

Rustenburg – Over the past few weeks... and at some places months... streams of sewage have been flowing in parts of Tlhabane, Zinnaville (commonly known as Pongville) and the industrial area next to it. Residents and employees at businesses in the area suffer the foul smell and are exposed to all the health risks associated with streams of sewage running down the street or damming up in the area.

The sewage problem is widespread. Sewage flowing from manholes in Shephards Tree Avenue and Kremetart Avenue in Protea Park is a common sight. According to Democratic Alliance (DA) councillor for ward 43, Luan Snyders, aerial photography and physical inspections clearly confirmed that raw sewage run into the Dorpspruit which eventually runs into the Bospoort dam.

When *Platinum Weekly* set out to investigate, we were disgusted by what we found. The sewage smell was so thick in the air, you could almost taste the poop. Our journalist was still green around the gills when she returned to the office.

More on page 4.

An aerial view photo taken three weeks ago of the area between Vanadium Street in Zinnaville Industrial and the Yizo-Yizo settlement.



What a shitshow

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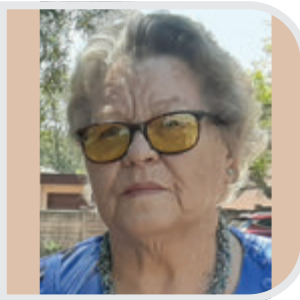
Suspect on most wanted list arrested



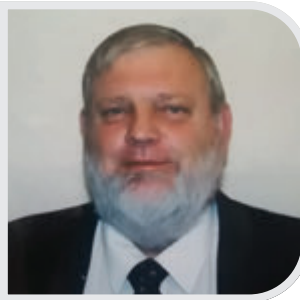
Brits – The long arm of the law finally caught up with a man who was on the police's top 50 list of most wanted suspects in the North West province. Chris Sithole – who also used the alias Leon Nkomo – was arrested on Tuesday 13 September on the Musina border in Limpopo. He was then transported to Brits to face seven separate cases of rape, three of robbery as well as one of housebreaking and theft.

Sithole appeared before the Brits Magistrates' Court on Wednesday 14 September 2022 and was remanded in police custody. He will make a second court appearance on Friday 7 October. Police spokesperson brigadier Sabata Mokgwabone confirmed that Sithole committed these crimes from January 2012 to February 2021, in and around the Brits area.

"In one of the cases, the accused allegedly raped a woman in May 2012. A couple was travelling along the N4 close to Bokfontein, near Brits. Bricks were placed on the road, but as the driver tried to avoid it, the car overturned. Three men helped them out of the car wreckage, and then took turns to rape the woman," Mokgwabone added.



Kom deel die lewensviering van wyle Petro Erlank (78), oorlede op Maandag 19 September. Ons groet haar op 26 September om 11h00 te Rietvlei Begraafplaas. Die troosdiens sal daarna plaasvind vanuit die AGS Kerk, Koster. 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.



Kom deel die lewensviering van wyle Matthew van der Merwe (72), oorlede op Vrydag 16 September. Ons groet hom op 27 September om 11h00 vanuit die OAK Proteapark Gemeente, Moepellaan, 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.



Kom deel die lewensviering van wyle Johan Botha (51), oorlede op Saterdag 17 September. Ons groet hom op 22 September om 11h00 vanuit die Hervormde Kerk Jac van Belkumgemeente, 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.



Bojanala Platinum District Municipality's former municipal manager Pogisho Patrick Shikwane was arrested by the Hawks on 17 September.

R2.4m unlawful payment lands former MM in court

Rustenburg – Pogisho Patrick Shikwane appeared before the Rustenburg Magistrates' Court on Monday 19 September over the alleged unlawful payment of R2.4 million made to a consultancy company during the time he was acting municipal manager of Bojanala Platinum District Municipality. The matter was postponed to 26 September for disclosure and Shikwane (51) was granted R10,000 bail.

Shikwane, who is accused of contravention of the Municipal Finance Management Act (MFMA), was arrested by the Hawks on 17 September.

Spokesperson for the Hawks in the North West province captain Tlangelani Rikhotso revealed that in December 2017, Shikwane irregularly appointed Big Time Strategic Consultants to provide information communication technology (ICT) audit services for the municipality. The company, which was also tasked with the development of an ICT strategy for the municipality, billed more than R2.4 million for the services.

"Big Time Strategic Consultants was at the time appointed to render the same services at Moses Kotane Municipality where the accused previously served as a municipal manager," Rikhotso said. "The accused allegedly obtained written consent to inherit the said contract from Moses Kotane Municipality as per regulation 32 of 2005 of the Municipal Supply Chain Management Regulations," she added.

"Although the company did not provide the service, over R2.4million was allegedly paid to them by the municipality," Rikhotso added.

The municipality had not budgeted for the payment and a similar service had actually been obtained by the local government body. "Therefore, the accused allegedly failed to ensure the resources of the municipality were used effectively, efficiently and economically," Rikhotso said.

In another case, former Rustenburg municipal manager Nqobile Sithole (39) made a brief appearance at the same court on 20 September. Sithole is also being charged for contravening the MFMA in 2017 while she was still employed by the municipality. Sithole allegedly appointed a service provider for a contract worth more than R11 million without following MFMA requirements. The matter was postponed to 4 November 2022 for consultation.

FARM MURDER IN BROAD DAYLIGHT

Rustenburg/ Modderfontein – Buffelspoort Sekuriteit and Rustenburg Landelike Diens responded to a farm attack and murder on the Modderfontein M28 road on Wednesday 21 September. They were contacted by radio at approximately 10:20am and a proto team and tracking dog was mobilised.

They rushed to a neighbouring farm where the suspects were last seen by a guard. The guard showed them the tracks which the tracking dog team followed. While busy tracking, they were informed that the incident had taken place at around 9am, which meant that a lot of time was lost, and the search was curtailed.

One of the suspects was arrested at the airfield on the Oorsak road by another security company. According to Buffel Sekuriteit and Rustenburg Landelike Diens owner Charl Visser, a bag with

stolen goods, a wind revolver, wind pistol, and other goods were found at the scene of the arrest. The suspect also had blood on his hands and shoes.

The search resumed and the dog was on the suspect's trail when they were informed that the suspect was in the Wigwam area. Police responded and a second suspect was arrested.

A third suspect was arrested but could not be linked to the attack or murder. He was however detained under the immigration law as he is an illegal immigrant.

Police spokesperson colonel Adele Myburgh confirmed that a 68-year-old man was murdered, and it is suspected that pangas might have been used in the brutal attack.

Police are investigating a case of house robbery and murder.



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60

2 x 750g

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6 x 410g

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The body of a man was found in Zinniaville on 18 September.

BODY FOUND CLOSE TO RAILWAY LINE IN ZINNIHAVILLE

Zinniaville/ Rustenburg – The Police in Rustenburg are investigating a case of murder after the body of man was discovered in Zinniaville on Sunday 18 September. Police spokesperson in Rustenburg, captain Elsabé Augoustides said the man’s body was discovered near the private road between the Zinniaville industrial area and the railway. “A murder docket has been registered and investigations are still ongoing,” Augoustides

said. “The victim, who has been identified by his relatives, was born in May 1979. He was assaulted with a blunt object,” Augoustides added. **Anyone that can assist police with investigations is requested to contact investigating officer captain Isaack Magano of Tlhabane police on 082 499 4773.**

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What a shitshow

Rustenburg – Over the past few weeks... and at some places months... streams of sewage have been flowing in parts of Tlhabane, Zinniaville (commonly known as Pongville) and the industrial area next to it. Residents and employees at businesses in the area suffer the foul smell and are exposed to all the health risks associated with streams of sewage running down the street or damming up in the area. The sewage problem is widespread. Sewage flowing from manholes in Shephards Tree Avenue and Kremetart Avenue in Protea Park is a common sight. According to Democratic Alliance (DA) councillor for ward 43, Luan Snyders, aerial photography and physical inspections clearly confirmed that raw sewage run into the Dorpspruit which eventually runs into the Bospoort dam. When *Platinum Weekly* set out to investigate, we were disgusted by what we found. The sewage smell was so thick in the air, you could almost taste the poop. Our journalist was still green around the gills when she returned to the office. Some of the sewage streams made their way to places where people live and children play. Some people have to go to work every day, facing the awful stench. *Platinum Weekly* witnessed children playing close to a sewage pond and cattle grazing in the area, hooves deep in sewage. Sewage carries various bacteria like Salmonella, Shigella and E. coli. All these bacteria can be hazardous to your health and pose a severe health risk for small children and the elderly. Doctor Fatima Saloojee, a resident of Zinniaville has noted an increase in bacterial gastroenteritis in her patients residing in Zinniaville. Gastroenteritis is an intestinal infection marked by diarrhoea, cramps, nausea, vomiting and fever. “What is worrisome is that many of the households affected have boreholes, which means it is most likely caused by polluted ground water,” she said. She encouraged these patients to have their borehole water tested. She awaits feedback from samples sent off for testing to confirm the type of bacteria causing health issues for patients in the area. Another concern is the mental health of those who have to live with the smell day in, day out. Zinniaville Rate Payers Association (ZRA) chairperson Soyab Bham says: “The sewage leaks and blockages have spread. It is a serious health hazard and it pollutes the environment. The sewage is spreading rapidly, and it will soon get into our houses.” Bham also says that the ZRA had a meeting with the RLM in May this year to discuss several service delivery issues which included the collapse of infrastructure and the lack of parts to repair infrastructure and resolve issues causing power outages and, blocked and burst sewage pipes. All these issues eventually culminated into a shitshow.

According to Bham, there are a lot of flies and insects in the area and the stench is unbearable. “Numerous drains are blocked and overflowing, people are getting sick, and the environment is polluted.” The ZRA decided to take action and sent out letters addressed to Rustenburg Local Municipality, the Cooperative Governance Traditional Affairs member of executive council, the State President’s Hotline and the North West province premier’s office. A letter was also sent to the National Department of Water and Sanitation who responded promptly. They conducted a site visit to the affected areas on Wednesday 14 September, visiting various sites where sewage is flowing. They made contact with the RLM and are in the process of dealing with the matter. *Platinum Weekly* also spoke to Tshwane University of Technology researcher doctor Cathy Dzerefos who said: “Zinniaville residents are aware of their constitutional rights to a healthy environment. We have air cleaning technology and we know how sewage water should be treated... so the question is why is best environmental practice not being implemented in this area?” At the time of going to print the spokespersons for the Department of Water and Sanitation and the Rustenburg Local Municipality have not replied to *Platinum Weekly*’s enquiries.



The Department of Water and Sanitation conducting an inspection behind Lelie Street in Zinniaville.



Cattle grazing in the sewage flowing in the area between Vanadium Street and the Yizo-Yizo settlement.

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Practice makes perfect

Rustenburg – Having an evacuation plan in place can save lives. Knowing what to do, where to go and being prepared is better than people scurrying for the exits at the sound of an alarm.

The Lifestyle Square Centre ran an evacuation drill for its tenants on Wednesday 21 September. “An important part of The Square Centre’s mission is our responsibility for both clients and the health and safety of our tenants and contractors on site, as well as that of the local community and natural environment where we live and work,” said Tania Bailey, marketing coordinator of Lifestyle and. Rustenburg Square.

As part of their responsibility, they also evaluate their competence and operational readiness in the event of a natural or other emergency. This is done through regular fire and evacuation drills at both their sites to check their readiness and train tenants and on-site contractors.

The Rustenburg Fire Department, Disaster Management, ER24 and METASEC Security Solutions participated in the drill. It also gave Disaster Management an opportunity to evaluate the centre’s evacuation plans and advise on where improvements can be made to make it even more efficient.

The Fire Department utilised this opportunity to test the response time of their own team as only the station commanders were informed that it was only a drill. The firemen on duty were only informed that it was a drill once they arrived on site. Considering that all robots were off due to load shedding, they managed to arrive within 10 minutes after the initial phone call was made.

Bailey added: “We would like to thank the Rustenburg Fire Department, Disaster Management, ER 24, METASEC Security Solutions and all other departments who were involved in the drill.”

METASEC Security Solutions general manager Morné Engelbrecht concurred that the drill was very well executed: “There was very good coordination and teamwork involved from all the role players who were involved.”



Centre management, Rustenburg Fire Department and Disaster Control members evaluating the evacuation drill.



ER24 paramedics and the Rustenburg Fire Department participating in the evacuation drill.

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Back from left: Thabang Mogale, Hellen Machava, Bothhale Modisane, and Alivio Vieira. Front from left: Amantle Setae, Dineo Maema, Naledi Nkgothwe, and Tlotoetso Mogaki.

Wayne Labuschagne, one of the organisers of the competition, added: "This is the second year we hosted this competition, and the response was more overwhelming this time around. "We value the relationship we have with our suppliers and customers, and this is our way of giving back to our community."



DATE	TIME	VENUE	LICENSEE
05-07 October 2022	09H00-17H00	COOKSLAKE LODGE MAFIKENG GPS COORDINATES- Latitude:	Removal of business to other premises in terms of section 45 of the Act from Mahikeng to Rustenburg (Waterfall Mall) by Mmabatho Palms Hotel Casino & Convention Resort.
07 October 2022	12H00	25°51.58.71''S Longitude: 25°39'4.52 E	Removal of business to other premises in terms of section 45 of the Act from Vryburg to Hebron by Vegas Slots North West (Pty) Ltd.
	14H00		Application for a Route Operator Licence in terms of section 24 of the Act, read together with Section 53 by Emgrand Group (Pty) Ltd; and Application for a Route Operator Licence in terms of section 24 of the Act, read together with Section 53 by Maponya Gaming North West (Pty) Ltd.

Issued by Mr. Simon Mogapi Acting Chief Executive Officer, North West Gambling Board,
Mahikeng.

[Letter to the editor]

Dry and dirty in Geelhoutpark



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Rustenburg – The Mrs. Rustenburg pageant has become a tradition in Rustenburg over the years. They were also negatively affected by the Covid-19 regulations, but the pageant is back on the map. After taking a pause from the spotlight, they are now looking to crown the next Mrs. Rustenburg. The Mrs. Rustenburg title includes responsibilities that are rooted in giving back to the community. It has grown to be

Entry fees are R250, and the closing date is 20 December 2022. The semi-finals will take place on 14 January 2023, with the ultimate Mrs. Rustenburg being chosen on Saturday 18 March 2023. Contestants will be expected to be involved in community service, gain sponsors, and raise funds for charity. They will also be required to participate in teambuilding exercises and outreach projects.

Are you the next Mrs Rustenburg? Enter now!

much more than just a beauty pageant, but rather a means to elevate and celebrate women. Those who selflessly seek to initiate positive change, who are dedicated to their families and their communities, and a role model are invited to enter. You don't have to be a catwalk expert to win, you must just have the right attitude! Married, divorced, or widowed women aged 18 to 50 can enter.

All these activities will count towards taking the crown and the title. This is a pageant for the community, and everyone can get involved either by supporting the contestants or by sponsoring prizes for the event. For more information contact organiser Thelma Coetzee on 073 245 2634.

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ECONOFOODS



Lions Club members, back from left: Caroline Seate-Abbot, Thabo Modise, Leana Niemand, Nkandu Chapeshamano, and Lions president Jacques Wessels. Front from left: Pinkie Serobatse, Elsa Nel, Bertha Mashuga, Sydney van Heerden, Lions Fungai Madzinga, and Baby Molete.

Lions Club welcomes new members

Rustenburg – The Rustenburg Lions Club inducted and warmly welcomed six new members at a function held at The Deck restaurant on Saturday 3 September. Lions district governor Sydney van Heerden and his wife Sandy also attended the event that was led by Rustenburg Lions president Jacques Wessels. The six new members are from Lichtenburg. They will be engaging with and learning from the Rustenburg Lions Club to eventually establish a Lions Club in Lichtenburg.

The Lions is a non-profit service organisation who run projects in their communities to help the less fortunate. Their core projects include childhood cancer, diabetes awareness, hunger relief, vision, and environment-related initiatives. If you would like to join a Lions Club, please contact Rustenburg Lions member Juan Mitchell at 084 740 6084 or visit their Facebook page, Rustenburg Lions Club, like, share, comment or send a WhatsApp message using the Whatsapp button on the page and a member will contact you.



32% Eskom increase?

SA – “It is cold comfort to many South Africans to hear news of stage 5; the economy, especially small businesses which are supposed to create 90% of jobs in 2030, is suffering from the rolling blackouts,” says John Dlodlu, SBI CEO. “Load shedding is undermining everything we are trying to achieve as a country – from growth to jobs and poverty reduction,” he added.

On the first day of hearings on Eskom’s tariff application to the National Energy Regulator of SA (Nersa) on Monday 19 September, Eskom’s chief financial officer Calib Cassim said that even if Eskom is relieved of R200 billion in debt, the company will soon be back in the same position if it doesn’t significantly raise tariffs, cut costs, and get people and municipalities to pay their bills. Eskom is asking for a 32% increase for 2023/24.

NERSA invites members of the public to submit comments on the Consultation Paper on the Eskom’s proposed Retail Tariff Restructuring Plan. NERSA would like to encourage all stakeholders and the public to actively participate in this process by submitting written comments, in line with the issues raised in the consultation paper, to ERTSA@nersa.org.za. **The closing date for written comments is Friday 8 October 2022.**

Municipal swimming pools – still closed



The public swimming pool along Marais Street in Rustenburg is still not open to the public.

Rustenburg – Spring has sprung, but the public swimming pool at the corner of Marais and Kruger streets is not yet open to the public this season. We reached out the Rustenburg Local Municipality (RLM) earlier this month for comment, and also published this in our 9 September issue:

The RLM has advised that all public swimming pools under its jurisdiction will only open after the ongoing maintenance and cleaning work had been completed. The Marais Street municipal swimming pool is one of the most popular swimming pools in the platinum city. Four other swimming pools being operated by the RLM, near Ben Marais Hall, Karlienpark, Monakato and Zinniaville, are also closed at this time. Notices that have been placed at the entrance of the swimming pools, dated 1 September 2022, reads: “This notice serves to inform the public that the pools will not open on 1 September until further notice.”

It is two weeks later... and it’s not yet clear when the cleaning initiative will be completed and when the public swimming pools will be open.

Mike Bolhuis comments on the Unlawful entry on Premises Bill, 2022



SA – On 12 August 2022 the Department of Justice and Constitutional Development issued a notice in the Government Gazette, inviting public comments on the proposed *Unlawful Entry on Premises Bill, 2022* (the Bill). The deadline for public comment closed on 16 September. Refer to our previous articles published on our website and Facebook page regarding the unlawful entry on premises bill.

In the interim, Mike Bolhuis, Specialist Investigators into Serious Violent & Serious Economic Crimes, gave additional comment to our readers as food for thought.

- He said: “The main concerns of the proposed bill are...”
- Law-abiding citizens are prescribed what to do in the event that there is an ‘intruder’ on their premises. It seems to be prescribed for instances where there is no real and/or immediate danger.
 - My question posed is, therefore, what effect does this act have on emergency situations such as burglaries and life-threatening events?
 - Does it take away the personal defences

- and right to protect yourself, others, your property and/or someone else’s property?
- My suggestion would therefore be that a clause be included to explicitly protect the abovementioned right and personal defences in that it does not preclude same.
 - It is furthermore unclear what the legislator intended when proposing section 8 in that an authorised member of SAPS will be the person to deal with these instances where an intruder refuses to evict themselves. This seems to be impractical especially in the event that the act is intended to affect personal defences.
 - It is lastly unclear as to what is meant by an experienced SAPS member. It also poses the question as to whether this will then preclude any other SAPS member from dealing with these matters as they will be seen as unauthorised. This in my view will have a negative impact on the administration of justice and the authority a police officer holds.
 - It is unclear as to how many ‘authorised’ SAPS members there will be per district and how this will be established.

CAR WINNER AT SUN CITY RESORT



Sun City – For one incredibly lucky man, a decision to visit Sun City with his wife to celebrate his birthday turned out to be his best decision as he got to drive home in a brand-new Range Rover Velar valued at R1.5 million. During the birthday celebration the Mpumalanga man, who asked not to be identified, had played his favourite game of American Roulette. Not long after, he learnt that he qualified for the draw at Sun City. Describing the moment when he won, he said: “I played the Dream Car Draw and it literally was a dream, it really was a dream come true. I couldn’t believe it!” The lucky winner also thanked Sun City staff for their

friendliness and said he would definitely be visiting Sun City again, “they really understand what hospitality is”. In addition to the car, 11 winners walked away with a total of R400,000 in the midway and final draws. The new Dream Car Draw kicked off from September and will run through to 14 January 2023. There is R240,000 up for grabs in cash and Xtra Play in the Midway Draw, and this time entrants in the final draw can expect over R2 million in cash, Xtra Play and a luxurious Mercedes Benz GLE 300D.

Sun City press release, September 2022

OUR HERITAGE, YOUR TABLE.

AS SEEN ON TV

Blueberry Punnets 125 g

2forR25

AS SEEN ON TV

Strawberry Punnets 250 g

2forR25

AS SEEN ON TV

Food Lover's Argentine Pink Prawns 26/30 800 g

159.99 each

AS SEEN ON TV

Food Lover's Braai Snoek 1 kg

2forR150

AS SEEN ON TV

South African Karan Beef Oxtail

89.99 per kg

AS SEEN ON TV

Jacques Kallis Burger Patties 4 x 100 g

39.99 per pack

AS SEEN ON TV

Jacques Kallis Boerewors

89.99 per kg



Spanish Santé Cocktail
Tomato Punnets
3forR25



English Cucumbers
3forR20



Banana Thriftpacks 750 g
3forR25



Tomato Thriftpacks 1 kg
2forR30



Orange Sweet Potato
Carry Pockets 2 kg
2forR25



Lettuce Prepacks
3forR25



Broccoli Prepacks
3forR25



Cauliflower Prepacks
3forR30



Potato Pockets 7 kg
39.99 each



Sweetcorn Prepacks 4s
2forR30



Jan Braai Red or White Blend 750 ml
2forR120

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Assorted 135 g
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2forR25



Food Lover's Traditional Feta 300 g
2forR50



Blue Ribbon Sandwich Squares Assorted 220 g/248 g
2forR22



Lancewood Sauces Assorted 250 ml
2forR50



1 x Food Lover's Cling Wrap 100 m & 1 x Heavy Duty Foil 5 m
R50 COMBO



Food Lover's Kitchen Towels 2s
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Food Lover's Briquettes or Charcoal 4 kg
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1 x Garlic Loaf & 1 x Roastie Assorted 4s
R50 COMBO



Selected Take-Home Pizzas Assorted 28 cm
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Food Lover's Carbonated Soft Drinks 2 L
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Coca-Cola Assorted 6 x 300 ml/330 ml
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Food Lover's 100% Blended Juice Assorted 1.5 L
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Premier Coarse Braaipap 2.5 kg
2forR50



Goldcrest Relish Assorted 230 ml
2forR50



Carbsmart Spices Assorted 200 g
Any 3forR100



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Any 3forR50



Carbsmart Sauces: Peri-Peri 330 g, Tomato 330 g, Smokey BBQ 330 g, Mild Chutney 375 g, Lemon & Herb 330 g, Sweet Chilli 375 g or Mustard 330 ml
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59.99 each



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**Jan Braai Original
Boerewors 450 g**
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Food Lover's Party Ribs 1 kg
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FORM JJJ | LOST OR DESTROYED DEED

Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer Number T51712/1984, passed by Estate Late Hudson Henry Klerck, in favour of Kobus Klerck, Identity Number 401118 5022 087, Married out of community of property, in respect of certain: PORTION 218 (A PORTION OF PORTION 2) OF FARM WATERKLOOF 305 REGISTRATION DIVISION JQ, PROVINCE OF NORTH WEST | HELD BY Deed of Transfer Number T51712/1984 which has been lost or destroyed. All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the Registrar of Deeds at PRETORIA, Merino Building, 140 Pretorius St, Pretoria Central, Pretoria, 0002 within two weeks from the date of the publication of this notice. **Dated at RUSTENBURG this 19th day of September 2022.** ELNÉ GERBER (38465) | VAN VELDEN-DUFFEY INC | Address: 67 Brink Street, Rustenburg, 0299 | E-mail address: elneg@vvd.co.za | Contact number: 014 592 1135

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Kontak ons vandag | Beste pryse
Chris 082 343 2419 | Willem 067 755 9473

CHILD AND FAMILY WELFARE RUSTENBURG

In search of the whereabouts of the biological father of the boy child with the surname Moeng, who is 9 years of age. Urgently contact the Social Worker, Roseline Mokataka from Child and Family Welfare Rustenburg on 014 537 2014 or roselinemokataka@gmail.com

REMOVAL

Kolenzelle van Lines Furniture Removal, General Transport, Storage. Estelle 072 651 8557, kolenzelle@mweb.co.za

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Providing effective learning solutions

Ramokoka/ Rustenburg – Neat writing books have the positive effect of instilling a sense of pride among any group of learners. Hope For Tomorrow Projects (HFTP), a registered limited non-profit company, aims to assist the young, old and less fortunate members of the Ramokoka community.

Since the company was registered in 2021, they have launched various projects to raise funds to assist rural villages to purchase stationary for their learners.

In preparation for the 2023 school year, they have been busy collecting items like book covers, plastic covers, Sellotape, and pocket files.

For more information contact Tumelo Lebebe on 076 393 0526, Odirile Ntshegang on 066 335 9334 or send a WhatsApp to 084 648 1192.

Help your business bounce back with FNB's Bounce Back Loan

As the bank of #TheChangeables, FNB in partnership with the government is giving business owners the opportunity to meet their business goals with **FNB's Bounce Back Loan**.

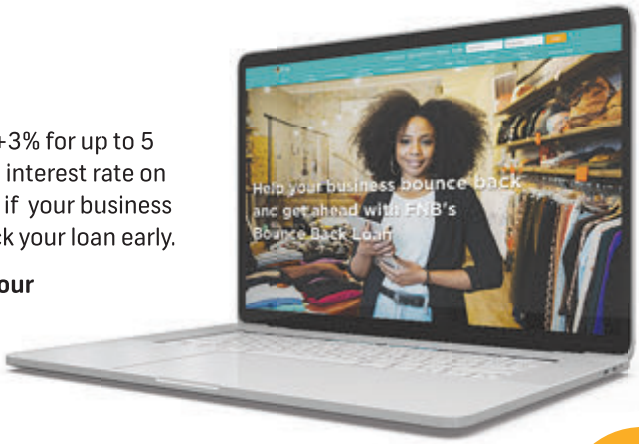
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Residentia Sering nursing service manager Rina Coetzee (left) and manager Liza van der Merwe.

A special treat for special people

Rustenburg – The staff at Residentia Sering received a box of Krispy Kreme donuts on Friday 9 September. This was a delicious treat from an anonymous person to thank them and give them recognition for their commitment to serving the elderly.



Liz-Mari Jansen van Vuuren (links) en Corné Badenhorst (Katrienkie).



