**  
per kg

BOXER  
Oukraal Wors



**89<sup>99</sup>**  
per kg

Fresh Cubed Beef  
(Bone In)  
Class A



**89<sup>99</sup>**  
per kg

Fresh Lean  
Beef Mince



3kg

Frozen Sliced  
Beef Liver

**R139**  
3kg



3kg

Frozen Value Chicken  
Drumsticks & Thighs

**149<sup>99</sup>**  
3kg



3kg

Frozen Sliced  
Pork Chops

**R169**  
3kg



# MORE LOW PRICES • MORE FREE DEALS • MORE COMBOS



**TWIZZA**  
Soft Drinks Assorted 2 x 2L &  
HEIDER'S Corn Chips  
Assorted 2 x 125g



**BUY ALL  
30**  
per combo



**BUY FIVE  
80**  
5 x 1L

**CLOVER**  
Krush Long Life  
100% Fruit Juice Blend  
Assorted



**& GET THIS  
FREE!**

**+ R 50\* eCoupon** **R 100\* eCoupon** **R 150\* eCoupon**

**BACK WHEN YOU SPEND R1000**

**BACK WHEN YOU SPEND R1500**

**BACK WHEN YOU SPEND R2000**

WHEN YOU SPEND ON ADVERTISED PRODUCTS • TO BE REDEEMED BETWEEN 08<sup>th</sup> AUGUST TO 24<sup>th</sup> AUGUST 2022 \*Ts & Cs APPLY



**THIRSTI**  
Sparkling  
Flavoured  
Water  
Assorted

**BUY TWO  
12**  
2 x 500ml



**BUY THREE  
39**  
3 x 130g

**& GET THIS  
FREE!**



**BUY THREE  
28**  
3 x 75g

**& GET THIS  
FREE!**



**& GET THIS  
FREE!**



**WET**  
Energy Drink

**BUY TWO  
16**  
2 x 500ml

**SOLEN Go Fresh 33g / Wapps 33g /  
Crazy 30g Chocolate Bars**



**BUY TWO  
12**  
2's



**BUY TWO  
24**  
2 x 85g



**BUY TWO  
14**  
2 x 100g

**39<sup>99</sup>**



**SPAR-LETTA / TWIST**  
Soft Drinks  
Assorted

**BUY TWO  
30**  
2 x 2L



**BUY FIVE  
50**  
5's

**& GET THIS  
FREE!**



**34<sup>99</sup>**  
6 x 45g



**BUY THREE  
36**  
3 x 600ml

**& GET THIS  
FREE!**



**69<sup>99</sup>**  
5L

## SAVE MORE WITH OUR DEALS ON MEALS



**OR**



**BUY BOTH  
99**  
per combo

**BOXER**  
Chilli / Chargrill  
Braai 2kg &  
MAMA'S  
Straight Cut Frozen  
Potato Chips 2kg



**BUY BOTH  
99**  
per combo



**BUY BOTH  
99**  
per combo

**GOLD!**  
Crumbed Chicken  
Jumbo Pops 1kg /  
Frozen Crumbed Chicken  
Burgers 960g &  
MAMA'S  
Straight Cut  
Frozen  
Potato Chips 2kg



**BUY BOTH  
99**  
per combo



# MORE LOW PRICES • MORE FREE DEALS • MORE COMBOS

**AS SEEN ON TV**

**Knorr** BROWN ONION SOUP 50g

**KNORR** Packet Soup Assorted

**BUY TEN 40**

10 x 50g

**Cre-Mear** Creamer 750g

**BUY THREE 90**

3 x 750g

**& GET THIS FREE!**

**+ R 50\* eCoupon**

**R 100\* eCoupon**

**R 150\* eCoupon**

**BACK WHEN YOU SPEND R1000**

**BACK WHEN YOU SPEND R1500**

**BACK WHEN YOU SPEND R2000**

WHEN YOU SPEND ON ADVERTISED PRODUCTS • TO BE REDEEMED BETWEEN 08<sup>th</sup> AUGUST TO 24<sup>th</sup> AUGUST 2022 \*Ts & Cs APPLY

**GOLDEN RAY** Corn Flakes 1kg

**BUY THREE 99**

3 x 1kg

**NUTRIFIC** Wheat Biscuits 450g

**23<sup>99</sup>**

30g

**HEARTLAND** Bran Flakes 500g

**26<sup>99</sup>**

20g

**YUM FUN** Cream Biscuits Assorted 82g

**BUY FOUR 16**

4 x 82g

**HENRO** Marie Biscuits 150g

**BUY TWO 20**

2 x 150g

**SHIBOBO** Instant Maize Porridge Assorted 1kg

**18<sup>99</sup>**

1kg

**HAPPY VALLEY** Rice Puffs Assorted 350g

**27<sup>99</sup>**

15g

**GOLDEN RAY** Quick Cooking Oats 1kg

**28<sup>99</sup>**

1kg

**OREO** Cream Biscuits Assorted 133g

**BUY TWO 26**

2 x 133g

**FUTURELIFE** Smart Food Cereal Assorted 300g

**BUY TWO 45**

2 x 300g

**& GET THIS FREE!**

**FUTURELIFE** Original Energize Drinking Meal 260g

**BUY TWO 15**

2 x 260g

**& GET THIS FREE!**

**RAJAH** Curry Powder Assorted 200g

**24<sup>99</sup>**

200g

**GLEN** Tagless Teabags 100's

**BUY THREE 60**

3 x 100's

**LAAGER** Rooibos Teabags 40's

**19<sup>99</sup>**

40's

**KNORROX** Stock Cubes Assorted 24's

**BUY TWO 34**

2 x 24's

**KNORROX** Soya Mince Assorted 400g

**BUY TWO 40**

2 x 400g

**Imitation Cream Ready Made Cake**

**109<sup>99</sup>**

each

**& GET THIS FREE!**

**Imitation Cream Chocolate / Vanilla Cake**

**74<sup>99</sup>**

each

**& GET THIS FREE!**

**Imitation Cream Black Forest Cake**

**84<sup>99</sup>**

each

**& GET THIS FREE!**

**Imitation Cream Iced Cupcakes**

**BUY TWO 34**

2 x 4's

**Imitation Cream Rainbow Slab**

**BUY TWO 38**

2's

**Imitation Cream Cake Slices**

**BUY TWO 40**

2's

**Dreams**

**BUY TWO 34**

2 x 4's

**Queen Cakes**

**BUY TWO 24**

2 x 4's

**Mini Plain Scones**

**BUY TWO 38**

2 x 6's



# MORE LOW PRICES • MORE FREE DEALS • MORE COMBOS



BEST COOK Chakalaka  
Assorted 2 x 410g &  
KOO Baked Beans  
2 x 410g

**BUY ALL  
50**  
per combo



CLOVER  
Classic Mayonnaise  
Assorted

**BUY THREE  
84**  
3 x 750g

**& GET THIS  
FREE!**

**+ R 50\* eCoupon** **R 100\* eCoupon** **R 150\* eCoupon**

**BACK WHEN YOU SPEND R1000**

**BACK WHEN YOU SPEND R1500**

**BACK WHEN YOU SPEND R2000**

WHEN YOU SPEND ON ADVERTISED PRODUCTS • TO BE REDEEMED BETWEEN 08<sup>th</sup> AUGUST TO 24<sup>th</sup> AUGUST 2022 • Ts & Cs APPLY



BEST COOK  
Pilchards  
Assorted

**BUY TWO  
40**  
2 x 400g



BEST COOK  
Instant Noodles Multipack  
Assorted

**BUY TWO  
36**  
2 x 5's



BEST COOK Pasta Screws / Shells /  
Elbows / Penne 500g & BEST COOK  
Tomato & Onion Mix 410g

**BUY BOTH  
25**  
per combo



BEST COOK  
Spaghetti

**BUY TWO  
22**  
2 x 500g



BEST COOK  
Macaroni

**BUY THREE  
33**  
3 x 500g



SHIBOBO  
Super Maize Meal

**86<sup>99</sup>**  
12.5kg



TASTIC  
Long Grain Parboiled  
Rice

**BUY TWO  
50**  
2 x 2kg



GOLDEN RAY  
Red Speckled Beans

**69<sup>99</sup>**  
2kg



BEST COOK  
Sliced / Grated  
Beetroot

**21<sup>99</sup>**  
780g



BEST COOK  
Peri-Peri Sauce  
Assorted

**21<sup>99</sup>**  
500ml



BEST COOK  
Tomato Sauce

**BUY THREE  
75**  
3 x 750ml



Sela  
Golden Brown  
Sugar

**BUY TWO  
64**  
2 x 2kg



KING KORN  
Mabele Meal

**119<sup>99</sup>**  
10kg



KING KORN  
Malt  
Sorghum

**59<sup>99</sup>**  
3kg



SAVANNA  
Dry Cans

**R 315**  
24 x 300ml



CASTLE  
Lite NRB

**BUY TWO  
125**  
2 x (6 x 340ml) / Cans 2 x (6 x 330ml)



CASTLE  
Double Malt  
NRB

**BUY TWO  
125**  
2 x (6 x 340ml)



BELGRAVIA  
Pink Gin

**BUY TWO  
260**  
2 x 750ml



BOXER  
LIQUORS  
DROSTDY HOF

**BUY TWO  
289**  
2 x 5L

PRICES VALID AT SELECTED BOXER LIQUOR STORES ONLY

Not for Sale to Persons Under the Age of 18. Drink Responsibly.

A Proud Member of the (APA)



# MORE LOW PRICES • MORE FREE DEALS • MORE COMBOS

NIVEA Perfect & Matte Effect 3 In 1 Miracle Vanishing Cream Assorted 50ml & NIVEA Perfect & Matte Effect Oil Control Face Wash 50ml

AS SEEN ON TV



BUY BOTH

45

per combo

BUY TWO

34

x 2 packs

KOTEX Maxi Sanitary Pads Assorted 8's / 10's



8's / 10's



8's / 10's



& GET THIS FREE!

+ R 50\*

eCoupon

R 100\*

eCoupon

R 150\*

eCoupon

BACK WHEN YOU SPEND R1000

BACK WHEN YOU SPEND R1500

BACK WHEN YOU SPEND R2000

WHEN YOU SPEND ON ADVERTISED PRODUCTS • TO BE REDEEMED BETWEEN 08<sup>th</sup> AUGUST TO 24<sup>th</sup> AUGUST 2022 \*Ts & Cs APPLY



STAND A CHANCE TO WIN 1 OF 45 ALL STAR CANVAS SNEAKERS



TO ENTER:

1. Buy any Evolve Combo
2. Check your till slip
3. Dial \*120\*26937\*uniquenumber#
4. Follow the prompts to enter (20c per 20 seconds)

COMPETITION VALID: 23<sup>rd</sup> MAY TO 7<sup>th</sup> SEPTEMBER 2022 WINNERS WILL BE ANNOUNCED: 16<sup>th</sup> SEPTEMBER 2022 \*Ts & Cs APPLY • Visit [www.boxer.co.za](http://www.boxer.co.za)



BUY TWO 80

2 x 400ml

& GET THIS FREE!



BUY TWO 70

2 x 400ml

& GET THIS FREE!



BUY TWO 70

2 x 400ml

& GET THIS FREE!

EVOLVE 360° Body Cream Assorted

EVOLVE Skin Science Female Anti Perspirant Roll On Assorted

BUY TWO 34

2 x 50ml

& GET THIS FREE!



BUY TWO 34

2 x 50ml

& GET THIS FREE!



BUY TWO 70

2 x 400ml

& GET THIS FREE!



BUY TWO 70

2 x 400ml

& GET THIS FREE!

EVOLVE For Men Body Lotion Assorted



LOW PRICE R159.99

BABY STEPS Jumbo Disposable Nappies 56's / 66's / 70's / 80's

each



LOW PRICE R159.99

BABY STEPS Premium Disposable Nappies 40's / 44's / 50's / 60's

Premium



LOW PRICE R159.99

HUGGIES Dry Comfort Nappies 44's / 50's / 58's / 66's

each



LOW PRICE R18.99

PURITY Cream of Maize Porridge Assorted



5 FOR R55

PURITY Pouches Assorted



LOW PRICE R14.99

BABY STEPS Baby Oil 100ml / Baby Wash 200ml / Baby Lotion 200ml / 2-in-1 Shampoo 100ml / Baby Powder Assorted 100g



BOTH R58

JOHNSON'S Baby Jelly Assorted 500ml & JOHNSON'S Baby Wipes 56's / 72's





# MORE LOW PRICES • MORE FREE DEALS • MORE COMBOS



**DETTOL**  
Bath Soap  
Assorted  
175g

**BUY THREE**  
**30**  
3 x 175g



**AQUASMILE**  
Plus  
Toothpaste  
Assorted  
75ml

**BUY TWO**  
**40**  
2 x 75ml

**+ GET THIS FREE!**

**+ R50\***

**eCoupon**

**BACK WHEN YOU SPEND R1000**

**R100\***

**eCoupon**

**BACK WHEN YOU SPEND R1500**

**R150\***

**eCoupon**

**BACK WHEN YOU SPEND R2000**

WHEN YOU SPEND ON ADVERTISED PRODUCTS • TO BE REDEEMED BETWEEN 08<sup>th</sup> AUGUST TO 24<sup>th</sup> AUGUST 2022 Ts & Cs APPLY



**BUY TWO**  
**38**  
2 x 50ml



**BUY TWO**  
**38**  
2 x 100ml / 125ml



**32<sup>99</sup>**  
75ml



**36<sup>99</sup>**  
5 pack



**29<sup>99</sup>**  
250ml



**9<sup>99</sup>**  
175g



**38<sup>99</sup>**  
450ml



**BUY TWO**  
**58**  
2 x 90ml / 125ml



**BUY TWO**  
**30**  
2 x 125ml / 150ml

**+ GET THIS FREE!**



**44<sup>99</sup>**  
350ml



**BUY TWO**  
**60**  
2 x 240ml / 250ml

**+ GET THIS FREE!**



**79<sup>99</sup>**  
per pack



**BUY TWO**  
**86**  
2 x 400ml



**33<sup>99</sup>**  
50ml



**18<sup>99</sup>**  
each



**34<sup>99</sup>**  
5's

**LOW PRICE**  
**R38<sup>99</sup>**



**WOODWARD'S**  
Gripe Water  
150ml

Selected Stores

**LOW PRICE**  
**R49<sup>99</sup>**



**BENLYN**  
Wet Cough  
Syrup Assorted  
100ml

Selected Stores

**LOW PRICE**  
**R29<sup>99</sup>**



**DETTOL**  
Hygiene Liquid  
Handwash Pump  
200ml

Selected Stores

**LOW PRICE**  
**R44<sup>99</sup>**



**VICKS**  
VapoRub  
50g

Selected Stores

**LOW PRICE**  
**R29<sup>99</sup>**



**VICKS**  
Lozenges Assorted  
8's

Selected Stores

**LOW PRICE**  
**R79<sup>99</sup>**



**GAVISCON**  
Liquid  
150ml

Selected Stores

**LOW PRICE**  
**R64<sup>99</sup>**



**GRAND-PA**  
Headache  
Powders Stick Pack  
38's

Selected Stores

**LOW PRICE**  
**R79<sup>99</sup>**



**UGAMBU**  
Herbal Immune  
Tonic Assorted /  
Mimoya Gambu  
1L

Selected Stores

**LOW PRICE**  
**R44<sup>99</sup>**



**VICKS**  
BabyRub  
45g

Selected Stores

**LOW PRICE**  
**R49<sup>99</sup>**



**MED LEMON**  
Colds & Flu  
Medication  
8's

Selected Stores



**Hand Wash**  
Tough on Stains  
Fresh & Gentle

**3kg**

**BUY TWO**  
**130**  
2 x 3kg

FRESH WAVE  
Hand Washing Powder

**500g**

**BUY TWO**  
**30**  
2 x 500g

FRESH WAVE  
Laundry Soap

**750ml**

**BUY TWO**  
**40**  
2 x 750ml

ARIEL  
Auto Washing Powder 1.5kg &  
VANISH  
Stain Remover Liquid 500ml

**1.5kg**

**500ml**

**BUY BOTH**  
**80**  
per combo

# DOUBLE YOUR GRANT AT BOXER

STAND A CHANCE TO **WIN** THE VALUE OF YOUR SASSA GRANT IN BOXER eCOUPONS

| ON THE | OLD AGED GRANTS           | DISABILITY GRANTS         | CHILD SUPPORT GRANTS      |
|--------|---------------------------|---------------------------|---------------------------|
|        | <b>2<sup>nd</sup> AUG</b> | <b>3<sup>rd</sup> AUG</b> | <b>4<sup>th</sup> AUG</b> |

- BUY any 2 Advertised Combos on This Leaflet
- DIAL \*120\*26937\*uniquecode# and follow the prompts (20c per 20 seconds)
- You could be a WINNER!

COMPETITION VALID: 2<sup>nd</sup> AUGUST to 07<sup>th</sup> AUGUST

WINNERS WILL BE ANNOUNCED: 16<sup>th</sup> AUGUST 2022 \*Ts & Cs APPLY. Visit [www.boxer.co.za](http://www.boxer.co.za)

AS SEEN ON TV

**2 x 2kg**

**2 x 750ml**

**BUY ALL**  
**145**  
per combo

SURF  
Hand Washing Powder 2 x 2kg &  
SUNLIGHT  
Dishwashing Liquid Refill 2 x 750ml

**2 x 2kg**

**2 x 750ml**

**BUY TWO**  
**48**  
2 x 500ml

STA - SOFT  
Fabric Conditioner Refill Assorted

**500ml**

**BUY TWO**  
**48**  
2 x 500ml

KIWI  
Black Shoe Polish 2 x 50ml + Free Brush Value Pack

**2 x 50ml**

**29<sup>99</sup>**  
each

RED GLOVE  
2 Ply 200 Sheets Toilet Tissue

**2 Ply**

**9's**

**BUY TWO**  
**60**  
2 x 9's

SUNLIGHT  
Multipurpose Pine Gel 1L &  
SUNLIGHT  
Laundry Soap 500g

**1L**

**500g**

**BUY BOTH**  
**55**  
per combo

JIK  
Bleach Value Pack Assorted

**1L**

**2 x 1L**

**49<sup>99</sup>**  
2 x 1L

SUNBEAM / COBRA  
Floor Polish Assorted

**875ml**

**79<sup>99</sup>**  
each

HOME SQUARE Double Burner Hotplate & HOME SQUARE Stainless Steel Kettle 1.8L

**each**

**169<sup>99</sup>**  
each

**BUY BOTH**  
**350**  
per combo

**& GET THIS FREE!**

HOME SQUARE Premium Stainless Steel Hotplate & HOME SQUARE Premium Glass Kettle 1.7L

**each**

**299<sup>99</sup>**  
each

**BUY BOTH**  
**550**  
per combo

**& GET THIS FREE!**



# Dis-Chem PHARMACIES

# Dis-Chem baby city

# Baby

21 July - 14 August 2022

# SNUGGLY Savings

**VALUE PACKS**

**Johnson's**  
extra sensitive  
wipes  
fragrance free  
developed for newborns  
and safe to use from day 1

**6 value pack**  
336 wipes

**Johnson's**  
gentle all over  
wipes  
glides away 3x more mess\* for silky smooth,  
healthy feeling skin

**6x value pack**  
432 wipes

enriched with silk extract

**Vitality**

**2+1  
CHEAPEST  
FREE**  
on ANY Johnson's  
baby products

Johnson's  
**Value Pack**  
Baby Wipes  
Extra Sensitive  
6 x 56 wipes  
OR Gentle All Over  
6 x 72 wipes

**129<sup>95</sup>**  
per pack

**SAVE  
2300\***



Mom 2B  
Pregnancy  
Shake  
400g / Assorted  
**149<sup>95</sup>**  
WAS 172<sup>95</sup>

**30%\*  
OFF**  
ALL Karvol  
products

Karvol  
Decongestant  
Chest Rub  
50g  
**34<sup>97</sup>**  
WAS 49<sup>95</sup>



\*Advertised prices already reflect discounts

**1 FOR 11<sup>95</sup>  
5 FOR 50<sup>00</sup>  
SAVE 975**

**PURITY**  
Mixed Berries  
Banana, Apple & Yoghurt  
just SQUEEZE AND EAT

**Purity Pouches**  
110ml / Assorted



**SAVE  
4000\***

Nestlé  
Nido 3+  
Powdered Drink  
1.8kg  
**249<sup>95</sup>**  
WAS 289<sup>95</sup>

**SAVE  
400\***



Nestlé Nestum  
Baby Cereal  
Stages 1-2  
(Just Add Milk)  
500g / Assorted  
**39<sup>95</sup>**  
WAS 43<sup>95</sup>

\*Advertised prices already reflect discounts

**SAVE  
30000\***



**BAMBINO**  
**I-Rotate 360**  
Car Seat with  
ISOFIX  
304769  
• From birth to 36kg  
• Group 0+/1/2/3  
• ISOFIX connectors  
• Top tether anchor  
• 5-point safety harness,  
includes shoulder pads  
• Side protection system  
• Rotation mechanism  
• 4 recline positions  
**2999<sup>95</sup>**  
WAS 3299<sup>95</sup>

**Pampers**  
**Value Pack**  
Premium Care Pants  
Size 3 - 56-pack  
Size 4 - 44-pack  
Size 5 - 40-pack  
Size 6 - 36-pack  
**209<sup>95</sup>**  
per pack  
WAS 279<sup>99</sup>

**Pampers**  
premium care  
pants

**VALUE PACKS**

**Pampers**  
premium care  
pants

**Vitality**

**NEW**

**JUMBO PACK**

**Baby Things**  
PREMIUM  
nappies

**M**  
5-9kg  
**69**  
PREMIUM NAPPIES

**Baby Things**  
**Jumbo Pack**  
Premium  
Nappies  
S - 78-pack  
M - 69-pack  
L - 63-pack  
XL - 54-pack  
**189<sup>95</sup>**  
per pack

**Vitality**

**HUGGIES**  
gold  
complete skin comfort

**JUMBO PACK**

**Huggies**  
**Jumbo Pack**  
Gold Nappies  
Size 2 - 94-pack  
Size 3 - 76-pack  
Size 4 - 66-pack  
Size 4+ - 62-pack  
Size 5 - 52-pack  
**209<sup>95</sup>**  
per pack  
WAS 259<sup>99</sup>

**Vitality**

29 - 31  
July 2022  
Durban  
Expo Centre

# MamaMagic® Baby Expo

**DURBAN**

Tickets NOW AVAILABLE - [www.mamamagic.co.za](http://www.mamamagic.co.za)

In association with

# Dis-Chem baby city





# BATHING BABY

GET UP TO **50% BACK** on ALL products on this page with HealthyBaby Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP: FSP 48657. NCRCP9997. Limits, Ts & Cs apply.



Scan me to discover even more products

Discovery Vitality

**2+1 FREE**  
on Epi•Max Baby & Junior Cream 400g\*



Epi•Max Baby & Junior Cream 004219 400g

**94<sup>95</sup>** each

\*Offer excludes Epi•Max Value AND Banded Packs

**2+1 CHEAPEST FREE**  
on ANY Mustela baby products



Mustela Hydra Bébé Body Lotion 300ml **209<sup>95</sup>** each

Mustela 2 in 1 Cleansing Gel 200ml OR Barrier Cream 50ml **129<sup>95</sup>** each

Mustela products available at selected stores or online at dischem.co.za

**GREENER LIVING**

**Himalaya** SINCE 1930

**2+1 CHEAPEST FREE**  
on Himalaya baby products\*



Gentle Baby Bath 200ml OR Gentle Shampoo 200ml OR Baby Powder 200g **39<sup>95</sup>** each

\*Offer excludes Himalaya dental products

**BioNike** HEALTH AND BEAUTY **TRIDERM**

**20% OFF**  
ALL BioNike Triderm baby products



Baby Bath Cream 500ml **107<sup>96</sup>** WAS 134<sup>95</sup>

Baby Gentle Shampoo 200ml **71<sup>96</sup>** WAS 89<sup>95</sup>

Baby Protect Cream 100ml **59<sup>96</sup>** WAS 74<sup>95</sup>

**20% OFF**  
ALL La Roche-Posay baby products

**LA ROCHE-POSAY** LABORATOIRE DERMATOLOGIQUE



Lipikar Balm AP+M 400ml **364<sup>00</sup>** WAS 455<sup>00</sup>

Anthelios Hydrating Lotion SPF50+ 100ml **260<sup>00</sup>** WAS 325<sup>00</sup>

Cicaplast Balm B5 40ml / Assorted **184<sup>00</sup>** WAS 230<sup>00</sup>

\*Advertised prices already reflect discount



**bobini**



Natural Care Bubble Bath 295964 330ml **49<sup>95</sup>**

Natural Care Foam Wash 295891 300ml **49<sup>95</sup>**

Natural Care Shampoo 295963 200ml **49<sup>95</sup>**

Natural Care Body Wash 295892 200ml **34<sup>95</sup>**

**baby Dove**



Head to Toe Wash Lotion Rich Moisture 200ml OR Sensitive 200ml OR Shampoo Rich Moisture 200ml **32<sup>95</sup>** each WAS 38<sup>95</sup>



**MELLOR&RUSSELL** Quack Quack



2-in-1 Shampoo for Hair and Body 200ml **39<sup>95</sup>**

Gentle Baby Oil 322814 150ml **89<sup>95</sup>**

Nourishing Milk 322814 200ml Assorted **49<sup>95</sup>**

Baby Protection Cream 322814 75ml **49<sup>95</sup>**

**PURE** Organic Baby



Baby & Kids Natural Chest Rub 200763 50ml **59<sup>95</sup>** WAS 89<sup>95</sup>

Probiotic Baby Sensitive Body Cream 250ml / Assorted **89<sup>95</sup>** WAS 134<sup>95</sup>

Natural Olive Shampoo & Baby Wash 213224 400ml **159<sup>95</sup>** WAS 179<sup>95</sup>

Natural Aqueous Cream 213223 250ml **104<sup>95</sup>** WAS 124<sup>95</sup>

**Dis-Chem Foundation** Caring for the Community



The Maletsatsi Foundation is a beneficiary of the **Dis-Chem Foundation**

They are a rescue centre providing a loving home and environment for babies and toddlers in need.

Thank you to all our Dis-Chem and Dis-Chem Baby City Benefit Card members for supporting the Dis-Chem Foundation every time you swipe.