Van links: Christel Herbst, Corné Badenhorst (Katrienkie), en Anja Pienaar.

Jy is ‘n kristal

Rustenburg – Dit was ‘n voortreflike oggend by die NG Kerk Proteapark tydens die damesoggend met Katrienkie. ‘n Weldoener in die gemeente het die kaartjies geborg, wat beteken het dat 220 vroue na hierdie spesiale boodskap kon luister. Die 18 uitstallers het gefokus op vrouwees, en het gesorg vir hope weggee pryse. Die saal was volgepak met dames en die boodskap was kragtig. Dit voel dikwels asof ons heeltemal te veel balle in die lug het en die mense in jou lewe teleurstel omdat jy nie kop bo water kan hou nie. Ons is partymaal so oorweldig dat dit voel of ons, ons hartsmense – die kristalle wat God vir ons gegee het laat val. In ‘n inpakvolle praatjie het Corné Badenhorst (Katrienkie) hierdie aspekte aangespreek. Sy het meer gesels oor jou prioriteite, die stukkies kristalle wat die Here vir ons gegee het, en hoe ons mekaar moet help om balle in die lug te hou. Badenhorst het die vrouens ook herinner dat ons ook kristalle is in God se hande. Katrienkie het ook ‘n bietjie van haar agtergrond gedeel, asook die oomblik toe sy besef het dat God haar liefhet en hoe Hy vir Sy kinders sorg. Badenhorst het ‘n Facebook blad met die naam Katrienkie, besoek hom gerus om meer van haar insig en boodskappe van hoop te lees. Besoek ook gerus haar YouTube kanaal op <https://youtube.com/channel/UCvv38DY36nxMA0ZTuDXqdGA>

Professional photography

Rustenburg – The Rustenburg Photographic Society have monthly meetings where photographers are challenged to submit photographs in accordance with set and technical subjects. There is also a senior and junior open category where members can submit photos. All these photos are then judged, and winners are announced each month. During their monthly meeting on Wednesday 17 August, the following winners were awarded for the best photos of the month in the open category:

- Senior Open Winner: Jacques McCarthy - *Pit stop*
 - Junior Open Winner: Erika Martiz - *Checkmate*
 - Cell Phone Category - Jacques McCarthy - *Inside Out*
 - Set subject (Sweets): Shannon Davis - *Sweet Tooth*
 - Tech subject (Table top): Angelina van Rooyen - *Splash of water*
- The society meets every third Wednesday of the month. For more information, contact club chairperson Ronel Broderick on 082 451 2999 or vice chairperson Anje Smith 082 787 4897.



Inside Out by Jacques McCarthy



Pit stop by Jacques McCarthy



Checkmate by Erika Martiz



Sweet Tooth by Shannon Davis



Splash of water by Angelina van Rooyen

FLINK VROU VERGADER



VLU Kashané aand-tak lede saam met Mathys Roets (voor).

Rustenburg – Die Vroue Landbou Unie (VLU) Kashané aand-tak het op Saterdag 10 September die jaarlikse VLU oggendtee by die hoofkantoor in Lichtenburg bygewoon. Dit was ‘n oggend van inspirasie en samesyn wat aangevul is deur die talentvolle Mathys Roets wat as gaskunstenaar opgetree het. Die opwinding het aangehou tot 13 September toe die Kashané aand-tak hul maandelikse vergadering gehou het. Tydens die vergadering het gasvrou Ansie Baxter die lede se vaardighede verryk deur tuindekor te verf. Lede het kreatief geraak om verskeie items te verf. 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.



Van links: Ann Heyneke, Charmaine Coetzer, Ansie Baxter, Anja Nieuwoudt, Daleen Roos, Sharon van der Vyver, Mariaan Niemand, Joan Zulawnik, en Estelle Grundling spog met hul handgeverfde tuindekor.

Basketball showcase to dazzle Phokeng



Rustenburg – Royal Bafokeng Sports (RBS) will be hosting the finals of a junior basketball tournament for u/14, u/16 and u/18 teams on Saturday 1 October. The Royal Bafokeng Junior National Basketball Association (NBA) finals – to be held at the Royal Bafokeng Sports Palace in Phokeng on Saturday 1 October – have over the years played a key role in developing the sport at both primary and secondary schools in Rustenburg.

As part of their long-standing partnership with the NBA, RBS has made progress in using the finals to unearth future stars of the sport. As part of the basketball development initiative, the programme also includes coaching clinics and basketball court refurbishments at the schools.

In the u/14 category Tlapa will play against Mfidikwe in the girls final while Lebone take on Tlaseng in the boys' match. Charora will play against Thethe in the u/16 girls final before Lebone takes on Matsukubanye in the boys' match. The u/18 finals will see Kitsong and Matala playing against each other in the girls' final before Lebone compete against Charora in the boys' encounter.

Launched in 2011, the Royal Bafokeng Jr. NBA Programme has grown to 118 teams from 44 schools across all five regions of the Royal Bafokeng Nation.

Belydenisklas raak kreatief

Rustenburg – Die NG Kerk Proteapark se belydenisklas van 2022 het op Vrydag 16 September die Rustenburg Skool vir Buitengewone Onderwys se mure gaan opkikker. Die groep jongelinge het kwas in die hand hul Vrydagmiddag opgeoffer en oulike prentjies op die mure

van die outistiese sentrum gaan verf.

Die Graad 11 leerders is tans besig met eksamen en selfs met 'n paar moeilike toetse wat voorlê het die onbaatsugtig jeugdiges die tyd afgestaan om terug te gee aan die gemeenskap.



Die belydenisklas van 2022 en dominee Willem Pretorius.

SPCA's wish list



Rustenburg – The Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) is calling on the community for assistance. They have added the following items to their wish list:

- Deworming products
- Spot-On products for the treatment and prevention of ticks, fleas, and mite infestations
- F10 ointment
- F10 spray
- F10 shampoo
- Tick and flea powder for dogs and cats
- Cat litter
- Treats for cats and dogs
- Tin food for cats and dogs
- Kitten food
- Puppy food
- Toys for cats and dogs
- F10 disinfectant
- Chlorine

Donations can be dropped off at their office at 11 Eskom Street. For more information contact the Rustenburg SPCA office on 014 592 3181.

ELLIES dansers bring goud huis toe



Laerskool Elandsdraal dansers Lana Rosslee (links) en Lumé Kraft het beide goud verwerf vir hul danstalent.

Mooiooi – Laerskool Elandsdraal dansers Lana Rosslee en Lumé Kraft het op Saterdag 17 September aan die International Fine Arts Association se Suid-Afrikaanse danskampioenskappe in Pretoria deelgeneem. Dié spoggeleentheid het deelnemers van regoor Suid-Afrika ingesluit. Beide dansers het met goud weggestap en sodoende ook hul SA kleure verwerf.



Does your spouse know the names of your medication? Does your child know what you are allergic to?

Let's say something happens and the police, local neighbourhood watch, or emergency medical teams show up to lend a helping hand – but your wallet, phone and car is stolen... where do they start? Where do they take you? And who do they phone?

In an emergency, having an action plan is vital. It's important that the numbers of emergency services can easily be accessed. But... don't forget to pin this info to your fridge.

Residents at the property:

Name	_____
Surname	_____
Medical aid	_____
Main member	_____
House doctor	_____
Chronic medication	_____
Blood group	_____
Allergies	_____
Next of kin	_____
Name	_____
Surname	_____
Contact number	_____
Relationship	_____

Neighbours:

Name	_____
Surname	_____
Contact number	_____

Vehicles on the premises:

Make	_____
Model	_____
Colour	_____
Registration number	_____

Notes: _____

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:

WHERE TO REPORT CHILD ABUSE AND NEGLECT:

Rustenburg Child Welfare	014 537 2014 014 537 2072
SAVF Rustenburg - 212A Kruger Street	014 592 8568 212A Kruger Street
RATA Social Services Rustenburg	014 533 0535 58 Ridder Street
Child Protection Hotline	
Brits	072 408 8864
Hartbeespoort	072 086 5854
Swartruggens	071 596 6769
Boitekong	082 487 0654
Rustenburg	079 169 5340

Childline	116
Department of Social Services Development, Rustenburg	014 565 3630/1/2

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
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CLEANING SERVICES 24/7

CIA Crime Incident Accident	079 498 7606
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FIRE

Fire Department	014 590 3232/ 3333/ 3444
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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
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ELECTRICITY

Electricity Helpline	014 565 1042
Eskom National Line	086 003 7566

ROAD AND TRAFFIC

N4 Emergency Contact Number	
24-hour Security	014 569 0394/ 0395 or
Control Room:	071 602 7683
Bakwena Emergency Control Centre	082 225 9362
Traffic Control Room (Rustenburg)	014 590 3221



Have your say / Sê jou sê

Do you read government notices?

The government regularly issues public notices to inform the public about amendments in the law or to ask the public's input regarding a proposed government action. The latest notice causing controversy, is the Trespass Act that the government aims to change. It is important that we all contribute and have our voices heard when it comes to making important decisions regarding our country. But for that to happen, we all need to keep an eye on the notices... Do you?



Yes, I read government notices. They are a great source of information about government business and are an essential way for me as a citizen to be involved in governance. Government notices communicate some of the most important information about our country such as by-laws, corporate agreements, land claims, tenders, and court orders. Being a gender activist and entrepreneur, I need to always be up to date with what is happening around me. **Faith Edmunds**



No. Our government publishes many notices and a lot of them give us false hope. I do not read them because the government does not deliver on their promises. Service delivery is often not good, and many people are resorting to protests for their voices to be heard. **Hellen Machava**



Yes. Reading government notices helps us to know what is going on. It keeps you well informed and equipped with the knowledge of what the government has in store for us. **Gerhard Kruger**

PUBLIC POLL: THE RESULTS ARE IN!

Do you read
government notices?

NO **68%** YES **32%**



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

PLATINUM EVENT DIARY

Heritage Friday with Pierre	23 Sep '22	Rustenburg: Barrel & Bull pub	014-533-3123
Eisbeentees	23-24 Sep '22	Koster: Kosterdam	www.kosterdam-eisbeentees.co.za
Brauhaus Dorsfees	24 Sep '22	Rustenburg: Brauhaus Africa	083-228-2726
Live Comedy Night	24 Sep '22	Rustenburg: Oppie Plaas	076-386-8122
Vrouefunksie	24 Sep '22	Rustenburg: La Fleur Waffels	084-348-4471
Braaidag met Zahn	24 Sep '22	Rustenburg: Vat 'n Biki 382 Ou JBH Pad R24	072-620-4027
Nederduits Hervormde Kerk	29 Sep '22	Rustenburg: Rustneburg Gholfbaan	071-177-1557
Thys die Bosveldklong	30 Sep '22	Rustenburg: Vat 'n Biki 382 Ou JBH Pad R24	072-620-4027
Music & Craft Beer Festival	30 Sep & 1 Oct '22	Kroondal: Buffels Brew/ KennyGee's Kroondal	014-592-8079
Liewe Heksie	1 Okt '22	Rustenburg: Cheeky Ratbags	011-815-3000

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	2					4	3	
		3		9	2			
4	9					1	7	
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	9			7		8		

SUDOKU

WEATHER REPORT NORTH WEST			
RUSTENBURG			
Thursday	22 SEP 2022	29°C - 12°C	6% ☁
Friday	23 SEP 2022	33°C - 15°C	1% ☁
Saturday	24 SEP 2022	34°C - 16°C	0% ☁
Sunday	25 SEP 2022	34°C - 15°C	0% ☁
Monday	26 SEP 2022	35°C - 17°C	0% ☁

At time of print

SOULFOOD

PSALM 67

To the Chief Musician. On stringed instruments. A Psalm. A Song.

67 God be merciful to us and bless us,
And cause His face to shine upon us, Selah
2 That Your way may be known on earth,
Your salvation among all nations.
3 Let the peoples praise You, O God;
Let all the peoples praise You.
4 Oh, let the nations be glad and sing for joy!
For You shall judge the people righteously,
And govern the nations on earth. Selah
5 Let the peoples praise You, O God;
Let all the peoples praise You.
6 Then the earth shall yield
her increase;
God, our own God,
shall bless us.
7 God shall bless
us,
And all the
ends of the
earth shall fear
Him.

NEW KING JAMES VERSION (NKJV)

USD / ZAR	17.6715
EUR / ZAR	17.4895
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Yuan / ZAR	2.5087
USD / EUR	1.01071
USD / GBP	0.8832
Bitcoin / USD	19406
Ethereum / USD	1352.24
Gold \$/oz	1 670.85
Platinum	915.73
Brent	90.86
Palladium	2 181.61
Silver	19.41

FINANCIAL INDICATORS

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POLL

Do you or can you consider home schooling for your children? (traditional vs home schooling)

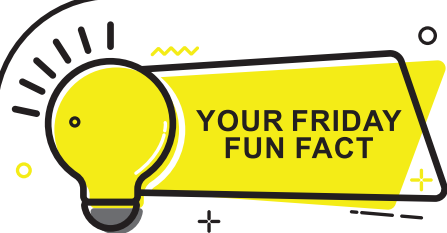
No one cares about your children as much as you do which makes home schooling an attractive option. On the other hand, teachers at schools are trained and qualified professionals, and children can benefit from socialising with their peers. Which is better?... home schooling or traditional schools? And if you say home schooling... is that a real and practical option?

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 27 September:

- Yes, I am considering home schooling for my children.
- No, I'm not considering home schooling for my children.
- The reason for your answer.
- A recent photo of yourself – that we can publish with your answer.
- Your contact details.

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?

If you point your car keys to your head, it increases the remote's signal range. This works because you are essentially turning your skull into an antenna. For even better results, hold it under your chin and open your mouth.



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a. B&W x 2	R10.00
b. Colour x 2	R20.00

Monday to Friday 6am – 7pm
Saturday: 7am – 7pm
Sunday: 7am – 7pm (double price)

Directions:

- From Phokeng mall on Sun City road
 - Turn right at Lemenong Road
 - After 4 speed bumps turn left at (before shop) Tshepang Restaurant and Oratile Hair Salon
 - 3rd house on the right (Paved road e yang ko kliniking)
- From the opposite direction turn left at Lemenong Road



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- *Swedish Full Body Massage
- *60min Swedish Massage plus Hot Stones
- *60min Deep Tissue Massage
- *60min Stress Relief Massage
- *60min Swedish Massage plus Rolling Sands on Back of Body

60 Minutes Treatments

- *Swedish Full Body Massage
- *Rolling Sands Full Body Scrub
- *Delux Pedicure Treatment
- *Paraffin Wax Pedicure
- *Gentlemen Pedicure
- *Gentlemen Manicure
- *Dermaplaning Without Extraction
- *Deep Cleanse Facial
- *30min Back Neck and Shoulder and Back Scrub

30 Minutes Treatments

- Reflexology
- Sinus Drainage
- Spavelous Pedicure
- Rolling Sands on Back of Body
- African Head Massage
- Facial Massage

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- 6x Session Laser Lipo Combo | 9 Hours
- 6x Session Cellulite Treatment | 7 hours
- 6x Sessions Fine Lines, Wrinkles and Pigmentation Facials | 6 hours
- 6x Sessions Dermaplaning Facial | 8 hours/6 hours
- 8x Sessions Laser Lipo Slim Combo | 12 hours
- 8x Sessions Cellulite Treatment | 5h30min
- 10x Sessions Laser Lipo Slim Combo | 18 hours
- 12x Sessions Cellulite Treatmet | 14 hours

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WHAT'S Cooking?



Traditional Mogodu



Itumeleng Sibilanga

Mogodu/ offal/ afval

Rustenburg – Itumeleng Sibilanga is a young man from Tlhabane. He is co-owner of Sirat Spices and has a passion for cooking and adding flavour to his dishes. He shared his traditional Mogodu recipe which is specially flavoured with Sirat Spices to celebrate Heritage Month in style.

For more information about Sirat Spices, contact Sibilanga on 084 418 3443.

Ingredients:

- Mogodu washed and cut into bite sized pieces
- 2 tablespoons onion powder
- 2 tablespoons mocha chicken spice
- 3 tablespoons meaty meat spice
- 2 tablespoons mixed herbs
- ½ teaspoon baba monate chilli paste
- Himalaya salt to taste
- Whole green and red pepper
- 4 tablespoons cream of chicken soup

Instructions:

1. Boil the Mogodu in water for 3 hours with Himalaya salt (this will be your broth so save for later)
2. Toss it into the frying pan with the onion powder, mocha spice, meaty meat spice and mixed herbs and fry.
3. Add green and red peppers.
4. Add Baba monati paste.
5. Mix the broth with the soup and add the fried ingredients.
6. Cook for 20 minutes.

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.

RCC cyclists compete in Blue Diamond

Rustenburg – Well done to the Rustenburg Cycling (RCC) members who participated in the Blue Diamond Classic Road Race in Cullinan on 17 September 2022.



Christo and Suzette van Staden finished 99km in 3:10 (3 hours and 10 minutes). They came in second position for the mixed tandem teams and third overall for tandem teams.



From left: Julie Boshoff (3:17), Zelda du Pisani (3:17), and Christa Venter (3:45).



Christo and Suzette van Staden finished 99km in 3:10 (3 hours and 10 minutes). They came in second position for the mixed tandem teams and third overall for tandem teams.

Impala plans for next season



Impala Rugby Club will be competing in the Blue Bulls Rugby Union (BBRU) reserve league in the 2023 season.

Rustenburg – Impala Rugby Club bowed out of the World Sports Betting Carlton League on Saturday 17 September when they lost 48-12 to Wolverines. However, Impala – who will be competing in the Blue Bulls Rugby Union (BBRU) reserve league during the 2023 season – are proud to have represented Rustenburg at a more competitive level. Impala coach Joel Scherman told Platinum Weekly that they learnt many lessons during the just-ended season and will emerge a better team going forward. “The club will have a meeting on 27 September to plan the way forward and from that meeting we will know exactly when we will start preparing for the next season,” Scherman said. “We will work on our shortcomings when training resumes. However, taking part in the Carlton League was very challenging when you consider the number of injuries our players sustained which we had to deal with,” he added.

Help us keep our girls on the netball court

Monakato/ Rustenburg – Teen Influencers Netball Club, comprising of one netball team of girls aged 11 to 16, took Monakato by storm! “I witnessed social issues in our community, in particular teen pregnancies and nyaope abuse, and started the club in 2021 as a means to introduce girls to netball. It gives them a goal to work towards and keeps them off the streets,” said coach Keneilwe Sekano. Through donations received from the community, they were able to buy netball poles for the youngsters to practice. The team still needs netball kits, balls and tekkies, and rely on donations and sponsorships. **If you would like to contribute, please contact Sekano on 083 874 3977 or Mothusi Sekano on 063 489 6175.**



Teen Influencers Netball Club players.



Bergsig Academy breaking ground for their astro hockey field.

Breaking ground for new astro hockey field at Bergsig

Rustenburg – Monday 19 September was a historical day for Bergsig Academy, as it marks the first day of construction of the new Bergsig hockey astro. This modern artificial grass hockey field will provide the optimal basis for fast play and precise ball control.



Rugby Championships 2022

Australië vs Nieu-Seeland
Hierdie toets se uitslag gaan nog vir jare lank om die braaivleisvure geskerts word. Een van die mees opspraakwekkende beslissings deur die Franse ref, Mathieu Raynal, veroorsaak dat die All Blacks in die laaste 30 sekondes die wendrie druk. Op die Aussie doellyn ken hy 'n strafskop toe aan hulle. Bernard Foley en Nic White probeer toe vir tyd speel en talm te lank. Raynal blaas hard op sy fluitjie en verander sy beslissing en ken 'n skrum toe aan die All Blacks. Die Kiwi's gryp die kans aan, wen die skrum en flinke hande gee die bal vir Jordie Barrett om in die hoek die wendrie te druk. In geheel was dit 'n puik toets. Die Aussies veg terug van 13-31 om met 90 sekondes voor die einde 37-34 voor op die telbord te wees. Drama ou grote!
Die All Blacks wen 39-37 en verower weer die Bledisloe Cup – nou vir die twintigste agtereenvolgende keer.
Die Aussies speel weer Saterdag om 09:05 op Edenpark teen die Kiwi's, wat 'n riller belof te wees. Die All Blacks sal met 'n bonuspunt moet wen as hulle hoop om die titel te behou.
Die stand van sake op die tabel is vir die eerste keer in jare 'n senu-tergende affêre maats. Die Bokke en die Kiwi's is elk op veertien punte. Die punteverskil speel nou ook 'n belangrike rol indien nie een van die twee spanne met 'n bonuspunt wen nie.
Maar op die einde van die dag moet die Bokke en die All Blacks eers hul onderskeie *games* wen. Trane kan nog rol ou grote...

Argentinië vs Suid-Afrika
In Buenos Aires klop die Bokke die Pumas gemaklik met 36-20 en verdien daarmee 'n waardevolle bonuspunt en is op 14 punte gelyk aan die Nieu-Seelanders.
Malcolm Marx speel sy beste toets ooit en word ook beloon met twee puik drieë. Sjoë, mens hoop net Nienaber was ook daar om te sien hoe die yster kan speel as hy die kans gegun word! Francois Steyn vervang die beseerde Damian Willemse in die 64ste minuut en speel goeie *ruggas* op tien. Met Willemse nie nou beskikbaar vir die laaste toets in Durban nie, behoort Steyn dalk op tien vir die Bokke te begin.
Die Bokke en die Pumas draf weer Saterdag om 17:05 in Durban uit vir die laaste toets van die reeks. Dis nou ou nuus manne en maninne. Bie Bokke moet wen en 'n bonuspunt behaal – én ten minste met 30 punte wen om die beker te kan wen... *eish!* Braai en lawaai, gaan groot en geniet die opwindende.

Net so bietjie ander *rugga* nuus...
Die o/19 Nieu-Seelandse rugby span toer tans in Suid-Afrika. Die Kiwi jongspan was op 19 September in aksie teen die o/19 WP en wen 86-0... eina! Die seun van oud Springbok *skrummie* Joggie Viljoen is ook in die Kiwi's se span en Joggie Junior volg in sy pa stewels en speel ook *skrummie*. Die Kiwi jongelinge draf Saterdag teen die o/19 Sharks in Durban uit.

Nag ou groene....

United Rugby Championship

Die 22/23 URC seisoen het afgeskop en op tuisfront klop die Bulle die Leeus gemaklik 31-15. Al die SA spanne sal in aksie wees in week twee.

- Uitslae:**
- Ulster 36-10 Connacht
 - Edinburgh 44-6 Dragons
 - Scarlets 23-23 Ospreys
 - Lions 15-31 Bulls
 - Cardiff 20-13 Munster
 - Zebre 29-33 Leinster
 - Benetton 33-11 Glasgow Warriors

- Bepalings:**
- Vrydag 23 September**
- Zebre 18:30 Sharks
 - Glasgow Warriors 20:35 Cardiff

Saterdag 24 September

- Scarlets 14:00 Ulster
- Bulls 14:30 Edinburgh
- Stormers 14:30 Connacht
- Ospreys 20:35 Lions

- Sondag 25 September**
- Dragons 16:00 Munster

Nag ou grote...



Grenville's brightest IT learners

Rustenburg – Grenville High School's Karabo Phiri and Onkabetse Moagi have achieved a very special milestone. On Thursday 15 September, the two grade 12 learners performed extremely well during the 2nd round of the 2022 Computer Application Olympiad. Both of them were placed second in North West province. Grenville High School is very proud of the two and their educator, Ms Molaoa!



From left: Karabo Phiri, Onkabetse Moagi, and Ms Molaoa.



Laerskool Silwerand Primary chess players back from left: Braydan Myburgh, Tandelwethu Ramaboa and Zandre Myburgh. Front: Tinus Kruger.

Chess players aims for SA team

Rustenburg – Laerskool Silwerand Primary is very proud to have four learners who have been invited to the try outs for the Bojanala South Africa (SA) chess team. The try outs will take place from Friday 23 September to Sunday 25 September. Braydan Myburgh, Tandelwethu Ramaboa, Zandre Myburgh, and Tinus Kruger are avid chess players who will get to showcase their talents against other skilled players for a spot on the SA team.

Leading by example

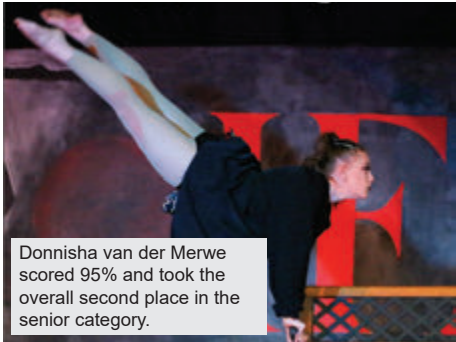
Rustenburg – Grenville High School recently unveiled their new executive leaders for 2022/2023. Leadership is not easy and the learners were urged to remember the words of American entrepreneur, author and motivational speaker Jim Rohn: "The challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not a bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humour, but without folly." Grenville High School is extremely proud of the new executive leaders and wishes them well on their new journey.



Grenville High Schools' executive leaders



Tertia Truter scored 95% and was the overall winner in the 19 and over age category.



Donnisha van der Merwe scored 95% and took the overall second place in the senior category.

LOCAL DANCERS SHINE ON STAGE

Rustenburg – Lynx School of Dance excelled at the International Fine Arts Association's South African finals that took place in Pretoria from Thursday 15 September to Friday 17 September. Both the senior and junior dancers took to the stage and received various accolades for achieving scores from 89% to 95%. Tertia Truter and Donnisha van der Merwe stole the

show and both were included in the Diamond Team. Truter scored 95% and was the overall winner in the 19 and over age category. Van der Merwe also scored 95% and took the overall second place in the senior category. For Professional dance training in modern freestyle, contemporary, and classical dance styles, contact dance instructor Nicolene Gloy on 082 469 5950.



Lynx School of Dance junior dancers



Lynx School of Dance senior dancers

Arrows, Royal AM bang in the goals

SA – There are no DStv Premier League matches this coming weekend but there is no denying that soccer fans have a lot to look forward to.

Although the performance of Mamelodi Sundowns is still a major talking point among soccer fans (they are still at the lead on the log standings), Royal AM and Golden Arrows have certainly punched above their weight and thoroughly deserve the fourth and fifth positions they are occupying respectively on the current log standings.

Take their goalscoring record so far, for example. Both teams already have 10 goals to their names after just eight matches. This is just five goals less than Sundowns and – more significantly – a better return than both Orlando Pirates and Kaizer Chiefs at this stage.

The performance of Royal AM and Arrows has not only kept their title hopes alive, but it also shows that the days when only three clubs dominated the league are now long gone.

While fans of these two clubs are certainly happy with the performance of their players, the coaches are likely to be worried with their defence. Royal AM have let in nine goals so far while Golden Arrows have conceded eight.