**Get more. Save more. Give more.**

Dis-Chem and Dis-Chem Baby City Benefit Cards can be used in both retailers

**THE maletsatsi FOUNDATION**



**Dis-Chem Foundation** Caring for the Community





# Johnson's®

CHOOSE  gentle™  
for healthy baby skin

step 1  
Cleanse



Baby Washes  
500ml / Assorted

**67<sup>95</sup>**  
each



Soft & Shiny  
Conditioner  
Spray  
200ml / Assorted

**47<sup>95</sup>**  
each



Soft & Shiny  
2-in-1 Shampoo  
& Conditioner  
500ml / Assorted

**69<sup>95</sup>**  
each



Baby  
Shampoo  
750ml  
Assorted

**79<sup>95</sup>**  
each



Shiny Drops  
Kids  
Shampoo  
500ml

**72<sup>95</sup>**  
each



Shiny Drops  
Kids  
Conditioner  
300ml

**52<sup>95</sup>**  
each



Shiny Drops  
Kids Conditioner  
Spray  
200ml

**47<sup>95</sup>**  
each



Baby Soaps  
175g / Assorted

**18<sup>95</sup>**  
each

**2+1**  
CHEAPEST  
**FREE**  
on ANY Johnson's  
baby products



Cottontouch  
2-in-1  
Bath & Wash  
OR Face  
& Body  
Lotion  
500ml

**72<sup>95</sup>**  
each

step 2  
Moisturise



Baby Lotion  
500ml / Assorted

**59<sup>95</sup>**  
each

Bedtime Oil  
200ml

**52<sup>95</sup>**  
each



Baby Jelly  
OR Aqueous  
Cream  
500ml / Assorted

**49<sup>95</sup>**  
each

step 3  
Refresh



Baby  
Powder  
400g / Assorted

**54<sup>95</sup>**  
each



Baby  
Cologne  
100ml / Assorted

**44<sup>95</sup>**  
each



Value Pack  
Baby Wipes  
Extra Sensitive 4 x 56 wipes  
OR Gentle All Over  
4 x 72 wipes

**109<sup>95</sup>**  
per pack

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Baby skin is  
**30%**  
thinner than  
adult skin



Harsh products can dry and  
damage the skin barrier,  
making it more vulnerable to  
infection



Try Johnson's®  
now with  
**100%**  
gentle  
ingredients



Keep your baby's  
skin healthy at every  
age and stage with  
the gentle care of  
Johnson's®

**Dis-Chem**  
PHARMACIES



**2+1**  
CHEAPEST  
**FREE**  
on ANY  
ProtiaM for Baby  
products

**PORTIA M** | Baby

Baby Lotion  
287614  
250ml

**47<sup>95</sup>**  
each

Baby Wash  
287615  
200ml

**47<sup>95</sup>**  
each

Petroleum Jelly  
250ml / Assorted

**36<sup>95</sup>**  
each

**2+1**  
CHEAPEST  
**FREE**  
on Purity & Elizabeth  
Anne's  
products\*\*

**PURITY**



Baby  
Aqueous  
Cream  
126326  
325ml

**29<sup>95</sup>**  
each

Baby  
Cornstarch  
Powder  
5235  
200g

**39<sup>95</sup>**  
each

Head to Toe  
Wash  
162522  
500ml

**69<sup>95</sup>**  
each

Special Baby  
Shampoo  
4803  
500ml

**74<sup>95</sup>**  
each

**NATURE'S  
NOURISHMENT**

Billions of  
Bubbles  
1 litre / Assorted

**39<sup>95</sup>**  
WAS 49<sup>95</sup>

**SAVE  
10<sup>00</sup>\***



\*\*Offer excludes Purity Food ranges.

\*Advertised price already reflects discount

**BabyThings**  
Quality Baby Products



Baby Powder  
84962  
750g

**54<sup>95</sup>**

Baby Lotion  
73387  
500ml

**39<sup>95</sup>**

Honey  
Body Wash  
73384  
1 litre

**68<sup>95</sup>**

Baby Oil  
85588  
400ml

**59<sup>95</sup>**

Baby Bath Seat  
201158

**119<sup>95</sup>**

Baby Bath  
201135

**199<sup>95</sup>**

Duck Shaped  
Bath Thermometer  
143502

**19<sup>95</sup>**



**Snuggletime**



**SAVE  
29<sup>00</sup>\***

Hooded Towel  
290185004  
2-pack / Assorted

**72<sup>95</sup>**  
per pack  
WAS 101<sup>95</sup>

**SAVE  
30<sup>00</sup>\***



Baby Bath  
Towelling  
Assorted

**99<sup>95</sup>**  
WAS 129<sup>95</sup>



**SAVE  
16<sup>00</sup>\***

Bath Tub  
300578  
Birth to 12 months  
Includes removable  
bath support  
Assorted colours

**329<sup>95</sup>**  
per set  
WAS 345<sup>95</sup>

\*Advertised prices already reflect discounts

**Belly  
Babies**  
Online Antenatal Course

BABIES... NOW WITH INSTRUCTIONS

Belly Babies & Dis-Chem bring you an

**ONLINE  
ANTENATAL  
COURSE**

created by medical professionals and  
antenatal experts



To find out more visit  
[www.bellybabies.co.za](http://www.bellybabies.co.za)

- funded by leading medical schemes
- around the clock access for 18 months
- over 50 videos presented by medical professionals
- live zoom class with a midwife and lactation consultant



**REGISTER  
TODAY**





# BABY MUST-HAVES



SAVE  
**100.00\***  
each

Character  
Squiggle Baby  
Nappy Bag  
Assorted characters  
**299<sup>95</sup>**  
each  
WAS 399<sup>95</sup>



\*Advertised price already reflects discount



**mother's  
choice**

Leggings & Vest  
2-pack  
Sizes: 0-3 months  
and 3-6 months  
Assorted styles  
**169<sup>95</sup>**  
per pack



Crawler  
Body Suit  
2-pack  
Sizes: 0-3 months  
and 3-6 months  
Assorted styles  
**149<sup>95</sup>**  
per pack



Character  
Baby Face Cloth  
3-pack  
Assorted characters  
**49<sup>95</sup>**  
each  
WAS 59<sup>95</sup>

3  
PACK



Character  
Baby Camp Cot  
Comforters  
with Pillow  
Assorted characters  
**249<sup>95</sup>**  
each  
WAS 299<sup>95</sup>

3  
PACK



Character  
Baby Hooded  
Towel  
Assorted characters  
**139<sup>95</sup>**  
each  
WAS 169<sup>95</sup>



Character  
Baby Jersey Bib  
2-pack  
Assorted characters  
**59<sup>95</sup>**  
each  
WAS 79<sup>95</sup>



Character  
Baby Teething  
Bandana Bib  
2-pack  
Assorted characters  
**79<sup>95</sup>**  
each  
WAS 99<sup>95</sup>



Character  
Baby Bamboo  
Feeding Sets  
Assorted characters  
Contains:  
• Square plate  
• Bowl  
• Cup  
• Spoon  
• Fork  
**159<sup>95</sup>**  
WAS 199<sup>95</sup>



Character  
Baby Silicone  
Feeding Set  
Assorted characters  
**159<sup>95</sup>**  
per set  
WAS 199<sup>95</sup>

Character  
Baby  
Silicone Bib  
Assorted characters  
**69<sup>95</sup>**  
WAS 89<sup>95</sup>



Washcloths  
6-pack  
Assorted colours  
**39<sup>95</sup>**  
per pack



Socks  
298683110  
3-pack  
**64<sup>95</sup>**  
per set



Gift Set  
29125001  
3-pack  
Contains:  
• Headband  
• 2 x Beanies  
• Socks  
**84<sup>95</sup>**  
per set

Clothing available at selected stores



**MammaMia**  
Playfully developing the genius within

**ACTIVITY APP**  
for babies and toddlers  
..... 0-3 YEARS .....



COGNITIVE  
DEVELOPMENT



LANGUAGE AND  
COMMUNICATION SKILLS



FINE MOTOR  
SKILLS



SELF-HELP  
SKILLS



SENSORY  
STIMULATION



GROSS MOTOR  
SKILLS



ENHANCE YOUR  
CHILD'S DEVELOPMENT  
JOURNEY  
THROUGH PLAYFUL  
ACTIVITIES



PLAY | CONNECT | DEVELOP



**20%\***  
OFF  
annual  
subscription



Endorsed by

Dis-Chem  
PHARMACIES

Dis-Chem  
babycity



\*Dis-Chem and Dis-Chem Baby City card holders get 20% OFF their yearly Mamma Mia app subscription!  
Simply enter your ID, Dis-Chem or Dis-Chem Baby City card number at checkout to claim your discount.

WWW.MOMMAMIA.CO.ZA

Promotional offers valid from 21 July to 14 August 2022 while stocks last – may not be available in all stores. E&OE.





# CHANGING BABY 50% BACK

on ALL products on this page with HealthyBaby Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP. FSP 48657. NCRCP9997. Limits, Ts & Cs apply.



Scan me to discover even more products

Discovery Vitality

BabyThings



VALUE PACK



Fresh Wipes Value Pack  
215839  
6 x 80 wipes  
**109<sup>95</sup>**

ALL SIZES AVAILABLE IN 50 PACK

50 Nappies



Nappies 50-pack  
**109<sup>95</sup>** per pack

ALL SIZES AVAILABLE IN 100 PACK



Nappies 100-pack  
**209<sup>95</sup>** per pack



Zinc Oxide Cream 10%  
133289  
100g  
**59<sup>95</sup>**



Bum Repair Cream  
25666  
250g  
**44<sup>95</sup>**

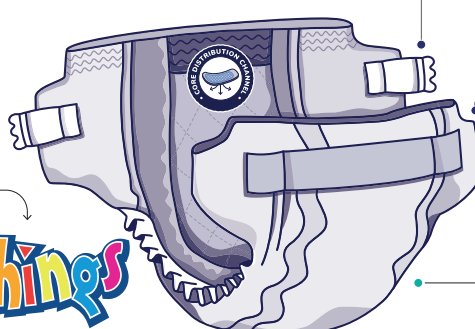


Everyday Bum Cream  
85658  
250g  
**42<sup>95</sup>**

## PREMIUM DIAPER ILLUSTRATION

### IMPROVED PERFORMANCE

Our BabyThings nappies are designed with premium features to help prevent leaks, feel soft & comfortable.



### WETNESS INDICATOR

It's a water-soluble mark that fades away upon wetness. It indicates when the diaper is wet and, unlike other diapers, you can check it without opening the diaper.



RESEALABLE SIDE TAPES  
The resealable side tapes are meant for easy re-fastening.



SUPER STRETCH SURROUND WAIST ELASTIC  
The surround waist elastic is meant for better comfort and fit. Unlike conventional waistlines, where it was placed only in the centre, surround goes edge to edge.



DOUBLE LEAKAGE BARRIER  
The double barrier provides a strong hold for liquids to remain within the diaper to ensure that no leakage occurs, this applies only if correct usage instructions are followed.



ACQUISITION DISTRIBUTION LAYER  
The acquisition layer that is placed on our core pad ensures an even distribution of liquid which assists in keeping your baby's skin dry



Value Packs Premium Nappies  
S - 78-pack  
M - 69-pack  
L - 63-pack  
XL - 54-pack  
**189<sup>95</sup>** per pack

HUGGIES extra care

JUMBO PACK

SAVE 50<sup>00</sup>\*



Jumbo Pack Extra Care Nappies  
Size 2 - 80-pack  
Size 3 - 60-pack  
Size 4 - 52-pack  
Size 5 - 44-pack  
**209<sup>95</sup>** per pack  
WAS 259<sup>99</sup>

HUGGIES

Huggies SA's No.1 nappy brand

SAVE 20<sup>00</sup>\*

Jumbo Pack Gold Pants  
Size 3 - 62-pack  
Size 4 - 50-pack  
Size 5 - 44-pack  
Size 6 - 38-pack

**199<sup>95</sup>** per pack  
WAS 219<sup>99</sup>

HUGGIES gold pants  
complete skin comfort



HUGGIES

SAVE 20<sup>00</sup>\*

Jumbo Pack Dry Comfort Nappies  
Size 2 - 94-pack  
Size 3 - 76-pack  
Size 4 - 66-pack  
Size 4+ - 60-pack  
Size 5 - 56-pack  
**199<sup>95</sup>** per pack  
WAS 219<sup>99</sup>

\*Advertised prices already reflect discounts

Dis-Chem baby city ONLY!

HUGGIES

MEGA BOX

SAVE 40<sup>00</sup>\*



Mega Box Gold Pants  
Size 3 - 124-pack  
Size 4 - 100-pack  
Size 5 - 88-pack  
Size 6 - 76-pack  
**359<sup>95</sup>** per box  
WAS 399<sup>99</sup>

HUGGIES extra care



Extra Care New Baby Nappies  
Size 1  
42-pack  
**99<sup>95</sup>** per pack

OFFERS EXCLUSIVE TO Dis-Chem baby city  
scan me  
SHOP ONLINE NOW ON babycity.co.za

HUGGIES extra care

HUGGIES extra care

FREE valued at 29<sup>95</sup>

2 PACK



SAVE 40<sup>00</sup>\*

Jumbo Bale Extra Care Nappies  
Size 2 - 2 x 80-pack  
Size 3 - 2 x 60-pack  
Size 4 - 2 x 52-pack  
Size 5 - 2 x 44-pack  
**429<sup>95</sup>** per bale  
WAS 469<sup>99</sup>

JUMBO BALE

HUGGIES gold

2 PACK



SAVE 40<sup>00</sup>\*

Jumbo Bale Gold Nappies  
Size 2 - 2 x 94-pack  
Size 3 - 2 x 76-pack  
Size 4 - 2 x 66-pack  
Size 4+ - 2 x 60-pack  
Size 5 - 2 x 56-pack  
**429<sup>95</sup>** per bale  
WAS 469<sup>99</sup>

VALUE PACK



Value Pack Pure Baby Wipes  
12 x 56 wipes  
**189<sup>95</sup>** per pack  
WAS 269<sup>99</sup>

\*Advertised prices already reflect discounts





Scan me to discover even more products

Discovery Vitality

**Pampers**  
premium care™  
★★★★★

let skin  
**breathe**

Breathable diaper for skin protection

Stand a chance to  
**WIN\***

One of 60 Dis-Chem Pampers Vouchers valued at 1000<sup>00</sup> when you purchase ANY 2 Pampers Nappies products

Enter by swiping your Dis-Chem Benefit Card.

\*Ts & Cs apply. Competition excludes Namibia and Botswana.



**Jumbo Pack**  
Active Baby Pants  
Size 3 – 66-pack  
Size 4 – 60-pack  
Size 5 – 50-pack  
Size 6 – 44-pack  
Size 7 – 35-pack

**209<sup>95</sup>** per pack  
**WAS 269<sup>99</sup>**



**Jumbo Pack**  
Active Baby Nappies  
Size 1 – 96-pack  
Size 2 – 94-pack  
Size 3 – 76-pack  
Size 4 – 66-pack  
Size 5 – 62-pack  
Size 6 – 52-pack  
Size 7 – 48-pack

**209<sup>95</sup>** per pack  
**WAS 279<sup>99</sup>**



**Value Pack**  
Premium Care Nappies  
Size 1 – 82-pack  
Size 2 – 76-pack  
Size 3 – 60-pack  
Size 4 – 52-pack  
Size 5 – 44-pack  
Size 6 – 36-pack

**209<sup>95</sup>** per pack  
**WAS 274<sup>99</sup>**



**Pants Carry Pack**  
Size 3, 4 & 5  
**79<sup>95</sup>** per pack  
**WAS 94<sup>99</sup>**



**Value Pack**  
Aqua Pure Wipes  
3 x 48 wipes  
**79<sup>95</sup>** per pack  
**WAS 104<sup>99</sup>**



**Value Pack**  
Baby Wipes  
Sensitive Protect  
4 x 56 wipes  
OR Complete Clean  
4 x 64 wipes  
**92<sup>95</sup>** per pack  
**WAS 119<sup>99</sup>**



**Value Pack**  
Premium Care Nappies  
Size 1 – 2 x 82-pack  
Size 2 – 2 x 76-pack  
**389<sup>95</sup>** per bale  
**WAS 449<sup>99</sup>**



**SAVE 70<sup>04</sup>\***



**Jumbo Pack**  
Baby-Dry Nappies  
Size 1 – 96-pack  
**209<sup>95</sup>** per pack  
**WAS 279<sup>99</sup>**

**EXCLUSIVE TO**  
**Dis-Chem baby city**  
Scan me  
SHOP ONLINE NOW ON babycity.co.za

**Value Pack**  
Baby Sensitive Wipes  
9 x 56 wipes  
**199<sup>95</sup>** per pack  
**WAS 239<sup>99</sup>**



**SAVE 40<sup>04</sup>\***



**SAVE 60<sup>04</sup>\***

**FREE**  
valued at 29<sup>95</sup>

**Mega Box**  
Premium Care Nappies  
Midi – 120-pack  
Maxi – 104-pack  
Junior – 88-pack  
OR  
**Jumbo Pack**  
Active Baby Pants  
Size 3 – 136-pack  
Size 4 – 120-pack  
Size 5 – 100-pack  
Size 6 – 96-pack

**389<sup>95</sup>** per pack  
**WAS 449<sup>99</sup>**



**Super Saver Box**  
Baby-Dry Nappies  
Size 3 – 300-pack  
Size 4 – 264-pack  
Size 4+ – 240-pack  
Size 5 – 222-pack

**699<sup>95</sup>** per box  
**WAS 769<sup>99</sup>**

**SAVE 70<sup>04</sup>\***

**Super Saver Box**  
Pants  
Size 5 – 200-pack  
Size 6 – 192-pack  
**699<sup>95</sup>** per box  
**WAS 769<sup>99</sup>**



**Mega Box**  
Baby-Dry Nappies  
Midi – 150-pack  
Maxi – 132-pack  
Maxi+ – 120-pack  
Junior – 111-pack

**FREE**  
valued at 29<sup>95</sup>

**409<sup>95</sup>** per box  
**WAS 469<sup>99</sup>**

**SAVE 60<sup>04</sup>\***

\*Advertised prices already reflect discounts

Promotional offers valid from 21 July to 14 August 2022 while stocks last – may not be available in all stores. E&OE.

**Dis-Chem**  
PHARMACIES





# FEEDING BABY



## 3 FOR

|                              |                                 |
|------------------------------|---------------------------------|
| 6 Months 80ml / Assorted**   | <b>31<sup>00</sup></b><br>FOR 3 |
| 7 Months 125ml / Assorted**  | <b>36<sup>00</sup></b><br>FOR 3 |
| 8 Months 200ml / Assorted**  | <b>42<sup>00</sup></b><br>FOR 3 |
| 10 Months 250ml / Assorted** | <b>48<sup>00</sup></b><br>FOR 3 |



100% Fruit Juice Blend  
200ml Assorted



Junior!  
low-fat strawberry flavoured milk  
200ml Assorted



Junior!  
Instant Oats  
280g / Assorted



Baby Cereal  
Mix with Water  
(Stages 1-3)  
200g / Assorted



Junior!  
soft muesli  
Banana & Blueberry  
350g / Assorted



Cream of Maize  
Porridge  
400g Assorted

SAVE 10<sup>00</sup>\*

SAVE 10<sup>00</sup>\*

SAVE 7<sup>00</sup>\*

1 FOR 11<sup>95</sup>  
6 FOR 54<sup>00</sup>  
SAVE 17<sup>90</sup>

1 FOR 10<sup>95</sup>  
3 FOR 27<sup>95</sup>  
SAVE 4<sup>95</sup>

\*Advertised prices already reflect discounts \*\*Offers exclude Purity Organic range

1 FOR 9<sup>95</sup>  
6 FOR 48<sup>00</sup>  
SAVE 11<sup>70</sup>

Squish Pouches  
110ml Assorted



1 FOR 13<sup>95</sup>  
5 FOR 55<sup>00</sup>  
SAVE 14<sup>75</sup>

Squish Yogi Pouches  
200ml Assorted



1 FOR 9<sup>95</sup>  
6 FOR 52<sup>00</sup>  
SAVE 7<sup>70</sup>

Squish Juice  
200ml Assorted



1 FOR 16<sup>95</sup>  
5 FOR 75<sup>00</sup>  
SAVE 9<sup>75</sup>

Danone NutriDay Junior Breakfast Pouches  
150g Assorted



1 FOR 16<sup>95</sup>  
4 FOR 56<sup>00</sup>  
SAVE 11<sup>80</sup>

PediaSure 3+ Ready to Drink  
180ml / Assorted





Nestlé Cerelac  
Baby Cereal  
(Just Add Water)  
500g / Assorted



Hey Baby  
Teething Biscuits  
50g / Assorted



Kiddylicious  
Rice Wafers  
5 yummy twin packs  
Suitable for 6 months+  
Assorted



HiPP  
Organic Cereal  
160g Assorted

SAVE 5<sup>00</sup>\*

SAVE 7<sup>00</sup>\*

SAVE 8<sup>00</sup>\*

SAVE 9<sup>00</sup>\*

\*Advertised prices already reflect discounts



PediaSure 3+  
Nutritional Supplement  
1.6kg / Assorted



Nestlé  
Lactokid  
4  
FROM 3-5 YEARS  
Not for children less than 3 years



Nestlé  
NANKID  
OPTIpro  
4  
FROM 3 TO 5 YEARS  
NOT FOR INFANT FEEDING



Novalac  
Junior  
3-5 Years  
Banana & Apple

SAVE 90<sup>00</sup>\*

SAVE 17<sup>00</sup>\*

SAVE 25<sup>00</sup>\*

SAVE 25<sup>00</sup>\*

Nestlé Lactokid 190528 1.8kg

Nestlé Nankid Optipro 190476 1.8kg

\*Advertised prices already reflect discounts





# BABY ESSENTIALS

**Nuby**

**SAVE 25<sup>00</sup>\***

**Boy and Girl Flip-It Straw Cup**  
300ml / Assorted  
**74<sup>95</sup>**  
WAS 99<sup>95</sup>

**SAVE 40<sup>00</sup>\***

**Thirsty Kids Cup**  
360ml / Assorted  
**139<sup>95</sup>**  
each  
WAS 179<sup>95</sup>

**Nuby**

**SAVE 30<sup>00</sup>\***

**All Natural Baby Tooth & Gum Cleaner**  
134212  
20g  
**79<sup>95</sup>**  
WAS 109<sup>95</sup>

**SAVE 17<sup>00</sup>\***

**Citroganix Baby Toothpaste**  
134211  
**52<sup>95</sup>**  
WAS 69<sup>95</sup>

**Nuby**

**SAVE 20<sup>00</sup>\***

**NanaNubs Banana Teething Toothbrush**  
213348  
3 months+  
**89<sup>95</sup>**  
WAS 109<sup>95</sup>

**SAVE 20<sup>00</sup>\***

**Corn Teether**  
387895  
**99<sup>95</sup>**  
WAS 119<sup>95</sup>

\*Advertised prices already reflect discounts

**tommee tippee**

**SAVE 60<sup>00</sup>\***

**Easy Flow 360° Lip Activated Trainer Cup With Handles**  
200ml OR 250ml  
**109<sup>95</sup>**  
each  
WAS 169<sup>95</sup>

**SAVE 25<sup>00</sup>\***

**Teethe 'n' Soothe Teethers**  
82777  
3 months+  
**69<sup>95</sup>**  
WAS 94<sup>95</sup>

**SAVE 30<sup>00</sup>\***

**Teethe 'n' Cool Fish Teether**  
290108  
4 months+  
**99<sup>95</sup>**  
WAS 129<sup>95</sup>

**SAVE 20<sup>00</sup>\***

**Bottle Handles**  
161233  
**109<sup>95</sup>**  
WAS 129<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**Smushee 1st Self Feeding Spoon and Food Catcher**  
328054  
**99<sup>95</sup>**  
WAS 149<sup>95</sup>

**SAVE 40<sup>00</sup>\***

**Feeding Bowl with Travel Lid and Spoon**  
110088  
6 months+  
**99<sup>95</sup>**  
WAS 139<sup>95</sup>

**SAVE 40<sup>00</sup>\***

**Closer to Nature Breast-Like Soother**  
Assorted  
**119<sup>95</sup>**  
WAS 159<sup>95</sup>

\*Advertised prices already reflect discounts

**Dr Brown's**

**SAVE 45<sup>00</sup>\***

**Soft Touch Bottle Brush**  
**109<sup>95</sup>**  
WAS 154<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**Pacifier**  
Assorted colours  
**119<sup>95</sup>**  
each  
WAS 169<sup>95</sup>

**SAVE 500<sup>00</sup>\***

**Electric Sterilizer & Dryer Hepa Air Filter**  
326152  
**1399<sup>95</sup>**  
WAS 1899<sup>95</sup>

\*Advertised prices already reflect discounts

**pigeon**

**SAVE 15<sup>00</sup>\***

**Disposable Baby Bibs**  
20-pack  
**29<sup>95</sup>**  
per pack  
WAS 44<sup>95</sup>

**SAVE 22<sup>00</sup>\***

**Training Toothbrush Set**  
3-pack  
**72<sup>95</sup>**  
per set  
WAS 94<sup>95</sup>

\*Advertised prices already reflect discounts

**Milton**

**30% OFF**  
All Milton products

**Milton Sterilising Fluid**  
500ml  
**32<sup>87</sup>**  
WAS 46<sup>95</sup>

**SAVE 100<sup>00</sup>\***

**Vtech DM 1111 Digital Audio Monitor\*\***  
300595  
• DECT signal  
• 120 channels  
• 1 parent unit included - portable  
• Power saving mode  
• Low battery indicator  
**699<sup>95</sup>**  
WAS 799<sup>95</sup>

**SAVE 500<sup>00</sup>\***

**Vtech Pan and Tilt VM526 Video Monitor\*\***  
300598  
• Pan, tilt and zoom the camera from the parent unit  
• High resolution colour LCD screen with 170-degree wide-angle view  
**2499<sup>95</sup>**  
WAS 2999<sup>95</sup>

**SAVE 140<sup>00</sup>\***

**Angel Care Odour Seal Nappy Bin**  
Assorted colours  
**229<sup>95</sup>**  
WAS 369<sup>95</sup>

\*Advertised prices already reflect discounts

\*\*Vtech DM 1111 Digital Audio Monitor and Vtech Pan and Tilt VM526 Video Monitor are available at selected Dis-Chem stores. Visit [www.dischem.com](http://www.dischem.com) for more details.