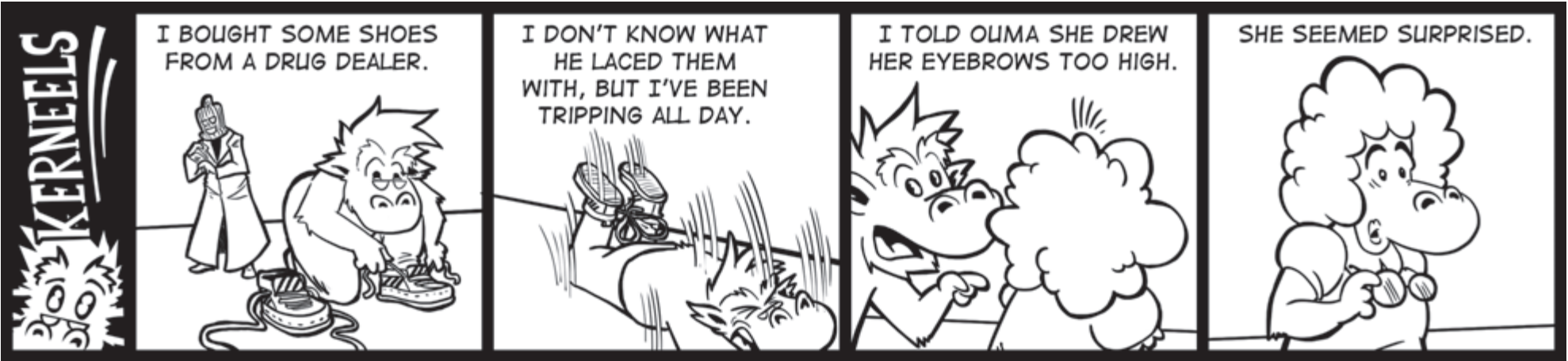


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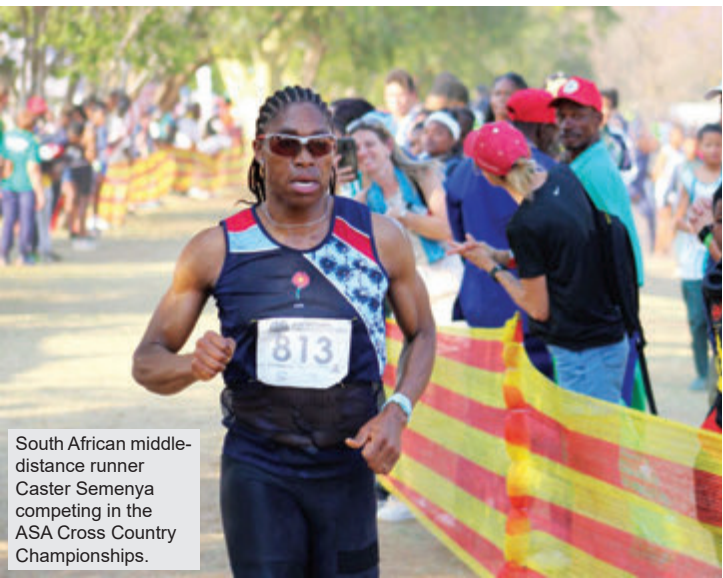
World renowned athletes compete in Rustenburg

Rustenburg - Bergsig Academy was the proud host of the Athletics South Africa (ASA) Cross Country Championships on Saturday 17 September. The best of the best competed and not even the hot temperatures could deter the athletes from giving it their all. South African middle-distance runner and winner of two Olympic gold medals and three World Championships in the women's 800 metres, Caster Semenya also competed at the event. Bergsig academy was proud to have 15 athletes that also proved their mettle on the challenging route. Hats off to the following Bergsig Academy athletes who competed:

- Zanté Young
- Cailyn Botha
- Scott Williamson
- Léan Scholtz
- Irish Jonker
- André Pienaar
- Abbygale Havenga
- Tania Marais
- Dineo Silinza
- Luan Marais
- Dione Odendaal
- Schalk Pienaar
- Benjamin Swart
- Lelanie Jv Vuuren
- Wessel Swart



Athletes competing in the ASA Cross Country Championships.



South African middle-distance runner Caster Semenya competing in the ASA Cross Country Championships.



Bergsig Academy's cross country athletes.

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Potatoes L/M 10kg

EACH FOR 79⁹⁹
Marang Eggs Large 60's

EACH FOR 52⁹⁹
Jacobs Cappuccino Sticks 10x19.6g

EACH FOR 49⁹⁹
Goldcrest Pure Honey 375g

BUY 2 FOR R40
(R20.00 EACH)
Coca-Cola Soft Drink 2lt

COMBO BUY ALL FOR R650
White Star Super Maize Meal 10kg + Spekko Rice 10kg + Sasko Cake Flour 10kg + Atlanta Brown Sugar 10kg + Excella Sunflower Oil 2lt + Unity UHT Full Cream Milk 6x1lt + FREE Save a lot Bag

BUY 2 FOR R138
(R69.00 EACH)
Chubby Chick Mixed Portions 2kg

BUY 2 FOR R35
(R17.50 EACH)
Super White Instant Maize Porridge 1kg

EACH FOR 21⁹⁹
Darling Amasi 2lt

BUY 2 FOR R98
(R49.00 EACH)
Sunlight Washing Powder 2kg

3KG FOR 64⁹⁹
Chicken Necks 3Kg

3KG FOR 149⁹⁹
Pork 3kg

2KG FOR 19⁹⁹
Bananas 2kg

3KG FOR 99⁹⁹
Chicken Feet 3Kg

2KG FOR 89⁹⁹
Ox Liver 2kg

10KG FOR 49⁹⁹
Potatoes L/M 10kg

EACH FOR 79⁹⁹
Marang Eggs Large 60's

EACH FOR 52⁹⁹
Jacobs Cappuccino Sticks 10x19.6g

EACH FOR 49⁹⁹
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CNR FATIMA BHAYAT & KLOPPER STREET, RUSTENBURG. TEL: 014 597 4282

MON - FRI: 08:00 - 18:00. SAT: 08:00 - 16:00. PUBLIC HOLIDAYS & SUNDAY: 09:00 - 14:00.

065 542 6259
TO RECEIVE OUR WEEKLY SPECIALS ON WHATSAPP

SPRING & SUMMER READY PERSONAL CARE

Essentials

PROMOTION NOW ON



NIVEA

Say hello to beautiful skin.



BUY ANY 2 &
**SAVE
30%**

X WITH CARD

Rose Care · Day Cream 50ml · Face Mist 150ml · Face Wash 150ml · Sheet Mask Each
Naturally Good · Face Wash 140ml · Day Cream 50ml · Night Cream 50ml

checkers

better and better

also at
**checkers
Hyper**

checkers
**SIXTY
60**



download the app

OFFERS VALID FROM MONDAY 19/09/2022 UNTIL SUNDAY 09/10/2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS. 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).

TRUSTED SKINCARE BEST-SELLERS

NIVEA

Say hello to beautiful skin.

NIVEA Perfect & Matte Effect Care Range

NIVEA Clear Up Care Range

NIVEA Luminous Care Range



Perfect & Matte Effect
• Face Wash 50ml
• Vanishing Cream 50ml

BUY ANY 2 & SAVE 30%



• Face Scrub 75ml
• Cleanser 150ml
• Blemish Gel 15ml



SAVE R415 ALL 4 FOR R999

Nivea Luminous
• SPF50 Day Cream 40ml
• Night Cream 50ml
• Serum 30ml
• Eye Treatment 15ml

BUY ANY & SAVE 20%

SELECTED STORES



African Extracts Rooibos Range
• Advantage • Classic • Purifying

Johnson's PowerGENTLE

BUY ANY & SAVE 25%



Johnson's Face Care Range

OLAY

TOTAL EFFECTS 7 IN ONE BENEFITS FOR VISIBLY HEALTHY-LOOKING SKIN

BUY ANY 2 & SAVE 40%

1. Helps skin to maintain its moisture
2. Evens skin tone appearance
3. Enhances brightness
4. Visibly smooth fine lines and wrinkles
5. Minimizes the look of pores
6. Hydrates to make skin feel firmer
7. Visibly reduces discolouration and evens skin tone

SELECTED STORES



THE HERBAL EXPERT

Himalaya SINCE 1930

SELECTED STORES



SAVE R59 FREE DEAL

BUY Himalaya Detox Charcoal Face Wash OR Scrub 150ml Each & GET a Green Tea Bamboo Sheet Mask FREE!

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By **GARNIER**,
Naturally!

**BUY ANY &
SAVE
20%**

WITH CARD

OFFICIALLY APPROVED
Cruelty Free
(no animal testing)

SELECTED STORES

Garnier Product Range

Nutriss Crème
DEEPLY NOURISHING
PERMANENT HAIR COLOUR
UP TO 100% COVERAGE
UP TO 6 MONTHS AND GREYING
22 shades from dark brown to
brilliant blonde, lighter colour

Ultimate Blends
NATURAL COOL PROTECTANT
I'M VEGAN
NATURAL COOL PROTECTANT
NATURAL COOL PROTECTANT

Micellar Water
GARNIER SKINACTIVE
Gentle cleansing
200ml x 2

Moisturizer
GARNIER SKINACTIVE
Moisturizer
200ml x 2

Even & Matte
GARNIER SKINACTIVE
Even & Matte
200ml x 2

Vitamin C
GARNIER SKINACTIVE
Vitamin C
200ml x 2

PureActive
GARNIER SKINACTIVE
PureActive
200ml x 2

PureActive
GARNIER SKINACTIVE
PureActive
200ml x 2

GARNIER | COMMITS TO GREEN BEAUTY

 **Cruelty Free**
INTERNATIONAL

VEGAN
FORMULA

100% RECYCLED PLASTIC

find out more on www.africa.garnier.com



Cuticura®

HEALTHY SKIN FOR LIFE

STILL THE ONE. SINCE 1865.

SOLUTIONS FOR PROBLEM SKIN

BUY ANY 2 & SAVE 25%
WITH CARD

Cuticura Face Care Range x 2

Cuticura
Antibiotic Ointment

Cuticura
Medicated Ointment

Cuticura
Sensitive Body Cream

Cuticura
Body Scrub

Cuticura
Body Lotion

Cuticura
Face Lotion

Cuticura
HYGIENE Hand Sanitizer

Cuticura
HERBAL Hand Sanitizer

**BUY ANY &
SAVE
25%**

WITH CARD

**Young
Solution
Face Care
Range**

**BUY ANY &
SAVE
25%
X WITH CARD**

**Eskamel
Face
Care
Range**

99c GNF00L C/HWE

Clean & Clear

blackhead clearing cleanser
salicylic acid
helps clear skin
and prevent
blackheads

exfoliating daily wash
salicylic acid

blackhead clearing daily scrub

facial cleansing bar soap
cleans away oil and
impurities for clearer skin

blackhead clearing bar soap
helps to clear blackheads
and prevent skin breakouts

**BUY ANY &
SAVE
25%**

X WITH CARD

**Clean & Clear
Face Care
Range**

**BUY ANY &
SAVE
25%**

X WITH CARD

Oxy
Face Care
Range

**BUY ANY 3
& GET THE
CHEAPEST
FREE**

X WITH CARD

**BUY ANY 3 x
Portia M
Face Care
Range & GET
the cheapest
one FREE!**

Page 3

ADVANCE YOUR SKIN ROUTINE

NIVEA

NIVEA Care FOR YOUR SKIN



SAVE R17

44⁹⁹
400ml each

X WITH CARD

Nivea
Body Cream/
Lotion
All Variants



SAVE R15

41⁹⁹
each

X WITH CARD

Ingram's
Body Cream
All Variants
450ml/500g
Excluding Tissue
Oil

SAVE R13

46⁹⁹
400ml each

X WITH CARD

Ingram's
Tissue Oil
Lotion



Renew
everyday care
DERMA



FROM
29⁹⁹
each

X WITH CARD

Renew Derma

- Body Lotion 300ml R49,99
- Body Cream 500ml R39,99
- Tissue Oil Gel 100ml R54,99
- Tissue Oil 200ml R59,99
- Tissue Oil Spray 100ml R29,99



SAVE R19

57⁹⁹
500ml

X WITH CARD

Ingram's
Tissue Oil
Body Cream



SAVE R19

57⁹⁹
50ml each

X WITH CARD

Ingram's
Tissue
Oil Gel

Vaseline

All Your Skincare Essentials

Unilever



SAVE 16%

48⁹⁹
450ml each

X WITH CARD

Vaseline
Petroleum Jelly
All Variants



SAVE R29

ANY 2 FOR
R90

X WITH CARD

Vaseline
Body Lotion/
Cream
All Variants
2 x 400ml

Helps smooth stretch
marks & deeply
moisturises



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BEAUTIFUL SKIN STARTS HERE

Johnson's®
Power of GENTLE

BUY ANY 2 &
SAVE 30%

X WITH CARD

Johnson's
Vita-Rich
Body Lotion/
Body Wash
All Variants
2 x 400ml



Vita-Rich Body Lotions
48hr moisture²

BUY AND SAVE

BUY ANY &
SAVE 10%

X WITH CARD

Karoo
Foot Powder
100ml/
Foot Spray
120ml/
Heel Balm
150ml Each



99% GNFOOLCHME

SAVE R25

74⁹⁹
100g each

X WITH CARD

Eulactol
Heel Balm



SAVE R240

ANY 2 FOR
R300

X WITH CARD

E45
Dermatological
Body Cream
Tub/Pump
2 x 500g



SAVE R20
BUY 2 FOR
R50

X WITH CARD

Reitzer's
Aqueous
Cream
2 x 500ml

HYPERS ONLY

BUY ANY &
SAVE 20%

X WITH CARD

Fenjal
• Body Butter 250ml
• Bath & Shower Cream 200ml
• Foam Bath 200ml
Each



Specialist
Hand Care

Healing Hands
Original Hand Crème 150ml
with Lanolin & Vitamin E



SELECTED
STORES



Healing Hands
Heel Glove Heel Balm 75ml
with 25% Urea, Healing
Extracts & Refreshing Mint

BUY ANY &
SAVE 20%

X WITH CARD

Healing
Hands
Product
Range



Healing Hands
Body Glove
50ml/150ml/500ml
Moisturising Body Cream
Enriched with Vitamin E
SPF15



HealingHands®



Healing Hands
Age Protection
Hand Crème 75ml
with Lime Tree
Extract & Grape
Seed Oil



Healing Hands
Mini Manicure
Nail & Cuticle
Crème 75ml
with Vitamin E,
Olive & Lanolin



Healing Hands
Original Hand
Crème 75ml
with Lanolin
& Vitamin E

Premium, intensive **SKIN SOLUTIONS** formulated with therapeutic ingredients.
with Lanolin for lasting hydration.

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PERFECT PROTECTION FOR YOUR SKIN



Buy any EverySun
or Tropitone Product and

SAVE

BUY ANY 2
OF THE
SAME BRAND &
**SAVE
30%**

X WITH CARD

TECHNI BLOCK



99% GNFOCLCJHM/E

**island
Tribe**
SUN PROTECTION

YOUR FAMILY'S DAILY
SUN PROTECTION
ESSENTIAL



UVB

UVA

*Source: Euromonitor International Limited: Beauty and Personal Care 2021 edition; NIVEA in the category Sun Care, incl. Sun Protection, After-sun and Self-Tanning; in retail value terms, 2020 data.



NIVEA SUN Range Assorted

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ALL THE BASICS COVERED



BUY ANY 3 & GET THE CHEAPEST FREE
X WITH CARD

BUY ANY 3 x Dove Cotton Wool/Buds/Wands/Wipes Range & GET the cheapest one FREE!



SAVE R9 ANY 2 FOR R35
X WITH CARD

Cutex Nail Polish Remover All Variants 2 x 100ml



BUY ANY 2 & SAVE 20%
X WITH CARD

Nonova Bath Ball/ Sponge/Glove Selected Variants x 2



BUY ANY 2 & SAVE 20%
X WITH CARD

Essentials Bath Range All Variants x 2

HYPERS ONLY

995GNFOCLCJHM/E



BUY ANY & SAVE 20%
X WITH CARD

Lip Ice Lip Balm All Variants 4,5g/4,9g Each

SAVE R15 69⁹⁹
X WITH CARD

Lipsano Lip Care Stick/Tub

SAVE R25 89⁹⁹
X WITH CARD

Blistex Cocoa Butter/Medex Lip Balm

BUY ANY & SAVE 20%
X WITH CARD

Labello Lip Balm All Variants 4,8g Each

ANY 3 for 2
X WITH CARD

BUY ANY 3 x Softlips Lip Balm 2g All Variants & GET the cheapest one FREE!

FREE!

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TOTAL HYGIENE CARE



Bic Soleil
Shine Your Way

- SHOOTS SHAVE
- SOFT ON SKIN
- EASY GLIDE

99c GNFOCLJHM/E



SAVE UP TO R108
ANY 3 for 2
X WITH CARD

BUY ANY 3 x Bic Soleil Shaving Range & GET the cheapest one FREE!

FREE!



Mandy's
soft-feel wax strips

SAVE R15
ANY 2 FOR R65
X WITH CARD

Mandy's Face/Legs Soft Feel Wax Strips
2 x 12 per pack



SAVE FROM R85
ANY 3 for 2
X WITH CARD

BUY ANY 3 x Veet Depilatory Range & GET the cheapest one FREE!

FREE!



SOFT 'N SMOOTH
Fragrant Hair Remover

SAVE R19
BUY 2 FOR R99
X WITH CARD

Glyco-Lemon Depilatory Cream
2 x 150ml



Mandy's
hair removal lotion

SAVE R40
BUY 2 FOR R150
X WITH CARD

Mandy's Depilatory Lotion
2 x 200ml

No Hair
HAIR REMOVAL LOTION

SAVE R40
BUY 2 FOR R170
X WITH CARD

No Hair Depilatory Cream
2 x 400ml



SAVE FROM R15
FROM 39.99
6 per pack
X WITH CARD

Super-Max Disposable Razors



SAVE R67
BOTH FOR R269
X WITH CARD

Schick Intuition Sensitive Razor & Blades
3 per pack All Variants



BUY ANY 2 & SAVE 20%
X WITH CARD

Schick Quattro/Hydro Range x 2



SAVE UP TO R65
ANY 3 for 2
X WITH CARD

BUY ANY 3 x Loving Touch Shaving Gel 200ml/ Disposable Razors 5 per pack & GET the cheapest one FREE!

FREE!

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FEEL FRESH AND CONFIDENT

**ANY
3 for 2**

X WITH CARD

BUY ANY 3 x
Gyna Guard
Intimate
Feminine
Range & GET
the cheapest
one FREE!



**BUY ANY &
SAVE
20%**

X WITH CARD

Femagene Feminine
Intimate Range

Shower
to
Shower

Start fresh,
Stay fresh

**BUY ANY 2 &
SAVE
20%**

X WITH CARD

Shower to
Shower
Deodorant
150ml OR
Roll-On 50ml
for Ladies
All Variants x 2



NIVEA



**SAVE R16
ANY 2 FOR
R38**

X WITH CARD

Nivea Roll-On
for Ladies
All Variants
2 x 50ml



**SAVE R22
27⁹⁹**

150ml
each

X WITH CARD

Nivea
Deodorant
for Ladies
All Variants

**BUY ANY &
SAVE
15%**

X WITH CARD

Mitchum
Deodorant Gel
Stick 63g/
Roll-On 50ml/
Spray 120ml/
Stick 76g
All Variants Each



**BUY ANY 2 &
SAVE
15%**

X WITH CARD

Revlon
Deodorant for
Ladies
All Variants
2 x 90ml



PLAYgirl
Perfumed Body Care



**SAVE R8
ANY 2 FOR
R32**

X WITH CARD

Playgirl Roll-On for
Ladies All Variants
2 x 50ml



**SAVE R12
ANY 2 FOR
R48**

X WITH CARD

Playgirl Deodorant for
Ladies All Variants
2 x 90ml

Discover  Dove



**SAVE R13
ANY 2 FOR
R45**

X WITH CARD

Dove Roll-On for Ladies
All Variants 2 x 50ml



**SAVE R18
ANY 2 FOR
R70**

X WITH CARD

Dove Deodorant for Ladies
All Variants 2 x 150ml



**SAVE R21
ANY 2 FOR
R85**

X WITH CARD

Dove Deodorant for Ladies
All Variants 2 x 250ml



**SAVE R14
ANY 2 FOR
R38**

X WITH CARD

Shield Roll-On for
Ladies All Variants
2 x 50ml



**BUY ANY &
SAVE
20%**

X WITH CARD

Shield Deodorant for
Ladies All Variants
150ml Each

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TOTAL HYGIENE CARE

always

Choose the
RIGHT SIZE
for you



UP TO 100%
LEAK
PROTECTION

No odour &
Irritation worries



SAVE
FROM
R13

34⁹⁹
per pack

X WITH CARD

Always
Sanitary Pads
All Variants
12/14/16/18/20
per pack



Reassuring
THICK PROTECTION



All around SOFT
PROTECTION all night



SAVE R10

39⁹⁹
100 per pack

X WITH CARD

Comfitex
Pantyliners
All Variants



SAVE R40

ANY 4 FOR

R80

X WITH CARD

Comfitex Pantyliners
Scented/Unscented
4 x 40 per pack



FROM
19⁹⁹
per pack

X WITH CARD

Libresse

- Sanitary Pads 8/10 per pack R19,99
- Sanitary Pads Duo 16/20 per pack R36,99
- Maxi/Super Sanitary Pads Duo 16/18/20 per pack R29,99
- Pantyliners 28/30/40 per pack R24,99

Stayfree

Cotton comfort and
protection everyday



SAVE R24
ANY 2 FOR
R40

X WITH CARD

Stayfree
Sanitary Pads
All Variants
2 x 16/20 per pack



SAVE R12
ANY 4 FOR
R40

X WITH CARD

Stayfree Maxi
Sanitary Pads
All Variants
4 x 8/10 per pack

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lil-lets

Choose what
works for you



BUY ANY &
SAVE
20%

X WITH CARD

Lil-lets
Sanitary
Range

@lil-letsza @lillets_sa @lilletsa lil-lets.com

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Buy TENA today!

TENA gives you 3x Protection against leaks, odour and moisture.

TENA



- Tena**
- Lady Adult Pads 6/10/12/14 per pack
 - Men Adult Pads 8/20 per pack
 - Adult Pants 10 per pack

FROM 38⁹⁹
per pack
WITH CARD

Essity South Africa PTY (LTD). Tel. No. +27 31 710 8111. Email: customer-care@essity.com, www.essity.com. Further information available on request from Essity, 22_BSN067

essity



BLADDER LEAKS?

Take back control

@lil-lets_za @lillets_sa @lilletsso lil-lets.com



SAVE R10

FROM 29⁹⁹
per pack
WITH CARD

Lil-lets Drylock Range

- Adult Pads 12 per pack R34,99
- Adult Liners 34 per pack R39,99
- Long Adult Liners 14 per pack R29,99

99% GNFOCL CJHME



15⁹⁹
per pack
WITH CARD

Kotex Maxi Pads

- All Nighter 8
- Young Super 8
- Young Normal 10
- Super 8
- Normal 10



Kotex Daily Protect Liners

- Normal Unscented 20
- Slim Unscented 18
- Long Unscented 16
- Normal Scented 20
- Period Protect Liners Scented 16



18⁹⁹
per pack
WITH CARD

Kotex Ultra Thin Pads

- Normal 10
- Super 8
- All Nighter 7
- Young Super 8
- Young 10

Kotex Daily Protect Liners

- Normal Scented 40
- Normal Unscented 40



Kotex Ultra Thin Pads

- All Nighter DUO 14
- Normal DUO 20
- Super DUO 16



Kotex Daily Protect Liners

- Slim Unscented 88
- Normal Unscented 100



www.kotex.co.za @kotex_sa KotexSouthAfrica

Learn more about the new Kotex Period Protect & Daily Protect Liners



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GOOD HAIR DAYS

PANTENE

SAVE UP
TO R110

ANY 2 FOR

R90

Pantene
3 Minute
Conditioner
200ml/
Hair Treatment
300ml
All Variants x 2

SAVE R76

ANY 2 FOR

R99

Pantene
Shampoo/
Conditioner
All Variants
2 x
360ml/400ml

HYPERS ONLY

PANTENE
PRO-V

REPAIR
& PROTECT

0% PARABENS, 0% SULFATES

FOR REAL, DAMAGED HAIR

SHAMPOO

SAVE UP
TO R70

129⁹⁹

1¢ each

Head &
Shoulders
OR Pantene
Shampoo
All Variants

NEW 1¢
VALUE PACKS

BUY ANY &
**SAVE
35%**

X WITH CARD

Head &
Shoulders
Shampoo/
Conditioner
All Variants
275ml/400ml
Each

Organics

BUY ANY 2 &
**SAVE
25%**

X WITH CARD

Organics
Shampoo/
Conditioner
All Variants
2 x 1L

Organics

Organics

Organics

CONTAINS ORGANIC
EXTRACT

WITH AROMA
OF VANILLA

SHAMPOO

1L

150

ORGANIC BLUE YERB
DAILY CARE 2-IN-1

SHAMPOO &
CONDITIONER

1L

CONTAINS ORGANIC
EXTRACT

WITH AROMA
OF VANILLA

CONDITIONER

1L

Schwarzkopf
GLISS
HAIR REPAIR

Don't cut.
Love, care and
repair.

BUY ANY 2 &
**SAVE
30%**

X WITH CARD

Schwarzkopf
Gliss Hair
Range
All Variants
x 2

TRY GLISS ULTIMATE REPAIR FOR
SHINY AND HEALTHY-LOOKING HAIR.
Repair what you love.

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HOT-LISTED HAIRCARE

MARC ANTHONY.
Make Hair Play™

BUY ANY &
SAVE 20%

X WITH CARD

Marc Anthony
Shampoo/
Conditioner
All Variants
250ml Each



SELECTED
STORES

TRESemmé

USED BY PROFESSIONALS

PROFESSIONAL
QUALITY
STYLING
EVERY DAY



SAVE R50
ANY 2 FOR
R170

X WITH CARD

TRESemmé
Shampoo/
Conditioner
All Variants
2 x 750ml/900ml

995GNFOCLJHWE



SAVE R50
349⁹⁹ each

X WITH CARD

Wahl Hair Straightener/
Professional Hair Dryer
• AC Motor • 2000W

BUY ANY 2 &
SAVE 30%

X WITH CARD

Pretty Woman Titanium
Brushes All Variants x 2

SAVE R30
149⁹⁹ each

X WITH CARD

Wahl HomePro
Basic Hair
Clipper Set



BUY ANY &
SAVE 20%

X WITH CARD

Batiste
Dry Shampoo
All Variants
200ml Each



BUY ANY &
SAVE 20%

X WITH CARD

Schwarzkopf Super
Soft Shampoo 400ml/
Conditioner 250ml/
Detangling Spray
150ml All Variants Each



SAVE R20
64⁹⁹

X WITH CARD

Dove
Shampoo/
Conditioner
All Variants

OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

GET THE SALON LOOK FOR LESS

BUY AND SAVE

**ELVIVE
HYALURON
PLUMP**

NEW

**BUY ANY 2 &
SAVE
20%**

X WITH CARD

**L'Oréal
Elvive Hair
Range x 2**

**ELVIVE
Colour Protect**



WITH PLUMPING
[HYALURONIC ACID]
**FOR 72H' HYDRATION
2X REPLUMPED HAIR***



**ELVIVE
Dream lengths**

**LONG HAIR
GOALS?
SAVE YOUR
LAST 3 CM***

**CAPTURE YOUR COLOUR FOR 10 WEEKS,
PROTECT AGAINST UV RAYS & WATER**



SAVE 10%

44.99 650ml each

X WITH CARD

**Revlon Flex
Shampoo/
Conditioner
All Variants**

**SAVE R30
ANY 2 FOR
R120**

X WITH CARD

**Revlon
ColorSilk
Hair Colour
All Variants
x 2**



**BUY ANY &
SAVE
20%**

X WITH CARD

**Kair Hair
Treatment
200ml/
Serum 50ml
All Variants Each**



99c GNF0CQJHM/E



**SELECTED
STORES**

**BUY ANY &
SAVE
30%**

X WITH CARD

**Controllice
Lice Treatment
Range**



**SELECTED
STORES**

**BUY ANY &
SAVE
30%**

X WITH CARD

**Vigro Hair Growth
Range**

**BUY ANY &
SAVE
30%**

X WITH CARD

**Schwarzkopf
Got2B
Glued
Hair Styling
Range
150ml/300ml**



OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

TREAT YOUR HAIR WITH CARE

**Dark
and
Lovely**

PROFESSIONAL EXPERTISE

NO.1 HAIRCARE BRAND USED
BY AFRICAN HAIR STYLISTS*

LEVEL UP WITH 4 EASY STEPS



1 WASH

2 TREAT

3 MOISTURISE

4 STYLE

48H
EXTRA HOLD
STYLING GEL

**BUY ANY &
SAVE
20%**

WITH CARD

Dark &
Lovely
Hair Range
All Variants
Each

SELECTED
STORES



**CLEANS
BRAIDS &
SCALP
WITHOUT
WATER**

GRO STRONG
Our 1st fertilising hair food
to grow stronger hair



/DarkandLovelySA @darkandlovelyafrika @DarkandLovely

*SAGACI, 2020 Hair brand image survey, South Africa/Kenya/Nigeria/Ivory Coast **from Dark and Lovely

I AM DARK AND LOVELY

cantu
shea butter

**CELEBRATE
YOUR hair in all its
GLORY**

995 GNFOCLCJHM/E

**BUY ANY &
SAVE
20%**

WITH CARD

Cantu
Hair Range
All Variants
Each



**SAVE R15
ANY 2 FOR
R55**

WITH CARD

Inecto Hair Colour
All Variants 2 x 50ml



SAVE R20

69⁹⁹
each

WITH CARD

Amla
Shampoo/
Conditioner
Volumising Oil



**BUY ANY &
SAVE
20%**

WITH CARD

Perfect Hair
Hair Range
All Variants
250ml Each

SELECTED
STORES



**BUY ANY 2 &
SAVE
20%**

WITH CARD

Sofn'free
Hair Care
Range
All Variants
x 2



SELECTED
STORES

**BUY ANY 2 &
SAVE
20%**

WITH CARD

Sofn'free
Cannabis Hair
Lotion 350ml/
Spray
250ml x 2



**BUY ANY 3
& GET THE
CHEAPEST ONE
FREE**

WITH CARD

BUY ANY 3 x
ORS Black Castor
Hair Care Range &
GET the cheapest
one FREE!

FREE!

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RELAX & REJUVENATE WITH BATH & BODY

PROTECT YOUR HEALTH + MOISTURE LOCK*

NEW



*MAINTAINS SKIN'S NATURAL MOISTURE



SAVE R8
ANY 2 FOR
R24
X WITH CARD

Protex Bath Soap
All Variants
2 x 150g

SAVE 22%
34⁹⁹
300ml each
X WITH CARD

Protex Liquid
Hand Wash
All Variants



BUY ANY &
SAVE
20%
X WITH CARD

Epi-Max
Body Wash
All Variants
450ml Each

epi^{max}® our family, for your family.
epimax.co.za



SAVE R79
ANY 2 FOR
R90
X WITH CARD

Sanex Shower
Gel All Variants
2 x 500ml



SAVE R14
ANY 2 FOR
R75
X WITH CARD

Shower to Shower
Body Wash
All Variants 2 x 500ml



**100%
STRONGER GERM
PROTECTION***

BUY ANY &
SAVE
15%
X WITH CARD

Lifebuoy
Range

- Bath Soap 175g
- Bath Wash 750ml
- Total 10 Hand Sanitizer 65ml
- Handwash 200ml
- All Variants Each



99% GNFOCLJHM/E

* As per lab tests on Indicator organisms versus a beauty soap bar.



SAVE R44
ANY 2 FOR
R95
X WITH CARD

Nivea Shower
Gel All Variants
2 x 500ml



BUY ANY 2 &
SAVE
25%
X WITH CARD

Renew Foam
Bath/Body Wash/
Handwash/
Hand Sanitizer
All Variants x 2

OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

SAVE R10
ANY 2 FOR
R22
X WITH CARD

Dettol Bath Soap
All Variants
2 x 175g

SAVE FROM 17%
14⁹⁹
each
X WITH CARD

**Dettol Hand Wash 200ml/
Wet Wipes 10/40/80 per
pack/Body Wash 600ml**
All Variants

*Tested against E.coli, C. xerosis and S. aureus. ** 100% BETTER GERM PROTECTION versus dry tissue without active or water. Redditt Benckiser Pharmaceuticals (Pty) Ltd, 8 Jet Park Road, Elandsfontein, 1601. Customer Care Line: 0861 11 11 00. ©2022 Dettol and the Sword Devices are trademarks of the RB Group.

BUY AND SAVE

SAVE R9
ANY 2 FOR
R35
X WITH CARD

**Pure Glycerine
Bath Soap**
All Variants
2 x 150g



SAVE R9
BUY 2 FOR
R45
X WITH CARD

**Tetmosol
Medicated Bath
Soap 2 x 75g**

99% GNF00LJHME



SAVE R10
34⁹⁹
400ml each
X WITH CARD

**Satskin
Shower Gel**
All Variants



SAVE R19
ANY 2 FOR
R60
X WITH CARD

**Satskin Liquid
Hand Wash**
All Variants 2 x 400ml



SAVE R20
69⁹⁹
2x each
X WITH CARD

**Satskin
Bubble Bath**
All Variants



SAVE R20
ANY 2 FOR
R100
X WITH CARD

**Original Source
Shower Gel**
All Variants
2 x 500ml

**SAVE UP
TO 21%**
54⁹⁹
500ml each
X WITH CARD

**Dove
Shower Gel/
Body Wash**
All Variants



SAVE 17%
ANY 2 FOR
R28
X WITH CARD

Lux Bath Soap
All Variants 2 x 175g

SAVE 17%
62⁹⁹
750ml each
X WITH CARD

**Lux
Body Wash**
All Variants



**FOZZI'S™
FOR FUN**

**BUY ANY 3
& GET THE
CHEAPEST
FREE**
X WITH CARD

**BUY ANY 3 x
Fozzi's Bath
Range & GET
the cheapest
one FREE!**

FREE!

**BUY ANY &
SAVE
15%**
X WITH CARD

**Radox
Bath Range**

SAVE R25
ANY 2 FOR
R65
X WITH CARD

Matey Bubble Bath
All Variants 2 x 500ml

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TOTAL ORAL CARE

Colgate

The power of natural charcoal

Cleans and whitens teeth



SAVE 22%
34⁹⁹ 2 per pack
X WITH CARD
Colgate Double Action Charcoal Toothbrushes

SAVE 26%
64⁹⁹ each
X WITH CARD
Colgate Optic White/Total 12/Plax White Mouthwash

SAVE 14%
89⁹⁹ 2 per pack
X WITH CARD
Colgate 360° Clean Medium/Optic White/Charcoal Gold/Slim Soft Advanced Toothbrushes

EXCLUDING TRIPLE ACTION
SAVE 5%
18⁹⁹ 100ml each
X WITH CARD
Colgate Maximum Cavity Protection/Gel/Herbal Toothpaste

SAVE 24%
27⁹⁹ each
X WITH CARD
Colgate MaxFresh 75ml/Sensifoam 75ml/Advanced White 75ml/Charcoal 100ml Toothpaste

SAVE 16%
39⁹⁹ 75ml each
X WITH CARD
Colgate Total/Lasting White Toothpaste All Variants

SAVE 21%
54⁹⁹ 75ml each
X WITH CARD
Colgate Naturals/Optic White/Pro Relief Toothpaste

SAVE 26%
54⁹⁹ 2x75ml per pack
X WITH CARD
Colgate Pro Gum/Charcoal Toothpaste Twin pack

NEW

FROM 34⁹⁹ each
X WITH CARD
Parodontax
• Toothpaste 75ml R34,99
• Toothbrush R49,99
• Mouthwash 500ml R59,99
SELECTED STORES

BUY ANY & SAVE 15%
X WITH CARD
Earthly Toothpaste Tablets All Variants 60+30 per pack
SELECTED STORES

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LISTERINE® Helps Remove 97% of Germs Left Behind After Brushing.²



SAVE R15

64⁹⁹
500ml each
X WITH CARD



Listerine Mouthwash All Variants



SAVE R40
59⁹⁹
1L each
X WITH CARD

Listerine Zero Mouthwash



BUY ANY & SAVE 20%
X WITH CARD

Oral-B Selected Range



BUY ANY & SAVE 15%
X WITH CARD

Himalaya Toothpaste All Variants 75ml Each



BUY ANY & SAVE 20%
X WITH CARD

White Glo Toothpaste All Variants 100ml/150g



BUY ANY & SAVE 20%
X WITH CARD

Oralwise Breath Strips/ Proclean OR Prototal Toothbrush/ Toothpaste 100ml Each



SAVE R9
ANY 2 FOR R35
X WITH CARD

Jordan Kids 0-5 Years/ Junior 6-12 Years Toothpaste 2 x 50ml



BUY ANY & SAVE 20%
X WITH CARD

Pearl Drops Tooth Polish All Variants 50ml Each



SAVE R27
69⁹⁹
90 per pack
X WITH CARD

Dentek Floss Picks



BUY ANY & SAVE 20%
X WITH CARD

Aquafresh Fresh Mint Mouthwash 500ml Each



GUM INTERDENTALS



FROM 59⁹⁹
each
X WITH CARD

GUM Dental Floss
• Trav-ler Flossers R99,99
• Easy Flossers 30 per pack R59,99
• Expanding Floss 30m R64,99
• Soft Picks 40 per pack R89,99
• Ortho 50 per pack R99,99

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**NIVEA
MEN**

UP YOUR GAME WITH NIVEA MEN

- Shave Gel OR Foam 200ml
- Moisturiser 30ml OR 50ml OR 75ml
- Face Wash 100ml
- Face Cream 150ml

**BUY ANY 2 &
SAVE
20%**

X WITH CARD

Nivea Men
Face Care
Range x 2



PLAYBOY
DEODORANT



**SAVE R8
ANY 2 FOR
R32**

X WITH CARD

Playboy Roll-On
for Men All Variants
2 x 50ml

**SAVE R18
ANY 2 FOR
R48**

X WITH CARD

Playboy
Deodorant for Men
All Variants
2 x 150ml

**SAVE UP
TO R155**

**ANY
3 for 2**

X WITH CARD

BUY ANY
3 x Bic Flex/
Easy Shave
Razors &
GET the
cheapest
one FREE!

FREE!

**BUY ANY &
SAVE
20%**

X WITH CARD

Super-Max
Shaving Range
All Variants Each



Gillette

A NEW LOOK ACROSS OUR RANGE
GET A PERFECT SHAVE



**SAVE R55
R99**

X WITH CARD

Gillette Mach 3
Razor 2Up Each



**SAVE R85
R115**

X WITH CARD

Gillette Mach 3
Turbo Razor 2Up Each

**BUY ANY 3
& GET THE
CHEAPEST
FREE**

X WITH CARD

BUY ANY 3 x
Veet Depilatory
Cream & GET
the cheapest
one FREE!

FREE!



**SAVE R30
BUY 2 FOR
R130**

X WITH CARD

DX Smooth
Hair Removal Lotion
2 x 200ml



**BUY ANY &
SAVE
20%**

X WITH CARD

DX Smooth Even Tone
Face Wash 100ml/Serum
15ml/Moisturiser 50ml Each



**BUY ANY 2 &
SAVE
20%**

X WITH CARD

Lion Duel Shaving Gel/
Shaving Foam
All Variants 2 x 200ml



**BUY ANY &
SAVE
20%**

X WITH CARD

L'Oréal
Men Expert
Face Care Range

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FEEL FRESH AND CONFIDENT

Discover  Dove



SAVE R13
ANY 2 FOR
R45
X WITH CARD

Dove Roll-On for Men
All Variants 2 x 50ml



SAVE R18
ANY 2 FOR
R70
X WITH CARD

Dove Deodorant
for Men All Variants
2 x 150ml



SAVE R22
27⁹⁹
150ml each
X WITH CARD

Nivea Deodorant
for Men All Variants



SAVE R16
ANY 2 FOR
R38
X WITH CARD

Nivea Roll-On for
Men All Variants
2 x 50ml



BUY ANY 2 &
SAVE
20%
X WITH CARD

Status Deodorant
Spray 130ml or
200ml/Roll-On 50ml
All Variants x 2



BUY ANY &
SAVE
15%
X WITH CARD

Mitchum Deodorant Gel
Stick 63g/Roll-On 50ml/
Spray 120ml/Stick 76g
All Variants Each
Excluding 2x50ml



BUY ANY 2 &
SAVE
15%
X WITH CARD

Revlon Deodorant
for Men All Variants
2 x 120ml

.... Old Spice
SMELL LIKE A MAN
MAN



SAVE R14
33⁹⁹
150ml each
X WITH CARD

Old Spice
Deodorant for Men
All Variants



SAVE UP
TO R30
ANY 2 FOR
R90
X WITH CARD

Old Spice Deodorant Stick for
Men 50ml OR Shower Gel for Men
400ml All Variants x 2



SAVE R14
ANY 2 FOR
R38
X WITH CARD

Shield Roll-On for Men
All Variants
2 x 50ml



BUY ANY &
SAVE
20%
X WITH CARD

Shield
Deodorant for Men
All Variants 150ml Each

NOW WITH
LONG LASTING
FRAGRANCE
AXE
ALL DAY
"MM!"
EFFECT



BUY ANY &
SAVE
20%
X WITH CARD

Axe Deodorant for Men
All Variants
150ml/200ml Each



AN ICONIC
FRAGRANCE TO
ELEVATE YOUR GAME



BUY ANY &
SAVE
20%
X WITH CARD

Brut Deodorant for Men
All Variants 120ml/200ml Each

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Affordable Healthcare Made Easy

Health

BABY

All the best healthcare essentials to keep your baby smiling.



29⁹⁹
10 per pack
Marshall's
Teething Powders



34⁹⁹
150ml
Woodward's
Gripe Water



47⁹⁹
20ml
Panado
Paediatric
Infant Drops

SAVE 27%
BOTH FOR
R69

Panado
Peppermint
Paediatric Syrup
12x5ml & **Panado**
Paediatric Syrup
All Variants 100ml
Each



104⁹⁹
30ml
Telament
Paediatric
Colic Drops



129⁹⁹
25ml
Vi-Daylin
Multivitamin
Drops

KIDS HEALTH

Ensure your children's health is a top priority.

79⁹⁹
150ml

Medirite
Multivitamin
Syrup



54⁹⁹
200ml

Zinplex
Xylitol/Cream Soda
Junior Immune
Boost Syrup Each



69⁹⁹
60 per
pack
MaxiPharm
Kids Immune
Support
Gummies



69⁹⁹
100ml
Linctagon-C Junior
Cough & Cold Syrup



79⁹⁹
30 per pack
Wellvita A-Z
Kids Vitamins
& Minerals Chews

ESSENTIALS

Get daily deals on healthcare must-haves.



27⁹⁹
5ml
Eye Gene
Eye Drops

SAVE 26%



29⁹⁹
24 per
pack
Calpol
Paracetamol
Tablets



44⁹⁹
24 per
pack
Disprin
Extra Strength
Effervescent
Tablets



SAVE 21%
54⁹⁹
48 per
pack
X WITH CARD

Rennie Antacid
Tablets All Variants



54⁹⁹
20 per
pack
Medirite
Liver Shield
Supplements



59⁹⁹
30 per
pack
Sela
Strong Man
Tablets



62⁹⁹
38 per pack
Grand-Pa
Headache
Powders



74⁹⁹
6 per pack
Rehidrat
Electrolyte Hydrating
Powders All Variants



SAVE 21%
54⁹⁹
15ml
Sinutab
Saline Nasal
Spray



87⁹⁹
150ml/12x10ml
Gaviscon Aniseed/
Peppermint Antacid



89⁹⁹
each
Medirite
5 Panel
Drug Test



129⁹⁹
20 per pack
Movicol Original
Laxative Sachets

SAVE UP TO 26%
159⁹⁹
12 per
pack
X WITH CARD

Durex
Condoms
All Variants



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SPRING INTO HEALTH

Stock up on everything you need this Spring.



24⁹⁹
250ml

Savlon
Antiseptic
Liquid



FROM
29⁹⁹
25g/30g

Norflex Heat
Rub/Gel Each



SAVE 23%
32⁹⁹
16/20
per pack
X WITH CARD

Panado Pain
Relief Capsules/
Effervescent Tablets



34⁹⁹
25g

Dermadine
Antiseptic
Ointment



34⁹⁹
10ml

Sunlife
Vitamin
B Shot



SAVE 24%
BUY 2 FOR
R349
X WITH CARD

Berocca Sport
Pre-Workout
Sachets
2 x 14 per pack



59⁹⁹
5 per
pack

Deep Heat
Muscle Relief Patches



79⁹⁹
10 per
pack

A. Vogel
Multiforce
Alkaline
Powder
Sachets



SAVE 23%

84⁹⁹
750ml +
250ml

Dettol
Antiseptic
Liquid Value
Pack



279⁹⁹
60 per
pack

MNI
AntaGolin
Tablets

COLDS & FLU

Beat colds and flu fast with everything you need.



37⁹⁹
50 per
pack

Compral
Paracetamol
Tablets



39⁹⁹
100ml

Doktor Mom
Herbal Cough
Syrup



SAVE 20%
47⁹⁹
100ml
each
X WITH CARD

Benylin Cough
Syrup All Variants



SAVE 29%
ANY 2 FOR
R50
X WITH CARD

Doktor Mom
Flavoured Herbal
Cough Lozenges
All Variants
2 x 20 per pack



59⁹⁹
16 per
pack

Andolex-C
Throat Lozenges
All Variants



64⁹⁹
16/24
per pack

Strepsils
Lozenges
All Variants



69⁹⁹
100ml

Linctagon-C
Adult Cough &
Cold Syrup



99⁹⁹
18 per pack

Med-Lemon
Regular/Menthol
Cold & Flu Remedy



99⁹⁹
12 per pack

Linctagon-C
Effervescent
Tablets
All Variants



SAVE 23%
99⁹⁹
20ml
X WITH CARD

Allerguard
Nasal Spray



**BUY ANY 3
& GET THE
CHEAPEST
FREE**
X WITH CARD

BUY ANY 3 x
Vicks Products
& GET the
Cheapest one
FREE!



FREE!

IMMUNE SUPPORT

Keep your medicine cabinet stocked with immune boosters.



109⁹⁹
30 per pack

Viral Guard
Cold & Flu Immune
Protection Tablets



119⁹⁹
60 per
pack

Bio-Strath
Natural
Nutritional
Supplement
Tablets



129⁹⁹
30 per
pack

Viralmed
Antibiotic
Capsules



79⁹⁹
100 per
pack

Medirite
Buffered
Vitamin C
Tablets



94⁹⁹
50 per
pack

Flugon
Immune
Capsules

SAVE 20%
119⁹⁹
20 per
pack

Cal-C-Vita
Effervescent
Tablets



149⁹⁹
150g

Medirite Immune
Combo Powder

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Affordable Healthcare Made Easy

Health

VITAMINS

& SUPPLEMENTS

Stay healthy from A-Zinc.



79⁹⁹
30 per pack
Medirite
Biotin
Tablets



79⁹⁹
30 per pack
Vital Omega 3
Concentrate
Capsules



79⁹⁹
30 per pack
Wellvita Multi
Vitamin for Men/
Women Softgels



49⁹⁹
12x10ml
BioPlus Strawberry
Energy Tonic
Sachets



89⁹⁹
30 per pack
Medirite Hair,
Skin & Nails
Capsules



89⁹⁹
30 per pack
Cipla Betavit AFR
Multivitamin
Supplement Tablets



SAVE UP TO 26%
FROM 119⁹⁹
30/60 per pack
Nativa Complex
Women/Calm/
Cranberry Bladder/
Hair, Skin & Nails/
Menopause Capsules



119⁹⁹
30 per pack
Centrum
Multivitamin
Tablets



99⁹⁹
400g each
Replace
Vanilla/Chocolate/
Strawberry Meal
Replacement



129⁹⁹
30 per pack
Ferrous Forte
Supplement
Tablets



159⁹⁹
150g
Medirite Joint &
Bone Magnesium
Powder



169⁹⁹
60 per pack
Medirite Calcium
& Magnesium
Chewable Tablets



169⁹⁹
400ml each
Herbex
Slimming Aid
All Variants



199⁹⁹
200g
Medirite
CBD
Drops



259⁹⁹
90 per pack
OsteoEze
Gold Supplement
Capsules



134⁹⁹
60 per pack
Medirite
Collagen Capsules



299⁹⁹
300g
Medirite
Peptide Collagen
Powder



Need a little TLC?
To your door, in 60 minutes.

Download the app

Checkers

better and better

also at **Checkers Hyper**



download the app

OFFERS VALID FROM MONDAY 19/09/2022 UNTIL SUNDAY 09/10/2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS. 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).

SAVE every time you shop

with

SA's No.1
in Value*



CELEBRATE
SPRING
THIS SEPTEMBER

BUY ANY 2 &
SAVE 20%
WITH CARD
All Cut Flowers

VALID UNTIL 2 OCT. 2022

FARM FRESH PROMISE 100% GUARANTEED



FRESH!

66⁹⁹
per kg
Farmer's Choice
Fresh Chicken
Fillets 12-Piece

AS SEEN
ON TV



SAVE R20

79⁹⁹
500g each
WITH CARD

Clover
Butro Full
Fat Modified
Butter Spread

EVERYDAY
LOW PRICE
ON FREE-RANGE
CHICKEN



FREE-RANGE
100% SOUTH
AFRICAN GROWN

59⁹⁹
per kg
Simple Truth
Free-Range
Whole Chicken

AS SEEN
ON TV



SAVE R18

69⁹⁹
1kg
WITH CARD

Kellogg's
All-Bran Flakes
Cereal

SAVE R30

99⁹⁹
each
WITH CARD

Omo Auto
Washing
Powder 3kg/
Detergent
Liquid 2L/
Detergent
Capsules
24 per pack



AS SEEN
ON TV

SAVE R75

BUY 2
& GET A 3RD
FREE
WITH CARD

BUY 2 x
Baby Soft
Toilet Rolls
9 per pack &
GET a 3RD
one FREE!



AS SEEN
ON TV

GET ONE
FREE!

AS SEEN
ON TV



SAVE R40

99⁹⁹
each
WITH CARD

Jacobs Krönung/
Gold Instant
Coffee All Variants
200g/230g



All these deals and more,
delivered in 60 minutes.

Download the app

Checkers
better and better

also at
**Checkers
Hyper**



download the app

OFFERS VALID FROM THURSDAY 22/09/2022 UNTIL SUNDAY 09/10/2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES. GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MARKENK, 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.TERMSANDCONDITIONS.CO.ZA FOR DETAILS. T & C 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).