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**Dis-Chem**  
PHARMACIES





**Convolut Pillow  
PLUS Pillowcase**  
150343/4  
Assorted colours

**64<sup>95</sup>**  
each

**Mattress Protector**  
150351  
Assorted colours

**169<sup>95</sup>**  
each

**Neck Pillow**  
181707001/2  
Assorted colours

**49<sup>95</sup>**  
each

**Comfort  
Fitted Sheet  
Standard Size**  
177076/150353  
Assorted colours

**109<sup>95</sup>**

**Mosquito Net**  
288494

**149<sup>95</sup>**

**Camp Cot  
Duvet Set 4-piece**  
510340/1  
Assorted styles

**289<sup>95</sup>**  
per set

**Set  
Includes:**  
Duvet Cover  
Duvet Inner  
Pillowcase  
Pillow Inner

**Baby Mini Blanket**  
3282740014/2  
Assorted styles

**229<sup>95</sup>**  
each

**Nursing Pillow**  
181705001/2/3  
Assorted colours

**229<sup>95</sup>**  
each

Decor for illustration purposes only



**Lunar  
Baby White Cot**  
389267/8

**1799<sup>95</sup>**



**Lunar  
Compactum  
White**  
389265

**3199<sup>95</sup>**



**Willow Baby Cot**  
389263/4

**2399<sup>95</sup>**

**Willow  
Compactum  
White**  
389266

**3199<sup>95</sup>**



**Ulale  
4-Drawer  
Chest**  
389273

**2299<sup>95</sup>**



**Ulale Large Cot**  
389272

**2999<sup>95</sup>**



**Ulale Standard Cot**  
389271

**2299<sup>95</sup>**

**OFFERS EXCLUSIVE TO**  
**Dis-Chem baby city**  
Scan me  
SHOP ONLINE  
NOW ON  
babycity.co.za

**MOM & BABY  
CLINIC**

**Dis-Chem  
baby city**  
**MOM & BABY  
CLINIC**



## Clinic Services

### For Mom

- Full antenatal services
- 2D sonar scans\*
- Foetal doppler\*
- Birth plan
- Postnatal services
- Breastfeeding advice
- Female health including pap smear

### For Baby

- Introducing solids
- Preventing rashes and possible allergies
- Normal sleep patterns for baby
- Teething
- Treatment of colic
- Immunisations
- Weight, measurement and development assessments for your baby

**Now open in all Dis-Chem Baby City stores**

\*Only available at Dis-Chem Baby City Clinics

For more information, contact us on 0861 117 427  
or [clinicqueries@dischem.co.za](mailto:clinicqueries@dischem.co.za)





# OFFERS EXCLUSIVE TO babycity™

SHOP ONLINE  
NOW ON  
babycity.co.za



GET UP TO **50% BACK** on ALL products on this page with HealthyBaby



Scan me to  
discover even  
more products



Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP. FSP 48657. NCRCP9997. Limits, Ts & Cs apply.



SAVE  
**600<sup>00</sup>\***

**Joie™**

**Litetrax™ 4  
Travel System**

304838

- Suitable from birth to 15kg
- Available in coal colour
- One-hand and quick compact fold
- Multi-position flat reclining seat with adjustable leg rest

**7399<sup>95</sup>**  
WAS 7999<sup>95</sup>



SAVE  
**1000<sup>00</sup>\***

**Joie™**

**Versatrax  
Travel System**

304841

- Height adjustable handle
- Large storage basket
- Seat can be forward facing **OR** parent facing for baby

\* Also available in grey flannel **AND** deep sea blue fashions

**9999<sup>95</sup>**  
WAS 10 999<sup>95</sup>

\*Advertised prices already reflect discounts



SAVE  
**500<sup>00</sup>\***

**Joie™**

**Every Stage™  
FX Car Seat**

326165

- Rearward facing from birth to 18kg/4 years and forward facing from 9kg to 36kg/12 years
- 10-position height adjustable headrest
- The ultimate transporter with forward facing group 1 ISOFIX installation

**6499<sup>95</sup>**  
WAS 6999<sup>95</sup>



SAVE  
**300<sup>00</sup>\***

**Joie™**

**Stages Car Seat**

304764

- From birth to 25kg
- Group 0+/1/2
- Multi-height headrest and harness adjust simultaneously
- Colour - coal
- 4 recline positions
- Side impact protection

**3399<sup>95</sup>**  
WAS 3699<sup>95</sup>



SAVE  
**300<sup>00</sup>\***



**Lovin' Hug™ Swing**

324394002

- 6 swing speeds
- 10 classical melodies and nature sounds
- Mobile with plush toys for visual stimulation
- One-hand, 4-position recline
- Available in suit me **AND** patchwork grey fashions

**1999<sup>95</sup>**  
WAS 2299<sup>95</sup>

\*Advertised prices already reflect discounts



**Commuter Booster Cushion**

322978002

- From 15 - 36kg
- Safe booster seat for children 4 to 12 years
- Padded and fitted with comfortable armrests
- Removable, washable fabric

**669<sup>95</sup>**  
WAS 749<sup>95</sup>



SAVE  
**80<sup>00</sup>\***



SAVE  
**200<sup>00</sup>\***



**Side By Side Cot**

304559

- Full-size bassinet
- Visible push buttons for quick and easy folding
- 2 wheels for easy manoeuvrability
- Co-sleeper mode for side by side sleeping

**1499<sup>95</sup>**  
WAS 1699<sup>95</sup>

\*Advertised prices already reflect discounts



SAVE  
**100<sup>00</sup>\***



**Contour™  
Electra Travel Cot**

304577

- Available in patchwork
- Travel cot grows with your child, from newborn to toddler
- The compact travel cot folds down easily with the Signature Push-button

**2699<sup>95</sup>**  
WAS 2799<sup>95</sup>

SAVE  
**100<sup>00</sup>\***



**Happy Meal  
High Chair**

320924

- Removable double tray
- Height adjustable
- Reclining seat
- Easy to fold

**1449<sup>95</sup>**  
WAS 1549<sup>95</sup>

SAVE  
**50<sup>00</sup>\***



**Flat Fold High Chair**

Grey **OR** Pink

321015

- Removable double tray
- Flat fold
- 5-point harness

**999<sup>95</sup>**  
WAS 1049<sup>95</sup>

SAVE  
**150<sup>00</sup>\***



**Walker & Rocker**

1029962

- 2-in-1 rocker and walker
- Large and steady base
- Height adjustable
- Stoppers
- Toy centre
- Rocking features
- Assorted styles

**999<sup>99</sup>**  
WAS 1149<sup>95</sup>

\*Advertised prices already reflect discounts







# OFFERS EXCLUSIVE TO babycity™

SHOP ONLINE  
NOW ON  
babycity.co.za



**SAVE 190<sup>00</sup>\***

**Grofriend Rechargeable Sound and Light Sleep Aid**  
320509/10/11  
Also available in Owl  
OR Bear Character

**499<sup>95</sup>**  
each  
WAS 689<sup>95</sup>

**tommee tippee**

**SAVE 110<sup>00</sup>\***

**Grobag Snuggle Baby Sleep Bag 2.5 Tog**  
320619  
• Sizes 3-9 months  
• A safer alternative to loose sheets and blankets  
• Specially designed to allow a natural hip-healthy leg position when baby is asleep  
• Easy 2-way zip opening for night-time nappy changes without disturbing your baby

**399<sup>95</sup>**  
WAS 509<sup>95</sup>

**tommee tippee**

**SAVE 50<sup>00</sup>\***

**3-in-1 Carrier**  
1030035  
• 3-position carrier: front, back and piggyback  
• 1 hand release clip  
• Breathable fabric for extra comfort

**349<sup>95</sup>**  
WAS 399<sup>95</sup>

\*Advertised prices already reflect discounts

**Snuggletime**

**SAVE 120<sup>00</sup>\***

**AIRFLOW HIP SEAT CARRIER**  
Breathable 3D fabric  
Cool & comfortable  
Hip protection  
4in1

**SnuggleRoo Hip Seat Baby Carrier**

**499<sup>95</sup>**  
WAS 619<sup>95</sup>

**SAVE 28<sup>00</sup>\***

**Plush Travel Blanket**

**129<sup>95</sup>**  
WAS 157<sup>95</sup>

**SAVE 45<sup>00</sup>\***

**Plush Sleep Sac**

**129<sup>95</sup>**  
WAS 174<sup>95</sup>

\*Advertised prices already reflect discounts

**bright starts™**

**SAVE 300<sup>00</sup>\***

**5-In-1 Your Way Ball Play-Pink Pinwheels**  
OR  
**Play Ball Pit Activity Gym**

**1199<sup>95</sup>**  
each  
WAS 1499<sup>95</sup>

**SAVE 30<sup>00</sup>\***

**Whale-A-Roo Pull & Shake Activity Toy**

**139<sup>95</sup>**  
WAS 169<sup>95</sup>

**SAVE 40<sup>00</sup>\***

**Octopus Arms Activity Toy**

**199<sup>95</sup>**  
WAS 239<sup>95</sup>

\*Advertised prices already reflect discounts

**playgro**

**SAVE 40<sup>00</sup>\***

**Musical Pullstring Bunny Rabbit**  
216852

**229<sup>95</sup>**  
WAS 269<sup>95</sup>

**SAVE 40<sup>00</sup>\***

**Musical Pullstring Tiger**  
216895

**229<sup>95</sup>**  
WAS 269<sup>95</sup>

**SAVE 300<sup>00</sup>\***

**Pop & Drop Activity Ball Gym**  
306315  
• 30 coloured balls included  
• Enhances motor skills & cognitive development

**999<sup>95</sup>**  
WAS 1299<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**Clopette Activity Rattle Pink**  
216889

**199<sup>95</sup>**  
WAS 249<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**Clip Clop Activity Rattle**  
216888

**199<sup>95</sup>**  
WAS 249<sup>95</sup>

**SAVE 300<sup>00</sup>\***

**Music & Lights Comfy Car**  
306315  
• Suitable for 6 months +  
• Music & lights for auditory & visual learning  
• Removable interactive dashboard with steering wheel

**999<sup>95</sup>**  
WAS 1299<sup>95</sup>

\*Advertised prices already reflect discounts





# MOM ESSENTIALS

**medela**  
THE SCIENCE OF CARE™



**Swing Maxi Flex Double Electric Breast Pump**  
326180

- 2-phase expression technology
- AC adaptor or battery power option
- PersonalFit™ breast shield

**4499<sup>95</sup>**  
WAS 5999<sup>95</sup>



**Freestyle Flex Electric Breast Pump**  
326186

- Rechargeable battery pump
- Keep track with MyMedela® App
- 2-phase expression

**7699<sup>95</sup>**  
WAS 9299<sup>95</sup>



**Harmony Manual Breast Pump**  
185086

- Compact & portable
- Discreet & quiet
- Personal Fit Flex breast shield
- 2-phase expression technology

**699<sup>95</sup>**  
WAS 869<sup>95</sup>

**Harmony Essentials Pack Manual Breast Pump**  
298890

- Starter kit
- 4 milk storage bags
- 4 ultra thin nursing pads
- 1 x harmony manual breast pump

**729<sup>95</sup>**  
WAS 999<sup>95</sup>



**Solo Single Electric Breast Pump**  
388698

- Easy to use
- Easy to assemble and clean
- Improved mobility
- Faster charging

**3299<sup>95</sup>**  
WAS 3999<sup>95</sup>

\*Advertised prices already reflect discounts

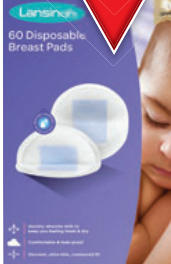
**FREE**  
Lansinoh Baby Wipes  
80-pack valued at 74<sup>95</sup>  
when you purchase  
Lansinoh Nipple Cream 40ml

Lansinoh.



**Nipple Cream**  
1537  
40ml  
**209<sup>95</sup>**  
each

**FREE**  
Lansinoh Breast Pads  
60-pack valued at 149<sup>95</sup>  
when you purchase  
Lansinoh Manual Breast Pump 134245



**Manual Breast Pump**  
134245

- Two-mode pumping
- Comfort fit flanges
- Ergonomic
- Easy-express handles reduce hand fatigue
- BPA and BPS free

**999<sup>95</sup>**  
each



**Nuby Silicone Manual Breast Pump**  
219518

- Soft natural cup shape allows for quick and easy expression
- Ball stopper keeps liquid inside container for easy storage
- Made with soft silicone
- Suction cup base prevents unwanted spills and messes

**149<sup>95</sup>**  
WAS 209<sup>95</sup>

\*Advertised price already reflects discount

**FREE**

Pigeon Milk Storage Bags 25-piece valued at 129<sup>95</sup> when you purchase a Pigeon Manual Breast Pump



**Pigeon Manual Breast Pump**  
159452

**699<sup>95</sup>**  
WAS 799<sup>95</sup>

**SAVE 2700\***

**SAVE 10000\***

**SAVE 3000\***



**Pigeon Comfy Feel Breast Pads**  
50-pack  
**79<sup>95</sup>**  
WAS 109<sup>95</sup>

**Pigeon Baby Bottles & Accessories Cleanser**  
500ml  
**72<sup>95</sup>**  
WAS 99<sup>95</sup>



**SAVE 2000\***

**Pigeon Nipple Care Cream**  
10g  
**59<sup>95</sup>**  
WAS 79<sup>95</sup>



**SAVE 6000\***



**Made for Me 36 Milk Storage Bags**  
302910  
**179<sup>95</sup>**  
WAS 239<sup>95</sup>



**Made for Me Single Electric Breast Pump**  
68479  
**1299<sup>95</sup>**  
WAS 1799<sup>95</sup>

\*Advertised prices already reflect discounts



**Purity Stretch Mark Cream**  
200ml  
**99<sup>95</sup>**  
each



**Purity Nipple Cream**  
50ml  
**72<sup>95</sup>**  
each

**2+1 CHEAPEST FREE**  
on Purity & Elizabeth Anne's products\*



**Purity Baby Laundry Wash**  
750ml  
**52<sup>95</sup>**  
each



**Purity & Elizabeth Anne's Fabric Conditioner**  
750ml  
**39<sup>95</sup>**  
each

\*Offer excludes Purity food ranges



**BUY BOTH FOR 52<sup>95</sup>**  
SAVE 6<sup>90</sup>

**Lil-Lets Maternity Maxi Unscented Extra Long Pads**  
10-pack  
**AND**  
**Intimate Care Feminine Wipes**  
10-pack / Assorted



**Dove Cotton Buds**  
200-pack  
**17<sup>95</sup>**  
WAS 22<sup>95</sup>

**Palmer's Cocoa Butter Massage Lotion**  
22316  
250ml  
**OR**  
**Tummy Butter**  
22327  
125g  
**79<sup>95</sup>**  
each  
WAS 90<sup>95</sup>



**SAVE 1100\***



**SAVE 3000\***

**Carriwell Seamless Premium Maternity & Hospital Panty**  
Assorted sizes  
**59<sup>95</sup>**  
WAS 89<sup>95</sup>



**SAVE 2000\***

**Carriwell Maternity Hospital Panty Value Pack**  
Assorted sizes  
**39<sup>95</sup>**  
per pack  
WAS 59<sup>95</sup>

\*Advertised prices already reflect discounts

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**Dis-Chem PHARMACIES**





# CHILDRENS HEALTH

**20%\***  
**OFF**  
Zinium Junior AND  
Diabetic Junior  
Syrup 200ml

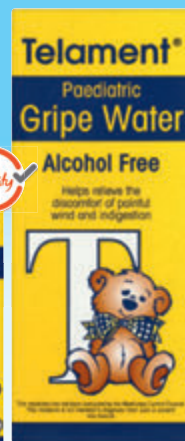


Zinium Junior  
Syrup with  
Vitamin C  
159295  
200ml  
**58<sup>36</sup>**  
WAS 72<sup>95</sup>  
Zinium Junior  
Diabetic Syrup  
203537  
200ml  
**58<sup>36</sup>**  
WAS 72<sup>95</sup>

**2+1**  
**CHEAPEST**  
**FREE**  
on ANY Vi-Daylin  
products



Vi-Daylin  
Drops  
25ml  
**166<sup>95</sup>** each  
Vi-Daylin  
Immune Support  
Gummies  
60 gummies  
**179<sup>95</sup>** each  
Vi-Daylin  
Syrup  
150ml  
**162<sup>95</sup>** each



Telament  
Paediatric  
Colic Drops  
5086  
30ml  
**104<sup>95</sup>**  
Telament  
Paediatric  
Gripe Water  
4821  
150ml  
**29<sup>95</sup>**

\*Advertised price already reflect discounts

**30%\***  
**OFF**  
ALL Karvol  
products



Karvol  
Room Spray  
47614  
125ml  
**52<sup>47</sup>**  
WAS 74<sup>95</sup>



**SAVE**  
**25<sup>00</sup>\***

Crèche Guard  
Immune Multivit  
Syrup  
39822  
200ml  
**169<sup>95</sup>**  
WAS 194<sup>95</sup>



**SAVE**  
**30<sup>00</sup>\***

ViralChoice  
Junior  
Immune Support  
87225  
200ml  
**119<sup>96</sup>**  
WAS 149<sup>95</sup>



Muthi  
Wenyoni  
Antacid  
5187  
100ml  
**29<sup>95</sup>**



Panado  
Paediatric Syrup  
100ml / Assorted  
**49<sup>95</sup>**  
Panado  
Paediatric Syrup  
Sachets  
12 x 5ml sachets  
Assorted  
**34<sup>95</sup>**

\*Advertised prices already reflect discounts

**25%\***  
**OFF**  
ALL Nativa  
products



Nativa  
Complex  
Junior  
OmegaBurst  
101569  
60 chewable  
softgel capsules  
**164<sup>96</sup>**  
WAS 219<sup>95</sup>



**SAVE**  
**20<sup>00</sup>\***

Biogen Junior  
Multivitamin Gummies  
60 gummies  
**99<sup>95</sup>**  
WAS 119<sup>95</sup>



**SAVE**  
**30<sup>00</sup>\***

StaminoGro Kids  
Effervescent Tablets  
10 effervescent tablets  
**72<sup>95</sup>**  
each  
WAS 102<sup>95</sup>



Gold Yummy  
Vites Chewable  
Multivitamins  
60 chew tablets  
**59<sup>95</sup>**  
WAS 69<sup>95</sup>



Gold Yummy  
Vites Chewable  
Vitamin C  
60 chew tabs  
**59<sup>95</sup>**  
WAS 69<sup>95</sup>



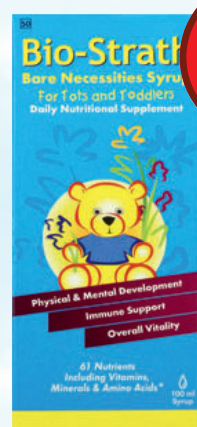
Lifestyle Nutrition  
B12 + Folic Acid  
120 tablets  
**49<sup>95</sup>**  
WAS 59<sup>95</sup>

\*Advertised prices already reflect discounts



**SAVE**  
**10<sup>00</sup>\***

Lifestyle Nutrition  
Multi-Vitamin & Mineral  
Gummy Bears  
120 bears  
OR  
Lifestyle Nutrition  
Vitamin C Gummy Bears  
120 bears  
**169<sup>95</sup>**  
each  
WAS 179<sup>95</sup>



**SAVE**  
**10<sup>00</sup>\***

Bio-Strath  
Bare  
Necessities  
Syrup  
100ml  
**89<sup>95</sup>**  
WAS 99<sup>95</sup>



Mi-Vitamin  
MixMe Vitamin Mineral Powder  
30 x 1g sachets  
**119<sup>95</sup>**

\*Advertised prices already reflect discount

**Safety 1st**

**SAVE**  
**50<sup>00</sup>\***



Newborn Nasal  
Aspirator  
240ml  
**42<sup>95</sup>**  
WAS 52<sup>95</sup>



Easy Fill  
Medicine  
Syringe  
51898  
**39<sup>95</sup>**  
WAS 44<sup>95</sup>



Healthcare Kit  
187884  
11 pieces  
**219<sup>95</sup>**  
WAS 269<sup>95</sup>

Grow-With-Me  
Medicine Set  
93372  
3 piece  
**69<sup>95</sup>**  
WAS 89<sup>95</sup>



Braun  
BST200 No Touch  
Thermometer  
391080  
**499<sup>95</sup>**  
WAS 699<sup>95</sup>



Pigeon  
Digital Thermometer  
136980  
**69<sup>95</sup>**  
WAS 89<sup>95</sup>

\*Advertised prices already reflect discounts



# Dis-Chem PHARMACIES



## STAYING HEALTHY

*made easy!*

21 July - 14 August 2022

**Dis-Chem  
CLINIC  
CONNECT**  
Powered by healthforce

**CONNECTING YOU TO  
A VIRTUAL DOCTOR**

Let our nurses & virtual doctors take care of you & your family.

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**Dis-Chem  
PackMyMeds**

**REPEAT MEDICINES  
MADE EASY**

Ensure you receive your chronic medication on time, every time.  
[www.dischem.co.za/pack-my-meds](http://www.dischem.co.za/pack-my-meds)

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**Dis-Chem  
WELLNESS  
CLINIC**

**IMPORTANT IMMUNISATION  
REMINDER FOR PARENTS**

Your Dis-Chem Wellness Clinic provides crucial immunisations and boosters that protect your children against infections and diseases.

Scan me to book



**SHOP ONLINE  
24/7  
365**

**DELIVERED TO YOUR DOOR OR  
COLLECT FOR FREE FROM ANY  
Dis-Chem STORE NATIONWIDE**

Free delivery on orders of 600<sup>00</sup> or more.  
No charge for collection in-store.  
[www.dischem.co.za](http://www.dischem.co.za)

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## Healthy LIVING ESSENTIALS

SEE PAGES 2 - 11 FOR MORE HEALTHY LIVING ESSENTIAL OFFERS



**Berocca Boost**  
72084  
30 effervescent tablets

**199<sup>95</sup>**  
each  
WAS 268<sup>95</sup>



**Herbex Thyroid Active**  
398426  
60 tablets

**149<sup>95</sup>**  
WAS 184<sup>95</sup>



**Prospan®  
Cough Syrup**  
200ml  
Assorted

**136<sup>95</sup>**  
WAS 149<sup>95</sup>

\*Advertised prices already reflect discounts

## DAILY SUPPLEMENTS

SEE PAGE 4 FOR MORE DAILY SUPPLEMENT OFFERS



**INSTANT  
DISCOUNT**  
**60<sup>00</sup>\*  
OFF**

**Lifegain  
Advanced Nutritional  
Supplement**  
1kg / Assorted

**549<sup>95</sup>**  
Benefit  
Price  
**489<sup>95</sup>**



**INSTANT  
DISCOUNT**  
**21<sup>00</sup>\*  
OFF**

**Biogen  
Multivitamin  
Plus  
Banded Pack**  
20018  
60 tablets  
**PLUS FREE**  
30 tablets

**229<sup>95</sup>**  
per pack  
Benefit  
Price  
**208<sup>95</sup>**  
per pack

\*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

## EVERYDAY Essentials!

SEE PAGES 12 - 22 FOR MORE EVERYDAY ESSENTIAL OFFERS



**Organics  
Shampoo  
OR Conditioner**  
1 litre / Assorted

**SAVE  
10<sup>00</sup>\*  
OFF**

**Safeguard  
Hygienic  
Shower & Bath  
Value Pack**  
1 litre / Assorted

**49<sup>95</sup>**  
WAS 59<sup>95</sup>



**1 FOR 79<sup>95</sup>  
2 FOR 120<sup>00</sup>  
SAVE 39<sup>90</sup>**

\*Advertised price already reflects discount

## DENTAL CARE

**2+1  
CHEAPEST  
FREE  
on selected  
dental brands**



SEE PAGES 18 AND 19 FOR DENTAL BUNDLE DEALS



**Kotex  
Ultra Pads**  
10 Normal

**18<sup>95</sup>**  
per pack



**Lil-Lets  
Essentials  
Thick Pads  
Scented  
OR Unscented**  
8-pack

**10<sup>95</sup>**  
per pack



**Comfitex  
Teenz Pads**  
10-pack  
Assorted

**12<sup>95</sup>**  
per pack

SEE PAGE 15 FOR DETAILS



# YOUR Healthy LIVING PHARMACY

**COUGH, COLD & FLU RELIEF**

**VICKS**

**Acta Plus**  
WET + DRY  
COUGH SYRUP  
2-IN-1 Relief  
200ml  
331956  
**84<sup>95</sup>**

**Honey & Ginger**  
COUGH SYRUP  
150ml  
47095  
**67<sup>95</sup>**

**First Defence**  
Nasal Spray  
326379  
15ml  
**134<sup>95</sup>**

**VALUE PACK**

**VapoLozenges**  
24 lozenges  
Assorted  
**52<sup>95</sup>**

**Immune Cold Defence**  
30 tablets  
332162  
**199<sup>95</sup>**

**BabyRub**  
226326  
45g  
**41<sup>95</sup>**

**Vicks VapoRub**  
47121  
50g  
**43<sup>95</sup>**

**1 FOR 118<sup>95</sup>**  
**2 FOR 199<sup>95</sup>**  
**SAVE 37<sup>95</sup>**

**VirAway**  
Immune Junior Syrup  
25710  
200ml

**1 FOR 122<sup>95</sup>**  
**2 FOR 215<sup>95</sup>**  
**SAVE 29<sup>95</sup>**

**Linctagon-C**  
12 effervescent tablets  
Assorted

**Benlyn**  
Wet Cough Mucus Relief Syrup  
200ml / Assorted  
**72<sup>95</sup>**

**Woods' for Children**  
Peppermint Cough Syrup  
47728  
**OR Great Peppermint Cure Syrup**  
47727  
100ml  
**47<sup>95</sup>** each

**Flugon**  
Capsules  
56959  
50 capsules  
**104<sup>95</sup>**  
**WAS 119<sup>95</sup>**

**SAVE 10<sup>00</sup>\***

**Flugon Plus**  
C1000 Effervescent  
389739  
20 effervescent tablets  
**119<sup>95</sup>**  
**WAS 129<sup>95</sup>**

\*Advertised price already reflects discount

**efferflu C**  
Immune Booster  
329813  
20 effervescent tablets  
**71<sup>95</sup>**  
**WAS 84<sup>95</sup>**

**VirAway**  
Cold & Flu Value Pack  
122316  
60 capsules  
**PLUS 60 capsules**  
**199<sup>95</sup>** per pack  
**WAS 215<sup>95</sup>**