A WIDE SELECTION OF OUR EXPERT BUTCHERS' CUTS



49⁹⁹ per kg
Marinated Spatchcock Chicken



85⁹⁹ per kg
Bulk Pork Loin & Rib Chops



89⁹⁹ per kg
Farmstead Rib-Eye Steak



89⁹⁹ per kg
Beef Texan Steak



95⁹⁹ per kg
Rooikrantz Thin/Thick Boerewors



139⁹⁹ per kg
Steakhouse Classic Ribcane Steak
Equates to R41.99 per 300g & R13.99 per 100g

QUALITY SEAFOOD AT HARBOUR PRICES



15⁹⁹ per 100g
West Coast Extra Large Soles



SAVE R15 99⁹⁹ 350g
Fry's Deli Cut & Deveined Frozen Prawns



SAVE 10% 84⁹⁹ 700g
Cape Point Frozen Seafood Mix



SAVE R15 84⁹⁹ 400g
Fisherman's Deli Frozen Calamari Rings

CAPE POINT



SAVE 10% 179⁹⁹ 800g each
Cape Point Frozen Prawn Meat



54⁹⁹ per kg
Farmer's Choice Fresh Chicken Drumsticks & Thighs 16-Piece



79⁹⁹ per kg
Farmer's Choice Fresh Skinless Deboned Chicken Thighs 12-Piece



79⁹⁹ per kg
Simple Truth Free-Range Chicken 4 Drumsticks & 4 Thighs



89⁹⁹ per kg
Simple Truth Free-Range Chicken Breast Fillets



SAVE R12 39⁹⁹ 400g each
County Fair Crumbed Frozen Chicken Steaklets All Variants



SAVE R18 BUY 2 FOR R40
Tirolean Meats Shoulder Bacon 2 x 200g



SAVE R15 64⁹⁹ 700g/kg each
Rainbow Simply Chicken Polony All Variants



SAVE R28 ANY 2 FOR R80
Rainbow Simply Chicken Frozen Crumbed Chicken Range 2 x 350g/360g/400g



SAVE R16 58⁹⁹ 400g each
I&J Batter Crisp Frozen Hake Portions All Variants



SAVE R19 64⁹⁹ 500g each
I&J Light & Crispy Frozen Crumbed Fish All Variants



SAVE R13 49⁹⁹ 500g each
Rainbow Simply Chicken Cheese/Original Viennas



SAVE R16 69⁹⁹ 800g each
I&J Beefers Frozen Beef Burger Patties All Variants

DELI



27⁹⁹ per 100g
Feinschmecker Salami All Variants



BUY ANY 2 & SAVE 12%
Deli Fresh Dips - Chimichurri - Basil - Sundried Tomato 2 x 125g



BUY ANY 2 & SAVE 15%
Tirolean Meats Sliced Beef - Pastrami - Silverside - Roast 2 x 125g



BUY ANY 3 & SAVE 12%
Gudness Cold Cuts All Variants 3 x 100g

Plant-Based MEAT-FREE MADE EASY



SAVE R10 49⁹⁹ 320g each
Fry's Plant-Based Frozen Spiced/Traditional Burgers



SAVE R13 49⁹⁹ 360g
Fry's Plant-Based Frozen Hot Dogs



SAVE R26 ANY 2 FOR R80
Fry's Plant-Based Frozen Spicy/Braai Sausages 2 x 380g



SAVE R30 ANY 2 FOR R110
Fry's Plant-Based Frozen Chicken-Style Burgers 320g/Schnitzels 320g/Nuggets 380g/Original Burgers 320g x 2



SAVE R40 ANY 2 FOR R120
Fry's Plant-Based Frozen Boerewors 320g/Burgers 224g x 2



SAVE 25% 44⁹⁹ 300g each
Kaama Vegan Meals All Variants

A WIDE RANGE OF CHEESES



SAVE 10%
BUY 2 FOR
R33
WITH CARD
Meze Grated
Parmesan Cheese
2 x 40g



SAVE R15
36⁹⁹
WITH CARD
100g/125g
each
Castello Blue/Brie/
Camembert Cheese



SAVE 14%
31⁹⁹
WITH CARD
100g
each
Fairview White
Rock Soft Cheese
All Variants



SAVE 16%
52⁹⁹
WITH CARD
215g
Kiri Medium Fat
Cream Cheese



SAVE 16%
37⁹⁹
WITH CARD
230g
each
Lancewood Cream
Cheese All Variants



SAVE 10%
44⁹⁹
WITH CARD
100g/110g
each
Babybel Regular
OR Light Mini Cheese



SAVE 14%
47⁹⁹
WITH CARD
4x100g
per pack
Fairview Feta Cheese
Value Pack



SAVE R20
BUY 2 FOR
R100
WITH CARD
Lancewood Mature
Cheddar Cheese 2 x 300g



SAVE R10
34⁹⁹
WITH CARD
90g
Fairview Mini Platter
Cheese Pack



SAVE R5
19⁹⁹
WITH CARD
per 100g
Meze Braaioumi
All Variants



SAVE 14%
42⁹⁹
WITH CARD
300g
each
Simple Truth Cheddar/
Gouda Cheese



SAVE 18%
59⁹⁹
WITH CARD
200g
each
Kerrygold Cheddar
Cheese All Variants



**BUY ANY 2 &
SAVE 25%**
WITH CARD
Wyke Cheddar Cheese
All Variants 2 x 200g



SAVE R15
54⁹⁹
WITH CARD
250g
each
Philadelphia
Cream Cheese



SAVE R30
79⁹⁹
WITH CARD
750g
each
Crystal Valley
Cheddar/Gouda Cheese

MEAL SOLUTIONS



SAVE 10%
WITH CARD
Café Culture
Quiche All Variants 400g



SAVE 10%
WITH CARD
Spice Indian Butter Chicken/
Korma/Rogan Josh
Ready Meals 300g



SAVE 11%
WITH CARD
The Menu
Chocolate Mousse 1/
Vanilla Flavoured
Custard 500ml



SAVE R15
ALL 4 FOR
R250
WITH CARD
Ready to Braai
Cheese Twisters 360g &
Pork Belly Medallions 300g
& Dessert Cones
6 per pack & Simply Great
Greek Pasta Salad



SAVE R10
ALL 3 FOR
R260
WITH CARD
Café Culture Roast Chicken
Pie 1kg & Simply Great
Asian Slaw Salad 260g
& The Menu Strawberry
Cheesecake 450g

FRESH BAKERY DELIGHTS



SAVE 10%
WITH CARD
The Bakery Rye & Spelt/
100% Sliced Rye Bread



SAVE 11%
39⁹⁹
WITH CARD
9 per
pack
The Bakery Mini Vanilla
& Caramel Assorted
Cupcakes



**BUY ANY 2 &
SAVE R10**
WITH CARD
The Bakery Mini Caramel
Swiss Rolls/Rich Brownie/
Chocolate Lamingtons
2 x 4/5 per pack



SAVE R10
ALL 3 FOR
R145
WITH CARD
Ouma se Spens Caramel
Horns 5 per pack & Assorted
Puffs 9 per pack & Buttercream
Eclairs 12 per pack



SAVE R15
39⁹⁹
WITH CARD
500g
each
Cani Confectionery
Rusks
All Variants

LiquorShop



**BUY 2 FOR
R110**
Castle Lager Beer NRB
2 x 6x340ml



SAVE R30
114⁹⁹
WITH CARD
6x500ml
per pack
Savanna
Premium Dry Cider



134⁹⁹
750ml
each
Russian Bear
Vodka All Variants
(Excluding Energy Fusion)



139⁹⁹
750ml
each
Stretton's Gin
- Original London Dry
- Triple Berry
- Wild Berries



SAVE R55
BUY 2 FOR
R285
WITH CARD
KWV 3-Year-Old
Brandy 2 x 750ml



www.liquorshop.co.za

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

OFFERS VALID FROM 22 SEPTEMBER 2022 UNTIL 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

WE BRING THE



BUY ANY 2 x CAP CLASSIQUE WINES &
SAVE R60

X WITH CARD



2 x 750ml
Cap Classique Wine
Excl. Odd Bins



 SAVE R10 59⁹⁹ 750ml X WITH CARD Alvi's Drift Chenin Blanc	 SAVE R25 74⁹⁹ 750ml X WITH CARD Diemersdal Sauvignon Blanc	 BUY 3 & SAVE 20% X WITH CARD Van Loveren Sauvignon Blanc 3 x 750ml Equates to R68 Each	 BUY ANY 2 & SAVE 20% X WITH CARD Franschhoek Cellar - Chenin Blanc - Chardonnay - Sauvignon Blanc 2 x 750ml Equates to R60 Each	 BUY 2 & SAVE 25% X WITH CARD Spier Classic Sauvignon Blanc 2 x 750ml Equates to R60 Each	 BUY 2 & SAVE 25% X WITH CARD De Grendel Rosé 2 x 750ml Equates to R67,50 Each	 BUY 3 & SAVE 25% X WITH CARD Ken Forrester Petit Chenin Blanc 3 x 750ml Equates to R52,50 Each	 BUY 2 & SAVE 25% X WITH CARD Haute Cabrière Chardonnay Pinot Noir 2 x 750ml Equates to R82,50 Each	 BUY 2 & SAVE R30 X WITH CARD Fat Bastard Chardonnay 2 x 750ml Equates to R85 Each	 BUY 2 & SAVE R40 X WITH CARD Kwv Cathedral Cellar Chardonnay 2 x 750ml Equates to R79,99 Each
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 BUY 3 & SAVE R60 X WITH CARD Tokara Sauvignon Blanc 3 x 750ml Equates to R94,99 Each	 BUY 2 & SAVE 20% X WITH CARD Old Road Wines Le Courier Chenin Blanc 2 x 750ml Equates to R56 Each	 BUY 2 & SAVE 25% X WITH CARD Kleine Zalze Cellar Selection Cinsault Rosé 2 x 750ml Equates to R63,75 Each	 BUY 2 & SAVE 25% X WITH CARD Pierre Jourdan Tranquille Pinot Noir Chardonnay 2 x 750ml Equates to R60 Each	 BUY 2 & SAVE R25 X WITH CARD Nederburg The Winemasters Chardonnay 2 x 750ml Equates to R72,49 Each	 BUY ANY 2 & SAVE 25% X WITH CARD Durbanville Hills - Chardonnay - Sauvignon Blanc 2 x 750ml Equates to R63,75 Each	 BUY 3 & SAVE R30 X WITH CARD Robertson Winery Sauvignon Blanc 3 x 750ml Equates to R49,99 Each
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wine route TO YOU

						
SAVE R15 74⁹⁹ 750ml WITH CARD	SAVE R25 74⁹⁹ 750ml WITH CARD	SAVE R15 79⁹⁹ 750ml WITH CARD	SAVE R15 89⁹⁹ 750ml WITH CARD	SAVE R20 99⁹⁹ 750ml WITH CARD	SAVE R20 99⁹⁹ 750ml WITH CARD	SAVE R20 109⁹⁹ 750ml WITH CARD
Niel Joubert Shiraz	Diemersdal Merlot	Kleine Zalze Cellar Selection Merlot	Alto Alto Rouge Red Blend	Backsberg Merlot	Kanonkop Kadette Cape Blend Red Wine	Rustenberg Cabernet Sauvignon

							
SAVE R25 109⁹⁹ 750ml WITH CARD	SAVE R30 109⁹⁹ 750ml WITH CARD	SAVE R25 119⁹⁹ 750ml WITH CARD	SAVE R25 154⁹⁹ 750ml WITH CARD	BUY 6 & SAVE 20% WITH CARD	BUY 2 & SAVE 20% WITH CARD	BUY 3 & SAVE 20% WITH CARD	BUY 2 & SAVE 20% WITH CARD
Fat Bastard The Golden Reserve Red Blend	Diemersfontein Pinotage	Tokara Shiraz	Le Riche Richesse Dry Red Blend	Kleine Zalze Cellar Selection Cabernet Sauvignon 6 x 750ml Equates to R71,25 Each	Spier Classic Shiraz 2 x 750ml Equates to R72 Each	Nederburg Double Barrel Reserve Red Blend 3 x 750ml Equates to R64,99 Each	Franschhoek Cellar Cabernet Sauvignon 2 x 750ml Equates to R68 Each

								
BUY 3 & SAVE 25% WITH CARD	BUY 2 & SAVE 25% WITH CARD	BUY ANY 2 & SAVE 25% WITH CARD	BUY 3 & SAVE 25% WITH CARD	BUY 2 & SAVE 25% WITH CARD	BUY 2 & SAVE 25% WITH CARD	BUY 3 & SAVE 25% WITH CARD	BUY 2 & SAVE 25% WITH CARD	BUY 2 & SAVE R25 WITH CARD
Tokara Cabernet Sauvignon 3 x 750ml Equates to R108,75 Each	KWV Cathedral Cellar Triptych Red Blend 2 x 750ml Equates to R105 Each	Laborie Merlot Cabernet Sauvignon Shiraz 2 x 750ml Equates to R60 Each	Warwick The First Lady Cabernet Sauvignon 3 x 750ml Equates to R90 Each	Guardian Peak Shiraz 2 x 750ml Equates to R75 Each	Durbanville Hills Merlot 2 x 750ml Equates to R63,75 Each	Beyerskloof Pinotage 3 x 750ml Equates to R75 Each	Guardian Peak Merlot 2 x 750ml Equates to R75 Each	Nederburg The Winemasters Cabernet Sauvignon 2 x 750ml Equates to R75 Each

ODD BINS
WHAT MAKES OUR ODD BINS RANGE SPECIAL?

- ✓ Limited quantities of vintage releases from famous wine brands
- ✓ Rebranded with a unique bin number and sold at a fraction of the price
- ✓ Exclusive to Checkers!

BUY ANY 3 & SAVE 25%
WITH CARD

Odd Bins Wine All Variants 3 x 750ml (Excluding Cap Classique)

99% GINPOOLCHWPE_REV

						
BUY 2 & SAVE 25% WITH CARD	BUY 2 & SAVE 20% WITH CARD	BUY 3 & SAVE R45 WITH CARD	BUY 3 & SAVE R60 WITH CARD	BUY 3 & SAVE R60 WITH CARD	BUY 6 & SAVE R120 WITH CARD	BUY ANY 3 & SAVE 30% WITH CARD
Spier Pinotage 2 x 750ml Equates to R60 Each	Hartenberg Cabernet Sauvignon Shiraz 2 x 750ml Equates to R96 Each	Alvi's Drift Pinotage 3 x 750ml Equates to R59,99 Each	Zandvliet Shiraz 3 x 750ml Equates to R119,99 Each	La Motte Millennium Dry Red 3 x 750ml Equates to R99,99 Each	Beyerskloof Synergy Cape Blend Red Wine 6 x 750ml Equates to R104,99 Each	KWV Chenin Blanc Sauvignon Blanc Chardonnay Moscato Merlot Pinotage Cabernet Sauvignon Shiraz 3 x 750ml

AS SEEN ON TV

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SAVE R22
ALL 4 FOR R85
WITH CARD

Tirolean Meats
Back Bacon 200g & Wimpy Hash Browns 500g & Large Eggs 6 per pack & Blue Ribbon White Bread 700g

SAVE R10
54⁹⁹ 1kg each
WITH CARD

Flora
Regular/Light Fat Spread

SAVE 40%
FREE DEAL
59⁹⁹ 2/ each
WITH CARD

BUY Dairymaid Country Fresh Ice Cream All Variants 2/ & GET Cadbury 5Star Ice Cream 80ml FREE!

SAVE 11%
79⁹⁹ 6x1/ per pack
WITH CARD

Dewfresh
Long Life Milk All Variants

SAVE SMARTER WITH SA'S BEST VALUE*

*Voted SA's No.1 Value Supermarket in an independent survey of grocery consumers

EXTRA SAVINGS
checkers

SAVE 18%
12⁹⁹ 100g each
WITH CARD

Sunbake Standard/ Farmstyle Brown Bread

SAVE 17%
15⁹⁹ 8 per pack
WITH CARD

Sunbake White Hot Dog/ Hamburger Rolls

SAVE 24%
34⁹⁹ 8 per pack
WITH CARD

Nizza Roastie Braai Bread Rolls All Variants

SAVE R35
ANY 2 FOR R65
WITH CARD

Tinkies Filled Mini Cake All Variants 2 x 6 per pack

SAVE 24%
24⁹⁹ 1kg each
WITH CARD

Parmalat Yoghurt All Variants

SAVE 16%
24⁹⁹ 2/ each
WITH CARD

Dewfresh Fresh Low Fat/Full Cream Milk

SAVE R12
29⁹⁹ 500ml
WITH CARD

Dewfresh Fresh Cream

SAVE R18
BOTH FOR R70
WITH CARD

Blossom Canola Margarine/ Fat Spread All Variants 1kg & 500g

SAVE 26%
ANY 3 FOR R20
WITH CARD

Lancewood Drinking Yoghurt All Variants 3 x 225g

SAVE 16%
24⁹⁹ 8x100g per pack
WITH CARD

Lancewood Double Cream Yoghurt All Variants

SAVE 16%
24⁹⁹ 175g each
WITH CARD

Lancewood Dip & Top All Variants

SAVE R10
24⁹⁹ 1kg each
WITH CARD

Lancewood Low Fat Yoghurt All Variants

SAVE 12%
29⁹⁹ 250ml each
WITH CARD

Lancewood Sauce Delight All Variants

BUY ANY 2 & SAVE 20%
WITH CARD

Pure Refresh 100% Fruit Juice Blend All Variants 2 x 1,5L

SAVE 25%
32⁹⁹ 1,5/ each
WITH CARD

Sir Fruit 100% Fruit Juice Blend All Variants

SAVE R13
54⁹⁹ 3/ each
WITH CARD

Take 5 100% Fruit Juice Blend All Variants

SAVE R12
44⁹⁹ 20 per pack
WITH CARD

Fruiti Flow Regular/ Sugar Free Ice Pops

SAVE 13%
31⁹⁹ 1kg each
WITH CARD

Today Double Cream Yoghurt All Variants

SAVE R12
BUY 4 & GET A 5TH FREE
WITH CARD

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

SAVE R16
59⁹⁹ 30 per pack
WITH CARD

Extra Large Eggs

SAVE R10
31⁹⁹ 1kg
WITH CARD

Natures Garden Frozen Mixed Vegetables

SAVE R15
49⁹⁹ each
WITH CARD

Dr. Oetker Ital Familia Frozen Pizza All Variants

SAVE R20
84⁹⁹ 4/6 per pack
WITH CARD

Pleasant's Frozen Cheese Griller/Pies/Sausage Rolls All Variants

SAVE 10%
89⁹⁹ 30 per pack
WITH CARD

Today Frozen Sausage Rolls

SAVE R40
89⁹⁹ 4 per pack
WITH CARD

Dr. Oetker Ital Frozen Margherita Pizza

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SAVE R10
ANY 2 FOR
R30

WITH CARD

Pepsi/Mirinda/
Mountain Dew
Original
Cold Drink 2 x 2,25l

SAVE 11%
ANY 2 FOR
R32

WITH CARD

Coca-Cola
Zero/No Sugar/
Light/Tab/
Fanta/Sprite/
Stoney Zero
Cold Drink
2 x 2,25l

SAVE R18
ANY 5 FOR
R42

WITH CARD

Nestlé Kit Kat/
Aero/Bar-One/
Smarties/Tex/Milky
Bar Chocolate x 5

**BUY ANY 3 &
SAVE 20%**

WITH CARD

Lay's Potato
Chips All Variants
3 x 120g

DEALS IN EVERY AISLE

SAVE R16
ANY 3 FOR
R38

WITH CARD

Nestlé Chocolate Slab
All Variants 3 x 80g

SAVE R12
ANY 2 FOR
R38

WITH CARD

Beacon Maynards Gum
Sweets All Variants 2 x 125g

SAVE R15
ANY 2 FOR
R45

WITH CARD

Magic Moments Pink & White
Marshmallows 2 x 300g

SAVE R19
ANY 3 FOR
R50

WITH CARD

Amajoya Sweets
All Variants 3 x 125g

SAVE R19
ANY 3 FOR
R50

WITH CARD

Beacon Fizz Pops Lollipops
All Variants 3 x 10 per pack

SAVE R10
ANY 2 FOR
R90

WITH CARD

Canderel Chocolate Slab
All Variants 2 x 100g

**BUY ANY 2 &
SAVE 20%**

WITH CARD

M&M's Peanut/Regular
Chocolates 2 x 100g

SAVE 13%
ANY 2 FOR
R26

WITH CARD

PVM Energy Bar
All Variants 2 x 45g

SAVE 17%
ANY 2 FOR
R28

WITH CARD

Oreo Biscuits
All Variants 2 x 133g

SAVE R12
37⁹⁹
400g/100g each

WITH CARD

Cape Cookies Rusks
All Variants

SAVE 16%
ANY 2 FOR
R42

WITH CARD

Bakers Eet-Sum-Mor Biscuits
All Variants 2 x 200g

SAVE R19
ANY 2 FOR
R45

WITH CARD

Cape Cookies Mini Biscuits
All Variants 2 x 200g

SAVE R24
ANY 2 FOR
R50

WITH CARD

Bakers Kips Crackers
All Variants 2 x 200g

SAVE R37
ANY 2 FOR
R75

WITH CARD

Orbit Gum All Variants
2 x 46 per pack

SAVE R15
ANY 3 FOR
R33

WITH CARD

Willards Cheas Naks Maize
Snack All Variants 3 x 135g

SAVE R10
34⁹⁹
1,2 each

WITH CARD

Lucozade Energy
Drink All Variants

SAVE R13
38⁹⁹
1,2x200ml per pack

WITH CARD

Rhodes 100% Fruit Juice
Blend All Variants

SAVE R18
36⁹⁹
1,2x500ml per pack

WITH CARD

Aquelle Flavoured Still/
Sparkling Water All Variants

SAVE R10
49⁹⁹
1,2x200ml per pack

WITH CARD

Fitch & Leedes
Cold Drink All Variants

SAVE R15
ANY 2 FOR
R65

WITH CARD

Aquelle Still/Sparkling Water
2 x 6x500ml per pack

SAVE R24
79⁹⁹
1,2 each

WITH CARD

Magalies Nectar
Concentrate All Variants

DELIGHTFUL DEALS

**BUY ANY 2 &
SAVE 20%**
Lindt Product Range
All Variants & Stand
**A CHANCE TO
WIN
R150,000 IN CASH**

WITH CARD

AS SEEN ON TV

JUICY SAVINGS

**BUY ANY 3 &
SAVE 25%**

WITH CARD

Liqui Fruit
Product Range
All Variants x 3

AS SEEN ON TV

SAVE R11
36⁹⁹
6x330ml per pack

WITH CARD

Coca-Cola Original/
No Sugar/Fanta Orange
Cold Drink

AS SEEN ON TV

SAVE R15
79⁹⁹
6x330ml per pack

WITH CARD

Heineken
0.0% Non-Alcoholic Beer NRB

OFFERS VALID FROM 22 SEPTEMBER 2022 UNTIL 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

SAVE R12
ANY 2 FOR
R28

WITH CARD

Fatti's & Moni's
Macaroni/
Spaghetti
2 x 500g

SAVE R12
22⁹⁹
700ml

WITH CARD

Wellington's
Tomato Sauce

SAVE R40
BUY 2 FOR
R120

WITH CARD

Olive Joy
Sunflower & Olive
Oil Blend 2 x 1L

SAVE R40
BUY 2 FOR
R150

WITH CARD

Sunfoil Sunflower
Oil 2 x 2L

OVER 1000 DEALS EVERY DAY

EXTRA SAVINGS
checkers

SAVE FROM 11%
15⁹⁹
200g each

WITH CARD

Buffet Calamata/
Black/Green/Queen Olives

SAVE 22%
17⁹⁹
450g each

WITH CARD

Miami Boerie
Relish All Variants

SAVE 14%
BUY 2 FOR
R24

WITH CARD

Koo Baked Beans
in Tomato Sauce 2 x 410g

SAVE 16%
36⁹⁹
400g each

WITH CARD

Peppadew Jalapeños
All Variants

SAVE 18%
36⁹⁹
700g each

WITH CARD

Miami Pickled Cucumbers/
Gherkins All Variants

SAVE R20
28⁹⁹
2.5kg

WITH CARD

Janpap
Braai Super Maize Meal

SAVE R15
ANY 3 FOR
R24

WITH CARD

The Kitchen Cook-in-Sauce/
Potato Bake/Veggie Bake All Variants x 3

SAVE R14
ANY 2 FOR
R30

WITH CARD

Cape Herb Spice Refill
All Variants 2 x 50g

SAVE R15
ANY 10 FOR
R35

WITH CARD

The Kitchen Packet Soup
All Variants x 10

SAVE R16
ANY 4 FOR
R48

WITH CARD

The Kitchen Packet Soup
All Variants 4 x 4 per pack

SAVE R28
ANY 2 FOR
R50

WITH CARD

Weber Seasoning
All Variants 2 x 200ml

SAVE R32
ANY 2 FOR
R40

WITH CARD

Knorr Aromat Seasoning
Trio All Variants 2 x 200g

SAVE 20%
23⁹⁹
500ml each

WITH CARD

Knorr Salad Dressing
All Variants

SAVE R11
ANY 2 FOR
R25

WITH CARD

Epic Flavoured Dip
All Variants 2 x 125g

SAVE 20%
ANY 2 FOR
R30

WITH CARD

Cape Point Shredded
Tuna in Oil/Brine 2 x 170g

SAVE 31%
19⁹⁹
500g

WITH CARD

Fatti's & Moni's
Pasta Shapes All Variants

SAVE R26
ANY 2 FOR
R40

WITH CARD

Knorr Mates Meal Kit
All Variants x 2

SAVE R10
42⁹⁹
60ml each

WITH CARD

Tabasco Sauce
All Variants

SAVE R10
44⁹⁹
200ml each

WITH CARD

Westfalia Avocado Oil
All Variants

SAVE R40
79⁹⁹
750ml each

WITH CARD

River Press
Extra Virgin Olive Oil

ADD SOME FLAVOUR

BUY ANY 3 & SAVE 25%

WITH CARD

Nando's
Product Range
All Variants x 3

AS SEEN ON TV

ADD SOME FLAVOUR

SAVE 10%

WITH CARD

Willow Creek
Olive Oil/Vinegar/
Balsamic Vinegar
All Variants Each

BUY ANY 3 & SAVE 20%

WITH CARD

Sasko
Baking Range
(Excluding Bread)
All Variants x 3

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We'll beat any appliance price in SA,

GUARANTEED!



1199⁹⁹ each

Platinum
Silver Mirror-Finish
Microwave Oven
- 20L

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

SAVE R300

1699⁹⁹ each

NutriBullet
Blender - 600W

SAVE R500

2499⁹⁹ each

Philips
Essential XL
Air Fryer - 1,2kg/6,2L



SAVE R100

499⁹⁹ each

Philips Series 3000
Jug Blender - 450W - 1,9L



SAVE R200

699⁹⁹ each

Philips Promix
Stick Blender Set - 650W



SAVE R30

249⁹⁹ each

Platinum 2-Slice
Sandwich Maker



SAVE R30

349⁹⁹ each

Ottimo 2-Slice
Sandwich Press



SAVE R50

399⁹⁹ each

Platinum Stainless
Steel 2-Slice Toaster
- Black/Brushed Steel



SAVE R20

379⁹⁹ each

Platinum Stainless
Steel Cordless Kettle
- Black/Brushed Steel



SAVE R30

349⁹⁹ each

Philips Easy Speed
Steam Iron - 2000W



- ✓ Handy drinks holder
- ✓ Carry bag in matching colour
- ✓ Available in various colours

SAVE R50

199⁹⁹ each

BushBaby
Captain's Chair - Various Colours

SAVE R10

149⁹⁹ each

Polar Chill
Cooler Box - 22L
- Various Colours

SAVE R50

199⁹⁹ each

BushBaby/LK's
Large Braai

SAVE R30

159⁹⁹ each

Mr. Gardener
Garden Hose with
Fittings - 12,5mm x 20m

SAVE R10

59⁹⁹ each

Redtop Disposable
Outdoor Flytrap

SAVE R10

29⁹⁹ each

Efeko Ant Bait
Insecticide - 2-Pack



SAVE R5

19⁹⁹ each

Starke Ayres Fruit/
Flower/Vegetable/
Herb/Lawn Seed
Variety - All Variants

19⁹⁹ per pair

Latex Household
Gloves - Small/
Medium/Large



SAVE R20

89⁹⁹ each

HTH
Pace Floater - 1,5kg

SAVE R50

89⁹⁹ each

Blu52
All-in-One
Pool Solution
(Reg. No. L7748 Act 36
of 1947)

SAVE R30

129⁹⁹ each

Aqua Cure
Brilliant Pool Floater
- 1,5kg

SAVE R80

319⁹⁹ each

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

OFFERS VALID FROM 22 SEPTEMBER 2022 UNTIL 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

AS SEEN ON TV

SAVE R17

44⁹⁹
400ml each
X WITH CARD

Nivea Body Cream/Lotion All Variants

AS SEEN ON TV

SAVE R50

ANY 2 FOR R170
X WITH CARD

TRESemmé Shampoo/Conditioner All Variants
2 x 750ml/900ml

SAVE R20

109⁹⁹
per pack
X WITH CARD

Pampers Sensitive/Fresh Baby Wipes
4x56 per pack/
4x64 per pack

AS SEEN ON TV

SAVE R60

219⁹⁹
per pack
X WITH CARD

Huggies Gold/Extra Care Jumbo Pack Disposable Nappies

OVER R20 MILLION IN XTRA SAVINGS EVERY DAY

XTRA SAVINGS
Checkers

Johnson's Baby Powder All Variants

SAVE R10

46⁹⁹
400g each
X WITH CARD

Colgate Maximum Cavity Protection/Gel/Herbal Toothpaste

SAVE 5%

18⁹⁹
100ml each
X WITH CARD

Colgate Max 75ml/Sensifoam 75ml/Advanced White 75ml/Charcoal 100ml Toothpaste

SAVE 24%

27⁹⁹
each
X WITH CARD

Nivea Roll-On for Men/Ladies All Variants 2 x 50ml

SAVE R16

ANY 2 FOR R38
X WITH CARD

Lifebuoy Products All Variants Each

SAVE 15%
X WITH CARD

Johnson's Baby Shampoo

SAVE R15

69⁹⁹
750ml each
X WITH CARD

Protex Bath Soap All Variants 2 x 150g

SAVE R8

ANY 2 FOR R24
X WITH CARD

Vaseline Petroleum Jelly All Variants

SAVE 16%

48⁹⁹
450ml each
X WITH CARD

Sanex Shower Cream/Gel All Variants 2 x 500ml

SAVE R79

ANY 2 FOR R90
X WITH CARD

Nivea Rose Care Products All Variants

BUY ANY 2 & SAVE 30%
X WITH CARD

Bennetts Baby Bum Crème

SAVE R20

89⁹⁹
300g each
X WITH CARD

Always Maxi/Ultra/Platinum Sanitary Pads 12/14/16/18/20 per pack

SAVE FROM R13

34⁹⁹
per pack
X WITH CARD

Kotex Sanitary Pads/Pantyliners All Variants

SAVE UP TO R16

35⁹⁹
14/16/20/28/36/100 per pack
X WITH CARD

Comfitec Pantyliners All Variants

SAVE R10

39⁹⁹
100 per pack
X WITH CARD

Health

Rennie Antacid Tablets All Variants

SAVE 21%

54⁹⁹
48 per pack
X WITH CARD

Bioplus Strawberry Energy Tonic Sachets

49⁹⁹
12 per pack

Dettol Antiseptic Liquid Value Pack 750ml+250ml

84⁹⁹
per pack

Berocca Mango/Orange/Tropical Effervescent Tablets

139⁹⁹
20 per pack

Medirite Joint & Bone Magnesium Powder

159⁹⁹
150g

ANY 4 FOR R50
X WITH CARD

Purify Baby Food Pouches All Variants 4 x 110ml

SAVE R10

ANY 4 FOR R55
X WITH CARD

Purify 3rd Foods Baby Food All Variants 4 x 200ml

SAVE R17

SAVE R10

69⁹⁹
500g each
X WITH CARD

Nestlé Cerelac Baby Cereal All Variants

SAVE R50

219⁹⁹
850g each
X WITH CARD

PediaSure 3+ Vanilla/Chocolate Meal Replacement

ANY 2 FOR R70
X WITH CARD

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

SAVE R24

SAVE FROM R60

229⁹⁹
per pack
X WITH CARD

Pampers Baby-Dry Jumbo Pack/Premium Care Value Pack Disposable Nappies

OFFERS VALID FROM 22 SEPTEMBER 2022 UNTIL 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

Welcome HOME

OUR BEST CLEANING POWER

FOR A SAFE, HAPPY HOME

**SAVE R37
FREE DEAL
49⁹⁹**
1000ml
WITH CARD

BUY 2 x 500ml
Handy Andy
Spray Cleaner
All Variants
& GET a 500ml
Refill FREE!



**GET THIS
FREE!**

**SAVE
UP TO
R13**
WITH CARD

Handy Andy
Cleaning Agent 750ml R26,99
Floor Cleaner 750ml R33,99
All Variants



**SAVE R24
ANY 2 FOR
R56**
WITH CARD

Domestos Thick Bleach
All Variants 2 x 750ml



**SAVE R31
ANY 2 FOR
R85**
WITH CARD

Comfort Fabric Conditioner
All Variants 2 x 800ml



**SAVE R18
BUY 2 FOR
R56**
WITH CARD

Sunlight Dishwashing
Liquid 2 x 750ml



**SAVE R75
174⁹⁹**
WITH CARD

Sunlight 5in1/Extra Power
Dishwashing Tablets
56 per pack/46 per pack

Buy any 2 participating products
and stand a chance to
**WIN R500 OFF
YOUR SHOPPING**



**SWIPE
YOUR XTRA
SAVINGS CARD**

OFFERS VALID FROM 22 SEPTEMBER 2022 UNTIL 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

NEW

4X CONCENTRATED
MORE* FRAGRANCE
LONG LASTING FRESHNESS

*vs regular Sta-soft

Sta-soft
ULTRA CONCENTRATE
LONGER LASTING FRAGRANCE*

SAVE UP TO 30%
WITH CARD

SAVE R50 ANY 2 FOR R80
WITH CARD

Sta-soft Fabric Softener All Variants 2 x 2L

SAVE R30 ANY 2 FOR R50
WITH CARD

Sta-soft Fabric Softener Refill All Variants 2 x 500ml

Sta-soft Ultra Fabric Softener - 500ml Dry Pack R29,99
1L Bottle R54,99

Selected stores have limited range
*vs Sta-Soft without encapsulated fragrance

1 WASH BRILLIANT WHITES & COLOURS

SAVE R20
114⁹⁹ each
WITH CARD

REMOVES 99.9% OF GERMS

ARIEL
AUTOMATIC
ANTI-GERM

Ariel Auto Washing Powder 3kg/
Detergent Liquid 2L/
Detergent Capsules 21 per pack

SAVE R15
29⁹⁹
WITH CARD

Mr. Sheen Daily Surface Cleaner

SAVE R33
FREE DEAL
39⁹⁹
12 each
WITH CARD

BUY Mr. Sheen ClearView Window Cleaner 1L & GET a Refill 1L FREE!

SAVE R11
ANY 2 FOR
R55
WITH CARD

Mr. Sheen Multi Surface Cleaner All Variants 2 x 400ml

SAVE R45
FREE DEAL
159⁹⁹
48 per pack
WITH CARD

BUY Mr. Sheen Dishwasher Tablets 48 per pack & GET a Rinse Aid 500ml FREE!

SAVE R12
34⁹⁹
900ml each
WITH CARD

Mr. Min Furniture Polish/Multisurface Cleaner All Variants

SAVE R11
ANY 2 FOR
R35
WITH CARD

Airoma Air Freshener All Variants 2 x 210ml/225ml

SAVE R20
ANY 2 FOR
R50
WITH CARD

Harpic Toilet Cleaner/Thick Bleach All Variants 2 x 750ml

SAVE R30
ANY 2 FOR
R60
WITH CARD

Cobra Tile Cleaner All Variants 2 x 750ml

SAVE R10
34⁹⁹
750ml each
WITH CARD

Albex Bleach Spray All Variants

SAVE 12%
ANY 2 FOR
R35
WITH CARD

Albex Thick Bleach Disinfectant All Variants 2 x 750ml

JIK

SAVE R36
ANY 2 FOR
R50
WITH CARD

Jik Bleach All Variants 2 x 1,5L

SAVE R15
37⁹⁹
900g
WITH CARD

Sebo Duo-P Dry Carpet Cleaner

SAVE R10
69⁹⁹
each
WITH CARD

Drain Power Granules 500g/
Liquid 750ml
Drain Cleaner

SAVE R10
ANY 2 FOR
R40
WITH CARD

Albex Bleach All Variants 2 x 1,5L

FOR SPARKLING DISHES

BUY ANY 3 & SAVE 30%
WITH CARD

Finish Dishwashing Range All Variants x 3

AS SEEN ON TV

KEEP STAINS AWAY FOR LESS

SAVE 25%
WITH CARD

BUY ANY Dr. Beckmann Stain Remover Range All Variants

KEEP STAINS AWAY FOR LESS

BUY ANY 3 & SAVE 30%
WITH CARD

Vanish Stain Remover Range All Variants x 3

AS SEEN ON TV

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scJohnson
A family company
at work for a better world

**BUY ANY 2 &
SAVE 25%**
X WITH CARD

Mr Muscle
Product Range
x 2

**KILLS
99.9% OF
GERMS**

**AS SEEN
ON TV**

glade

**BUY ANY 2 &
SAVE 20%**
X WITH CARD

Glade
Product
Range x 2

**AS SEEN
ON TV**

SAVE R40
159⁹⁹
90 per pack
X WITH CARD

Hyper VALUE

**Super Brite
All-in-1
Dishwasher
Tablets**

Hyper VALUE

10 FREE

**SAVE R10
BUY 2 FOR
R40**
X WITH CARD

Plush Supreme
Lemon
Dishwashing
Liquid
2 x 750ml

**SAVE R10
ANY 2 FOR
R50**
X WITH CARD

Plush Supreme
Multi Surface
Cleaner
All Variants
2 x 275ml

**SAVE R26
ANY 2 FOR
R60**
X WITH CARD

Plush Supreme
Pine Gel
All Variants
2 x 1L

**SAVE R20
ANY 2 FOR
R80**
X WITH CARD

Plush Supreme
Glass OR Gas
Cook Top/Granite/
Metal Cleaner
2 x 300ml/500ml

**SAVE R40
ANY 2 FOR
R80**
X WITH CARD

Plush Supreme
Tile Cleaner
All Variants
2 x 1.5L

AIR WICK

Freshen your home
whilst neutralising odours
with Air Wick®

**SAVE R25
ANY 2 FOR
R35**
X WITH CARD

Air Wick
Air Freshener
All Variants
2 x 280ml

**SAVE R60
BOTH FOR
R160**
X WITH CARD

Air Wick Auto
Air Freshener
Unit 250ml
& Refill 250ml
All Variants Each

Dettol

**SAVE R30
49⁹⁹**
400ml each
X WITH CARD

Dettol
Disinfectant
Spray
All Variants

**SAVE R30
59⁹⁹**
2x500ml (per pack)
X WITH CARD

Dettol
Kitchen &
Bathroom
Cleaner

**SAVE R10
29⁹⁹**
each
X WITH CARD

Super Brite
Pine Gel
All Variants

**SAVE R10
ANY 2 FOR
R40**
X WITH CARD

Super Brite
Multi Surface
Cleaner
All Variants
2 x 300ml

**SAVE R14
ANY 2 FOR
R40**
X WITH CARD

Super Brite
Tile Cleaner
All Variants
2 x 750ml

SAVE 21%
24⁹⁹
20 per pack
X WITH CARD

Garbie Super Saver Refuse
Bags/Swingbin Liners

SAVE 16%
24⁹⁹
5m each
X WITH CARD

Supa Mama
Baking Paper

SAVE R10
29⁹⁹
30m each
X WITH CARD

Supa Mama
Cling Wrap

SAVE R15
34⁹⁹
5m each
X WITH CARD

Supa Mama
Embossed Heavy Foil

**ANY 2 FOR
R50**
X WITH CARD

Lion Firelighters
2 x 12 per pack

SAVE R10

OFFERS VALID FROM 22 SEPTEMBER 2022 UNTIL 9 OCTOBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

Welcome SPRING

WITH OUR MUST-HAVE SUPPLIES.

SAVE R11 ANY 2 FOR R45
WITH CARD

Jeyes Thick Bleach All Variants 2 x 750ml

SAVE R10 ANY 2 FOR R50
WITH CARD

Jeyes Disinfectant & Cleanser Fluid 2 x 250ml

SAVE R10 FROM 39.99
WITH CARD

Dyrange/Dyroach/Dyflea
- Insecticide All Variants 300ml R39,99
- Eradicator 2 per pack R49,99
Dyfogger
- Insecticide All Variants 350ml R49,99

SAVE UP TO R20 FROM 39.99
WITH CARD

Peaceful Sleep
- Insect Repellent Stick 30g R39,99
- Mosquito Repellent Aerosol 150ml R74,99
- Dual Purpose Mosquito Unit Each R59,99

SAVE FROM R12 FROM 32.99
WITH CARD

Doom
- Fogger Dual Action Insecticide 350ml R44,99
- Plug-In Mosquito Destroyer Refill 35ml R46,99
- Insecticide All Variants 300ml R32,99

SAVE R11 ANY 2 FOR R25
WITH CARD

Doom Super Deadly Mosquito Coils 2 x 125g

FREE FROM BUGS. FREE FROM HARSH SMELLS.
Protect family time with trusted protection.

BUY ANY 2 & SAVE 25%
WITH CARD

Raid Product Range x 2

KILLS UP TO 100% OF INSECTS IN SECONDS*

*As tested on species Blattella germanica, Ctenocephalides felis, Formicidae, Phoridae.

Mortein's highly effective insecticides have been protecting South African families and homes from unwanted pests for years. **ARE YOU LOOKING FOR A FAST KILLING SOLUTION OR BUG REPELLENT?**

Kills 100% of flying & crawling insects.

SAVE R10 29.99
WITH CARD

Mortein Insecticide All Variants

1 refill = 58 aerosols for continuous protection

SAVE R90 BOTH FOR R160
WITH CARD

Mortein Automatic Insecticide Unit 236ml & Refill 236ml All Variants Each

SAVE R10 89.99
12x85g per pack
WITH CARD

Pamper Jelly/Gravy/Mince Cat Food Pouch All Variants

ANY 5 FOR R100
WITH CARD

Marltons Dog Treats All Variants 5 x 120g

SAVE R40

ANY 4 FOR R110
WITH CARD

Petley's Dog Food All Variants 4 x 775g

SAVE R38

SAVE R20 129.99
each
WITH CARD

Waggies Dog Food All Variants 6kg/8kg

BOTH FOR R165
WITH CARD

Whiskas Cat Food All Variants 2kg Each & Cat Treats 55g Each

SAVE R63

SAVE R50 229.99
each
WITH CARD

Canine Cuisine Dog Food All Variants 4kg/5.5kg/6kg

Checkers

better and better

also at **Checkers Hyper**

Checkers **SIXTY 60**

download the app

OFFERS VALID FROM THURSDAY 22/09/2022 UNTIL SUNDAY 09/10/2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEPSSTROOM & RUSTENBURG, EXCEPT MARKING, 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.TERMSANDCONDITIONS.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).

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Dis-Chem
PHARMACIES

15 September - 16 October 2022

SUPER SAVINGS ✓

2+1 FREE OFFERS ✓

WIDEST RANGE ✓

WE MAKE
HEALTHY
LIVING
EASIER FOR YOU



WIN
YOUR SHARE OF
R200 000
in **Dis-Chem** PRIZES

Spend R750 **OR** more on **ANY**
Healthy Living products **AND**
you could be one of 25 **LUCKY**
customers to **WIN R2000**
in **Dis-Chem** points
weekly over 4 weeks.

Enter by swiping your **Dis-Chem**
Benefit Card. *Ts & Cs apply.



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WIN
YOUR SHARE OF
R200 000
in **Dis-Chem**
Benefit Rewards

Spend R750 **OR** more
on **ANY** Healthy Living
products **AND** you could
be one of 100 **LUCKY**
customers to **WIN R2000**
in **Dis-Chem**
Benefit Rewards.

Enter by swiping your **Dis-Chem**
Benefit Card. *Ts & Cs apply.





DeliverD in
60
MINUTES

scan me
to download now





FREE FROM GLUTEN

INSTANT DISCOUNT

20⁰⁰* OFF

INSTANT DISCOUNT

6⁰⁰* OFF



Lifestyle Food
Gluten Free
Rolled Oats
1kg
#293348

99⁹⁵
Benefit Price
79⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



Lifestyle Food
Gluten Free
Pasta
250g / Assorted

45⁹⁵
each
Benefit Price
39⁹⁵
each

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount

1 FOR 21⁹⁵
5 FOR 100⁰⁰
SAVE 9⁷⁵



Lifestyle Food
Gluten Free
Instant Noodles
65g / Assorted



FREE FROM SUGAR

SAVE
15⁰⁰**



Footy's
Sugar Free
Flavoured
Powder Drink
450g / Assorted
159⁹⁵
WAS 174⁹⁵



SAVE
13⁰⁰**

Canderel
Original Sweetener
500 PLUS FREE
100 tablets
#155819
99⁹⁵
WAS 112⁹⁵

SAVE
10⁰⁰**



INSTANT DISCOUNT
10⁰⁰* OFF

89⁹⁵
Benefit Price
79⁹⁵

Lifestyle Food
Erythritol
Sweetener
500g
#219356

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



SAVE
15⁰⁰**

Lifestyle Food
Xylitol
1kg
#87852

147⁹⁵
WAS 162⁹⁵



Simply Delish
Suki Sweetener
750g
#144759

139⁹⁵
WAS 149⁹⁵

**Advertised prices already reflect discounts



NO SUGAR ZONE

Because you're sweet enough, try our tasty range of wholesome products that are free from sugar or do not contain added sugar.



1 FOR 30⁹⁵
3 FOR 80⁰⁰
SAVE 12⁸⁵

Gullón
Sugar Free Choco Chip Biscuits
125g
#108730



1 FOR 35⁹⁵
2 FOR 50⁰⁰
SAVE 21⁹⁰

Lifestyle Food
No Added Sugar Cookies
135g / Assorted



FREE FROM DAIRY

1 FOR 39⁹⁵
3 FOR 100⁰⁰
SAVE 19⁸⁵



Lifestyle Food Almond Milk With Sunflower Oil
1 litre
#207750002



1 FOR 44⁹⁵
2 FOR 70⁰⁰
SAVE 19⁹⁰



Lifestyle Food Oat Milk
1 litre
#125931



1 FOR 38⁹⁵
2 FOR 64⁹⁵
SAVE 12⁹⁵



Blue Diamond Almond Breeze Almond & Oat Milk
1 litre
#333868



ButtaNutt Macadamia Milk
1 litre
#295823

37⁹⁵

MILK ALTERNATIVES

Milk alternatives are lactose-free and vegan-friendly, which makes them a popular healthy alternative. The natural sweetness is ideal for use in smoothies, breakfast or tea and coffee.



BAKING

Let's help you satisfy your sweet cravings without adding too many calories to your diet, with a wide variety of healthier baking ingredients.

1 FOR 49⁹⁵
2 FOR 70⁰⁰
SAVE 29⁹⁰



Lifestyle Food Coconut Flour
500g
#185475



INSTANT DISCOUNT
19⁰⁰* OFF



Lifestyle Food Almond Flour
300g
#185474

138⁹⁵ Benefit Price
119⁹⁵

INSTANT DISCOUNT
17⁰⁰* OFF



Lifestyle Food Gluten Free Self-Raising Flour
500g
#331904

56⁹⁵ Benefit Price
39⁹⁵

SAVE **6⁰⁰***



Lifestyle Food Tapioca Flour
500g
#331767

39⁹⁵ WAS 45⁹⁵

*Swipe your Dis-Chem Benefit Card to claim your Instant Discounts

*Advertised price already reflects discount

WHAT'S IN THE OVEN?

Satisfy your craving with an easy recipe for the most delicious chocolate loaf. Scan QR code for the recipe.

INSTANT DISCOUNT
20%* OFF each



149⁹⁵ Benefit Price
119⁹⁶

Organic, Cold Pressed, Virgin Coconut Oil
1 litre
#101990



104⁹⁵ Benefit Price
83⁹⁶

Organic, Odourless Coconut Oil
1 litre
#123560



69⁹⁵ Benefit Price
55⁹⁶

Odourless Coconut Oil
1 litre
#158946

*Swipe your Dis-Chem Benefit Card to claim your Instant Discount

Promotional offers valid from 15 September - 16 October 2022, while stocks last. May not be available in all stores OR online. E&OE.



HEALTH FOODS



INSTANT DISCOUNT
10⁰⁰* OFF

Lifestyle Food
Himalayan Crystal Fine
OR Coarse Salt
1kg
#201100
#201096

59⁹⁵ each
Benefit Price
49⁹⁵ each



INSTANT DISCOUNT
17⁰⁰* OFF

Lifestyle Food
Turmeric Powder
300g
#288224

56⁹⁵
Benefit Price
39⁹⁵



INSTANT DISCOUNT
6⁰⁰* OFF

Lifestyle Food
Cayenne Pepper
170g
#134639

35⁹⁵
Benefit Price
29⁹⁵



INSTANT DISCOUNT
7⁰⁰* OFF

Lifestyle Food
Ground Ginger
100g
#325465

36⁹⁵
Benefit Price
29⁹⁵

*Swipe your Dis-Chem Benefit Card to claim your Instant Discounts

Nature's Choice™ WHOLEFOOD SPECIALISTS



**2+1
CHEAPEST
FREE**
on ANY
Nature's Choice
products



SAVE
20⁰⁰*

Ensure Gold
Advanced Nutritional
Supplement
400g / Assorted

164⁹⁵
WAS 184⁹⁵



SAVE
20⁰⁰*

Ensure
Nutritional
Supplement
850g / Assorted

264⁹⁵
WAS 284⁹⁵



SAVE
60⁰⁰*

Lifegain
Advanced Nutritional
Supplement
1kg / Assorted

489⁹⁵
WAS 549⁹⁵



**2+1
FREE**
on ANY
Alette's Rusks
450g/500g

Alette's
Rusks
450g/500g
Assorted

57⁹⁵
each

CARBSMART

Carbsmart™ foods contain no refined sugars or added sugars, no refined starches, no artificial sweeteners, no wheat or corn, no refined oils, only cold pressed oils. The Carbsmart™ range brings convenience to your table, making it easy to maintain your low carb eating plan.



INSTANT DISCOUNT
20%* OFF
ALL CARBSMART PRODUCTS
WITH YOUR Dis-Chem BENEFIT Card



*Swipe your Dis-Chem Benefit Card to claim your Instant Discount



SAVE 10⁰⁰*

B-well Mayo
OLIVE & CANOLA MAYONNAISE
740g
#207289

39⁹⁵
WAS 49⁹⁵

SAVE 25⁰⁰*

Lifestyle Food
COLD PRESSED
EXTRA VIRGIN OLIVE OIL
1 litre
#220742

129⁹⁵
WAS 154⁹⁵

SAVE 10⁰⁰*

Tony Ferguson
UNSWEETENED
LEMON JUICE
1 litre
#331185

44⁹⁵
WAS 54⁹⁵

SAVE 10⁰⁰*

BRAGG ORGANIC
RAW - UNFILTERED
APPLE CIDER VINEGAR
473ml
#108621

122⁹⁵
WAS 132⁹⁵

APPLE CIDER VINEGAR

Apple cider vinegar is a very popular home remedy that people have used for centuries in medicine and cooking.

*Advertised prices already reflect discounts

Promotional offers valid from 15 September - 16 October 2022, while stocks last. May not be available in all stores OR online. E&OE.



BREAKFAST CORNER



2+1
CHEAPEST
FREE
on ANY FutureLife®
products



INSTANT
DISCOUNT
20%*
OFF
ALL JUNGLE
PRODUCTS
WITH YOUR
Dis-Chem
BENEFIT
Card



SAVE
6⁰⁰*



Bokomo
Weet-Bix
Wholegrain Wheat
Biscuits
900g
#388293
59⁹⁵
WAS 65⁹⁵
*Advertised price already
reflects discount

SAVE
10⁰⁰*



Kellogg's
All-Bran
Flakes
1kg
#389835
79⁹⁵
WAS 89⁹⁵
*Advertised price
already reflects discount

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount

1 FOR 46⁹⁵
2 FOR 80⁰⁰
SAVE 13⁹⁰

Lifestyle Food
Rolled Oats
1kg
#201097



1 FOR 64⁹⁵
2 FOR 100⁰⁰
SAVE 29⁹⁰

Lifestyle Food
Granola Crunch
750g
Assorted



RIGHT START

It is *important* to
start your day right,
and cereals are here to
do the job. Cereals are
an excellent source of
carbohydrates and fibre,
which keep you going
throughout the day.



TEA TIME

Sit back, relax and enjoy a cup of your favourite tea brands. Whether you like your tea hot or cold, we've got you.

**2+1
CHEAPEST
FREE**
on ANY
Lifestyle Food
Teas



Lifestyle Food
Instant Ginger
Drink With Honey
OR Honey
& Lemon
20 sachets
79⁹⁵
each



Carmiën
Rooibos Tea
20 teabags
Assorted

**2+1
FREE**
on ANY Carmiën
Tea 20 tagless
teabags

29⁹⁵
each

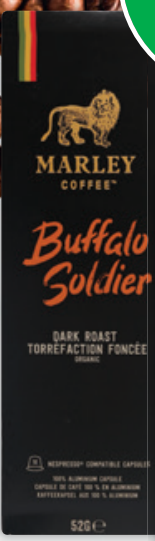
**20%
OFF**
Morich Malt
400g



Morich Malt
400g / Assorted
75⁹⁶
WAS 94⁹⁵

*Advertised price already reflects discount

**INSTANT
DISCOUNT
10%***
ALL MARLEY COFFEE
PRODUCTS
WITH YOUR
Dis-Chem
BENEFIT
Card



Available in selected stores
and exclusive to Dis-Chem

*Swipe your Dis-Chem Benefit Card
to claim your Instant Discount



**SAVE
10⁰⁰***



Horlicks
Malt Based
Drink
400g
#389041
89⁹⁵
WAS 99⁹⁵

*Advertised price
already reflects
discount

**1 FOR 59⁹⁵
2 FOR 90⁰⁰**
SAVE 29⁹⁰



Lifestyle Food
Skinny Hot
Chocolate
120g
#409915



**1 FOR 49⁹⁵
2 FOR 80⁰⁰**
SAVE 19⁹⁰



Mokate
Cappuccino
10-pack
Assorted

**SAVE
4⁰⁰***



Closemyer
Slimming
Green Tea
20 teabags
#131248
59⁹⁵
WAS 63⁹⁵

*Advertised price already reflects discount



**INSTANT
DISCOUNT
18⁰⁰*
OFF**



Lifestyle
Food
Choice
Grade
Honey
1kg
#186491

164⁹⁵
Benefit
Price
146⁹⁵

*Swipe your Dis-Chem Benefit Card
to claim your Instant Discount



Little Bee
Choice Grade
Honey
375g
#89847
42⁹⁵
WAS 48⁹⁵

**SAVE
6⁰⁰***

*Advertised price already
reflects discount



SPREADS

Whether it's breakfast or lunch time, we've got spreads that will make everything delicious and easy.