**15% OFF**  
Tibb Chest-Eeze Syrup  
200ml AND Septogard  
60 tablets

**Tibb Chest-Eeze Syrup**  
53750  
200ml  
**101<sup>96</sup>**  
**WAS 119<sup>95</sup>**

**Tibb Septogard**  
53157  
60 tablets  
**143<sup>61</sup>**  
**WAS 168<sup>95</sup>**

\*Advertised prices already reflect discount

**2+1 CHEAPEST FREE**  
on ANY Himalaya products

**A.Vogel Echinaforce Junior**  
14529  
120 chewable tablets  
**199<sup>95</sup>**  
**WAS 219<sup>95</sup>**

**Himalaya Septilin**  
200ml  
**149<sup>95</sup>** each

**Oxymist**  
0.05% Metered Adult Nasal Spray  
294645  
10ml  
**53<sup>95</sup>**

**Sinutab**  
Blocked Nose Nasal Spray  
14464  
10ml  
**54<sup>95</sup>**

**Flutex**  
Cough Mixture  
100ml  
Assorted  
**62<sup>95</sup>**

**Sinupret Plus**  
32645  
40 coated tablets  
**299<sup>95</sup>**  
**WAS 329<sup>95</sup>**

**Hot Toddy**  
Adult Sachets  
8 sachets / Assorted  
**35<sup>95</sup>**

**gsk**

**STRIKE BACK**  
WHEN FLU HITS

**FIGHTS 9 SYMPTOMS OF COLDS AND FLU\***

**IZOK' SOLVA.**

**MED-LEMON**  
ANYTIME HOT MEDICATION: CHERRY MENTHOL WITH VITAMIN C  
RELIEVES:  
• HEADACHES  
• PAIN  
• FEVER ASSOCIATED WITH COLDS & FLU  
CHERRY MENTHOL FLAVOUR

\*Med-Lemon fights 9 symptoms of colds and flu (fever, chills, muscle ache, sore throat pain, pain of sinus congestion, throat irritation, headache, earache, body pain). References: 1: SAHPRA approved package insert. 2: <https://www.ncbi.nlm.nih.gov/books/NBK279542/>. 3: <https://www.cdc.gov/flu/about/qa/coldflu.htm>. 4: Rhinology, 2008 Dec;46(4):271-5. The effects of a hot drink on nasal airflow and symptoms of common cold and flu. 5: <https://www.mayoclinic.org/diseases-conditions/acute-sinusitis/diagnosis-treatment/drc-20351677>. 6: Med-Lemon Hot Medication with Vitamin C, Reg. No. 27/5.8/0241. Each sachet contains: 800mg Aspirin; 50mg Caffeine; 45mg Ascorbic Acid; 2.6mg Menthol; 4254, 63mg Sucrose. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. Reg. No. 2014/173930/07. 39 Hawkins Avenue, Epping Industrial, Cape Town, 7460. PM-ZA-MLN-21-00006

**TRY NEW**

**Otrivin**  
Sea Water with Aloe Vera  
with Eucalyptus to Unblock & Protect  
BREATHE CLEAN  
with Aloe Vera to Clean and Soothe

Data on file. GSK Study Effect of mechanical washing with GSK product on human nasal epithelium co-cultured with fibroblast MucilAirTM-HF exposed to PM Pollutants. Report Number ST191104. [50] Otrivin Sea Water with Aloe Vera Nasal Spray. [50] Otrivin Sea Water with Eucalyptus Nasal Spray. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 57 Sloane Street, Bryanston, 2021. Reg. No. 2014/173930/07. For any further information, including safety, please contact the GSK Hotline on +27 11 745 6001 or 0800 118 274. Trademarks are owned by or licensed to the GSK Group of Companies. Always read the carton and leaflet for full use instructions before use. PM-ZA-OTRI-21-00012



# IMMUNE SUPPORT

1 FOR 76<sup>95</sup>  
2 FOR 109<sup>95</sup>  
SAVE 43<sup>95</sup>

Gold Vitamin C & Zinc  
25415  
60 vegecaps



1 FOR 109<sup>95</sup>  
2 FOR 169<sup>95</sup>  
SAVE 49<sup>95</sup>

Gold Vitamin D3  
1000 IU  
189705  
90 tablets



BUY BOTH  
FOR 132<sup>95</sup>  
SAVE 64<sup>95</sup>

Lifestyle Health Vitamin C Fizzy 1000mg  
30 effervescent tablets PLUS  
10 effervescent tablets

1 FOR 189<sup>95</sup>  
2 FOR 249<sup>95</sup>  
SAVE 129<sup>95</sup>



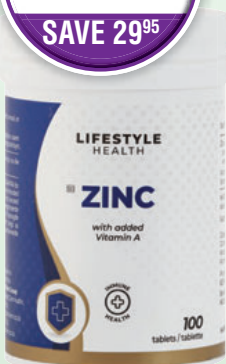
Biogen Immuno Boost Powder  
295300  
150g

1 FOR 269<sup>95</sup>  
2 FOR 449<sup>90</sup>  
SAVE 90<sup>00</sup>



LungShield  
224425  
30 capsules

1 FOR 79<sup>95</sup>  
2 FOR 129<sup>95</sup>  
SAVE 29<sup>95</sup>



Lifestyle Health Zinc  
253399  
100 tablets

1 FOR 139<sup>95</sup>  
2 FOR 248<sup>00</sup>  
SAVE 31<sup>90</sup>



Immunadue  
10307  
100 capsules

1 FOR 264<sup>95</sup>  
2 FOR 479<sup>95</sup>  
SAVE 49<sup>95</sup>



Lifestyle Nutrition Buffered Vitamin C 1000mg  
119735  
300g powder

1 FOR 109<sup>95</sup>  
2 FOR 169<sup>95</sup>  
SAVE 49<sup>95</sup>



Lifestyle Health Vitamin C 1000mg  
111664  
100 tablets

15%\*  
OFF  
Bettaway Mega C1000 1000mg  
60 tablets



Bettaway Mega C1000 Vitamin C 1000mg  
44957  
60 tablets

144<sup>46</sup>  
WAS 169<sup>95</sup>

2+1  
FREE  
on BFC  
Premium Zinc  
60 capsules



BFC Premium Zinc Plus Vitamin C & Selenium  
294532  
60 capsules

129<sup>95</sup> each

10%\*  
OFF  
ALL Imsyser  
products



Imsyser Immune Support  
120 tablets  
188<sup>96</sup>  
WAS 209<sup>95</sup>

\*Advertised prices already reflect discounts

## PAIN RELIEF



Panado  
4173  
20 capsules

36<sup>95</sup>



Compral  
74250  
100 tablets

71<sup>95</sup>



Bayer Aspirin  
3604  
30 tablets

32<sup>95</sup>

\*Advertised prices already reflect discounts

# Great Savings

with our Scheduled Medicine

Acurate  
40 tablets

24<sup>95</sup>

Aleve  
12 tablets

29<sup>95</sup>

Allecet  
30 tablets

70<sup>95</sup>

Benlyn 4 Flu  
Liquid  
200ml

79<sup>95</sup>

Broncol Linctus  
Cough Syrup  
200ml

62<sup>95</sup>

Coryx  
12 effervescent tablets

56<sup>95</sup>

Ibugestic Forte  
30 capsules

63<sup>95</sup>

Lansoloc OTC  
15mg  
14 capsules

64<sup>95</sup>

Medazine  
50mg  
20 tablets

37<sup>95</sup>

Sinutab Sinus Pain  
Extra Strength  
24 tablets

67<sup>95</sup>

Prices only applicable in South Africa

## SORE THROAT

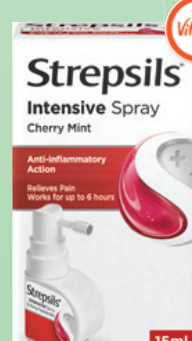


Strepsils  
Throat Lozenges  
16 OR 24  
lozenges  
Assorted  
67<sup>95</sup> each



ORAnix Oral Spray  
196499  
30ml

82<sup>95</sup>



Strepsils Intensive  
Throat Spray  
390761  
15ml

94<sup>95</sup>

Dis-Chem  
PHARMACIES



# DAILY SUPPLEMENTS

**1 FOR 119<sup>95</sup>**  
**2 FOR 209<sup>95</sup>**  
**SAVE 29<sup>95</sup>**

**A. Vogel**  
**Multiforce Alkaline Powder**  
105g / Assorted



**1 FOR 86<sup>95</sup>**  
**2 FOR 139<sup>95</sup>**  
**SAVE 33<sup>95</sup>**

**Gold Ginger**  
88301  
30 capsules

**1 FOR 149<sup>95</sup>**  
**2 FOR 249<sup>95</sup>**  
**SAVE 49<sup>95</sup>**

**Stamina Max**  
33617  
10 capsules



**SAVE 30<sup>00</sup>\***

**Biogen Collagen with Peptan**  
280g OR 320g Assorted

**339<sup>95</sup>**  
**each**  
**WAS 369<sup>95</sup>**



**10%\* OFF**  
**Solal Lung Protection**  
30 capsules



**Solal Lung Protection**  
299475  
30 capsules  
**278<sup>96</sup>**  
**WAS 309<sup>95</sup>**

**20%\* OFF**  
**ALL Gold Omega products**

**Gold Omega 3 Supreme**  
60 softgel capsules

**131<sup>96</sup>**  
**each**  
**WAS 164<sup>95</sup>**



**2+1 CHEAPEST FREE**  
**on Himalaya products\*\***

**Himalaya Mentat Syrup**  
200ml

**163<sup>95</sup>**  
**each**



**2+1 FREE**  
**on Paw-Paw Cream AND Ointment**  
30g

**Paw-Paw Cream**  
203974  
**OR Ointment**  
203975  
30g

**86<sup>95</sup>**  
**each**

**\*\*Offer excludes Himalaya dental products**



**SAVE 20<sup>00</sup>\***

**A. Vogel Menoforce**  
Hot Flush and Night Sweat Remedy  
63857  
30 tablets

**SAVE 15<sup>00</sup>\***

**A. Vogel Prostan Prostate Capsules**  
15233  
30 capsules



**A. Vogel Menoforce Hot Flush and Night Sweat Remedy**  
63857  
30 tablets  
**289<sup>95</sup>**  
**WAS 309<sup>95</sup>**

**A. Vogel Prostan Prostate Capsules**  
15233  
30 capsules  
**349<sup>95</sup>**  
**WAS 364<sup>95</sup>**

**SAVE 50<sup>00</sup>\***

**CrampEase**  
88499  
**OR**  
**CrampEase Night**  
88498  
90 capsules

**264<sup>95</sup>**  
**each**  
**WAS 314<sup>95</sup>**



**Gold Cayenne**  
25529  
60 vegecaps  
**71<sup>96</sup>**  
**WAS 89<sup>95</sup>**

**BUY**  
**Procydin Grape Seed Extract**  
60 capsules  
**and GET 20%\* OFF**  
**Gold Cayenne**  
60 vegecaps

**Procydin Grape Seed Extract**  
5905  
60 capsules  
**123<sup>95</sup>**  
**WAS 135<sup>95</sup>**



\*Advertised prices already reflect discounts

## MULTIVITAMINS

**1 FOR 146<sup>95</sup>**  
**2 FOR 209<sup>95</sup>**  
**SAVE 83<sup>95</sup>**

**Zyora Zyvite+ Multi-vitamin**  
334967  
30 effervescent tablets



**1 FOR 104<sup>95</sup>**  
**2 FOR 149<sup>95</sup>**  
**SAVE 59<sup>95</sup>**

**Biogen Multivitamin Advanced 50+**  
333627  
30 tablets



**INSTANT DISCOUNT 15%\* OFF**  
**VITA FORCE PRODUCTS\*\***  
**WITH YOUR Dis-Chem BENEFIT Card**

**Vitaforce Multivitamin Mensvite**  
3047  
**OR Mensvite 50+**  
3048  
60 film-coated tablets

**189<sup>95</sup>**  
**each**  
**Benefit Price**  
**161<sup>46</sup>**  
**each**



\*15% instant discount to be deducted when you swipe your Dis-Chem Benefit Card  
\*\*Offer only applicable on the above Vitaforce products

**dailyBOOST**  
MULTIVITAMIN  
for a healthy mind and body  
boosts an active lifestyle  
increases energy

30 effervescent tablets

**89<sup>95</sup>**  
**each**  
**WAS 99<sup>95</sup>**

**SAVE 10<sup>00</sup>\***



\*Advertised price already reflects discount

## ENERGY BOOSTERS

**2+1 CHEAPEST FREE**  
**on Bioplus products\***

**Bioplus Syrup**  
500ml

**164<sup>95</sup>**  
**each**

**\*Offer excludes Bioplus Vit-ality products**



**10%\* OFF**  
**Solal Burnout**  
30 capsules

**Solal Burnout**  
50902  
60 capsules  
**350<sup>96</sup>**  
**WAS 389<sup>95</sup>**



**1 FOR 84<sup>95</sup>**  
**2 FOR 149<sup>95</sup>**  
**SAVE 19<sup>95</sup>**

**High-B High Potency Vitamin B**  
87248  
60 capsules



**Enerboost B Vitamins + Guarana**  
298924  
15 effervescent tablets

**79<sup>95</sup>**  
**each**  
**WAS 85<sup>95</sup>**



**Bio-Strath Syrup**  
14390  
200ml

**149<sup>95</sup>**  
**each**  
**WAS 168<sup>95</sup>**

**SAVE 19<sup>00</sup>\***



\*Advertised prices already reflect discounts

**FREE**  
**Naturmade Herbalicious Salt** 250g  
valued at 92<sup>95</sup>  
when you purchase  
**Naturmade Vitamin D3**  
60 capsules

**FREE**

**Naturmade Vitamin D3**  
325528  
60 capsules  
**114<sup>95</sup>**



## MAGNESIUM

**25%\* OFF**  
**Slow-Mag products\*\***

**Slow-Mag Fizzies**  
173863  
30 effervescent tablets

**161<sup>21</sup>**  
**each**  
**WAS 214<sup>95</sup>**

**Slow-Mag**  
69724  
60 capsules  
**179<sup>21</sup>**  
**each**  
**WAS 238<sup>95</sup>**



\*Advertised prices already reflect discount  
\*\*Offer only applicable on the above Slow-Mag products

**1 FOR 62<sup>95</sup>**  
**2 FOR 99<sup>95</sup>**  
**SAVE 25<sup>95</sup>**

**Lifestyle Nutrition Magnesium Fizzy**  
218337  
10 effervescent tablets

**Biogen Magnesium Chelate**  
120171  
60 capsules  
**PLUS**  
30 capsules

**209<sup>95</sup>**  
**per pack**  
**WAS 226<sup>95</sup>**





# INSTANT DISCOUNTS

Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.



Scan me



Gold Calcium and Magnesium with Boron  
25498  
365 capsules

469<sup>95</sup>  
Benefit Price  
375<sup>96</sup>

INSTANT DISCOUNT  
20%\* OFF



Biogen Collagen Banded Pack  
20137  
60 capsules PLUS FREE  
30 capsules

224<sup>95</sup> per pack  
Benefit Price  
179<sup>96</sup> per pack

\*20% instant discount to be deducted when you swipe your Dis-Chem Benefit Card

## DIGESTIVE CARE & PROBIOTICS



Florin 250  
257960  
10 vegicaps



Iberogast  
56952  
50ml



Solal Probiotic Maximum Potency  
87305  
60 capsules



Enterogermina Infants  
334395  
20 vials



ProbiFlora Adult Intensive Rescue  
9 Strain  
30 capsules

194<sup>95</sup> each



XtensiFlora9 9 Strain Probiotic  
107218  
60 vegicaps

269<sup>95</sup> each

BUY  
Biogen Supreme Probiotic  
9 Strain 60 capsules  
and GET 20%\* OFF  
Biogen Supreme Probiotic  
9 Strain 30 capsules



Biogen Supreme Probiotic 9 Strain  
213679  
60 capsules

249<sup>95</sup>

Biogen Supreme Probiotic 9 Strain  
213677  
30 capsules

135<sup>96</sup>  
WAS 169<sup>95</sup>

\*Advertised price already reflects discount

SAVE 10<sup>00</sup>\*



Mibiotix DailyBiotic Fizzi  
336272  
10 effervescent tablets

99<sup>95</sup>  
WAS 109<sup>95</sup>

\*Advertised price already reflects discount



Entiro Probiotic  
120463  
30 capsules

159<sup>95</sup>



Reuterina Daily  
2198  
30 chew tablets

189<sup>95</sup>

## STOMACH RELIEF



Lennon Pepermentdruppels  
2925  
20ml

24<sup>95</sup>



Vermox  
38976  
Single dose tablet

44<sup>95</sup>



Movicol  
20 sachets / Assorted

139<sup>95</sup>



Brunel Mist Alba Oral Suspension  
100ml / Assorted

17<sup>95</sup> each



Ulsanic Suspension  
5623  
250ml

359<sup>95</sup>

## SELF-MEDICATION

2+1  
FREE  
on GoutAid  
60 capsules



GoutAid  
299297  
60 capsules

149<sup>95</sup> each



Loceryl 5% Nail Lacquer Anti-Fungal  
9876  
2.5ml

521<sup>95</sup> per pack



Contour Plus Blood Glucose Test Strips  
123222  
50-pack

156<sup>95</sup> per pack



Rohto Dry Aid Eye Drops  
333352  
10ml

102<sup>95</sup>



Choose the chronic medication you need and ensure you receive it on time, every time.



Register in-store, via the customer care line or on [www.dischem.co.za/pack-my-meds](http://www.dischem.co.za/pack-my-meds) or WhatsApp "Hi" to 0860 347 243



Receive an SMS or WhatsApp\* notification with the link to select your medication on time, every time



Click on the link and choose the medication YOU NEED



Collect your medication\* pre-packed at your nearest store or get it delivered\*\* to your door



\*\*FREE delivery within 15km of your nearest Dis-Chem Pharmacy

\*Wait for your WhatsApp or SMS notification before collection so you know your medication is ready



# INSTANT DISCOUNTS

Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.



Scan me

|                                                                                                                                                                     |                                                                                                                                        |                                                                                                                                           |                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Biogen Digestive Enzymes</b><br/>229307<br/>60 capsules<br/>PLUS 10 capsules</p> <p><b>149<sup>95</sup></b><br/>Benefit Price<br/><b>119<sup>96</sup></b></p> | <p><b>Biogen Sure Sleep</b><br/>20043<br/>60 capsules</p> <p><b>162<sup>95</sup></b><br/>Benefit Price<br/><b>130<sup>96</sup></b></p> | <p><b>Biogen CBD Sleep 600mg Oil</b><br/>330983<br/>30ml</p> <p><b>299<sup>00</sup></b><br/>Benefit Price<br/><b>239<sup>96</sup></b></p> | <p><b>Bio Homeopathic Rescue+ Drops</b><br/>26521<br/>30ml</p> <p><b>109<sup>95</sup></b><br/>Benefit Price<br/><b>87<sup>96</sup></b></p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|

**INSTANT DISCOUNT 20%\* OFF**

\*20% instant discount to be deducted when you swipe your Dis-Chem Benefit Card

## STRESS & ANXIETY

**1 FOR 99<sup>95</sup>**  
**2 FOR 149<sup>95</sup>**  
**SAVE 49<sup>95</sup>**

**Lifestyle Nutrition Stress B Complex**  
108608  
60 tablets

**10% OFF**  
ALL Natura Rescue products

**Natura Rescue Drops**  
25ml

**116<sup>06</sup>**  
**WAS 128<sup>95</sup>**

**SAVE 10<sup>00</sup>\***

**Calmettes**  
3938  
20 tablets

**39<sup>95</sup>**  
**WAS 49<sup>95</sup>**

**SAVE 5<sup>00</sup>\***

**Stress No More**  
385426  
10 capsules

**44<sup>95</sup>**  
**WAS 49<sup>95</sup>**

\*Advertised prices already reflect discounts

**1 FOR 94<sup>95</sup>**  
**2 FOR 149<sup>95</sup>**  
**SAVE 39<sup>95</sup>**

**InsomnAway**  
4102  
26 tablets

**25% OFF**  
ALL Natura Complex products

**Natura Complex Calm Support**  
30 capsules

**105<sup>46</sup>**  
**WAS 149<sup>95</sup>**

\*Advertised price already reflects discount

**2+1 FREE**  
on ANY Natura Tissue Salts  
125 tablets

**Natura Calc Fluor 1 Tissue Salts**  
125 tablets

**62<sup>95</sup>**  
each

## BONE & JOINT HEALTH

**1 FOR 148<sup>95</sup>**  
**2 FOR 249<sup>95</sup>**  
**SAVE 47<sup>95</sup>**

**Lifestyle Nutrition Cal K2**  
164941  
30 tablets

**1 FOR 129<sup>95</sup>**  
**2 FOR 219<sup>95</sup>**  
**SAVE 39<sup>95</sup>**

**Lifestyle Nutrition Calcium**  
26746  
2 x 20 effervescent tablets

**15% OFF**  
MenaCal.7 Value Pack  
90 tablets

**MenaCal.7 Value Pack**  
191440  
90 tablets

**293<sup>21</sup>**  
**WAS 344<sup>95</sup>**

**2+1 CHEAPEST FREE**  
on ANY Arthro Guard products

**Arthro Guard Joint Repair**  
90 tablets

**249<sup>95</sup>**  
each

**SAVE 30<sup>00</sup>\***

**Arthraway Chronic Joint Therapy Value Pack**  
107211  
180 tablets

**249<sup>95</sup>**  
**WAS 279<sup>95</sup>**

**SAVE 55<sup>00</sup>\***

**Piascledine®**  
141286  
30 capsules

**264<sup>95</sup>**  
**WAS 319<sup>95</sup>**

\*Advertised prices already reflect discounts

## CBD

**10% OFF**  
FourFive CBD Oil  
300mg AND 600mg  
30ml

**FourFive CBD Oil 300mg**  
30ml / Assorted

**260<sup>96</sup>**  
**WAS 289<sup>95</sup>**

**15% OFF**  
Extract Pet Friendly CBD  
250mg 30ml

**Extract Pet Friendly CBD 250mg**  
290113  
30ml

**254<sup>96</sup>**  
**WAS 299<sup>95</sup>**

\*Advertised prices already reflect discounts

## GREENER LIVING

**1 FOR 89<sup>95</sup>**  
**2 FOR 149<sup>95</sup>**  
**SAVE 29<sup>95</sup>**

**Cannabex CBD Tea**  
10 tea bags  
Assorted





# ELECTRICAL SAVINGS



## Russell Hobbs

SAVE  
200<sup>00</sup>\*



**Dark Glass Kettle**  
330274  
• 1.7 litre capacity  
• 360° cordless base  
• Large spout with removable and washable scale filter  
• Boil-dry and overheat protection

**699<sup>95</sup>**  
WAS 899<sup>95</sup>

SAVE  
100<sup>00</sup>\*



**Stainless Steel Kettle**  
330026  
• Stylish brushed stainless steel kettle with black accents  
• Concealed heating element for efficiency and easy cleaning  
• Push-to-open lid, strix controller technology

**599<sup>95</sup>**  
WAS 699<sup>95</sup>

SAVE  
150<sup>00</sup>\*



**Stainless Steel Digital Coffee Maker**  
295997  
• 1.5 litre cup capacity  
• Digital timer control pad with blue LED display  
• Automatic pause and anti-drip system  
• Water tank with visible level indicator  
• Removable filter holder for easy cleaning  
• Hot plate to keep your coffee warm after brewing  
• Includes removable permanent filter & measuring scoop

**849<sup>95</sup>**  
WAS 999<sup>95</sup>

SAVE  
300<sup>00</sup>\*



**Jug Blender**  
390750  
• 5 x speed settings with pulse function  
• Stainless steel blades  
• Detachable blade assembly for easy cleaning

**899<sup>95</sup>**  
WAS 1199<sup>95</sup>

SAVE  
150<sup>00</sup>\*



**Royal Hand Mixer**  
330111  
• 400W  
• 5 x speed settings plus turbo function  
• Easy-release eject button for easy and safe removal of attachments

**499<sup>95</sup>**  
WAS 649<sup>95</sup>

SAVE  
90<sup>00</sup>\*



**LED Electric Salt & Pepper Mill Set**  
142189  
• Ceramic grinding heads with the adjustable grinding size option  
• Stylish and contemporary design

**399<sup>95</sup>**  
WAS 489<sup>95</sup>

SAVE  
100<sup>00</sup>\*



**Royal Stick Blender**  
330026  
• With stainless steel blades and 6 x speed settings

**499<sup>95</sup>**  
WAS 599<sup>95</sup>

\*Advertised prices already reflect discounts



## Milex

SAVE  
700<sup>00</sup>\*



**Dual Airfryer**  
387528  
• A quicker, easier and cleaner alternative to a deep-fat fryer or conventional oven  
• Airfry, grill, bake, sauté and roast without sacrificing the taste and texture

**2799<sup>95</sup>**  
WAS 3499<sup>95</sup>

SAVE  
300<sup>00</sup>\*



**Nutri1200 8-in-1 Nutritional Blender**  
387499  
• Multiple mixing and blending functions that make it a completely versatile food preparation machine  
• Convert fresh ingredients into healthy smoothies, juices, soups, purees, dips and pâté in seconds

**899<sup>95</sup>**  
WAS 1199<sup>95</sup>

SAVE  
300<sup>00</sup>\*



**Juicer PLUS 7 Day Detox & Diet Plan**  
180490  
• Make your own natural juice in seconds  
• Comes with 7-day weight loss program by health and fitness expert Brendan McCarthy

**899<sup>95</sup>**  
WAS 1199<sup>95</sup>

\*Advertised prices already reflect discounts



## TOYS

**Zuru Sparkle Girlz Dolls**  
Assorted

**89<sup>95</sup>**  
each  
WAS 99<sup>95</sup>



SAVE  
10<sup>00</sup>\*



SAVE  
25<sup>00</sup>\*

**Barbie™ Entry Doll**  
Assorted  
**99<sup>95</sup>**  
each  
WAS 124<sup>95</sup>



**Lego Friends Cat Grooming Car**  
323186  
**149<sup>95</sup>**



SAVE  
20<sup>00</sup>\*

**Pictionary Card Game**  
OR UNO® Card Game  
Assorted

**119<sup>95</sup>**  
each  
WAS 139<sup>95</sup>



**Zuru X-Shot Fury Foam Dart Gun with 16 Darts**  
331919  
**129<sup>95</sup>**  
WAS 149<sup>95</sup>

SAVE  
20<sup>00</sup>\*



**Lego City Stuntz Demolition OR Rocket OR Fire Stunt Bike**  
334709/334830  
382916001  
**119<sup>95</sup>**  
each

SAVE  
10<sup>00</sup>\*



**Hot Wheels Basic Cars**  
Assorted  
**39<sup>95</sup>**  
each  
WAS 49<sup>95</sup>

\*Advertised prices already reflect discounts

**Dis-Chem PHARMACIES**

SWIPE your  
**Dis-Chem**  
or Dis-Chem Baby City  
BENEFIT CARD TO  
EARN TODAY.