**SAVE
30⁰⁰***



The Original
PB2 Powdered
Peanut Butter
453.6g / Assorted
299⁹⁵
WAS 329⁹⁵

**SAVE
60⁰⁰***



OhMega
Almond Butter
1kg
#172994
199⁹⁵
WAS 259⁹⁵

**INSTANT
DISCOUNT
17⁰⁰*
OFF**



Lifestyle Food
Smooth
OR Crunchy
Peanut Butter
800g
#2077680

66⁹⁵ each
Benefit
Price
49⁹⁵ each

*Advertised prices already reflect discounts

*Swipe your Dis-Chem Benefit Card
to claim your Instant Discount



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HEALTHY SNACKING

**2+1
FREE**
on Lifestyle Food
Rice Cakes
130g

**2+1
CHEAPEST
FREE**
on ANY Vital
products



Vital
Crisps
20g / Assorted
10⁹⁵
each

Vital
Crisps
85g / Assorted
22⁹⁵
each

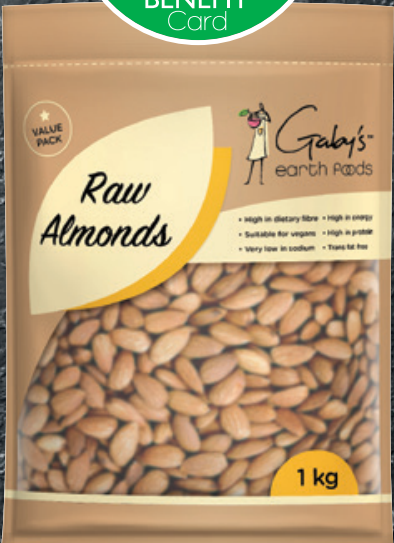
Vital
Mini Rice Cakes
125g / Assorted
23⁹⁵
each

Vital
Mini Rice Cakes
30g / Assorted
10⁹⁵
each



Lifestyle Food
White **OR** Brown Salted
OR Unsalted Rice Cakes
130g / Assorted
20⁹⁵
each

**INSTANT
DISCOUNT
20%*
OFF**
ALL GABY'S
NUTS 1KG
WITH YOUR
Dis-Chem
BENEFIT
Card



*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



**3+1
FREE**
on Nutrinuts
products
100g



**20%*
OFF**
ALL Uncle Joe's
Biltong

*Discount to be deducted at tills

**INSTANT
DISCOUNT
20%*
OFF**
ALL LIFESTYLE
FOOD DRIED FRUIT
WITH YOUR
Dis-Chem
BENEFIT
Card



*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



SNACK TIME

We've got you covered with healthy snacks when time is not on your side. Keep your whole family happy by stocking up on our wide range of delicious treats.



**2+1
FREE**
on ANY Clevers
Candy Coated
Sweets 45g

Clevers
Candy Coated
Sweets
45g / Assorted
17⁹⁵
each



**2+1
CHEAPEST
FREE**
on ANY
Sugarlean
products

Sugarlean
Sweets
FROM
17⁹⁵
each



**3+1
FREE**
on Trigz Crunchy
Popped
Chips 85g

Trigz
Crunchy
Popped Chips
85g / Assorted
19⁹⁵
each



**SAVE
5⁰⁰***

**SAVE
7⁰⁰***

Lorenz
Pom Sticks
100g / Assorted
23⁹⁵
WAS 28⁹⁵

Lorenz
Naturals Chips
100g / Assorted
31⁹⁵
WAS 38⁹⁵

*Advertised prices already reflect discounts



**2+1
CHEAPEST
FREE**
on ANY FutureLife®
products



HEALTHY DRINKS

Keep you and your family healthy and hydrated with our variety of delicious health drinks that contain vitamins, minerals and other ingredients.



1 FOR 26⁹⁵
2 FOR 40⁰⁰
SAVE 13⁹⁰

Dr Tom's
Kombucha Drink
340ml / Assorted



1 FOR 29⁹⁵
2 FOR 50⁰⁰
SAVE 9⁹⁰

Biogen
Collagen
Refresh Drink
300ml / Assorted



1 FOR 24⁹⁵
5 FOR 100⁰⁰
SAVE 24⁷⁵

Rugani
100% Juice
750ml / Assorted



1 FOR 11⁹⁵
5 FOR 50⁰⁰
SAVE 9⁷⁵

Rugani
100% Juice
330ml / Assorted

Promotional offers valid from 15 September - 16 October 2022, while stocks last. May not be available in all stores OR online. E&OE.



KITCHEN APPLIANCES

SAVE
600^{00*}



Milex

Bread Master

#387542

- Equipped with a 13-hour delay start feature so you can bake fresh bread at any time, 1-hour feature for quick bakes
- Developed with nutrition in mind, it includes gluten-free, quick bread, sweet bread, cake intelligent seed & nut dispenser & non-stick pan

1699⁹⁵

WAS 2299⁹⁵

SAVE
600^{00*}

Dual Air Fryer

#387528

- 8-litre air fryer, rapid hot air technology
- Low fat cooking, binary cooking
- Child lock system on the handle keeping your little ones safe

2899⁹⁵

WAS 3499⁹⁵



SAVE
300^{00*}



Nutri 1200 Nutritional Blender

#387499

- Convert fresh ingredients into healthy smoothies, juices, soups, purees & dips in seconds
- The super vortex design guarantees optimal extraction of nutrients from fruits and vegetables, producing drinks and dishes that promise nothing less than pure goodness

899⁹⁵

WAS 1199⁹⁵

SAVE
200^{00*}



DQUIP Air Fryer 4.5 Litre

#389529

- Temperature control knob
- Basket handle
- Easy cooking guide panel
- Timer (0-60min) power on knob
- 30% faster cooking

999⁹⁵

WAS 1199⁹⁵

SAVE
200^{00*}



Power Air Fryer 3.6 Litre

#387498

- Offers a quicker, easier and cleaner alternative to a deep-fat fryer or conventional oven
- Features a state-of-the-art digital touchscreen control panel

1799⁹⁵

WAS 1999⁹⁵



Russell Hobbs



Royal Jug Blender RHB048

#329969

- Blends ingredients quickly to achieve desired consistency
- Ideal for crushing ice and making smoothies, cocktails and sauces
- 500W

699⁹⁵

WAS 799⁹⁵



650W Satin Blender RHSB018

#390750

- Perfect bar accessory for making slushes, margaritas, daiquiris and more
- Stir function perfect for frozen drinks

949⁹⁵

WAS 1199⁹⁵

SAVE
100^{00*}

SAVE
250^{00*}

SAVE
100^{00*}



Juicer RHJM17

#336514

- 2-speed, plus pulse equipped to extract juice from fruit and vegetables
- 65mm diameter feed tube that accommodates larger pieces of fruit

899⁹⁵

WAS 999⁹⁵

SAVE
150^{00*}

Royal Hand Mixer RHHM33

#330111

- 400W at maximum load
- 2 x hooks
- 5 speed settings plus turbo function

499⁹⁵

WAS 649⁹⁵



SAVE
100^{00*}



Ice Crusher RHIC1

#336512

- 1 litre capacity
- Double safety lock lid
- Cord storage
- Stainless steel blade

699⁹⁵

WAS 799⁹⁵



SUPERFOODS

SAVE
10⁰⁰*



Lifestyle Food
Chia Seeds
300g
#201103
79⁹⁵
WAS 89⁹⁵

SAVE
8⁰⁰*



Lifestyle Food
Ultimate 4 Seed
Mix
500g
#81632
59⁹⁵
WAS 67⁹⁵



SAVE
10⁰⁰*



The Real Thing
Green Power
Powder
150g
#34309
199⁹⁵
WAS 209⁹⁵

SAVE
15⁰⁰*

Health
Connection
Wholefoods
Maca Powder
Superfood
400g
#203055
219⁹⁵
WAS 234⁹⁵



*Advertised prices already reflect discounts

INSTANT
DISCOUNT
25⁰⁰*
OFF



Tony Ferguson
Pro Shake
420g / Assorted
Benefit Price
239⁹⁵

INSTANT
DISCOUNT
40⁰⁰*
OFF



Biogen
Plant Based
Protein Powder
700g / Assorted
Benefit Price
269⁹⁵

*Swipe your Dis-Chem Benefit Card to claim your Instant Discounts



Meet the original Nutribullet, compact, yet powerful, 600 Watt personal blender. You choose what goes in to get the most out of every ingredient.

600 Series Blender
Black OR Grey
#411888 / #411983
1995⁹⁵

20%*
OFF
ALL Früt 750g
frozen products



*Discount to be deducted at tills
Früt products only available at selected stores or online

1 FOR 35⁹⁵
2 FOR 60⁰⁰
SAVE 11⁹⁰



Summa
Smoothies
230g / Assorted

Summa products only available at selected stores or online

SMOOTHIE TIME

Smoothies are an effective way to incorporate healthy food into your diet as an easy morning meal or snack on-the-go. We have many ingredients to include in your smoothie, making sure your smoothie is filled with all the nutrients you need.

FLIP CATALOGUE OVER FOR HEALTHY LIVING SPECIALS



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.



click&collect

Scan QR code to shop directly online



Delivered to your door OR
collect from any Dis-Chem store nationwide.
Free delivery on orders of 600⁰⁰ or more in
metropolitan areas. No charge for collection in-store.



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

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.

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Dis-Chem

PHARMACIES

15 September - 16 October 2022

SUPER SAVINGS ✓

2+1 FREE OFFERS ✓

WIDEST RANGE ✓

WE MAKE
**HEALTHY
LIVING**
EASIER FOR YOU



WIN

YOUR SHARE OF
200 000
in Dis-Chem points

Spend R750 **OR** more
on **ANY** Healthy Living products
AND you could be one of 25
LUCKY customers to **WIN R2000**
in Dis-Chem points
weekly over 4 weeks.

Enter by swiping your Dis-Chem
Benefit Card. *Ts & Cs apply.



2+1
CHEAPEST
FREE

ON SPORTS SUPPLEMENTS*

Friday 30 September - Sunday 2 October 2022 *Excludes ALL advertised lines.

Dis-Chem+

HEALTH

your care covered

New!

Gap Cover now available

From

R190

per adult per month

Additional cover of up to 500% of medical aid rates for tariff shortfalls, sub-limits, dental reconstruction as well as Family Protector and Hospital Booster benefits.

Access private healthcare



Doctors



Dentists



Optometrists



Medication



and more

Get affordable
Medical Insurance

From

R431

per adult per month

Easy on the pocket but big in value.

POWERED BY

kaelo

primecure
healthcare management

NETCARE
082911
24HR EMERGENCY MEDICAL ASSISTANCE

UNDERWRITTEN BY
CENTRIQ
INSURANCE

This is not a Medical Scheme and the cover is not the same as that of a Medical Scheme. This Policy is not a substitute for Medical Scheme membership. The administrator of this product is Kaelo Risk (Pty) Ltd, an authorised Financial Services Provider (FSP 36931).

Insurance products are underwritten by Centriq Insurance Company Limited ("Centriq"), a licensed non-life insurer and an authorised Financial Services Provider (FSP 3417).

The Value Added Services are Kaelo offerings. Service Providers are contracted to Kaelo. Ts & Cs apply.

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To us, your wellness always comes first. Take care of your cardiovascular health proactively to avoid potential strokes or heart attacks
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Get specials on sports supplements to help reach your body goals.
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Let's make muscle building easier for you with products that best suit you.
- 26-27

Energy Drinks & Endurance

Get the energy to confidently achieve your life goals.
- 28-29

Endurance, Exercise Equipment, Wound & Sport Support

Get that body you've always dreamed of with a helping hand from us.

WIN
YOUR SHARE OF
200 000
in **Dis-Chem** points

Spend R750 **OR** more
on **ANY** Healthy Living
products **AND** you could be
one of 25 **LUCKY** customers
to **WIN R2000**
in **Dis-Chem** points
weekly over 4 weeks.

Enter by swiping your **Dis-Chem**
Benefit Card. *Ts & Cs apply.



2+1
CHEAPEST
FREE

on Sports Supplements*

Friday
30 September
to
Sunday
2 October 2022

*Excludes ALL advertised lines

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MULTIVITAMINS & DAILY SUPPLEMENTS

1 FOR 249⁹⁵
2 FOR 349⁹⁵
SAVE 149⁹⁵



StaminoGro Value Pack
120 PLUS 30 tablets
#51374

419⁹⁵ per pack
Benefit Price
379⁹⁵ per pack

INSTANT DISCOUNT
40⁰⁰* OFF

Biogen Multivitamin Plus Value Pack
60 PLUS FREE 30 tablets
#20018

229⁹⁵ per pack
Benefit Price
174⁹⁵ per pack



INSTANT DISCOUNT
55⁰⁰* OFF



Tony Ferguson Multivitamin Mineral Complex
60 tablets
#68528

129⁹⁵
WAS 149⁹⁵



Essentiale Extreme
100 capsules
#142906

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts

**Advertised price already reflects discount



2+1 CHEAPEST FREE
on ANY Centrum products

Multivitamin Value Pack
100 tablets
389⁹⁵ each

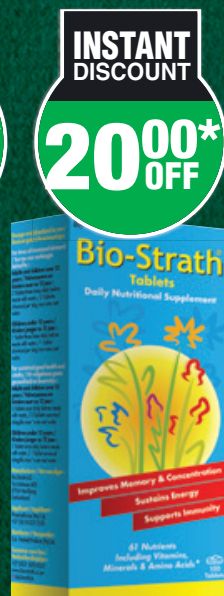
Multivitamin
30 tablets
146⁹⁵ each



INSTANT DISCOUNT
15⁰⁰* OFF

Bio-Strath Syrup
200ml
#14390

174⁹⁵ Benefit Price
159⁹⁵



INSTANT DISCOUNT
20⁰⁰* OFF

Bio-Strath
100 tablets
#14387

209⁹⁵ Benefit Price
189⁹⁵

2+1 CHEAPEST FREE
on ANY DS products



DS-24 Daily Supplement
30 capsules
139⁹⁵ each

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts



Vital

2+1 CHEAPEST FREE
on ANY Vital products



Multi Protect
30 capsules
199⁹⁵ each



Ultra Calcium Bone Support
30 tablets
139⁹⁵ each



Omega 3, 6 & 9
120 softgel capsules
234⁹⁵ each



Hair, Skin & Nails Antioxidant
30 softgel capsules
139⁹⁵ each



Ultra Multi Woman Combo
30 PLUS 30 tablets
289⁹⁵ each

WIN
YOUR SHARE OF
R200 000
in **Dis-Chem** points

Spend R750 **OR** more on **ANY** Healthy Living products **AND** you could be one of 25 **LUCKY** customers to **WIN R2000** in **Dis-Chem** points weekly over 4 weeks.

Enter by swiping your **Dis-Chem** Benefit Card.
*Ts & Cs apply.



2+1

FREE

on Gold Omega 3 Salmon Oil 1000mg 90 softgel capsules

Gold Omega 3 Salmon Oil 1000mg 90 softgel capsules #26510

115⁹⁵ each

INSTANT DISCOUNT

38⁰⁰* OFF

Gold B-Complex Sustained Release 180 tablets #85478

267⁹⁵ Benefit Price

229⁹⁵

2+1

CHEAPEST FREE

on ANY Vitaforce products

Vitaforce Multivitamin Ultra A-Z 60 tablets

189⁹⁵ each

2+1

CHEAPEST FREE

on ANY Bettaway products

Bettaway Beta Women Multivitamin & Minerals 30 tablets

109⁹⁵ each

Bettaway Mega C 1000 Vitamin C 1000mg 60 tablets

169⁹⁵ each

INSTANT DISCOUNT

37⁰⁰* OFF

Biogen Supreme Omega 3 60 PLUS 10 softgel capsules #229306

176⁹⁵ Benefit Price

139⁹⁵

25% ** OFF

Spectrum Multivitamin AND Senior 120 tablets

Spectrum Multivitamin OR Senior 120 tablets #25838 / #25840

247⁴⁶ each WAS 329⁹⁵

SAVE 15⁰⁰**

Pro-Oxidin Ultra 60 PLUS 60 capsules #44181

164⁹⁵ WAS 179⁹⁵

2+1

CHEAPEST FREE

on Avalife products*

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount

**Advertised prices already reflect discounts

*Offer excludes Avalife Synatura
Avalife only available at selected stores or online

Dis-Chem GOLD

20%* OFF

ALL Gold 240/300/365 Bulk Value Packs

BULK VALUE PACKS

*Discount to be deducted at tills



**Cellfood
Oxygen
Mineral
Supplement**
29ml
#44989

**INSTANT
DISCOUNT**
**40⁰⁰*
OFF**

**389⁹⁵
Benefit
Price
349⁹⁵**

**1 FOR 57⁹⁵
2 FOR 99⁹⁵
SAVE 15⁹⁵**

**Lifestyle
Health B12
+ Folic Acid**
60 tablets
#218332



**Lifestyle
Nutrition
Multivitamin
for Men
OR Women**
30 softgel capsules
#64185 / #64184

**69⁹⁵
each
Benefit
Price
59⁹⁵
each**



**INSTANT
DISCOUNT**
**10⁰⁰*
OFF**



*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts



**SAVE
30⁰⁰***

**Gold
Slow Release
Potassium**
60 tablets
#330265

**99⁹⁵
WAS 129⁹⁵**



**SAVE
20⁰⁰***

**Tony Ferguson
Dietary Fibre
Powder**
500g
#68610

**179⁹⁵
WAS 199⁹⁵**



**SAVE
10⁰⁰***

Tony Ferguson 3-Day Detox
9 effervescent tablets
#149338

**79⁹⁵
WAS 89⁹⁵**

*Advertised prices already reflect discounts

**30%*
OFF**
Gold Multivit Supreme
60 film coated tablets
AND Supreme Active
60 softgel capsules

**30%*
OFF**
Gold Multivit Supreme Active
60 softgel capsules

**Gold
Multivit
Supreme**
60 film coated tablets
#120974

**146⁹⁷
WAS 209⁹⁵**

**Gold
Multivit
Supreme Active**
60 softgel capsules
#38747

**90⁹⁷
WAS 129⁹⁵**

*Advertised prices already reflect discount



COGNITIVE HEALTH

Let's help you feed your brain with a wide variety of products that will help improve and support the learning process.



**30%*
OFF**
Flordis KeenMind
60 capsules

Flordis KeenMind
60 capsules
#94617

**216⁹⁷
WAS 309⁹⁵**

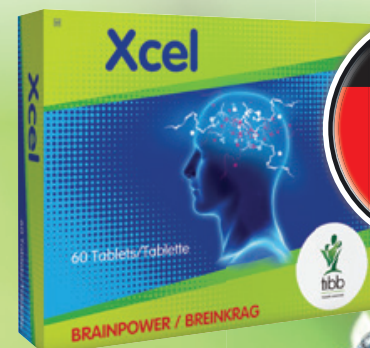


**20%*
OFF**
ALL
Ultima
products

Ultima Brain Fuel
80 capsules

**173⁵⁶
WAS 216⁹⁵**

*Advertised prices already reflect discounts



**20%*
OFF**
Tibb Xcel
60 tablets

Tibb Xcel
60 tablets
#122085

**223⁹⁶
WAS 279⁹⁵**

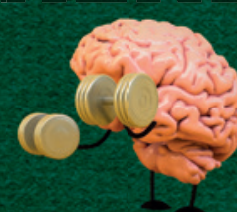
**2+1
CHEAPEST
FREE**
on ANY Noolit
products



**BOOST
YOUR
BRAIN**

Noolit
Nootropics

**FOCUS
HERE**



Cognitive health products provide nutrients to maintain and improve memory, concentration as well as cognitive function. The nutrients in these products such as omega-3, citicoline (Cognizin®), coenzyme Q10, ginseng, and vinpocetine work together to assist with brain function.

Promotional offers valid 15 September - 16 October 2022, while stocks last. May only be available at selected stores OR online. E&OE. These prices only valid on cash and card purchases, standard rates apply for all medical aid claims. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

STRESS & ANXIETY



Tibb Stress-Away Syrup 100ml
#54138
184⁹⁵ each



Tibb Stress-Away 120 tablets
#144805
220⁹⁶
WAS 259⁹⁵



Calmettes 60 tablets
#3939
111⁹⁶
WAS 139⁹⁵



Solal Burnout™ 60 capsules
#509026
399⁹⁵
Benefit Price
359⁹⁵

*Swipe your Dis-Chem Benefit Card to claim your Instant Discount

NATURA
A natural way of life™



*Discount to be deducted at tills

*Advertised prices already reflect discounts



Lifestyle Health Stress Support 20 tablets
#335657
69⁹⁵
WAS 79⁹⁵



Bio-Homeopathic Rescue+ Drops 30ml
#26521
109⁹⁵
WAS 115⁹⁵



Elev8 30 film coated tablets
#113858
169⁹⁵
WAS 185⁹⁵

*Advertised prices already reflect discounts

BIOGEN
FOR THE RESULTS YOU WANT

CRUSH YOUR STRESS LEVELS



Sure Sleep 60 capsules
#20043
129⁹⁵
WAS 163⁹⁵



5-HTP Neuro 60 vegicapsules
#212472
189⁹⁵
WAS 244⁹⁵



Adrenal Assist 60 tablets
#63519
169⁹⁵
WAS 214⁹⁵

*Advertised prices already reflect discounts

**RELAX
TAKE IT EASY**

There is a lot happening around us on a day-to-day basis, the uncertainty of the future can be overwhelming. If you are looking for a supplement to assist with stress and feelings of anxiousness, come to **Dis-Chem** and speak to one of our trained consultants who can assist.

IMMUNE SUPPORT

1 FOR 84⁹⁵
2 FOR 120⁰⁰
SAVE 49⁹⁰



Biogen Immuno Boost
1000mg Vitamin C
20 effervescent tablets
Assorted

1 FOR 134⁹⁵
2 FOR 159⁹⁵
SAVE 109⁹⁵



A.Vogel Echinaforce® Forte Echinacea Tablets
30 tablets
#14541

INSTANT DISCOUNT
28⁰⁰* OFF



A.Vogel Echinaforce® Echinacea Drops
100ml
#14526

247⁹⁵
Benefit Price
219⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount

IMMUNE ARMY

Immune supplements *support* your immune system which helps your body fight a variety of germs and viruses. There are many immune support products at **Dis-Chem** that contain vitamins, minerals, and antioxidants such as vitamin C, zinc, and more.

INSTANT DISCOUNT
50⁰⁰* OFF



Cal-C-Vita Immune Support
30 effervescent tablets
#4076

229⁹⁵
Benefit Price
179⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



NRF Vita-C 2000 Buffered Vitamin C Powder
150g
#198213

178⁹⁵



Lifestyle Health Vitamin C 1000mg
100 tablets
#111664

87⁹⁵
WAS 109⁹⁵



Lifestyle Health Immune Fizzy
2 x 10 effervescent tablets
#389743

99⁹⁵
WAS 129⁹⁵

1 FOR 129⁹⁵
2 FOR 199⁹⁵
SAVE 59⁹⁵



Flugon Plus Daily Immune Support
20 effervescent tablets
#389739

SAVE 31⁰⁰**

278⁹⁵
WAS 309⁹⁵



Bionorica Sinupret Plus
40 coated tablets
#326450

**Advertised prices already reflect discounts

INSTANT DISCOUNT
25⁰⁰* OFF



Airmune Immune System Supporter Value Pack
30 effervescent tablets
#119966

219⁹⁵ per pack
Benefit Price
194⁹⁵ per pack

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts

INSTANT DISCOUNT
30⁰⁰* OFF



Gold Immune Support
60 vegcapsules
#334832

129⁹⁵
Benefit Price
99⁹⁵

INSTANT DISCOUNT
7⁰⁰* OFF



Prospan® Cough Syrup
100ml
#18341

79⁹⁵
Benefit Price
72⁹⁵

WIN YOUR SHARE OF R200 000 in Dis-Chem points

Spend R750 **OR** more on **ANY** Healthy Living products **AND** you could be one of 25 **LUCKY** customers to **WIN R2000** in **Dis-Chem** points weekly over 4 weeks.

Enter by swiping your **Dis-Chem** Benefit Card.
*Ts & Cs apply.



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AROMATHERAPY OILS

Relax your body with aromatherapy oils that are filled with naturally derived ingredients. Oils have refreshing benefits that will help you move closer to a healthier lifestyle.

A breath of **fresh air** this Spring



2+1
CHEAPEST FREE
on ANY Dis-Chem
Essential Oils 20ml
AND 50ml*

Dis-Chem+

*Offer excludes humidifier

Buy **two** and get **one** free on all Dis-Chem essential oils.
The perfect addition to your healthy living regimen.



HERBAL REMEDIES

Get all things natural with herbal remedy products that can help strengthen your immune system.

WIN
YOUR SHARE OF
R200 000

in Dis-Chem points

Spend R750 **OR** more on
ANY Healthy Living products
AND you could be one of 25
LUCKY customers to **WIN**
R2000 in Dis-Chem points
weekly over 4 weeks.

Enter by swiping your Dis-Chem
Benefit Card. *Ts & Cs apply.



A.Vogel

SAVE
15⁰⁰*



Boldocynara
Liver and Gall Bladder
Support Drops
50ml
#14519

133⁹⁵
WAS 148⁹⁵

SAVE
13⁰⁰*

Nephrosolid
Kidney and
Bladder
Support Drops
50ml
#14535

134⁹⁵
WAS 147⁹⁵

*Advertised prices already
reflect discounts

**INSTANT
DISCOUNT**

**40⁰⁰*
OFF**



Gold Curcumin
400mg
60 vegcapsules
#387474

229⁹⁵
Benefit
Price
189⁹⁵

**INSTANT
DISCOUNT**

**21⁰⁰*
OFF**



Gold Cayenne
60 vegcaps
#25529

85⁹⁵
Benefit
Price
64⁹⁵

*Swipe your Dis-Chem Benefit Card to claim your Instant Discounts

**20%
OFF**

**Vascamen Unique
Supplement for Men**
90 tablets

Vascamen
Unique
Supplement
For Men
90 tablets
#41194

183⁹⁶
WAS 229⁹⁵



NRF Milk Thistle
With Dandelion
60 tablets
#211139

149⁹⁵

**Advertised prices already reflect discounts

3+1
CHEAPEST FREE
on ANY Silverlab
products



Silverlab Ionic⁺
Colloidal Silver
Liqui-Gel
200ml

62⁹⁵
each

**VALUE
PACK**



MaXimor Advance
For Men
Value Pack
6 capsules
#97373

SAVE
30⁰⁰**

229⁹⁵
per pack
WAS 259⁹⁵



CBD

CBD has recently taken the health and wellness world by storm as a natural anti-inflammatory that can be used to support good health.