FILL UP  
+ EARN







# HEALTH FOODS



## INSTANT DISCOUNTS

Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.



|                                                                                                                                                                                                 |                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>INSTANT DISCOUNT</b><br><b>20<sup>00</sup>* OFF</b><br><b>Lifestyle Food Xylitol Sweetener</b><br>87852<br>1kg<br><b>178<sup>95</sup></b><br>Benefit Price<br><b>158<sup>95</sup></b>    | <br><b>INSTANT DISCOUNT</b><br><b>10<sup>00</sup>* OFF</b><br><b>Lifestyle Food Xylitol Sweetener</b><br>70861<br>250g<br><b>69<sup>95</sup></b><br>Benefit Price<br><b>59<sup>95</sup></b> |
| <br><b>INSTANT DISCOUNT</b><br><b>10<sup>00</sup>* OFF</b><br><b>Lifestyle Nutrition Xylitol Granules</b><br>73138<br>500g<br><b>89<sup>95</sup></b><br>Benefit Price<br><b>79<sup>95</sup></b> | <br><b>INSTANT DISCOUNT</b><br><b>10<sup>00</sup>* OFF</b><br><b>Lifestyle Food Granola</b><br>500g/750g Assorted<br><b>FROM</b><br>Benefit Price<br><b>49<sup>95</sup> each</b>            |
| <br><b>NEW</b><br><b>INSTANT DISCOUNT</b><br><b>10<sup>00</sup>* OFF</b><br><b>Marley Coffee</b><br>52g/227g Assorted<br><b>84<sup>95</sup></b><br>Benefit Price<br><b>74<sup>95</sup></b>      | <br><b>INSTANT DISCOUNT</b><br><b>5<sup>00</sup>* OFF</b><br><b>Sir Fruit Smoothie</b><br>300ml / Assorted<br><b>26<sup>95</sup> each</b><br>Benefit Price<br><b>21<sup>95</sup> each</b>   |

\*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

## SWEETENERS

|                                                                                                                                                    |                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>SAVE 10<sup>00</sup>*</b><br><b>Shape Suganon</b><br>69291<br>3 x 500 coated tablets<br><b>89<sup>95</sup></b><br>WAS 99 <sup>95</sup>      | <br><b>SAVE 3<sup>00</sup>*</b><br><b>Little Bee Choice Grade Honey</b><br>89847<br>375g<br><b>46<sup>95</sup></b><br>WAS 49 <sup>95</sup>        |
| <br><b>SAVE 20<sup>00</sup>*</b><br><b>Lifestyle Food Erythritol Sweetener</b><br>219356<br>500g<br><b>69<sup>95</sup></b><br>WAS 89 <sup>95</sup> | <br><b>SAVE 25<sup>00</sup>*</b><br><b>Lifestyle Food Choice Grade Honey</b><br>186491<br>1kg<br><b>138<sup>95</sup></b><br>WAS 163 <sup>95</sup> |

\*Advertised prices already reflect discounts

## BREAKFAST ESSENTIALS

|                                                                                                                                                                                                    |                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Lifestyle Food Oat Milk</b> 125931 <b>OR</b> <b>Barista Blend Oat Milk</b> 329673<br>1 litre<br><b>1 FOR 45<sup>95</sup></b><br><b>2 FOR 70<sup>00</sup></b><br><b>SAVE 21<sup>90</sup></b> | <br><b>FutureLife Smart+ Food</b><br>500g / Assorted<br><b>1 FOR 45<sup>95</sup></b><br><b>2 FOR 80<sup>00</sup></b><br><b>SAVE 11<sup>90</sup></b>                          |
| <br><b>NEW LOOK TASTE</b><br><b>Jungle Oats</b><br>161559<br>2kg<br><b>75<sup>95</sup> each</b>                                                                                                    | <br><b>FutureLife High Protein Smart+ Food Value Pack</b><br>1kg / Assorted<br><b>1 FOR 142<sup>95</sup></b><br><b>2 FOR 250<sup>00</sup></b><br><b>SAVE 35<sup>90</sup></b> |

## HOT DRINKS

|                                                                                                          |                                                                                                           |
|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <br><b>2+1 FREE</b><br>on Lifestyle Food Green Tea with Ginger 20 teabags<br><b>21<sup>95</sup> each</b> | <br><b>2+1 FREE</b><br>on Closemyer Lemon Ginger Tea with Honey 10 teabags<br><b>39<sup>95</sup> each</b> |
| <br><b>Eve Ginger Tea No Sugar Added</b><br>65618<br>20 sachets<br><b>66<sup>95</sup></b>                | <br><b>Eve Instant Honeyed Ginger Drink</b><br>35638<br>20 sachets<br><b>82<sup>95</sup></b>              |
| <br><b>Eve Instant Honeyed Ginger Drink with Lemon</b><br>35638<br>10 sachets<br><b>43<sup>95</sup></b>  |                                                                                                           |



## HEALTHY SNACKS



Lifestyle Food  
Raw Mixed Nuts  
Value Pack  
293316  
750g

**199<sup>95</sup>**  
per pack  
WAS 209<sup>95</sup>

Lifestyle Food  
Pitted Dates  
Value Pack  
293312  
750g

**48<sup>95</sup>**  
per pack  
WAS 58<sup>95</sup>

Lifestyle Food  
Dried Mango  
Value Pack  
325451  
300g

**116<sup>95</sup>**  
per pack  
WAS 126<sup>95</sup>



Gaby's  
Raw OR Roasted &  
Salted Mixed Nuts  
1kg

**214<sup>95</sup>**  
each  
WAS 256<sup>95</sup>

\*Advertised prices already reflect discounts



**20%  
OFF**  
ALL Nutrinuts Dried  
Fruits 200g

\*Discount to be deducted at tills



Bake A Lot  
Yum Cookies  
125g / Assorted

**29<sup>95</sup>**  
each

**2+1  
FREE**  
on ANY  
Alette's Rusks  
450g/500g



Alette's  
Rusks  
450g/500g  
Assorted

**55<sup>95</sup>**  
each

## VEGAN FRIENDLY



**20%  
OFF**  
ALL Orgran  
products

\*Discount to be deducted at tills

## INSTANT DISCOUNTS

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|                                                                                                                                                                                                                      |                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>INSTANT DISCOUNT</b><br/><b>50% OFF</b></p> <p>Lifestyle Food<br/>Extra Virgin<br/>Olive Oil<br/>220742<br/>1 litre</p> <p><b>149<sup>95</sup></b><br/>Benefit Price<br/><b>99<sup>95</sup></b></p>            | <p><b>INSTANT DISCOUNT</b><br/><b>20% OFF</b></p> <p>Carbsmart<br/>Seasoning<br/>200ml<br/>Assorted</p> <p><b>39<sup>95</sup></b><br/>each<br/>Benefit Price<br/><b>31<sup>96</sup></b><br/>each</p>                 |
| <p><b>INSTANT DISCOUNT</b><br/><b>10% OFF</b></p> <p>Lifestyle Food<br/>Gluten Free<br/>Pasta<br/>250g<br/>Assorted</p> <p><b>45<sup>95</sup></b><br/>each<br/>Benefit Price<br/><b>35<sup>95</sup></b><br/>each</p> | <p><b>INSTANT DISCOUNT</b><br/><b>20% OFF</b></p> <p>Carbsmart<br/>Instant Soup<br/>68g / Assorted</p> <p><b>41<sup>95</sup></b><br/>each<br/>Benefit Price<br/><b>33<sup>56</sup></b><br/>each</p>                  |
| <p><b>INSTANT DISCOUNT</b><br/><b>5% OFF</b></p> <p>B-well<br/>Mayonnaise<br/>375g<br/>Assorted</p> <p><b>46<sup>95</sup></b><br/>each<br/>Benefit Price<br/><b>41<sup>95</sup></b><br/>each</p>                     | <p><b>INSTANT DISCOUNT</b><br/><b>5% OFF</b></p> <p>Lifestyle Food<br/>Sugar Free Cookies<br/>130g<br/>Assorted</p> <p><b>31<sup>95</sup></b><br/>each<br/>Benefit Price<br/><b>26<sup>95</sup></b><br/>each</p>     |
| <p><b>INSTANT DISCOUNT</b><br/><b>10% OFF</b></p> <p>Lifestyle Food<br/>Odourless<br/>Coconut Oil<br/>158946<br/>1 litre</p> <p><b>89<sup>95</sup></b><br/>Benefit Price<br/><b>79<sup>95</sup></b></p>              | <p><b>INSTANT DISCOUNT</b><br/><b>5% OFF</b></p> <p>Wholesome<br/>Harvest Sugar<br/>Free Cookies<br/>75g / Assorted</p> <p><b>24<sup>95</sup></b><br/>each<br/>Benefit Price<br/><b>19<sup>95</sup></b><br/>each</p> |

\*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

## HEALTHY OILS



**SAVE  
10% OFF**

B-well  
Blended Canola  
& Extra Virgin  
Olive Oil  
387876  
1 litre

**77<sup>95</sup>**  
each  
WAS 87<sup>95</sup>

\*Advertised price already reflects discount

**Dis-Chem**  
PHARMACIES





# SPORTS SUPPLEMENTS



## INSTANT DISCOUNTS

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Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.



Scan me



**BODY FIT**

POSITIVELY INFLUENCE YOUR RESULTS  
WITH THE BODY FIT RANGE

INSTANT  
DISCOUNT

**10%\***  
OFF

NOW AVAILABLE AT  
**Dis-Chem**



\*Instant discount to be deducted when you swipe your **Dis-Chem** Benefit Card

**USN**



SAVE  
**50<sup>00</sup>\***

LipoX  
Black  
216528  
80 capsules

**449<sup>95</sup>**  
WAS 499<sup>95</sup>

All-In-One  
Hyperbolic Mass  
2kg / Assorted  
**199<sup>95</sup>**  
WAS 234<sup>95</sup>



SAVE  
**35<sup>00</sup>\***



SAVE  
**80<sup>00</sup>\***

Testo Methox  
17 Gold  
53830  
80 capsules

**489<sup>95</sup>**  
WAS 569<sup>95</sup>

SAVE  
**50<sup>00</sup>\***

Wholefood  
Gainer  
2.5kg / Assorted  
**334<sup>95</sup>**  
WAS 384<sup>95</sup>



\*Advertised prices already reflect discounts

**PRIMAL**  
SPORTS NUTRITION



SAVE  
**30<sup>00</sup>\***

Amino Force  
340g / Assorted  
**239<sup>95</sup>**  
WAS 269<sup>95</sup>



SAVE  
**70<sup>00</sup>\***

Pre-Workout  
510g / Assorted  
**299<sup>95</sup>**  
WAS 369<sup>95</sup>



SAVE  
**35<sup>00</sup>\***

Creatine Charge  
860g / Assorted  
**149<sup>95</sup>**  
WAS 184<sup>95</sup>



SAVE  
**50<sup>00</sup>\***

Mass Gain  
4kg / Assorted  
**399<sup>95</sup>**  
WAS 449<sup>95</sup>



\*Advertised prices already reflect discounts

**EVOX**



SAVE  
**50<sup>00</sup>\***

Night Time  
Casein Protein  
750g / Assorted  
**349<sup>95</sup>**  
WAS 399<sup>95</sup>



SAVE  
**50<sup>00</sup>\***  
each

Synergy Whey  
Protein  
1.5kg / Assorted  
**489<sup>95</sup>**  
each  
WAS 539<sup>95</sup>



SAVE  
**40<sup>00</sup>\***

Psycho  
Pre-Workout  
140g / Assorted  
**149<sup>95</sup>**  
WAS 189<sup>95</sup>



SAVE  
**30<sup>00</sup>\***

Freak Mass  
Gainer  
4kg / Assorted  
**369<sup>95</sup>**  
WAS 399<sup>95</sup>

\*Advertised prices already reflect discounts



**SAVE 47<sup>00</sup>\***  
**299<sup>95</sup>**  
**WAS 364<sup>95</sup>**

**L-Carnitine Liquid 2500**  
 480ml / Assorted  
**209<sup>95</sup>**  
**WAS 256<sup>95</sup>**

**SAVE 65<sup>00</sup>\***  
**299<sup>95</sup>**  
**WAS 364<sup>95</sup>**

**Thermo One**  
 333179  
 60 capsules  
**299<sup>95</sup>**  
**WAS 364<sup>95</sup>**

**SAVE 40<sup>00</sup>\***  
**399<sup>95</sup>**  
**WAS 439<sup>95</sup>**

**N.O. Charge**  
 420g / Assorted  
**399<sup>95</sup>**  
**WAS 439<sup>95</sup>**

**SAVE 60<sup>00</sup>\***  
**659<sup>95</sup>**  
**WAS 719<sup>95</sup>**

**Platinum Whey+**  
 2kg / Assorted  
**659<sup>95</sup>**  
**WAS 719<sup>95</sup>**

\*Advertised prices already reflect discounts

FOR THE RESULTS YOU WANT

**SAVE 30<sup>00</sup>\***  
**134<sup>95</sup>**  
**WAS 164<sup>95</sup>**

**Pre-Blast**  
 140g / Assorted  
**134<sup>95</sup>**  
**WAS 164<sup>95</sup>**

**SAVE 40<sup>00</sup>\***  
**399<sup>95</sup>**  
**WAS 439<sup>95</sup>**

**Rage Testo**  
 22452  
 120 capsules  
**399<sup>95</sup>**  
**WAS 439<sup>95</sup>**

**SAVE 50<sup>00</sup>\***  
**449<sup>95</sup>**  
**WAS 499<sup>95</sup>**

**Bulk 45/150**  
 Rapid Mass Gainer  
 4kg / Assorted  
**449<sup>95</sup>**  
**WAS 499<sup>95</sup>**

**SAVE 40<sup>00</sup>\***  
**189<sup>95</sup>**  
**WAS 229<sup>95</sup>**

**Creatine Ultra Load**  
 4kg / Assorted  
**189<sup>95</sup>**  
**WAS 229<sup>95</sup>**

\*Advertised prices already reflect discounts

be more

Be more fit.  
Be more productive.  
**Be more you.**

Purchase premium gym equipment at affordable prices.

Go online @ [www.dischem.co.za](http://www.dischem.co.za)  
OR [www.livingfit.co.za](http://www.livingfit.co.za)

Scan me

11

Promotional offers valid from 21 July to 14 August 2022 while stocks last – may not be available in all stores. E&OE.



# EVERYDAY Essentials!

## BATH & BODY CARE

1 FOR 84<sup>95</sup>  
2 FOR 140<sup>00</sup>  
SAVE 29<sup>90</sup>

Satskin  
Shower Gel  
1 litre  
Assorted



Stand a chance to  
**WIN\***  
1 of 50 Summer  
Beach Bags  
when you purchase  
**ANY TWO**  
Satskin Shower Gels 1 litre

Enter by swiping your **Dis-Chem** Benefit Card.  
\*Ts & Cs apply. Competition excludes  
Namibia and Botswana.



1 FOR 54<sup>95</sup>  
2 FOR 82<sup>00</sup>  
SAVE 27<sup>90</sup>

Lux  
Body Wash  
400ml  
Assorted



Lux  
Soap Bar  
175g / Assorted  
**13<sup>95</sup>**  
each  
WAS 17<sup>50</sup>



1 FOR 69<sup>95</sup>  
2 FOR 110<sup>00</sup>  
SAVE 29<sup>90</sup>

Dove  
Body Wash  
500ml  
Assorted\*\*

\*\*Excludes Dove Nourishing Secrets range

1 FOR 15<sup>95</sup>  
3 FOR 36<sup>00</sup>  
SAVE 11<sup>85</sup>

Protex  
Soap Bar  
200g  
Assorted



Hygiene Soap  
175g / Assorted

1 FOR 16<sup>95</sup>  
2 FOR 26<sup>00</sup>  
SAVE 7<sup>90</sup>



BUY BOTH  
FOR 48<sup>00</sup>  
SAVE 19<sup>00</sup>

Instant Hand  
Sanitizer Spray  
120ml PLUS  
Hand Sanitizer  
100ml



SAVE  
9<sup>00</sup>\*

Handwash  
200ml / Assorted  
**27<sup>95</sup>**  
WAS 36<sup>95</sup>



SAVE  
18<sup>00</sup>\*

Hygiene  
Body Wash  
750ml / Assorted  
**47<sup>95</sup>**  
WAS 65<sup>95</sup>

\*Advertised prices already reflect discounts



Dis-Chem brands • fewer RANDS • Dis-Chem brands • fewer RANDS



2+1  
FREE  
on ANY Blade  
Body Wash  
400ml

Blade  
Body Wash  
400ml / Assorted  
**29<sup>95</sup>**  
each



SAVE  
5<sup>00</sup>\*

Nature's  
Nourishment  
Liquid Hand Wash  
450ml / Assorted  
**19<sup>95</sup>**  
each  
WAS 24<sup>95</sup>



SAVE  
5<sup>00</sup>\*

Skin eFX  
Foam Bath  
1 litre / Assorted  
**29<sup>95</sup>**  
WAS 34<sup>95</sup>



SAVE  
5<sup>00</sup>\*

Dis-Chem  
Colloidal Oatmeal  
Daily Moisturising  
Lotion  
227ml  
**29<sup>95</sup>**  
WAS 34<sup>95</sup>



SAVE  
10<sup>00</sup>\*

Nature's Nourishment  
Exotic Oils  
Shower Gel  
1 litre / Assorted  
**49<sup>95</sup>**  
WAS 59<sup>95</sup>

\*Advertised prices already reflect discounts









# FACE CARE



**NIVEA** YOUNGER  
LOOKING  
SKIN IN  
2 WEEKS

- ✓ ANTI-WRINKLE  
& FIRMING
- ✓ PREVENT FUTURE  
AGEING WITH SUN  
PROTECTION SPF 15



**Q10 Power  
Anti-Wrinkle  
Day Cream  
SPF30  
50ml**

**150<sup>47</sup>  
WAS 214<sup>95</sup>**

**Q10 Power  
Anti-Wrinkle  
Night Cream  
50ml**

**136<sup>47</sup>  
WAS 194<sup>95</sup>**



**Q10 Power  
Ultra Recover  
Night Serum  
30ml**

**220<sup>47</sup>  
WAS 314<sup>95</sup>**



**Q10 Power  
Anti-Wrinkle  
Replenishing  
Serum Pearls  
30ml**

**209<sup>97</sup>  
WAS 299<sup>95</sup>**

\*Advertised prices already reflect discount



**30%  
OFF**  
Celltone  
Multi-Pack AND  
Tissue Oils

**Celltone  
Multi-Pack  
148062  
Contains:  
1 x Snail Gel 50ml  
2 x Tissue Oil 60ml**

**405<sup>97</sup>  
WAS 579<sup>95</sup>**



**20%  
OFF**  
ALL Garnier  
Micellar Water  
400ml

**Garnier  
SkinActive  
Micellar Water  
400ml / Assorted**

**79<sup>96</sup>  
each  
WAS 99<sup>95</sup>**

\*Advertised prices already reflect discounts



**1 FOR 49<sup>95</sup>  
3 FOR 100<sup>00</sup>  
SAVE 49<sup>85</sup>**

**Johnson's  
Face Wipes  
25 wipes  
Assorted**

**CREIGHTONS**  
MADE IN ENGLAND

**2+1  
CHEAPEST  
FREE**  
on ANY Creightons  
face care  
products



**Salicylic  
Acid  
Soothing  
Lotion  
75ml**

**69<sup>95</sup>  
each**



**Pink  
Grapefruit  
Micellar  
Water  
250ml**

**69<sup>95</sup>  
each**

**Vitamin C  
Eye Serum  
15ml**

**114<sup>95</sup>  
each**



**H2O Boost  
Overnight Mask  
50ml**

**169<sup>95</sup>  
each**

Creightons products available at selected stores only or  
online at [dischem.co.za](http://dischem.co.za)

**Himalaya**  
SINCE 1930

**GREENER  
LIVING**

**2+1  
CHEAPEST  
FREE**  
on Himalaya  
products



**Detoxifying  
Charcoal Mask  
75ml**

**89<sup>95</sup>  
each**



**Detoxifying  
Charcoal Mask  
75ml**

**89<sup>95</sup>  
each**

**Detoxifying  
Charcoal Scrub  
150ml**

**89<sup>95</sup>  
each**

\*Offer excludes  
Himalaya dental  
products



**Total Effects  
7 in One Instant  
Smoothing Serum  
50ml**

**249<sup>95</sup>  
each**



**Total Effects  
Whip Cream  
50ml**

**449<sup>95</sup>  
each**



**Regenerist  
Whip Day Cream  
OR Day Cream SPF30  
50ml**

**449<sup>95</sup>  
each**

**OLAY**



**Total Effects  
7 in One  
Night  
Moisturiser  
50ml**

**249<sup>95</sup>  
each**

**2+1  
CHEAPEST  
FREE**  
on ANY OLAY Total Effects  
AND Regenerist Whip  
face care products



**Total Effects  
Whip Cream  
SPF30  
50ml**

**449<sup>95</sup>  
each**

**POND'S**

**Pimple Clear  
Face Wash  
87ml**

**47<sup>96</sup>  
WAS 59<sup>95</sup>**

**20%  
OFF**  
ALL Pond's Pimple Clear  
AND Perfect Colour Complex  
face care products



**Perfect Colour  
Toning Lotion  
150ml**

**31<sup>96</sup>  
WAS 39<sup>95</sup>**



**Perfect Colour  
Serum  
Face Cream  
40ml**

**39<sup>96</sup>  
WAS 49<sup>95</sup>**



**Perfect Colour  
Serum  
Facial Foam  
100ml**

**39<sup>96</sup>  
WAS 49<sup>95</sup>**

\*Advertised prices already reflect discount



**Even &  
Lovely  
Toning Lotion  
125ml**

**12<sup>76</sup>  
WAS 15<sup>95</sup>**



**Even &  
Lovely  
Face Cream  
50ml**

**19<sup>96</sup>  
WAS 24<sup>95</sup>**

**20%  
OFF**  
ALL Even & Lovely  
face care  
products

\*Advertised prices already reflect discount

**SAVE  
500<sup>\*\*</sup>  
each**



**BENZAC<sup>®</sup>**



**AC 5 Gel  
34133  
40g  
OR Wash  
34134  
100g**

**234<sup>95</sup>  
each  
WAS 239<sup>95</sup>**

\*Price excludes Benzac Starter Packs  
\*\*Advertised price already reflects discount



**PRO Redness  
Prone Skin  
Daily Facial  
Moisturizer Cream  
388340**

**OR Night Moisturizer  
Cream 388341  
50ml**

**174<sup>95</sup>  
each  
WAS 269<sup>95</sup>**



**PRO Redness-Prone Skin  
Foam Face Wash  
388278  
236ml**

**169<sup>95</sup>  
WAS 249<sup>95</sup>**

\*Advertised prices already reflect discounts





# MILLION COMFORTS

HELP KEEP MILLIONS OF GIRLS IN SCHOOL

Simply purchase any pack of sanitary pads from participating brands in-store, online or via the Dis-Chem App

Studies show that girls between 12 and 18 who live in poverty are deprived of about 20% of their high school education because they cannot afford feminine hygiene products and are too embarrassed to go to school during menstruation. Last year, over 220 000 girls did not miss a day of school, because you donated over 10 686 458 sanitary towels to #MillionComforts.

HELP US CARE FOR EVEN MORE GIRLS THIS YEAR

GET UP TO **50% BACK** on ALL products on this page with **HealthyCare**



Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP. FSP 48657. NCRCP9997. Limits, Ts & Cs apply.

**2+1 CHEAPEST FREE** on ANY Always products

**DOUBLE BENEFIT REWARDS\***

**Always Cotton Soft Maxi Thick Pads 8 Long**  
**14<sup>95</sup>** per pack

\*Offer applicable when swiping your **Dis-Chem** Benefit Card and purchasing 2 packs of Always Cotton Soft Maxi Thick Pads 8 Long

**2+1 CHEAPEST FREE** on ANY Stayfree products

**Stayfree Maxi Pads Scented OR Unscented 10 Regular**  
**14<sup>50</sup>** per pack

**Stayfree Maxi Pads Scented OR Unscented 20 Regular**  
**26<sup>95</sup>** per pack

Stand a chance to **WIN\***

1 OF 50 R1000<sup>00</sup> worth of points loaded onto your **Dis-Chem Benefit Card\*** when you purchase any 2 packs of Libresse Goodnight Maxi Pads 7-pack OR Libresse Protection & Comfort Maxi Pads 10-pack AND donate to the Million Comforts Campaign. Enter by swiping your **Dis-Chem** Benefit Card. \*Ts & Cs apply. Competition excludes Namibia and Botswana.

**Libresse Goodnight Maxi Pads 7 Super Night**  
**OR Protection & Comfort Maxi Pads 10 Regular 9 Maxi + Long Scented OR Unscented**  
**14<sup>95</sup>** per pack

**Lil-Lets Essentials Thick Pads Scented OR Unscented 8-pack**  
**10<sup>95</sup>** per pack

**Kotex Young Maxi Pads 10 Normal**  
**14<sup>95</sup>** per pack

**Kotex Ultra Pads 10 Normal**  
**18<sup>95</sup>** per pack

**Comfitex Teenz Ultra Thin OR Maxi Thick OR Ultra Thin Pads 10-pack**  
**12<sup>95</sup>** per pack



These participating brands will match every pack with an equal donation. Valid from 23 June to 14 August 2022.



**Stayfree**

**VALUE PACK**

**Stayfree Everyday Pantyliners**  
**76 Normal Pantyliners**  
**39<sup>95</sup>** per pack

**2+1 CHEAPEST FREE** on ANY Stayfree products

**Stayfree Everyday Pantyliners**  
**20 Normal Pantyliners**  
**17<sup>95</sup>** per pack

**Stayfree Everyday Pantyliners**  
**40 Normal Pantyliners**  
**21<sup>95</sup>** per pack

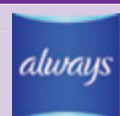
**Stayfree body fit ultra**  
**8 Super Pantyliners**  
**19<sup>95</sup>** per pack

**Body Fit Ultra Pads 7-pack OR 8-pack Assorted**  
**19<sup>95</sup>** per pack

**Stayfree ProComfort Tampons**  
**8-pack / Assorted**  
**16<sup>95</sup>** per pack

**Stayfree ProComfort Tampons**  
**16-pack / Assorted**  
**24<sup>95</sup>** per pack

**Stayfree ProComfort Tampons**  
**32-pack / Assorted**  
**44<sup>95</sup>** per pack



**Daily Liners Protect Economy Pack 40-pack**  
**43<sup>95</sup>** per pack

**Cotton-Soft DreamZzz Pads Value Pack 16-pack**  
**46<sup>95</sup>** per pack

**2+1 CHEAPEST FREE** on ANY Always products

**always daily liners**  
**3in1**  
**15**

**always dreamZzz**  
**16**

**Cotton Soft Maxi Thick Pads Value Pack 20 Normal**  
**46<sup>95</sup>** per pack



**lil-lets smartfit**  
**100 thin pantyliners**  
**100**

**lil-lets smartfit**  
**32 tampons**  
**32**

**BUY BOTH FOR 70<sup>00</sup> SAVE 12<sup>90</sup>**

**Smartfit Tampons 32-pack / Assorted PLUS Smartfit Pantyliners 100-pack Assorted**



## WHY VACCINATE AGAINST HPV?



The HPV vaccine can be administered to both girls and boys starting from 9 years old. This vaccine aims to provide protection against HPV strains 16 and 18, which are most commonly associated with HPV-related diseases such as cervical cancer. **Dis-Chem** is offering HPV vaccines in all **Dis-Chem** Wellness Clinics nationwide.

Call 086 111 7427, book via the app or scan the QR code

Scan me to book





# HAIR CARE

**3+1 CHEAPEST FREE**  
on ANY Gill Anti-Dandruff Hair care products



**Gill Anti-Dandruff 2in1 Conditioning Shampoo**  
200ml / Assorted  
**64<sup>95</sup>** each

**Gill Anti-Dandruff 2in1 Conditioning Shampoo**  
400ml / Assorted  
**95<sup>95</sup>** each

**3+1 CHEAPEST FREE**  
on ANY Argan Oil hair care products



**Argan Oil Shampoo OR Argan Oil Conditioner**  
1 litre / Assorted  
**74<sup>95</sup>** each

**Originals by Africa's Best Olive Oil Sheen Spray**  
326ml **OR** **Olive Oil Moisturizing Growth Lotion**  
355ml  
**54<sup>95</sup>** each

**Originals by Africa's Best Olive Oil Conditioning Relaxer Kit Regular**  
**92<sup>95</sup>** each

**2+1 CHEAPEST FREE**  
on Originals by Africa's Best hair care products\*\*\*



**Originals by Africa's Best Olive Oil Leave-In Conditioner**  
177ml  
**Clove Oil Therapy**  
177ml **OR** **Olive Oil Shampoo**  
355ml  
**49<sup>95</sup>** each

**Originals by Africa's Best Hair Mayonnaise**  
426g  
**58<sup>95</sup>** each

**Originals by Africa's Best Ultimate Therapy Jamaican Black Castor Oil**  
118ml  
**66<sup>95</sup>** each

**2+1 FREE**  
on ANY Color Rebel Conditioning Hair Toners 100ml



**Color Rebel Conditioning Hair Toner**  
100ml / Assorted  
**69<sup>95</sup>** each

**SAVE 20<sup>00</sup>\***



**Selsun Blue Anti-Dandruff Shampoo**  
150ml / Assorted  
**59<sup>95</sup>** each  
**WAS 79<sup>95</sup>**

**SAVE 15<sup>00</sup>\***



**Dove Shampoo OR Dove Conditioner**  
350ml/400ml Assorted  
**64<sup>95</sup>** each  
**WAS 79<sup>95</sup>**

**INSTANT DISCOUNTS**  
Exclusive to Benefit Card holders.  
Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.



**Wet Brush Detangler Speed Dry OR Original Assorted colours**  
**169<sup>95</sup>** each  
**Benefit Price 152<sup>96</sup>** each

\*10% instant discount to be deducted when you swipe your Dis-Chem Benefit Card

**20% OFF**  
Denman Grooming AND Styling Combs\*\*



**Denman Grooming Comb**  
24778  
**43<sup>96</sup>**  
**WAS 54<sup>95</sup>**

**Denman Styling Comb**  
24785  
**47<sup>96</sup>**  
**WAS 59<sup>95</sup>**

**20% OFF**  
Black Diamond Combs\*\*



**Black Diamond Euro Styler Comb**  
104360  
**35<sup>96</sup>**  
**WAS 44<sup>95</sup>**

**Black Diamond Masterwaver Comb**  
104355  
**63<sup>96</sup>**  
**WAS 79<sup>95</sup>**

**Black Diamond Pintail Teaser Comb**  
104358  
**43<sup>96</sup>**  
**WAS 54<sup>95</sup>**

**Donna Olive Oil + Vitamin E Treated Large Band Wig Cap**  
Assorted sizes  
**59<sup>47</sup>**  
**WAS 84<sup>95</sup>**

**Donna Stocking Wig Cap**  
2-pack  
**24<sup>47</sup>**  
**WAS 34<sup>95</sup>**

**Donna Satin Sleep Cap OR Drawstring Satin Cap**  
**83<sup>97</sup>** each  
**WAS 119<sup>95</sup>**

**30% OFF**  
ALL Donna products



**Donna Disposable Plastic Caps**  
Conditioning / Processing / Showering  
ONE SIZE FITS ALL  
**69<sup>97</sup>** per pack  
**WAS 99<sup>95</sup>**

**Donna Open Top Wig Cap Liner**  
**62<sup>97</sup>**  
**WAS 89<sup>95</sup>**

**Donna Satin Braid Bonnet**  
**83<sup>97</sup>**  
**WAS 119<sup>95</sup>**

**Donna Floral Shower Cap**  
Assorted colours  
**55<sup>97</sup>**  
**WAS 79<sup>95</sup>**

**Donna Satin Braid Bonnet**  
**83<sup>97</sup>**  
**WAS 119<sup>95</sup>**

**30% OFF**  
AfriChic, Forsta AND Santorini hair accessories



**AfriChic Afro Hair Comb OR Plastic Tail Hair Comb**  
**13<sup>27</sup>** each  
**WAS 18<sup>95</sup>**

**AfriChic Hair Twist Medium Sponge**  
**83<sup>97</sup>** each  
**WAS 119<sup>95</sup>**

**Forsta Club OR Military Hair Brush**  
**97<sup>97</sup>** each  
**WAS 139<sup>95</sup>**

**Santorini Styling Bendy Curlers**  
16mm to 120mm 10-pack  
**69<sup>97</sup>** each  
**WAS 99<sup>95</sup>**

\*Advertised prices already reflect discount



**40%\*  
OFF**  
Pantene Shampoo  
OR Conditioner  
360ml/400ml



Pantene Shampoo OR Conditioner  
360ml/400ml Assorted  
**47<sup>97</sup>**  
each  
WAS 79<sup>95</sup>

**20%\*  
OFF**  
ALL Schwarzkopf SuperSoft products



Schwarzkopf SuperSoft Kids Shampoo & Shower Gel OR Repair & Care Conditioner  
250ml / Assorted  
**34<sup>36</sup>**  
each  
WAS 42<sup>95</sup>

Schwarzkopf SuperSoft Repair & Care Shampoo  
400ml  
**42<sup>36</sup>**  
each  
WAS 52<sup>95</sup>

**20%\*  
OFF**  
ALL Aunt Jackie's hair care products



Aunt Jackie's Knot On My Watch Instant Detangling Therapy  
355ml  
**63<sup>96</sup>**  
WAS 79<sup>95</sup>

Aunt Jackie's Curl La La Defining Curl Custard  
426g  
**92<sup>76</sup>**  
WAS 115<sup>95</sup>

**30%\*  
OFF**  
Schwarzkopf Got2b products\*\*



Schwarzkopf Got2b Ultra Glued Styled Gel for Edges  
150ml  
**103<sup>57</sup>**  
WAS 147<sup>95</sup>

Schwarzkopf Got2b 2in1 Glued Gel for Brows & Edges  
16ml  
**104<sup>97</sup>**  
WAS 149<sup>95</sup>

Schwarzkopf Fresh it Up Volumizing Dry Shampoo  
200ml  
**60<sup>17</sup>**  
WAS 85<sup>95</sup>

**30%\*  
OFF**  
ALL Tropic Isle Living Jamaican Black Castor Oil hair care products



Tropic Isle Living Jamaican Black Castor Oil  
118ml  
**153<sup>97</sup>**  
WAS 219<sup>95</sup>

Tropic Isle Living Jamaican Black Castor Oil Coconut Hairfood  
118ml  
**209<sup>97</sup>**  
WAS 299<sup>95</sup>

**30%\*  
OFF**  
Head & Shoulders Shampoo OR Conditioner  
400ml/360ml/275ml\*\*\*



Aunt Jackie's Don't Shrink Flaxseed Elongating Curling Gel  
426g  
**82<sup>36</sup>**  
WAS 102<sup>95</sup>

Head & Shoulders Shampoo OR Conditioner  
400ml/360ml/275ml Assorted  
**69<sup>97</sup>**  
each  
WAS 99<sup>95</sup>

**10%\*  
OFF**  
ALL Girlz Only Dry Shampoo  
400ml/200ml



Girlz Only Dry Shampoo  
200ml / Assorted  
**53<sup>96</sup>**  
WAS 59<sup>95</sup>

Girlz Only Dry Shampoo  
400ml / Assorted  
**80<sup>96</sup>**  
WAS 89<sup>95</sup>



As I Am. Jamaican Black Castor Oil Shampoo 387696 340ml  
OR Dry & Itchy Oil Treatment 387714 120ml  
**249<sup>95</sup>**  
WAS 269<sup>95</sup>

**SAVE  
20<sup>00</sup>\*  
each**



As I Am. Classic Curling Cream 387697 227g OR Restore & Repair Jamaican Black Castor Oil Moisturizing Masque 387715 227g  
**279<sup>95</sup>**  
each  
WAS 299<sup>95</sup>



As I Am. Dry & Itchy Leave-in Conditioner 387713 237ml  
OR Dry & Itchy Scalp Care Co-Wash 387712 454ml  
**259<sup>95</sup>**  
each  
WAS 279<sup>95</sup>

\*\*\*Excludes Head & Shoulders Suprême range

**SAVE  
10<sup>00</sup>\*  
each**



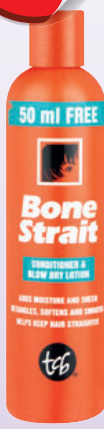
Jane Seymour Wonder Set Hairspray  
300ml / Assorted  
**39<sup>95</sup>**  
each  
WAS 49<sup>95</sup>

**SAVE  
7<sup>00</sup>\*  
each**



Fiesta Hairspray  
300ml Assorted  
**42<sup>95</sup>**  
each  
WAS 49<sup>95</sup>

**SAVE  
3<sup>00</sup>\*  
each**



Bone Strait Conditioner & Blow Dry Lotion  
330765 250ml  
**22<sup>95</sup>**  
WAS 25<sup>95</sup>

**FREE**

Mera Amla Oil Conditioner 350ml valued at 59<sup>95</sup> when you purchase ANY Mera Amla Oil Shampoo OR Conditioner 1 litre

**SAVE  
20<sup>00</sup>\*  
each**



Mera Amla Oil Shampoo OR Conditioner  
1 litre / Assorted  
**89<sup>95</sup>**  
each  
WAS 109<sup>95</sup>

**SAVE  
15<sup>00</sup>\*  
each**



Nilotiqa Shea & Coco Deep Moisture Butter 299110 250ml  
OR Scalp Spray 299122 250ml  
OR Moisturising Shampoo 299123 250ml  
**84<sup>95</sup>**  
each  
WAS 99<sup>95</sup>

**SAVE  
20<sup>00</sup>\*  
each**



**SAVE  
15<sup>00</sup>\*  
each**



Nilotiqa Shea & Coco Intensive Repair Mask 299123 250ml  
**109<sup>95</sup>**  
each  
WAS 129<sup>95</sup>  
Nilotiqa Shea & Coco Hair Growth Oil 299125 125ml  
**84<sup>95</sup>**  
each  
WAS 99<sup>95</sup>

\*Advertised prices already reflect discounts





## INSTANT DISCOUNTS

Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.



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INSTANT  
DISCOUNT  
**30%\***  
OFF

ALL PANASONIC  
IRRIGATORS

WITH YOUR  
**Dis-Chem**  
BENEFIT  
Card



Panasonic  
DentaCare  
Rechargeable  
Oral Irrigator  
85625

- Water jet effectively cleans debris between teeth that get missed during brushing
- Fast and refreshing rush of water removes debris that causes plaque in hard-to-reach areas
- Intermittent water stream gently stimulates and massages the gums

**1749<sup>95</sup>**

Benefit  
Price

**1224<sup>97</sup>**

INSTANT  
DISCOUNT  
**25%\***  
OFF

ALL WATERPIK WATERFLOSSER  
CORDLESS FLOSSERS

WITH YOUR  
**Dis-Chem**  
BENEFIT  
Card



Waterpik  
WaterFlosser  
Cordless Flosser  
201355/218904

- 360-degree tip rotation to reach all areas of the mouth
- Dual-pressure control
- In-handle reservoir with 45 seconds water capacity
- Perfect for travel

**1399<sup>00</sup>**

Benefit  
Price

**1049<sup>25</sup>**

INSTANT  
DISCOUNT  
**25%\***  
OFF

ALL DENTALMATE POWER  
TOOTHBRUSHES AND IRRIGATORS

WITH YOUR  
**Dis-Chem**  
BENEFIT  
Card



Dentalmate  
Oral Irrigator  
Flosser  
125615

- Powerful water jets clean deeply between the teeth to wash away food particles
- Choose from two speed settings for everyday cleaning or more sensitive gums

**575<sup>00</sup>**

Benefit  
Price

**431<sup>25</sup>**

\*Instant discounts to be deducted when you swipe your **Dis-Chem** Benefit Card

**2+1**  
CHEAPEST  
FREE  
on ANY Corega  
products



Super Corega  
3D Hold  
Denture Fixative  
Cream  
35ml

**127<sup>95</sup>**

each

**2+1**  
CHEAPEST  
FREE  
on ANY G.U.M., Olgani  
AND Protefix  
products



G.U.M.  
Soft-Picks  
Advanced  
30-pack

**109<sup>95</sup>**

per pack

Olgani  
Detoxifying  
Charcoal  
Toothpaste  
75ml

**119<sup>95</sup>**

each

Protefix  
Adhesive  
Cream  
47g

**119<sup>95</sup>**

each

**2+1**  
CHEAPEST  
FREE  
on ANY Corsodyl  
products



Corsodyl  
Mouthwash  
200ml / Assorted

**117<sup>95</sup>**

each

**2+1**  
CHEAPEST  
FREE  
on White Glo  
products\*



White Glo  
Diamond Series  
Teeth Whitening  
System

Contains:  
1 x Diamond Series  
Whitening Gel  
1 x Instant Fit Mouth Tray  
1 x Professional Choice  
Whitening Toothpaste  
150g

**349<sup>95</sup>**

per kit

White Glo  
Maximum  
White  
Toothpaste  
150g

**79<sup>95</sup>**

each



\*Offer excludes Value AND Banded Packs



Tung  
The Original  
Tongue Gel Cleaner  
85g

**99<sup>95</sup>**

each



Super Fittydent  
Denture Adhesive  
Cream  
40ml

**127<sup>95</sup>**

each

**2+1**  
CHEAPEST  
FREE  
on ANY Tung, Fittydent,  
Xerostom AND Curaprox  
products



Xerostom  
Mouth Spray  
15ml

**109<sup>95</sup>**

each



Curaprox  
Enzycal  
Fluoride  
Toothpaste  
75ml

**99<sup>95</sup>**

each

SENSODYNE

**2+1**  
CHEAPEST  
FREE  
on Sensodyne  
products\*



Gentle  
Whitening  
Toothpaste  
75ml

**35<sup>95</sup>**

each

Whitening  
Repair & Protect  
Toothpaste  
75ml

**60<sup>95</sup>**

each

Soft  
Sensitivity &  
Gum  
Toothbrush

**63<sup>95</sup>**

each

Parodontax

NEW

gsk



**2+1**  
CHEAPEST  
FREE  
on ANY Parodontax  
products

Mouthwash  
500ml

**72<sup>95</sup>**

each

Gums & Teeth  
Toothbrush

**57<sup>95</sup>**

each

Expert Gum Care  
Toothpaste  
75ml

**41<sup>95</sup>**

each

**4x MORE EFFECTIVE  
VS REGULAR  
TOOTHPASTE**

AT REMOVING THE MAIN  
CAUSE\* OF BLEEDING GUMS

\*removal of plaque

Parodontax Expert Gum Care Original Toothpaste  
Parodontax Daily Gum Care Extra Fresh Mouthwash  
Parodontax Gums & Teeth Toothbrush



# INSTANT DISCOUNTS

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Scan me

**Oral-B D100 CrossAction Powerbrush**  
229405002  
• Features ultra-fine bristles that ensure a gentle cleansing of teeth and gums  
• With 3 brushing modes and a timer, it ensures you brush for the dentist-recommended 2 minutes

**589<sup>95</sup>**  
Benefit Price  
**294<sup>98</sup>**



**INSTANT DISCOUNT 50%\***  
ORAL-B POWERBRUSHES\*\*  
WITH YOUR Dis-Chem BENEFIT Card



**Oral-B Gumcare 3 Powerbrush**  
229391  
• The essential toothbrush to achieve an everyday clean  
• Removes more plaque than a regular manual toothbrush  
• 2D Cleaning Action oscillates and rotates to remove plaque better than a regular manual toothbrush

**1549<sup>95</sup>**  
Benefit Price  
**774<sup>98</sup>**

**INSTANT DISCOUNT 25%\***

**Philips Sonicare Sensitive Toothbrush Heads**  
2-pack  
168562  
• Superior cleaning for sensitive teeth and gums

**319<sup>95</sup>**  
Benefit Price  
**239<sup>96</sup>**



**Philips Sonicare Daily Clean Electric Toothbrush**  
294420/1  
• Blue OR Pink  
• Removes stains for naturally whiter teeth  
• 2-min brushing timer  
• 1 click-on brush head

**679<sup>95</sup> each**  
Benefit Price  
**509<sup>96</sup> each**

\*\*Offer only applicable on Oral-B D100, Genius X, Gumcare 3 AND Smart 6000 Powerbrushes

\*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

**2+1 CHEAPEST FREE**  
on ANY Dentalmate Manual Toothbrushes, Flosses AND Mouthwashes



**Dentalmate Dental Floss Regular** 50m **17<sup>95</sup> each**  
**Dentalmate Toothbrushes PLUS Caps** 5-pack **29<sup>95</sup> per pack**  
**Dentalmate Interdental Flossers** 36-pack **39<sup>95</sup> per pack**  
**Dentalmate Mouthwash** 1.5 litres Assorted **74<sup>95</sup> each**

**Colgate**

**2+1 CHEAPEST FREE**  
on Colgate products\*



**Total 12 Pro Gum Health Mouthwash** 500ml **82<sup>95</sup> each**  
**Total 12 Vitamin C Toothpaste** 75ml **46<sup>95</sup> each**  
**Slim Soft Charcoal Toothbrush** 50ml **64<sup>95</sup> each**  
**Mint Floss** 50ml **64<sup>95</sup> each**

\*Offer excludes Value AND Banded Packs

**2+1 CHEAPEST FREE**  
on ANY Listerine products



**Listerine Zero Mouthwash Value Pack** 1 litre **96<sup>95</sup> each**  
**Listerine Cool Mint Mouthwash** 750ml **84<sup>95</sup> each**

**2+1 CHEAPEST FREE**  
on ANY Oral-B Manual Toothbrushes AND Toothpastes



**Oral-B 3D White Toothbrush** **54<sup>95</sup> each**  
**Oral-B Superfloss** 50 pre-cut strands **104<sup>95</sup> each**  
**Oral-B Kids Toothpaste** 75ml Assorted **28<sup>95</sup> each**

**2+1 CHEAPEST FREE**  
on ANY Plackers Flossers



**Plackers Micro Mint Flossers** 36-pack **32<sup>95</sup> per pack**  
**Plackers Twinline Flossers** 35-pack **32<sup>95</sup> per pack**

**2+1 CHEAPEST FREE**  
on ANY Elmex products



**Elmex Sensitive Pro Toothbrushes** 2-pack **96<sup>95</sup> each**  
**Elmex Toothpaste Professional** 75ml **79<sup>95</sup> each**  
**Elmex Mouthwash** 400ml Assorted **96<sup>95</sup> each**

**2+1 CHEAPEST FREE**  
on ANY Meridol products



**Microfine Toothbrush Soft** **82<sup>95</sup> each**  
**Daily Care Gentle White Toothpaste** 75ml **82<sup>95</sup> each**  
**Mouthwash** 400ml **94<sup>95</sup> each**

HEALTHY MOUTH?



**2+1 CHEAPEST FREE**  
on ANY Andolex-C Mouthwashes AND Lozenges

**Andolex-C Anti-Bacterial Mouthwash** 200ml **91<sup>95</sup> each**

Chlorhexidine gluconate 0.12 %

Just Andolex it®

Legals and references available on request from Inova Pharmaceuticals. For more information, speak to your healthcare professional. Name and business address of applicant: Inova Pharmaceuticals (Pty) Limited. Co. Reg. No. 1952/001640/07, 15E Riley Road, Bedfordview, Tel. No. 011 087 0000. www.inovapharma.co.za. For more information, speak to your healthcare professional. IN4610/22

**inova** pharmaceuticals

**Dis-Chem** PHARMACIES





# SMOOTH SAVINGS

**Gillette** **NEW LOOK**

**30% OFF**  
**Gillette Razors\*\***

**Venus Deluxe Smooth Sensitive Razor**  
Contains: Handle PLUS 2 Cartridges  
**132<sup>97</sup>**  
WAS 189<sup>95</sup>

**ProGlide 5 Power Razor**  
Contains: Handle PLUS Cartridge  
**150<sup>47</sup>**  
WAS 214<sup>95</sup>

**Fusion 5 Razor**  
Contains: Handle PLUS 2 Cartridges  
**153<sup>97</sup>**  
WAS 219<sup>95</sup>

\*Advertised prices already reflect discount  
\*\*Offer only applicable on the above Gillette Razors

**2+1 CHEAPEST FREE**  
on ANY Gillette ProGlide AND Fusion 4-pack AND 8-pack Cartridges

**ProGlide 5 Cartridges 4-pack**  
**384<sup>95</sup>**  
per pack

**Fusion 5 Cartridges 8-pack**  
**599<sup>95</sup>**  
per pack



## INSTANT DISCOUNTS

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.



**INSTANT DISCOUNT 40<sup>00</sup>\* OFF**  
**Wahl Homepro Hair Clipper Kit** 55668  
~~226<sup>95</sup> per kit~~  
**Benefit Price 186<sup>95</sup> per kit**

**INSTANT DISCOUNT 30<sup>00</sup>\* OFF**  
**DQUIP Wet & Dry Electric Shaver** 188127  
~~254<sup>95</sup>~~  
**Benefit Price 224<sup>95</sup>**

**INSTANT DISCOUNT 10<sup>00</sup>\* OFF**  
**DQUIP Nose Hair Trimmer** 385274  
~~89<sup>00</sup>~~  
**Benefit Price 79<sup>00</sup>**

**MaxShave**

**INSTANT DISCOUNT 15%\* OFF**  
ALL MaxShave PRODUCTS  
WITH YOUR Dis-Chem BENEFIT Card

**Eva2 Ladies' 2 Blade Disposable Razor** 5-piece  
~~29<sup>95</sup>~~  
**Benefit Price 25<sup>46</sup>**

**Men's Matrix 5 Blade Disposable Razor** 3-piece  
~~79<sup>95</sup>~~  
**Benefit Price 67<sup>96</sup>**

**Techedge Men's Starter Kit**  
Contains: Handle PLUS 2 Cartridges  
~~129<sup>95</sup> per kit~~  
**Benefit Price 110<sup>46</sup> per kit**

\*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card



## DEODORANTS

**1 FOR 26<sup>95</sup>**  
**3 FOR 58<sup>00</sup>**  
**SAVE 22<sup>85</sup>**

**Sanex Anti-Perspirant Roll-On for Men OR Women**  
50ml / Assorted

**1 FOR 23<sup>95</sup>**  
**3 FOR 54<sup>00</sup>**  
**SAVE 17<sup>85</sup>**

**NIVEA Anti-Perspirant Roll-On for Men OR Women**  
50ml / Assorted\*

\*Offer excludes NIVEA Beauty Essence

**1 FOR 38<sup>95</sup>**  
**2 FOR 55<sup>00</sup>**  
**SAVE 22<sup>90</sup>**

**Axe Anti-Perspirant Body Spray**  
150ml / Assorted

**1 FOR 49<sup>95</sup>**  
**2 FOR 80<sup>00</sup>**  
**SAVE 19<sup>90</sup>**

**Brut Deodorant Body Spray**  
200ml / Assorted

**BUY BOTH FOR 58<sup>00</sup>**  
**SAVE 21<sup>90</sup>**

**Yardley Female Perfume Body Spray** 90ml / Assorted  
**PLUS Male Body Spray** 125ml / Assorted

**1 FOR 20<sup>95</sup>**  
**4 FOR 55<sup>00</sup>**  
**SAVE 28<sup>80</sup>**

**Garnier Anti-Perspirant Roll-On for Men OR Women**  
50ml / Assorted

**2+1 CHEAPEST FREE**  
on ANY Shield Deodorants AND Roll-Ons

**Shield Anti-Perspirant Deodorant for Men OR Women**  
150ml / Assorted  
**35<sup>95</sup> each**

**Shield Anti-Perspirant Roll-On for Men OR Women**  
50ml / Assorted  
**24<sup>95</sup> each**

**1 FOR 21<sup>95</sup>**  
**3 FOR 50<sup>00</sup>**  
**SAVE 15<sup>85</sup>**

**Impulse Perfumed Body Spray**  
90ml Assorted

**1 FOR 30<sup>95</sup>**  
**2 FOR 48<sup>00</sup>**  
**SAVE 13<sup>90</sup>**

**Lenthéric Hoity Toity Perfume Body Spray** 90ml Assorted  
**OR Solo Deodorant Body Spray** 150ml Assorted

**SAVE 10<sup>00</sup>\***

**Dove Men Anti-Perspirant Deodorant Spray**  
250ml / Assorted  
**44<sup>95</sup>**  
WAS 54<sup>95</sup>

**SAVE 6<sup>00</sup>\* each**

**Shower to Shower Deodorant for Men OR Women**  
150ml / Assorted  
**24<sup>95</sup> each**  
WAS 30<sup>95</sup>

\*Advertised prices already reflect discounts





# CONFECTIONERY



**SUGAR**



**SAVE 800\***

**SUGAR FREE**



Lozenges  
25g / Assorted  
**14<sup>95</sup>**  
each  
WAS 22<sup>95</sup>



Multi-Pack  
Pastilles  
4 x 25g  
Assorted

**62<sup>95</sup>**  
per pack  
WAS 72<sup>95</sup>



**SAVE 10<sup>00</sup>\***



Lozenges  
in Tin  
40g **42<sup>95</sup>**  
WAS 52<sup>95</sup>

## STAND A CHANCE TO WIN\*

A TOYOTA URBAN CRUISER valued at R280 000<sup>00</sup>  
when you purchase **ANY TWO** Fisherman's Friend products.  
Simply enter by swiping your **Dis-Chem** Benefit Card.

\*Ts & Cs apply. Full details on [dischem.co.za](http://dischem.co.za). Competition excludes Namibia & Botswana



\*Advertised prices already reflect discounts



Nestlé  
Bar One 55g/52g  
OR KitKat 41.5g/42g / Assorted  
OR Aero 40g / Assorted



Super C Rolls  
12 pieces / Assorted



Fox's  
Party Rings  
Minis  
21g  
PLUS Party  
Iced Rings  
125g

**BUY BOTH  
FOR 52<sup>95</sup>**  
SAVE 11<sup>95</sup>



Coca-Cola  
OR Lemon Twist OR Fanta OR Creme Soda OR  
Sprite OR Stoney OR Spar Berry  
OR Iron Brew  
440ml/500ml / Assorted



**1 FOR 22<sup>95</sup>  
2 FOR 39<sup>95</sup>**  
SAVE 5<sup>95</sup>

Fox's  
Jam 'n Cream  
150g



**1 FOR 42<sup>95</sup>  
2 FOR 69<sup>95</sup>**  
SAVE 15<sup>95</sup>

Fox's  
Cookies  
180g  
Assorted



Bakers  
Good Morning  
Breakfast Biscuits  
300g / Assorted

**1 FOR 42<sup>95</sup>  
2 FOR 69<sup>95</sup>**  
SAVE 15<sup>95</sup>



**1 FOR 12<sup>95</sup>  
2 FOR 20<sup>00</sup>**  
SAVE 5<sup>90</sup>

Ceres  
100% Fruit  
Juice Blend  
200ml / Assorted



**SAVE 10<sup>00</sup>\***

Nestlé  
Variety Pack  
388820  
Includes:  
Rolo 38g, ToffeeCrisp 38g,  
KitKat Chunky 40g, Aero 40g  
Yorkie 46g, Original Munchies 52g

**69<sup>95</sup>**  
per pack  
WAS 79<sup>95</sup>



**SAVE 30<sup>00</sup>\***  
each

Lindt  
Lindor  
Cornets  
200g / Assorted

**99<sup>95</sup>**  
each  
WAS 129<sup>95</sup>



Liqui  
Fruit  
300ml / Assorted

**12<sup>95</sup>**  
each  
WAS 15<sup>95</sup>



**SAVE 6<sup>00</sup>\***

Mentos  
26 pieces / Assorted

**12<sup>95</sup>**  
per pack  
WAS 18<sup>95</sup>



**SAVE 25<sup>00</sup>\***  
each

Sally Williams  
Belgian  
Chocolate  
with  
Roasted Nougat  
175g / Assorted

**84<sup>95</sup>**  
each  
WAS 109<sup>95</sup>



Act II  
Microwave  
Popcorn  
3-pack / Assorted

**37<sup>95</sup>**  
per pack  
WAS 47<sup>95</sup>



**SAVE 5<sup>00</sup>\***  
each

Loacker  
Gran Pasticceria  
100g / Assorted

**49<sup>95</sup>**  
each  
WAS 54<sup>95</sup>



**SAVE 2<sup>00</sup>\***

Mister Sweet  
Gums  
60g / Assorted

**8<sup>95</sup>**  
WAS 10<sup>95</sup>

Britannia Treat  
Creme Wafers  
75g / Assorted

**14<sup>95</sup>**  
each



Britannia Treat  
Creme Wafers  
150g / Assorted

**26<sup>95</sup>**  
each

**2+1  
CHEAPEST  
FREE**  
on ANY Britannia  
Creme Wafers  
75g/150g

\*Advertised prices already reflect discounts

**Dis-Chem  
PHARMACIES**





# HOUSEHOLD ESSENTIALS



## INSTANT DISCOUNTS

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|                                                                                                                                                                                                                     |                                                                                                                                                                                                                      |                                                                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>INSTANT DISCOUNT</b><br><b>45<sup>00</sup>* OFF</b><br><p><b>Energizer Max AA OR AAA Batteries</b><br/>12-pack</p> <p><b>139<sup>95</sup> per pack</b><br/>Benefit Price<br/><b>94<sup>95</sup> per pack</b></p> | <b>INSTANT DISCOUNT</b><br><b>50<sup>00</sup>* OFF</b><br><p><b>Duracell Plus AA OR AAA Batteries</b><br/>12-pack</p> <p><b>176<sup>95</sup> per pack</b><br/>Benefit Price<br/><b>126<sup>95</sup> per pack</b></p> | <b>INSTANT DISCOUNT</b><br><b>5<sup>00</sup>* OFF</b><br><p><b>DQUP AA OR AAA Batteries</b><br/>118027 4 PLUS 2-pack</p> <p><b>39<sup>95</sup> per pack</b><br/>Benefit Price<br/><b>34<sup>95</sup> per pack</b></p>                  |
| <b>INSTANT DISCOUNT</b><br><b>15<sup>00</sup>* OFF</b><br><p><b>Home Butler Budget Bags Bulk Pack</b><br/>50-pack</p> <p><b>74<sup>95</sup> per pack</b><br/>Benefit Price<br/><b>59<sup>95</sup> per pack</b></p>  | <b>INSTANT DISCOUNT</b><br><b>22<sup>00</sup>* OFF</b><br><p><b>OMO Auto Washing Powder</b><br/>2kg / Assorted</p> <p><b>94<sup>95</sup> each</b><br/>Benefit Price<br/><b>72<sup>95</sup> each</b></p>              | <b>INSTANT DISCOUNT</b><br><b>10<sup>00</sup>* OFF</b><br><p><b>Plush Supreme Pine Gel All Purpose Cleaner</b><br/>1 litre / Assorted</p> <p><b>43<sup>95</sup> per pack</b><br/>Benefit Price<br/><b>33<sup>95</sup> per pack</b></p> |
|                                                                                                                                                                                                                     |                                                                                                                                                                                                                      | <b>INSTANT DISCOUNT</b><br><b>7<sup>00</sup>* OFF</b><br><p><b>Jik 1.5 litres Assorted</b></p> <p><b>39<sup>95</sup> per pack</b><br/>Benefit Price<br/><b>32<sup>95</sup> per pack</b></p>                                            |

\*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

|                                                                                                                                                                  |                                                                                                                                                          |                                                                                                                                                                   |                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1 FOR 36<sup>95</sup></b><br/><b>2 FOR 58<sup>00</sup></b><br/><b>SAVE 15<sup>90</sup></b></p> <p><b>Sunlight Regular Dishwashing Liquid</b><br/>750ml</p> | <p><b>1 FOR 30<sup>95</sup></b><br/><b>2 FOR 46<sup>00</sup></b><br/><b>SAVE 15<sup>90</sup></b></p> <p><b>Handy Andy Cream</b><br/>750ml / Assorted</p> | <p><b>1 FOR 43<sup>95</sup></b><br/><b>3 FOR 100<sup>00</sup></b><br/><b>SAVE 31<sup>85</sup></b></p> <p><b>Handy Andy Trigger Spray</b><br/>500ml / Assorted</p> | <p><b>1 FOR 39<sup>95</sup></b><br/><b>3 FOR 90<sup>00</sup></b><br/><b>SAVE 29<sup>85</sup></b></p> <p><b>Domestos 750ml Assorted</b></p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                    |                                                                                                                                                               |                                                                                                                                                                                        |                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1 FOR 57<sup>95</sup></b><br/><b>2 FOR 85<sup>00</sup></b><br/><b>SAVE 30<sup>90</sup></b></p> <p><b>Comfort Fabric Conditioner</b><br/>800ml / Assorted</p> | <p><b>1 FOR 34<sup>95</sup></b><br/><b>2 FOR 60<sup>00</sup></b><br/><b>SAVE 9<sup>90</sup></b></p> <p><b>Air Scents Air Freshener</b><br/>500ml Assorted</p> | <p><b>BUY BOTH FOR 85<sup>00</sup></b><br/><b>SAVE 24<sup>90</sup></b></p> <p><b>Baby Soft Supreme Quilts</b><br/>12-pack</p> <p><b>PLUS Moist Toilet Tissue Wipes</b><br/>42-pack</p> | <p><b>Twinsaver 2-Ply Toilet Rolls</b><br/>329036 24-pack</p> <p><b>126<sup>95</sup> per pack</b><br/><b>WAS 152<sup>95</sup></b></p> |
|                                                                                                                                                                    |                                                                                                                                                               |                                                                                                                                                                                        | <p><b>Twinsaver 2-Ply Facial Tissues</b><br/>180-pack / Assorted</p> <p><b>21<sup>95</sup> per pack</b></p>                           |

FLIP CATALOGUE OVER FOR BABY SNUGGLY SAVINGS



**Dis-Chem Foundation**  
Caring for the Community

The more you swipe, the more you save, the more you give.

Using Your Dis-Chem Benefit Card.  
Join in-store or online.



**FREE**  
click&collect

**SHOP ONLINE**  
24/7 365

Scan QR code to shop directly online

Delivered to your door OR collect from any Dis-Chem store nationwide. Free delivery on orders of 600<sup>00</sup> or more in metropolitan areas. No charge for collection in-store.

**Dis-Chem DeliverD**

From US to YOU On Demand

For your convenience, you can now shop and have your order delivered within 60 minutes\*  
\*Ts and Cs apply.

Download or update the Dis-Chem App today  
Enjoy the convenience of Dis-Chem DeliverD



**Dis-Chem PHARMACIES**

Pharmacists who care

dischem.co.za

Dis-Chem reserves the right to limit the quantity of any item offered for sale. Sale products may vary from photographs. Pictures are for illustration purposes only. Some offers may not be available at all stores. Prices include VAT and are valid for cash, cheque or credit card. E&OE.



**INSTANT  
FREE  
SHOPPING FOR  
59 000  
CUSTOMERS**

**GO BIG**

**SPAR Rewards**

COMPETITION ENDS 21 AUG 2022

**SPAR**

**SUPERSPAR**

**TV BUY ME TO WIN**

**SPAR Golden Corn Flakes 1 kg**

**39<sup>99</sup>**

**TV BUY ME TO WIN**

**Clover Prepacked Cheese 800 g Assorted**

**89<sup>99</sup>** each

**SPAR Bacon Assorted or Chicken Rashers 200 g**

**27<sup>99</sup>** per pack

**TV BUY ME TO WIN**

**Liqui Fruit 100% Fruit Juice Blend 1 litre Assorted**

**21<sup>99</sup>** each

**TV BUY ME TO WIN**

**Tastic Long Grain Parboiled Rice 2 kg Assorted**

**24<sup>99</sup>** each

**TV BUY ME TO WIN**

**Nescafé Ricoffy Coffee Granules (Excl. Decaf) 750 g/ 800 g**

**Get R20 off**

**Rewards Customers Pay 79<sup>99</sup>** each

**NEW**

**Baby Soft Toilet Tissue 2 ply 18s**

**119<sup>99</sup>**

**OMO Auto Washing Powder 2 kg, Auto Capsules 17s or Auto Liquid 1.5 litre Assorted**

**74<sup>99</sup>** each

**EASY OPENING SYSTEM** **SEALED IN FRESHNESS** **GREAT FOR FREEZING**

**LOCKED IN FRESH SO YOU CAN UNLOCK THE FLAVOUR**

**SPAR Select**

**NEW SKIN-PACKED CHICKEN**

**LOW PRICES**

**SPAR Select Extended Shelf Life Skin Pack Chicken Breast Fillets 4s/ 8s 78<sup>99</sup>** per kg

**SPAR Select Extended Shelf Life Skin Pack Chicken Braai Pack 5s / 8s 58<sup>99</sup>** per kg

**SPAR Select Extended Shelf Life Skin Pack Chicken Star Pack 4 Thighs & 4 Drums 69<sup>99</sup>** per kg

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

**SPAR Rewards**

Exclusive to **SPAR Rewards** customers. Sign up today! Dial \*120\*7070#. It's **INSTANT!**

**Let's chat**

**0860 313 141**

Add SPAR as a contact on WhatsApp.

Say "Hello" to make sure you never miss a chance to SAVE, get all the latest specials, store details, Rewards and more!

**SPAR**

Specials available at selected **SPAR** and **SUPERSPAR** stores (excluding KWIKSPAR and SPAR Express stores) from **25 July 2022** up to and including **7 August 2022**, while stocks last. We reserve the right to limit quantities. TV products available nationally. Prices include VAT. **Specials are not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area.** Errors and Omissions Excepted (E&OE).

SSR703





SERVING SUGGESTION

— still keeping it **WARM** and



SPAR  
Bakery  
Brown  
Bread  
700 g  
**13<sup>99</sup>**  
each



SPAR  
Bakery  
White  
Bread  
700 g  
**14<sup>99</sup>**  
each



buy 2 for  
**28<sup>00</sup>**  
SPAR  
Bakery  
Portuguese  
Rolls  
6s



**29<sup>99</sup>**  
each  
SPAR  
Bakery  
Ciabatta  
Assorted  
(Excluding  
Garlic)  
450 g



**29<sup>99</sup>**  
each  
SPAR  
Bakery  
Garlic Bread  
Assorted  
1s



**34<sup>99</sup>**  
each  
SPAR  
Bakery  
Croissants  
4s



buy any 2 for  
**52<sup>00</sup>**  
SPAR  
Bakery  
Muffins  
Assorted  
4s



**42<sup>99</sup>**  
each  
SPAR  
Bakery  
Rainbow,  
Chocolate  
or Caramel  
Slab Cake



SPAR  
Bakery  
Luxury  
Cakes  
Assorted  
1s  
**125<sup>99</sup>**  
each







**Fancy a tasty looking dish on this page?**  
Recipes can be found at [www.spar.co.za/recipes](http://www.spar.co.za/recipes)  
Orange Rosemary Spatchcock Chicken  
| Parmesan Carrots | Squash Risotto |  
Banana Parfait | Stuffed Croissants  
| Garlic Bread Platter

— delicious this **WINTER** —

|                                                                                                                                                                                              |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                   |                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>SPAR freshline Soft Citrus</b><br/>1 kg<br/><b>12<sup>99</sup></b><br/>per bag</p>                 |  <p><b>SPAR freshline Bananas Bulk Pack</b><br/>1.5 kg<br/><b>32<sup>99</sup></b><br/>per pack</p>                                           |  <p><b>SPAR freshline Ripen at Home Avocados</b><br/>1 kg<br/><b>26<sup>99</sup></b><br/>per pack</p>                        |  <p><b>SPAR freshline Lettuce Heads</b><br/><b>14<sup>99</sup></b><br/>each</p> |
|  <p><b>SPAR freshline Chopped Soup Mix Assorted</b><br/>600 g<br/><b>24<sup>99</sup></b><br/>per pack</p> |  <p><b>SPAR freshline Chopped Butternut, Hubbard Squash, Pumpkin and Sweet Potato</b><br/>500 g<br/><b>15<sup>99</sup></b><br/>per pack</p> |  <p><b>SPAR freshline Baby Potato 1 kg, Peeled Onions 1 kg and Carrots 1 kg</b><br/><b>35<sup>00</sup></b><br/>per combo</p> |                                                                                                                                                                      |

Specials available at all **SUPERSPAR**, **SPAR** and **KWIKSPAR** stores (excluding SPAR Express stores) from **25 July** up to and including **7 August 2022**, while stocks last. We reserve the right to limit quantities. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Prices include VAT. No traders please. Errors and Omissions excepted (E&OE).



BUTCHER'S CHOICE

QUALITY MEAT

ON THE BRAAI OR IN THE OVEN!

Bulk Beef Mince

94<sup>99</sup> per kg

SPAR Select Rump Steak

139<sup>99</sup> per kg

MORE FLAVOUR AND MORE SAVINGS!

SPAR Select

SPAR Select Bulk Grabouw Boerewors

98<sup>99</sup> per kg



Pork Eisbein

52<sup>99</sup> per kg



SPAR Tender and Tasty Spatchcock (BBQ or Peri-Peri)

69<sup>99</sup> per kg

CHEF'S CHOICE



Chicken a la King

99<sup>99</sup> per kg

Serving Suggestion



Pieman's Pies or Sausage Rolls (Excl. Burger Pie) Assorted

23<sup>99</sup> each

GRAB your favourite PIE ON PROMOTION AT SELECTED STORES ONLY



Gourmet Recipe MCCOY REAL DEAL PIES

SPAR McCoy Pie or Sausage Roll (excluding Burger Pie) Assorted

Get R6 off

Rewards Customers Pay 23<sup>99</sup> each

TWICE AS NICE CHICKEN DEAL



Delicious Butter-flavoured Chicken

Available at selected stores

CHIKKA CHICKEN

2 CHIKKA WHOLE ROASTED CHICKENS BBQ or Peri Peri

150<sup>00</sup> per combo

WINE SELECTION

GREAT DEALS ON OUR WINES



Shortwood Chenin Blanc, Dry Red, or Rosé Wine 750 ml

BUY ANY 3 FOR

100<sup>00</sup>



Olive Brook Carnival Classic Red, Dry White, Sweet White, Red or Rosé 3 litre

109<sup>99</sup> each



Lady Lillian Sparkling Wine 750 ml

69<sup>99</sup>

Alcohol sales only available as per Government agreed Regulations

#N18 aware!org www.aware.org.za

Not For Persons Under The Age Of 18.



# SPAR Rewards

Instant Savings

Get even **MORE**  
with SPAR Rewards

Sign up today! Dial \*120\*7070#. It's INSTANT!



**Nescafé**  
Ricoffy  
750 g  
(excl. Decaf)

Get **R20 off**  
each



**Nestlé**  
Cremora  
Creamer  
750 g

Get **R3 off**  
each



**Nescafé**  
Gold  
Cappuccino  
Sticks  
8s / 10s  
Assorted

Get **R5 off**  
each



**Nestlé**  
Fun Bag  
Mini's  
152 g - 250 g  
Assorted

Get **R5 off**  
each



**Ace**  
Samp or  
Quick Cook  
Samp  
2.5 kg

Get **R3 off**  
each



**Natures Garden**  
Mixed Vegetables  
1 kg

Get **R8 off**  
each



**Nestlé**  
Cerelac  
Baby Cereal  
500 g  
Assorted

Get **R4 off**  
each



**Nestlé**  
Nido  
Growing Up Milk  
3+ Only  
1,8 kg

Get **R20 off**  
each



**Pampers**  
Baby Dry  
Nappies or  
Nappy Pants  
Value Pack  
Assorted

Get **R25 off**  
each



**Colgate**  
Total 12,  
Optic White  
or Naturals  
Toothpaste  
75 ml  
Assorted

Get **R12 off**  
each



**Kotex**  
Ultra  
Sanitary Pads  
8s / 10s  
Assorted

Get **R5 off**  
each



**SPAR**  
Foam Bath  
2 litre  
Assorted

Get **R3 off**  
each



**Pro Wash**  
Auto Washing  
Powder  
2 kg  
Assorted

Get **R3 off**  
each

**SPAR Rewards**  
Instant Savings

**MULTI-BUYS**

**Jungle**  
Cereal Bar  
40 g  
Assorted

**MULTI-BUY**  
Buy any 2 and get  
**R3 off**

**Handy Andy**  
Cream Refill  
750 ml  
Assorted

**MULTI-BUY**  
Buy any 2 and get  
**R10 off**

Maximum of 10 e-Coupons per product or multi-buy per **SPAR Rewards** customer.

**SPAR**

Valid from **25 July 2022 - 7 August 2022**.  
T's & C's Apply.

For customer queries  
call: 080 007 9610



YOU COULD BE 1 OF  
**59 000**  
WINNERS!

**SHOP**

ANY PARTICIPATING  
PRODUCT TO ENTER

**SWIPE**

YOUR SPAR Rewards  
CARD AT THE TILL

**WIN**

YOUR SHOPPING  
INSTANTLY!



Albany  
Best of Both  
Superior Bread  
700 g

**16<sup>99</sup>**



D'Lite  
Medium  
Fat  
Spread  
Brick  
500 g

**15<sup>99</sup>**



Flora  
Regular, Light  
Fat Spread  
500 g

**32<sup>99</sup>** each



Stork  
Country  
Spread  
Tub  
1 kg

**42<sup>99</sup>**



Fairview  
Traditional  
Brie or  
Camembert  
Cheese  
125 g

**29<sup>99</sup>** each



**44<sup>99</sup>** per pack

SPAR  
Processed  
Cheddar or  
Gouda  
Cheese  
Slices  
24s



SPAR  
Whipped  
Cream  
250 g

**54<sup>99</sup>**



SPAR  
Double Cream  
Plain, Full Fat,  
Low Fat or  
Fat Free  
Smooth or Fruit  
Yoghurt  
(Excl. Indulge and  
Aloe & Seeded)  
1 kg

**25<sup>99</sup>** each



SPAR  
Extra  
Large Eggs  
30s

**57<sup>99</sup>**



SPAR  
Medium Fat  
Smooth  
Yoghurt  
6 x 75 g  
Assorted

BUY  
ANY  
**2**  
FOR  
**25<sup>00</sup>**



**35<sup>99</sup>** each

President  
Medium Fat  
Cream  
Cheese Tub  
230 g  
Assorted



**19<sup>99</sup>** per pack

SPAR  
Prepacked  
Sliced Cold  
Meat  
200 g  
Assorted



**49<sup>99</sup>**

SPAR  
French  
Polony  
2 kg



**34<sup>99</sup>** per pack

SPAR  
Pork  
Sausages  
375 g  
Assorted



**36<sup>99</sup>**

SPAR  
Heat and Eat  
Peri Peri  
Chicken Livers  
500 g



**58<sup>99</sup>** each

Rainbow  
Simply Chicken  
Polony  
1 kg  
Assorted



SPAR  
Puff or Shortcrust  
Pastry  
400 g

**17<sup>99</sup>** each



Dr Oetker  
Frozen Pizza  
1s  
Assorted

**39<sup>99</sup>** each



Mama's  
Pies  
6s  
Assorted

**89<sup>99</sup>** per pack



Rainbow  
Simply Chicken  
Crumbed  
Chicken (Incl. Saucy  
Steaklets)  
350 g / 360 g / 400 g

**39<sup>99</sup>** per pack



Rainbow  
Simply Chicken  
Viennas,  
Frankfurters  
or Grillers  
(Original or Cheese)  
325 g / 425 g / 500 g

**47<sup>99</sup>** per pack



SPAR  
Crumbed  
Chicken  
Burgers  
Original or  
with Cheese  
520 g

**39<sup>99</sup>** per pack



Fry's  
Meat Free  
Chicken Style  
Burgers or  
Schnitzels  
320 g

**49<sup>99</sup>** per pack



Fry's  
Meat Free  
Beef or Chicken  
Style Strips  
380 g

**54<sup>99</sup>** per pack



McCain  
Mixed  
Vegetables  
1 kg

**31<sup>99</sup>**



SPAR  
Frozen  
Carrots,  
Corn  
and Peas  
Mix  
1 kg

**29<sup>99</sup>**



SPAR  
Frozen Mixed  
Chicken  
Portions  
5 kg

**169<sup>99</sup>**



McCain  
Skinny Fries  
or Slap Chips  
1 kg

**32<sup>99</sup>** per pack



SPAR  
Braai Snoek  
with  
Apricot  
Marinade  
1.1 kg

**109<sup>99</sup>**



I&J  
Out Of  
The Oven  
Hake  
Portions  
400 g  
Assorted

**59<sup>99</sup>** per pack



Sea  
Harvest  
Fish  
Fingers  
800 g

**64<sup>99</sup>**



SPAR  
Norwegian  
Smoked  
Salmon  
100 g

**69<sup>99</sup>**

SPAR

SUPERSPAR

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# LAST CHANCE TO BAKE & SERVE

Like a MasterChef

Promotion ends 31 July 2022.  
Completed collector cards can be redeemed until 14 August 2022.

## GET UP TO 70% OFF

MasterChef Bakeware

SHOP
 COLLECT
 70% SAVE

Promotion ends 31 July 2022. Completed collector cards can be redeemed until 14 August 2022. Stickers can be collected at any SPAR, SUPERSPAR, KWIKSPAR, SPAR Express, SAVEMOR and TOPS at SPAR store. MasterChef Bakeware may only be redeemed at SPAR, SUPERSPAR, KWIKSPAR, SPAR Express and SAVEMOR stores. Excludes stores in KZN, Western Cape, Eastern Cape, Upington and Keimoes area. ©2021 Shine TV Limited. MasterChef and the MasterChef logo are registered trademarks of Shine TV Limited and its affiliates. Licensed by Banijay Group. All Rights Reserved.

**Ouma**  
Chunky or Sliced Rusks  
450 g / 500 g Assorted

**34<sup>99</sup>**  
per pack

**SPAR**  
Filter Coffee or Beans Refill Pouch  
250 g Assorted

**59<sup>99</sup>**  
each

**Freshpak**  
Rooibos Tagless Teabags  
80s

**32<sup>99</sup>**

**Nestlé**  
Hot Chocolate  
500 g

**64<sup>99</sup>**

**Nestlé**  
Cremora Coffee or Tea Creamer  
750 g

Get **R3 off**  
Rewards Customers Pay  
**39<sup>99</sup>**

**Nestlé**  
Milo Tin  
500 g

**54<sup>99</sup>**

**Jacobs**  
Cappuccino Sticks  
8s / 10s Assorted

**49<sup>99</sup>**  
per pack

**Jacobs**  
Krönung Instant Coffee or Refill pack (Excl. Decaf)  
200 g / 230 g Assorted

**94<sup>99</sup>**  
each

**SPAR**  
Instant Maize Porridge  
1 kg Assorted

**16<sup>99</sup>**  
per pack

**Jungle**  
Oats  
1 kg

**31<sup>99</sup>**

**SPAR**  
Mixed Fruit Jam  
900 g

**24<sup>99</sup>**

**Black Cat**  
Peanut Butter  
800 g Assorted

**49<sup>99</sup>**  
each

**Kellogg's**  
Coco Pops, Chocos, Crunchers, Big 5, Strawberry Pops or Fruit Loops Cereal  
340 g / 350 g / 375 g

**34<sup>99</sup>**  
per pack

**Kellogg's**  
GET AN ADVENTURE WITH EVERY PACK

**SPAR**  
Vanilla Flavoured Custard  
1 litre

**21<sup>99</sup>**

**Oreo**  
Biscuits  
133 g Assorted

**12<sup>99</sup>**  
per pack

**Bakers**  
Red Label Cream Biscuits  
200 g Assorted

**15<sup>99</sup>**  
per pack

**Cadbury**  
Chocolate Slabs (Excl. Limited Edition, Bubbly, Astro, P.S, 5 Star and Crunchie)  
150 g Assorted

**24<sup>99</sup>**  
each

**Manhattan**  
Pink & White or Candyfloss & Bubblegum Marshmallows (Excl. Toasted Coconut)  
150 g

**15<sup>99</sup>**  
per pack

**WE'RE TURNING 59**



# SUPER SPECIALS



Ace  
Super  
Maize Meal  
5 kg

**59<sup>99</sup>**



Knorr  
Aromat  
Seasoning  
Refill  
Trio Pack  
200 g  
Assorted

**21<sup>99</sup>**  
per pack



Ina Paarman's  
Kitchen  
Packet Sauce  
600 g  
Assorted

**55<sup>99</sup>**  
each



Smash  
Instant  
Mash Potato  
104 g  
Assorted

**17<sup>99</sup>**  
each



Kellogg's  
Instant Noodles  
5 x 70 g  
Assorted

**22<sup>99</sup>**  
per pack



Miami  
Braai Relish  
or Seshebo  
Tomato Mix  
410 g

**12<sup>99</sup>**  
each



Bull Brand  
Corned Meat  
(Excl. Corned Beef)  
300 g  
Assorted

**24<sup>99</sup>**  
each



All Gold  
Tomato Sauce  
700 ml

**26<sup>99</sup>**



Bisto  
Original  
Gravy Powder  
225 g

**16<sup>99</sup>**



Lucky Star  
Pilchards  
in Tomato, Chilli or  
Sweet Chilli  
Sauce  
400 g

**21<sup>99</sup>**  
each



SPAR  
Light Meat  
Shredded Tuna  
in Oil or Water  
170 g

**17<sup>99</sup>**  
each



Crosse &  
Blackwell  
Tangy or  
Mild & Creamy  
Mayonnaise  
750 g

**32<sup>99</sup>**  
each



Clover  
Olive Pride  
Seed Oils &  
Extra Virgin  
Olive Oil Blend  
1 litre

**99<sup>99</sup>**

## BUY MORE AND SAVE



SPAR  
Full Cream  
Maas  
2 kg

BUY  
ANY  
**2**  
FOR  
**50<sup>00</sup>**



Parmalat  
Steri Stumpie  
Flavoured  
Milk  
350 ml  
Assorted

BUY  
ANY  
**2**  
FOR  
**27<sup>00</sup>**



Ola  
Rich 'n Creamy  
Ice Cream  
2 litre  
Assorted

BUY  
ANY  
**2**  
FOR  
**85<sup>00</sup>**



Koo  
Chakalaka  
410 g  
Assorted

BUY  
ANY  
**2**  
FOR  
**35<sup>00</sup>**



Fatti's & Moni's  
Macaroni or  
Spaghetti  
500 g

BUY  
ANY  
**2**  
FOR  
**30<sup>00</sup>**



Knorr  
Packet Soup  
(Incl. Tasty Range)  
50 g  
Assorted

BUY  
ANY  
**5**  
FOR  
**23<sup>00</sup>**



Royco  
Wet Cook-in-Sauce  
375 g/ 415 g  
Assorted

BUY  
ANY  
**3**  
FOR  
**100<sup>00</sup>**



Cadbury  
5 Star, Crunchie,  
Lunch Bar, P's or Astros  
(Excl. Oreo Enrobed)  
40g/ 48g/ 48.5g

BUY  
ANY  
**2**  
FOR  
**18<sup>00</sup>**



Willards  
Cheese Curls  
or Flings  
150 g  
Assorted

BUY  
ANY  
**2**  
FOR  
**30<sup>00</sup>**



Simba  
Potato Chips  
120 g  
Assorted

BUY  
ANY  
**2**  
FOR  
**30<sup>00</sup>**



Bonaqua  
Still Mineral  
Water  
1.5 litre

BUY  
ANY  
**2**  
FOR  
**20<sup>00</sup>**



Red Bull  
Energy Drink  
(Incl. Sugar Free)  
250 ml  
Assorted

BUY  
ANY  
**2**  
FOR  
**22<sup>00</sup>**

SPAR

SUPERSPAR

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# LAST CHANCE TO BAKE & SERVE

Like a MasterChef

Promotion ends 31 July 2022.  
Completed collector cards can be redeemed until 14 August 2022.

Get a sticker for every R100 you spend

Promotion ends 31 July 2022. Completed collector cards can be redeemed until 14 August 2022. Stickers can be collected at any SPAR, SUPERSPAR, KWIKSPAR, SPAR Express, SAVEMOR and TOPS at SPAR store. MasterChef Bakeware may only be redeemed at SPAR, SUPERSPAR, KWIKSPAR, SPAR Express and SAVEMOR stores. Excludes stores in KZN, Western Cape, Eastern Cape, Upington and Keimoes area.

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## BIG SAVINGS FOR YOUR LITTLE ONE... EVERY DAY AT SPAR!

Nestle Nespray Regular or Klim Full Cream Instant Milk Powder (Excl. Tummy Ease) 900 g

**134<sup>99</sup>** each

Purity 2nd Baby Cereal with Milk 450 g

**54<sup>99</sup>**

Pampers Baby-Dry Disposable Nappies or Pants Jumbo Pack or Pampers Premium Care Disposable Nappies Value Pack Assorted

**219<sup>99</sup>** per pack

Johnson's Gentle Baby Wipes 288s

**89<sup>99</sup>** per pack

### BUY MORE AND SAVE

Purity 2nd Baby Food 125 ml Assorted

BUY ANY 4 FOR **40<sup>00</sup>**

Dove Beauty Cream Soap Bar 100 g Assorted

BUY ANY 2 FOR **29<sup>00</sup>**

Dettol Hygiene Soap 175 g Assorted

BUY ANY 2 FOR **25<sup>00</sup>**

### GET READY TO Sizzle!

SPAR Charcoal Briquettes 5 kg + SPAR Firelighters 12s

BUY BOTH FOR **72<sup>00</sup>**

## Make Winter Prep a breeze with these!

Med-Lemon Hot Medication for Colds and Flu 18s Assorted

**99<sup>99</sup>** per pack

Grand-Pa Headache Tablets 76s or Sticks 38s

**68<sup>99</sup>** per pack

Vicks VapoRub 45 g / 50 g Assorted

**39<sup>99</sup>** each

Vicks Cough Syrup or Acta Plus 100 ml Assorted

**47<sup>99</sup>** each



# BEAUTIFUL SAVINGS EVERY DAY... ONLY AT SPAR!



Oral B  
Medium  
Toothbrush  
2s

**19<sup>99</sup>**  
per pack



Colgate  
Max Protect, Herbal,  
Herbal White or  
Gel Toothpaste  
100 ml  
Assorted

**19<sup>99</sup>**  
each



Sensodyne  
Fresh Mint,  
Clean & Fresh,  
Gentle Whitening,  
Multi Care or  
Herbal Multi Care  
Base Range  
Toothpaste  
75 ml

**29<sup>99</sup>**  
each



Listerine  
Mouthwash  
(Base Range)  
500 ml  
Assorted

**69<sup>99</sup>**  
each



Pond's  
Perfect Colour Complex  
Face Cream  
40 ml  
Assorted

**39<sup>99</sup>**  
each



SPAR  
Germex  
Liquid Hand Sanitiser  
or Handwash  
250 ml  
Assorted

**25<sup>99</sup>**  
each



Playgirl  
Deodorant  
90 ml  
Assorted

**23<sup>99</sup>**  
each



Axe  
Body Spray  
150 ml  
Assorted

**29<sup>99</sup>**  
each



Playboy  
Deodorant  
150 ml  
Assorted

**25<sup>99</sup>**  
each



Nivea  
Anti-Perspirant  
For Men or Women  
50 ml  
Assorted

**21<sup>99</sup>**  
each



Gillette  
Mach 3  
Turbo Razor  
2up  
1s

**109<sup>99</sup>**



Nivea  
Body Lotion or Cream  
for Men or Women  
(Excl. Q10 Range)  
400 ml  
Assorted

**44<sup>99</sup>**  
each



Vaseline  
Blue Seal  
Petroleum Jelly  
250 ml  
Assorted

**34<sup>99</sup>**  
each



Pantene  
Shampoo, Conditioner  
or 3 in 1  
360 ml / 400 ml  
Assorted

**39<sup>99</sup>**  
each



Nivea  
Shower Gel or Cream  
for Men or Women  
500 ml  
Assorted

**52<sup>99</sup>**  
each



Always  
Maxi  
Soft or Duo  
Sanitary Pads  
16s/ 18s/ 20s  
Assorted

**29<sup>99</sup>**  
per pack



Buy and  
Donate  
at the trolley in  
front of the  
store

Make a difference for just R6

#PledgeAPack and keep  
a girl in school.

21 JUNE - 31 JULY 2022

SPAR

SUPERSPAR

Specials available at selected SPAR and SUPERSPAR town stores (excluding KWIKSPAR and SPAR Express stores) from 25 July up to and including 7 August 2022, while stocks last. We reserve the right to limit quantities. TV products available nationally. Prices include VAT. Specials are not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).



# GREAT VALUE



**Airwick**  
Freshmatic  
Refill Spray  
250 ml  
Assorted

**79<sup>99</sup>**  
each



**Mr Min**  
Multi Surface Cleaner  
or Wood Polish  
300 ml  
Assorted

**38<sup>99</sup>**  
each



**Jeyes**  
Homeguard  
Disinfectant  
Gel  
750 ml  
Assorted

**21<sup>99</sup>**  
each



**Handy Andy**  
Cream  
Refill Pouch  
750 ml  
Assorted

**MULTI-BUY**  
Buy any 2 and get  
**R10 off**  
Rewards Customers Pay  
**30<sup>00</sup>**  
each



**SPAR**  
Budget  
Refuse Bags  
20s

**35<sup>99</sup>**



**Sta-soft**  
Fabric Conditioner  
Refill Pouch  
500 ml  
Assorted

**24<sup>99</sup>**  
each



**Sunlight**  
Laundry Bar  
400 g/ 500 g  
Assorted

**19<sup>99</sup>**  
each



**Sunlight**  
Dishwashing  
Liquid Refill  
Pouch  
750ml

**24<sup>99</sup>**  
each



**Kiwi**  
Quality Shoe Polish  
50 ml  
Assorted

**15<sup>99</sup>**  
each



**Glad**  
Large  
Freezer Bags  
25s

**41<sup>99</sup>**



**Yanaka**  
Terry Cloth  
Dish Swab  
1s

**17<sup>99</sup>**  
each



**Scotch Brite**  
Jumbo, Heavy Duty or  
Multi-Coloured  
Scourer  
3s / 4s / 5s

**25<sup>99</sup>**  
per pack



**Energizer**  
Max  
AAA or AA  
Batteries  
4+2

**59<sup>99</sup>**  
per pack



**Philips**  
LED Bulb  
7/10 Watt  
BC or ES  
(Warm White or  
Clear White)

**19<sup>99</sup>**  
each



**hth**  
Floater+  
1.6 kg

**169<sup>99</sup>**



**SPAR**  
Coffee Mugs  
Assorted

**21<sup>99</sup>**  
each



## SPAR PET CARE RANGE

For your pet's every need and delight



**SPAR**  
Purr-Fect  
Dry Pellets  
Cat Food  
4 kg

**114<sup>99</sup>**



**SPAR**  
Cat Litter  
10 kg

**54<sup>99</sup>**



**Husky**  
Dog Food  
Chunks in  
Jelly or Gravy  
775 g  
Assorted

**24<sup>99</sup>**  
each



**Beeno**  
Dog Biscuits  
1 kg  
Assorted

**67<sup>99</sup>**  
per pack



**Bobtail**  
Dry Dog Food  
6.5 kg - 8 kg  
Assorted

**149<sup>99</sup>**  
per pack



**Bob Martin**  
Dry Dog Food  
(Incl. Puppy)  
6 kg  
Assorted

**169<sup>99</sup>**  
per pack

**SPAR**

**SUPERSPAR**

Specials available at selected SPAR and SUPERSPAR town stores (excluding KWIKSPAR and SPAR Express stores) from 25 July up to and including 7 August 2022, while stocks last. We reserve the right to limit quantities. TV products available nationally. Prices include VAT. Specials are not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).



tops!  
at SPAR

TRUE  
FACT  
DEALS!



PROMOTIONAL PRICE  
**139<sup>99</sup>**  
Get an extra  
**R10 off**  
Rewards Customers Pay  
**129<sup>99</sup>**  
\*Maximum of 10  
e-Coupons per product per  
SPAR Rewards customer.

Harrier  
Finest Matured  
Whisky  
750ml



PROMOTIONAL PRICE  
**139<sup>99</sup>**  
Get an extra  
**R10 off**  
Rewards Customers Pay  
**129<sup>99</sup>**  
\*Maximum of 10  
e-Coupons per product per  
SPAR Rewards customer.

Olof Bergh  
Solera Brandy  
750ml



Windhoek  
Premium Draught  
Cans  
24 x 440ml  
**289<sup>99</sup>**  
per case



Castle Lite  
Cans  
6 x 500ml  
**145<sup>00</sup>**  
BUY 2 FOR

Specials available at all TOPS at SPAR stores from 25 July up to and including 7 August 2022. Promotion dates subject to government regulated trading hours.

SPAR  
Rewards  
Instant Savings

Maximum of 10 e-Coupons per product  
per SPAR Rewards customer.

SPAR Rewards for liquor  
available at TOPS at SPAR stores  
on the government regulated trading days  
from 12 July 2022 up to and including  
7 August 2022. While stocks last. T's & C's Apply.

tops!  
at SPAR



Grant's  
Triple Wood  
12 Year Old  
Blended Scotch Whisky  
750ml

Get  
**R60 off**



Three Ships  
Whisky Premium  
Aged 5 Years  
750ml

Get  
**R20 off**



Beefeater  
London Dry Gin,  
Pink or Blood Orange  
750ml

Get  
**R30 off**



Viceroy  
Smooth Gold  
Liqueur  
750ml

Get  
**R10 off**

Additional Rewards exclusively  
available to our Inland  
SPAR Rewards  
customers! (Excl. Lowveld)



PROMOTIONAL PRICE  
**459<sup>99</sup>**  
each  
Get an extra  
**R30 off**  
Rewards Customers Pay  
**429<sup>99</sup>**  
each  
\*Maximum of 10  
e-Coupons per product per  
SPAR Rewards customer.



Four Cousins  
Natural Sweet Red,  
Sweet Rosé,  
Dry Red or  
Sauvignon Blanc  
3L

Get  
**R10 off**



Count Pushkin  
Grape Flavour  
and Any  
Count Pushkin  
Flavour  
750ml

COMBO-DEAL  
Buy both and get  
**R20 off**



Robertson Winery  
Merlot,  
Cabernet Sauvignon,  
Pinotage, Shiraz,  
Cabernet  
Sauvignon/Shiraz or  
Ruby Cabernet  
750ml

MULTI-BUY  
Buy any 2 and get  
**R15 off**



Castle Lite  
Handles  
6 x 340ml

MULTI-BUY  
Buy 2 and get  
**R20 off**



MULTI-BUY  
Buy 2 for  
**140<sup>00</sup>**  
Get an extra  
**R20 off**  
Rewards Customers Pay  
**120<sup>00</sup>**  
\*Maximum of 10  
e-Coupons per multi-buy per  
SPAR Rewards customer.

#NO18

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Not For Persons Under The Age Of 18.



# TRUE FACT DEALS!



**144<sup>99</sup>**  
each

**Stretton's**  
Original  
London Dry Gin, Triple Berry  
or Wild Berries  
Flavoured Gin  
750ml



**179<sup>99</sup>**

**Captain Morgan**  
Dark Rum  
750ml



**149<sup>99</sup>**  
each

**Smirnoff**  
Infusions  
Raspberry, Pineapple  
or Watermelon  
Vodka  
750ml



**149<sup>99</sup>**

**PO-10-C**  
Spirit Cocktail  
750ml



**114<sup>99</sup>**

**Tant' Sannie**  
Cream Liqueur  
750ml



**COMBO**

**170<sup>00</sup>**  
per  
combo

**Red Square**  
Vodka  
750ml and  
**Red Square**  
Reload  
(Non-Alcoholic)  
Handies  
6 x 275ml



**259<sup>99</sup>**

**Jack Daniel's**  
Tennessee Whiskey  
750ml



**209<sup>99</sup>**

**J&B**  
Rare  
Blended  
Scotch Whisky  
750ml



**199<sup>99</sup>**

**Ballantine's**  
Finest  
Blended  
Scotch Whisky  
750ml

## PREMIUM GREAT DEALS



**429<sup>99</sup>**

**The Singleton**  
12 Year Old  
Single Malt  
Scotch Whisky  
750ml



**459<sup>99</sup>**

**Tanqueray**  
No. 10  
Imported  
London Dry  
Gin  
750ml



**449<sup>99</sup>**

**Meukow**  
VS  
Cognac  
750ml

\*The Premium Selection is available at selected stores only.



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**Not For Persons Under The Age Of 18.**



# WINE DEALS TO APPLAUD

**79<sup>99</sup>**  
each

Beyerskloof  
Cabernet Sauvignon/  
Merlot  
or Pinotage  
750ml

**129<sup>99</sup>**  
each

Allesverloren  
Fine Old Vintage  
750ml

**159<sup>99</sup>**  
each

Olive Brook  
Carnival  
Classic Red or  
Sweet Red  
5L

**99<sup>99</sup>**

Kanonkop  
Kadette  
Cape Blend  
750ml

**214<sup>99</sup>**

Boekenhoutskloof  
Chocolate Block  
750ml

**200<sup>00</sup>**  
BUY 2 FOR

Nederburg  
Double Barrel  
Reserve  
750ml

**89<sup>99</sup>**

Alto Rouge  
750ml

**69<sup>99</sup>**  
each

Van Loveren  
Cabernet Sauvignon,  
African Java Pinotage,  
Merlot, Pinot Noir,  
Chardonnay, Daydream  
Chardonnay or  
Sauvignon Blanc  
750ml

**159<sup>99</sup>**  
each

Olive Brook  
Carnival  
Classic Red or  
Sweet Red  
5L

WIN 1 of 5  
**megamaster** Smokers

SEE IN STORE FOR MORE INFORMATION  
AND TERMS & CONDITIONS

**VRL**  
VAN LOVEREN

Exclusive to  
**tops!**

**WIN A WEEKEND  
AT SPIER WINE FARM**

**FOR YOU AND 3 FRIENDS  
VALUED AT OVER R50 000**

**HOW TO ENTER**  
Buy any bottle of Spier wine,  
and your name will go into a draw to  
win a weekend for 4 people at  
Spier Wine Farm. Competition runs from  
1 to 31 July 2022. T&Cs on  
www.spier.co.za. Good luck!

**Spier**  
1692

EXCLUSIVE TO  
**tops!**

**TRUE  
FACT  
DEALS!**

**84<sup>99</sup>**  
each

Oranje River Cellars  
Red Muscadel  
(Including All Variants)  
750ml

**59<sup>99</sup>**  
each

Boschendal  
Boschen Blanc,  
Blanc de Noir,  
Rose Garden or  
Le Bouquet  
750ml

**69<sup>99</sup>**  
each

Spier  
Sauvignon Blanc,  
Chardonnay,  
Chenin Blanc,  
Rosé, Merlot,  
Cabernet Sauvignon,  
Shiraz or Pinotage  
750ml

**89<sup>99</sup>**  
each

Warwick  
The First Lady  
Sauvignon Blanc or  
Chardonnay  
750ml

**149<sup>99</sup>**  
each

Krone  
Cap Classique  
Night Nectar Demi Sec,  
Borealis Brut or  
Rosé Brut  
750ml

**119<sup>99</sup>**

Drostyd Hof  
Adelpracht  
3L

**139<sup>99</sup>**  
each

Olive Brook  
Carnival  
Natural Dry White,  
Sweet White  
or Sweet Rosé  
5L

# EXCLUSIVE TO

**tops!**  
at SPAR

Introducing  
**Bruce Jack**  
WINES  
The Lifestyle Collection

**59<sup>99</sup>**  
Bruce Jack  
Merlot  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Sauvignon Blush  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Cabernet Sauvignon  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Daily Brew Pinotage  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Shiraz  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Pinotage Malbec  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Sauvignon Blanc  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Chenin Blanc  
750ml

**59<sup>99</sup>**  
Bruce Jack  
Bumble Bee  
Moscato  
750ml

ONLY AVAILABLE AT  
**tops!**  
SPAR

**89<sup>99</sup>**  
OLIVE BROOK  
HEMEL & AARDE  
PINOT NOIR  
750ML

**79<sup>99</sup>**  
OLIVE BROOK  
STELLENBOSCH  
CABERNET SAUVIGNON  
750ML

**59<sup>99</sup>**  
OLIVE BROOK  
CAPE TOWN  
SAUVIGNON BLANC  
750ML

**OLIVE BROOK  
TERROIR SELECTION**

ONLY AVAILABLE AT  
**tops!**  
SPAR

**OLIVE BROOK**

**44<sup>99</sup>**  
OLIVE BROOK  
SAUVIGNON BLANC  
750ML

**44<sup>99</sup>**  
OLIVE BROOK  
CHENIN BLANC  
750ML

**54<sup>99</sup>**  
OLIVE BROOK  
CABERNET  
SAUVIGNON MERLOT  
750ML

**44<sup>99</sup>**  
OLIVE BROOK  
SHIRAZ/CABERNET  
RED BLEND  
750ML

**44<sup>99</sup>**  
OLIVE BROOK  
CHARDONNAY  
750ML

**54<sup>99</sup>**  
OLIVE BROOK  
MERLOT  
750ML

**49<sup>99</sup>**  
OLIVE BROOK  
PINOTAGE  
750ML

**54<sup>99</sup>**  
OLIVE BROOK  
MOSCATO  
750ML

**54<sup>99</sup>**  
OLIVE BROOK  
MOSCATO ROSÉ  
750ML

**WHEN YOUR DAY DESERVES  
GOOD LOCAL WINE AT GREAT PRICES**

#EveryDayWine  
ONLY AVAILABLE AT  
**tops!**  
SPAR



### APPROVED NON-ALCOHOLIC CHOICES

**74<sup>99</sup>**  
per pack

Bavaria 0.0% or IPA Edition Handies  
6 x 330ml

**74<sup>99</sup>**  
each

Annabelle Cuvée Rosé Non-Alcoholic Sparkling Rosé (Including Flavours)  
750ml

**BUY 2 FOR**

**95<sup>00</sup>**

Coca-Cola Original, Zero or Light Cans  
6 x 200ml

### CERTIFIED GREAT DEALS

**BUY 2 FOR**

**190<sup>00</sup>**

Belgravia Gin & Dry Lemon (All Variants)  
Cans  
6 x 440ml

**BUY 2 FOR**

**170<sup>00</sup>**

Savanna Premium Cider Angry Lemon Handies  
6 x 330ml

**BUY 2 FOR**

**160<sup>00</sup>**

KVV Brandy and Cola Handies  
6 x 275ml

**BUY 2 FOR**

**180<sup>00</sup>**

Heineken Premium Lager Cans  
6 x 440ml

**BUY 2 FOR**

**130<sup>00</sup>**

Carling Black Label Handies  
6 x 340ml

**BUY 2 FOR**

**180<sup>00</sup>**

Brutal Fruit Ruby Apple Cans  
6 x 500ml

**BUY 2 FOR**

**229<sup>99</sup>**  
per case

Castle Lager Handies  
24 x 340ml

**BUY 2 FOR**

**180<sup>00</sup>**

Striped Horse Premium Lager Handies  
12 x 600ml

**PROMOTIONAL PRICE**

**209<sup>99</sup>**

Get an extra **R10 off**

Rewards Customers Pay

**199<sup>99</sup>**

\*Maximum of 10 e-Coupons per product per SPAR Rewards customer.

### #BEERFLUENCERS GET ALL THE PERKS

**BUY**  
LITE BEER REFRIGERATOR

**SCAN**  
THE BEERFLUENCER

**WIN**  
STAY ALIVE & WIN A TOP 5 FULLY STOCKED CASTLE LITE BEER REFRIGERATOR

Unlock Refresh Enjoy

**tops!**

## TRUE FACT LOCAL DEALS!

**BUY 3 FOR**

**200<sup>00</sup>**

Robertson Winery Merlot, Cabernet Sauvignon, Cabernet Shiraz, Shiraz or Pinotage  
750ml

**189<sup>99</sup>**

Rupert & Rothschild Wine Classique  
750ml

**229<sup>99</sup>**

Jim Beam Kentucky Straight Bourbon Whiskey  
750ml

**134<sup>99</sup>**  
per pack

Devil's Peak Premium Lager Handies  
12 x 330ml

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: [www.topsatspar.co.za](http://www.topsatspar.co.za). Specials available at all TOPS at SPAR stores from 25 July up to and including 7 August 2022 (excluding the Free State, Mpumalanga, North West Province and Limpopo, where these prices apply until 6 August 2022) while stocks last. Promotion dates subject to government regulated trading hours. Not available in KwaZulu-Natal, Lowveld, Eastern, Northern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary by region. To meet our consumers' demands, TOPS at SPAR will always strive to have sufficient stock available, unless a specific limitation is stated. In the event that an error occurs in an advertisement, or incomplete information is printed, a notice will be displayed in-store with the correct details. Prices include VAT. No traders please.

**TOPS at SPAR**

# #NO18

**aware!org**  
[www.aware.org.za](http://www.aware.org.za)

## Not For Persons Under The Age Of 18.



# GO BIG WITH THESE GREAT SAVINGS



Joko  
Tagless Teabags  
200s

**59<sup>99</sup>**



SPAR  
Red or Smoked  
Viennas  
(Excl. Chicken,  
Chilli & Cheese)  
500 g

**31<sup>99</sup>**  
per pack



Selati  
White Sugar  
2.5 kg

**42<sup>99</sup>**



Coca Cola,  
Coca-Cola Zero,  
Coca-Cola Light,  
Coca-Cola  
No Sugar  
No Caffeine,  
Fanta Orange Zero,  
Sprite Zero,  
Stoney Ginger  
Beer Zero or  
Tab  
2.25 litre

BUY  
ANY  
**2**  
FOR **30<sup>00</sup>**



Koo  
Baked Beans  
in Tomato Sauce  
(Excl. Lite)

BUY  
**2**  
FOR **24<sup>00</sup>**



Sunlight  
2in1  
Hand  
Washing  
Powder  
3 kg  
Assorted

**78<sup>99</sup>**  
each



**Hot deal ends soon!**  
**BAKE & SERVE**  
Like a MasterChef

Promotion ends 31 July 2022.  
Completed collector cards can be redeemed  
until 14 August 2022.

Fill your collector card  
with 20 stickers

**COLLECT THE MASTERCHEF RANGE**

31 JULY 2022

YOU DO NOT NEED STICKERS TO PURCHASE THE RANGE

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

**SPAR**

**SUPERSPAR**

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