1 FOR 399⁰⁰
2 FOR 599⁹⁵
SAVE 198⁰⁰

Extract Premium
Stress and
Sleep Support
CBD Oil 500mg
30ml
#290110



SAVE
70⁰⁰*

Rethink CBD Daily
600mg Capsules
30 capsules
OR Oil
30ml
#222865 / #222862

629⁹⁵
each
WAS 699⁹⁵



SAVE
30⁰⁰*

Biogen CBD Sleep
with MCT Oil
600mg
30ml
#330983

269⁹⁵
WAS 299⁹⁵



SAVE
40⁰⁰*



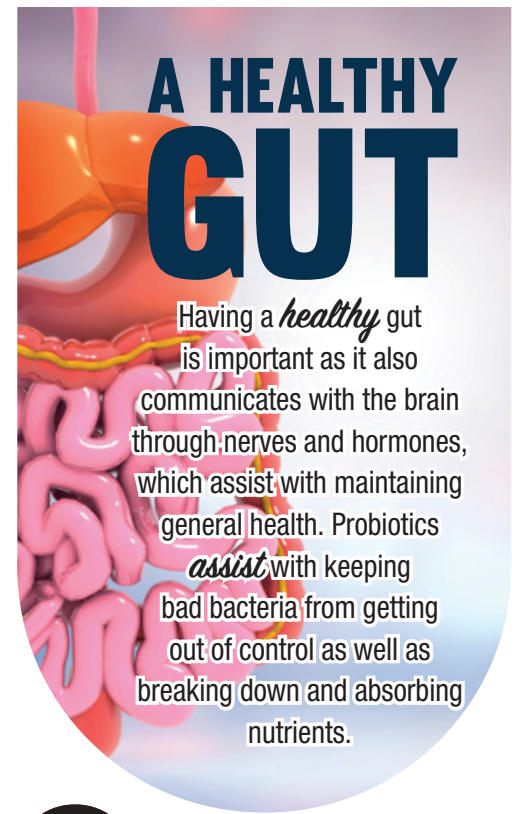
Nativa Complex
CBD Oil
300mg
30ml
#292646

369⁹⁵
WAS 409⁹⁵

*Advertised prices already reflect discounts



DIGESTIVE CARE & PROBIOTICS



INSTANT DISCOUNT

16⁰⁰* OFF

Dis-Chem GOLD
ACTIVATED CHARCOAL
60 vegicaps
#26506

105⁹⁵
Benefit Price
89⁹⁵

INSTANT DISCOUNT

63⁰⁰* OFF

Biogen Supreme Probiotic 9-Strain
60 capsules
#213679

249⁹⁵
Benefit Price
186⁹⁵

INSTANT DISCOUNT

40⁰⁰* OFF

XtensiFlora9 9 Strain Probiotic
60 vegicaps
#107218

279⁹⁵
Benefit Price
239⁹⁵

INSTANT DISCOUNT

15⁰⁰* OFF

A. Vogel Molkosan Prebiotic Digestive Tonic
200ml
#15171

158⁹⁵
Benefit Price
143⁹⁵

SAVE 20⁰⁰**

Biogen Herbal Cleanser
60 PLUS 20 capsules
#227325

89⁹⁵
WAS 109⁹⁵

SAVE 30⁰⁰**

Iberogast 9 Herb Treatment
50ml
#56952

269⁹⁵
WAS 299⁹⁵

SAVE 23⁰⁰**

ESI Ten Herbs Digestive Laxative Formula
100 tablets
#41768

149⁹⁵
WAS 172⁹⁵

SAVE 30⁰⁰**

entiro PROBIOTIC VALUE PACK
30 PLUS 30 capsules
#203982

257⁹⁵
per pack
WAS 287⁹⁵

1 FOR 229⁹⁵
2 FOR 299⁹⁵
SAVE 159⁹⁵

Enterogermina INFANTS
20 x 5ml vials
#334395

1 FOR 249⁹⁵
2 FOR 299⁹⁵
SAVE 199⁹⁵

Enterogermina FAMILY
20 x 5ml vials
#334396

40% EXTRA FREE

NRF Digestive Enzymes
60 capsules
#211138

159⁹⁵

**Advertised prices already reflect discounts

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount

Reuterina™

NO.1 PRESCRIBED PROBIOTIC^{1,2}

Reuterina® has a role to play in the prevention and treatment of a variety of disorders, associated with an imbalance of flora, such as⁵⁻²⁰: Functional gastrointestinal disorders (colic, regurgitation, constipation and abdominal pain). Acute gastroenteritis (infection) Antibiotic associated diarrhoea Infection protection via immune modulation in the gut.

INSTANT DISCOUNT

20⁰⁰* OFF

Reuterina drops
5 ml
#49723

215⁹⁵
Benefit Price
195⁹⁵

INSTANT DISCOUNT

20⁰⁰* OFF

Reuterina daily
30 chew tablets
#2198

214⁹⁵
Benefit Price
194⁹⁵

INSTANT DISCOUNT

17⁰⁰* OFF

Reuterina junior
30 chew tablets
#77794

194⁹⁵
Benefit Price
177⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts

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VIRALTM GUARD

Viral Guard's combination of ingredients support a *healthy* immune system through maintaining the gut bacteria, antioxidant activity, and assisting to *reduce* cold and flu symptoms.



Junior Syrup
Immune
Protection
200ml
159⁹⁵
each



Adult Daily
Anti-Oxidant
Immune
Protection
60 capsules
114⁹⁵
each

ProbiFloraTM



Bring the
good
Bac.

GOOD BACTERIA is essential for gut health, immune support and general well-being².



2+1
CHEAPEST
FREE
on ANY Viral Guard
AND ProbiFlora
products



BIOPLUS[®] VIT-ALITY

New daily vitamin & mineral supplement range

fuel4life

1+1
CHEAPEST
FREE
on ANY BioPlus
Vit-Ality
products



The information included on this material is not intended to replace you healthcare professional's advice.

References: 1. ProbiFloraTM Adult Intensive Rescue - 9 Strain. 2. Wang, H., Wei, C-X., Min, L., et al. Good or bad: gut bacteria in human health and diseases. *Biotechnology & Biotechnological equipment* 2018;32(5):1075-1080.

[50] ProbiFloraTM Adult Intensive Rescue. Each capsule contains total probiotics 5 billion CFU (colony forming units), probiotic blend consisting of *Lactobacillus acidophilus* NCFM[®], *Bifidobacterium lactis* HN019, *Bifidobacterium lactis* BI-04, *Lactobacillus rhamnosus* HN001, *Lactobacillus casei* Lc-11, *Lactobacillus plantarum* Lp-115, *Lactococcus lactis* LI-23, *Bifidobacterium longum* BI-05, *Streptococcus thermophilus* St-21 and prebiotic: prebiotic FOS fibre 50 mg. Health Supplement. Category D: Complementary Medicine. 34.9: Probiotics. These unregistered medicines have not been evaluated by the South African Health Products Regulatory Authority for quality safety or intended use Adcock Ingram Limited Co. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Customer Care: 0860 ADCOCK/ 232625. www.adcock.com 2022080210218585 August 2022

[50] Daily Anti-Oxidant capsules. Each capsule contains: Grape Seed Extract 95 % (proanthocyanidin) 80 mg; Ascorbic acid (vitamin C) 30 mg; Vitamin E 15 mg; Selenium 22 µg. This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use.

[50] ViralGuard Junior Syrup. Each 5 ml contains propolis concentrate 300 mg; echinacea powder 150 mg; elderberry extract 4:1 2.5 mg; Vitamin A 180 µg RE: thiamine (vitamin B1) 0,7 mg; riboflavin (Vitamin B2) 0,8 mg; nicotinamide (Vitamin B3) 10 mg; pantothenic acid (Vitamin B5) 1,5 mg; pyridoxine HCl (Vitamin B6) 0,75 mg; cyanocobalamin (Vitamin B12) 1 µg; Vitamin C 30 mg; Vitamin D3 5 µg; Vitamin E 5 mg; L-arginine 2,5 mg; folic acid 75 µg; selenium 8,2 µg; biotin 60 µg; zinc 2 mg, Iron 1,92 mg. This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use.

30%*

OFF

ALL Lifestyle Health Magnesium products

20%*

OFF

ALL Chela-Fer products

*Discounts to be deducted at tills

20%**

OFF

CrampEase AND CrampEase Night 30 capsules

CrampEase OR CrampEase Night

30 capsules

#78637 / #78638

126³⁶

each

WAS 157⁹⁵

1 FOR 93⁹⁵

2 FOR 140⁰⁰

SAVE 47⁹⁰

Gold Slow Release Magnesium

100 tablets

#71919

SAVE 20^{49**}

BFC Premium Zinc with Selenium, Vitamin C & Vitamin D3

60 vegecaps

#325625

184⁴⁶

WAS 204⁹⁵

20%**

OFF

ALL Zyora products

Zyora Zymag+

30 effervescent tablets

167⁹⁶

WAS 209⁹⁵

INSTANT DISCOUNT

1800*

OFF

A.Vogel Multiforce® Alkaline Powder

225g / Assorted

229⁹⁵

Benefit Price

211⁹⁵

INSTANT DISCOUNT

3200*

OFF

Gold Iron Plus High Strength

60 coated tablets

#89940

131⁹⁵

Benefit Price

99⁹⁵

20%**

OFF

Zinium 120 capsules

Zinium

120 capsules

#384785

123⁹⁶

WAS 154⁹⁵

1 FOR 84⁹⁵

2 FOR 139⁹⁵

SAVE 29⁹⁵

Lifestyle Health Zinc

100 tablets

#25399

SAVE 10^{00**}

Bio-Nutritional PH Balance+ Fizzies

20 effervescent tablets / Assorted

149⁹⁵

WAS 159⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts

**Advertised prices already reflect discounts

HEALTHY ESSENTIALS

Minerals are essential nutrients to ensure healthy functioning of the body. They help us grow, see correctly, form muscles, bone, organs and skin, and support optimal functioning of the immune system.

Slow-Mag

BEAT YOUR SLUMP™

FIGHT FATIGUE AND ENERGY LOSS.^{1,2*}

2+1 CHEAPEST FREE

on Slow-Mag fizzies AND capsules*

FROM 73⁹⁵

each

*Offer excludes Slow-Mag tablets

*For further product information and references go to www.facebook.com/SlowMagSA. All decisions on pricing, promotion and distribution (assortment and shelving) are at the sole discretion of the retailer. All P&G recommendations are based on objective category management principles, in accordance with all applicable legal requirements, and are based on the principles of fair share of shelf and fair share assortment. 1. Werbach MR. Nutritional Strategies for Treating Chronic Fatigue Syndrome. Altern Med Rev 2000;5(2):93-108. 2. National Institutes of Health (NIH). Magnesium: Fact Sheet for Health Professionals. [Online] 2013 Nov 4 [cited 2015 June 15]. Available from: URL: <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. *Complementary Medicine: Health Supplement. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. For full prescribing information refer to the package insert. 50 Slow-Mag® Fizzies™. Each effervescent tablet contains magnesium carbonate 707.98 mg, providing 172 mg magnesium (elemental) and ascorbic acid 165.10 mg, providing 150 mg vitamin C. *Complementary Medicine: Health supplement. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. P&G South African Trading (Pty) Ltd. Reg. No.: 1989/004241/07. 12th floor, Alice Lane Towers, 15 Alice Lane, Sandton, South Africa, 2196. Customer Care Line 0860 112 188 (Sharecall charged at local rates), <https://www.pg.com/contactus>. MAT-ZA-OTHER-21-000023. April 2021.

ENERGY BOOSTERS

Get hyped up and get the energy you need to complete your everyday activities.



Berocca Performance Value Pack
45 effervescent tablets
Assorted

255⁹⁵ per pack
WAS 339⁹⁵

**Advertised price already reflects discount

SAVE 84⁰⁰**

INSTANT DISCOUNT

69⁰⁰* OFF

Berocca Boost
30 effervescent tablets
#72084

268⁹⁵
Benefit Price
199⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



Lifestyle Health Vitamin B Fizzy
30 **PLUS FREE**
10 effervescent tablets
#386998

164⁹⁵

INSTANT DISCOUNT
30⁰⁰* OFF



Vita-Thion Sustained Natural Energy Granules
60 sachets
#55396

294⁹⁵
Benefit Price
264⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



BioPlus Syrup
500ml / Assorted

164⁹⁵
Benefit Price
144⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount

INSTANT DISCOUNT
20⁰⁰* OFF

SAVE 20⁰⁰*

BioPlus 20 effervescent tablets
#5240

164⁹⁵
WAS 184⁹⁵

*Advertised price already reflects discount



Turbovite Focus Syrup Banded Pack
500ml **PLUS** 200ml
#221583

149⁹⁵ per pack



Turbovite Excel
20 sachets
#32330

105⁹⁵
WAS 125⁹⁵

SAVE 20⁰⁰**



FatigueAway
20 sachets
#142862

109⁹⁵
Benefit Price
84⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount

INSTANT DISCOUNT
25⁰⁰* OFF



25%* OFF
ALL Revite SuperB products

*Discount to be deducted at tills



Biogen B-Complex Burst
30 effervescent tablets / Assorted

153⁹⁷
WAS 219⁹⁵

30%* OFF
Biogen B-Complex Burst 30 effervescent tablets

**Advertised prices already reflect discounts

HEART HEALTH

FREE cholesterol test at Dis-Chem Wellness Clinics
Ts&Cs apply

Cytrol H
60 tablets
#24526

209⁹⁵
WAS 239⁹⁵

*Advertised price already reflects discount



SAVE 30⁰⁰*



MNI RyChol+
30 day pack
#50545

299⁹⁵
WAS 337⁹⁵

*Advertised price already reflects discount

SAVE 38⁰⁰*

INSTANT DISCOUNT

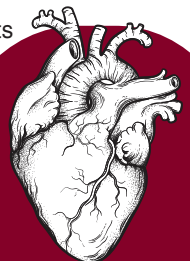
50⁰⁰* OFF



Phytolipid Cholesterol Support
60 tablets
#328169

299⁹⁵
Benefit Price
249⁹⁵

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discount



PUMP IT UP

Omegas have many benefits that may support cardiovascular health. They can also support brain function and cognitive health.

WOMEN'S HEALTH

1 FOR 289⁹⁵
2 FOR 450⁰⁰
SAVE 129⁹⁰

20%*
OFF
ALL Chela-Preg™
Trimester
products

VALUE
PACK



**Stellar Mama
Triple Pack**
30 days supply
#174430
269⁹⁵
per pack
WAS 299⁹⁵



**PregOmega
Plus**
30 day pack
#69000



**Chela-Preg™
Trimester 2
Value Pack**
30 day pack
239⁹⁶
WAS 299⁹⁵

*Advertised prices already reflect discounts



**Menopil Plus
Menopause
Support**
60 capsules
#224756
244⁹⁵
WAS 274⁹⁵

SAVE
30⁰⁰*



VeinAway
30 film coated caplets
#122318
179⁹⁵
WAS 234⁹⁵

SAVE
55⁰⁰*



**Fertipil Plus
Women**
30 capsules
#187623
162⁹⁵
WAS 192⁹⁵

SAVE
30⁰⁰*



**Venavine
Leg Vein Health
Banded Pack**
30 PLUS 15 capsules
#227702
222⁹⁵
per pack

BANDED
PACK

*Advertised prices already reflect discounts

INSTANT
DISCOUNT
20⁰⁰*
OFF
**Gold
Cranberry
Urinary
Tract Health**
60 softgel
capsules
#25859
119⁹⁵
Benefit
Price
99⁹⁵



INSTANT
DISCOUNT
15⁰⁰*
OFF



144⁹⁵
Benefit
Price
129⁹⁵
Uri-Kleer
6 vegecaps
#5848

204⁹⁵
Benefit
Price
155⁹⁵
**Biogen
Collagen**
60 PLUS
30 capsules
#20137



INSTANT
DISCOUNT
49⁰⁰*
OFF

SAVE
50⁰⁰*
**Lifestyle
Food
Pure
Hydrolyzed
Collagen
Value Pack**
600g
#379464
399⁹⁵
WAS 449⁹⁵



VALUE
PACK

*Swipe your Dis-Chem Benefit Card to claim your Instant Discounts

*Advertised price already reflects discount

BIOGEN NUTRICOSMETICS

RE|NU
BEAUTY FROM WITHIN



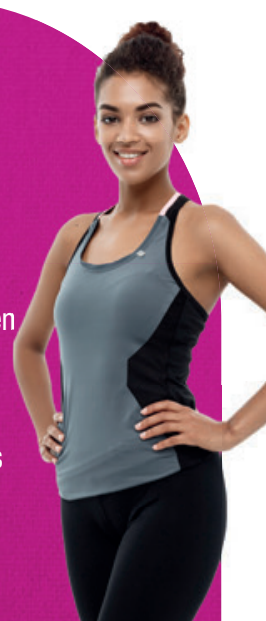
20%*
OFF
ALL Biogen
Renu products



*Discount to be deducted at tills

HER CORNER

It is vitally important for women to take care of their health, as it helps prevent infections and diseases, promotes good hygiene, and decreases complications in the future. Speak to our friendly and trained store consultants for more information.



Promotional offers valid 15 September - 16 October 2022, while stocks last. May only be available at selected stores OR online. E&OE. These prices only valid on cash and card purchases, standard rates apply for all medical aid claims. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.



CHILDREN'S HEALTH

NEW

SAVE
10⁰⁰**



Airmune Kids Immune System Supporter
60 gummies
#410953

169⁹⁵
WAS 179⁹⁵

SAVE
15⁰⁰**



Lifestyle Health Immune Syrup for Kids
120ml
#335656

64⁹⁵
WAS 79⁹⁵

INSTANT
DISCOUNT

40⁰⁰*
OFF



Crèche Guard Immune Multivit Syrup
200ml
#39822

199⁹⁵
Benefit Price
159⁹⁵

INSTANT
DISCOUNT

55⁰⁰*
OFF



VirAway Immune Junior Syrup
500ml
#112303

219⁹⁵
Benefit Price
164⁹⁵



**Advertised prices already reflect discounts

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts

Children *need* vitamins and minerals for growth, development and *good health*. Children can get vitamins and minerals from their diet but for fussy eaters, you may need to supplement.



2+1

CHEAPEST
FREE
on ANY Gummy Vites products



SAVE
30⁰⁰**

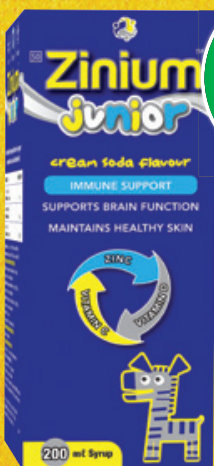


A.Vogel Echinaforce® Junior Colds & Flu
120 chewable tablets
#14529

199⁹⁵
WAS 229⁹⁵

INSTANT
DISCOUNT

13⁰⁰*
OFF



Zinium Junior Original OR Diabetic Friendly Syrup
200ml
#159295 / #203537

72⁹⁵
each
Benefit Price
59⁹⁵
each

INSTANT
DISCOUNT

35⁰⁰*
OFF



Lifestyle Health Vitamin C Gummy Bears for Kids
120 gummies
#163523

179⁹⁵
Benefit Price
144⁹⁵

INSTANT
DISCOUNT

35⁰⁰*
OFF



Lifestyle Health Multivitamin & Mineral Gummy Bears for Kids
120 gummies
#163522

179⁹⁵
Benefit Price
144⁹⁵

**Advertised price already reflects discount

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts

2+1

CHEAPEST
FREE
on ANY Centrum products



Centrum Kids Multivitamin
60 chewable tablets

234⁹⁵
each

20%*

OFF
ALL JungleVites products



2+1

FREE
on Tibb Xcel Kids Syrup 100ml



Tibb Xcel Kids Syrup
100ml
#122066

169⁹⁵
each

BIG
VALUE

SAVE
43⁰⁰**



PediaSure 3+ Nutritional Supplement For Children
1.6kg / Assorted

386⁹⁵
WAS 429⁹⁵

*Discount to be deducted at tills

**Advertised price already reflects discount



BONE & JOINT HEALTH



2+1
CHEAPEST
FREE
on Caltrate
products*

Caltrate
Plus
30 chewables
156⁹⁵
each

*Offer excludes Caltrate Plus
Blue 30 tablets



SAVE
30⁰⁰**

RadiCal.
Healthy
Bones & Teeth
60 tablets
#228757
169⁹⁵
WAS 199⁹⁵

**Advertised price already
reflects discount



**INSTANT
DISCOUNT**
**15⁰⁰*
OFF**

OptiCal
30 days pack
#174433
159⁹⁵
per pack
Benefit
Price
144⁹⁵
per pack

*Swipe your **Dis-Chem** Benefit Card to
claim your Instant Discount



B-CAL-DM
Value Pack
100 PLUS 30 tablets
#62846

199⁹⁵
per pack

**VALUE
PACK**

20%*
OFF
ALL MenaCal.7
products



*Discount to be deducted at tills

SAVE
34⁰⁰*



Calcium
Sandoz Forte
40 effervescent
tablets
#332578
139⁹⁵
WAS 173⁹⁵



SAVE
17⁰⁰*

Gold
Calcium and
Magnesium
with Boron
60 softgel capsules
#25412
109⁹⁵
WAS 126⁹⁵

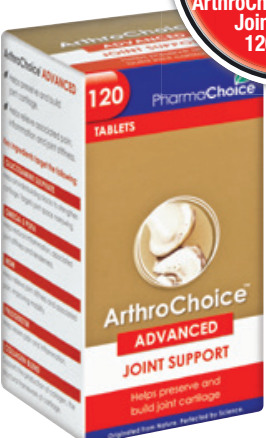
*Advertised prices already reflect discounts

SAVE
65⁰⁰*



Lifestyle Health
Cal K2
Value Pack
90 tablets
#199689
219⁹⁵
per pack
WAS 284⁹⁵

20%*
OFF
ArthroChoice Advanced
Joint Support
120 tablets



ArthroChoice
Advanced
Joint Support
120 tablets
#66372
260⁷⁶
WAS 325⁹⁵

*Advertised price already reflects discount

**INSTANT
DISCOUNT**
**40⁰⁰*
OFF**



ArthrAway Chronic
Joint Therapy
Value Pack
180 tablets
#107211
289⁹⁵
per pack
Benefit
Price
249⁹⁵
per pack

*Swipe your **Dis-Chem** Benefit Card to claim your Instant Discounts

**INSTANT
DISCOUNT**
**35⁰⁰*
OFF**



Piascledine
30 capsules
#141286

314⁹⁵
Benefit
Price
279⁹⁵

**BANDED
PACK**



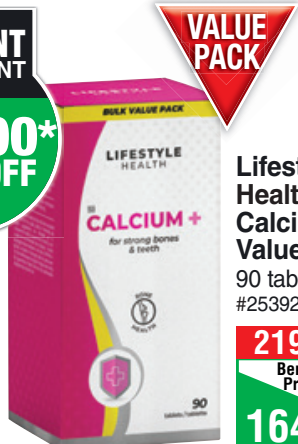
OsteoEze
Gold
90 capsules
PLUS Osteo
Freeze
Roll-On Gel
Banded Pack
50ml
#331983
299⁹⁵
per pack

20%*
OFF
ALL ArnicaMill
products



*Discount to be deducted at tills

**INSTANT
DISCOUNT**
**55⁰⁰*
OFF**



Lifestyle
Health
Calcium+
Value Pack
90 tablets
#25392
219⁹⁵
per pack
Benefit
Price
164⁹⁵
per pack

*Swipe your **Dis-Chem** Benefit Card to
claim your Instant Discount



SAVE
40⁰⁰**

NEW

Lifestyle
Health
MSM
1000mg
120 tablets
#387494
189⁹⁵
WAS 229⁹⁵

**Advertised prices already reflect discounts



Lifestyle
Nutrition
Joint Aid
30 vegecapsules
#224526
274⁹⁵
WAS 309⁹⁵

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Caring for You, your Health & your Safety

"Cardiovascular disease is the world's biggest killer, accounting for 33% of all deaths (18.6 million deaths per year*)."

The reduction of cardiovascular risk could prevent 80% of premature deaths.

***The World Heart Federation**



Blood pressure



Blood glucose



Total Cholesterol



BMI Calculation

Dis-Chem Pharmacies & The Heart & Stroke Foundation South Africa have teamed up to provide **FREE** screenings in all **Dis-Chem** Wellness Clinics between 15 September - 16 October 2022.

Visit one of our **Dis-Chem** Wellness Clinics. To book an appointment, contact the Clinic Call Centre at 0861 117 427 or email: clinicqueries@dischem.co.za. Book an appointment online or via the **Dis-Chem** App.

Don't be a statistic, go red to power your heart.



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

In partnership with



To find out more about Wellness Clinics, visit the Dis-Chem website, ask any of our friendly and trained store assistants or contact our Clinic Call Centre at 0861 117 427. Terms and conditions apply.



Complete your
Vitality Health Check at a
Dis-Chem Wellness Clinic to
earn a **R75 Dis-Chem voucher**



Offer valid 01/09/2022 to 31/10/2022. T's&C's apply.



SELF-MEDICATION

Let's make sure that your health is well taken care of with a wide variety of medication. Speak to our friendly pharmacists to make sure you get the most suitable products.

PAIN



Panado
24 tablets
#4287

26⁹⁵
WAS 30⁹⁵

Panado
16 effervescent
tablets
#4289

35⁹⁵
WAS 39⁹⁵



Compral
Pain Tablets
100 tablets
#74250

70⁹⁵
WAS 75⁹⁵

Compral
Pain Tablets
50 tablets
#74252

39⁹⁵
WAS 42⁹⁵

ACCU-CHEK®

Keep track of your health with a reliable glucose measurer. Monitor your diabetes anywhere, anytime and in under 5 seconds with the help of the glucometer.



Instant OR Active
Test Strips
50 strips
#186913 / #6539

129⁹⁵
each
WAS 159⁹⁵

STOMACH RELIEF



Dulcolax
60 coated tablets
#160703

136⁹⁵
WAS 170⁹⁵



Purgolene
20 sachets
#1974430

99⁹⁵
WAS 129⁹⁵



Duphalac
Syrup
200ml
#166081

43⁹⁵
WAS 54⁹⁵



DulcoSoft
Powder for
Oral Solution
10 sachets
#326381

140⁹⁵
WAS 175⁹⁵



Citro-Soda
30 sachets
#206342062

85⁹⁵
WAS 104⁹⁵

HYDRATION



Nudrate
6 sachets
Assorted

59⁹⁵
WAS 78⁹⁵



Rehidrat
6 sachets
Assorted

69⁹⁵
WAS 94⁹⁵

INDIGESTION



Rennie
96 chewable
tablets / Assorted

85⁹⁵
each
WAS 108⁹⁵



Gaviscon
Double Action
Liquid
600ml
#330080

279⁹⁵
WAS 349⁹⁵

Gaviscon
Original
Aniseed Liquid
600ml
#3045

229⁹⁵
WAS 285⁹⁵



SCHEDULED MEDICINE

You can treat your own condition and ailments with over-the-counter medication without a doctor's prescription.

CARING FOR YOU

Save on medication that you and your family need. Speak to our friendly pharmacists for advice.

Allecet Syrup 150ml	144⁹⁵	Demazin NS 6 tablets	44⁹⁵	K-Fenak 9 tablets	21⁹⁵
Benlyn 4 Flu 200ml	79⁹⁵	Deselex 5mg 30 tablets	231⁹⁵	Neoclarityne 5mg 30 tablets	154⁹⁵
Canesten 1VC 5g	191⁹⁵	Fexo 180mg 30 tablets	204⁹⁵	Omiflux 20mg 14 capsules	61⁹⁵
Coryx Paediatric Syrup 140ml	56⁹⁵	Flomist Nasal Spray 50mcg	80⁹⁵	Patanol 5ml	179⁹⁵
Dazit 5mg 30 tablets	163⁹⁵	Ibupain Blister 60 capsules	100⁹⁵	Rupanase Junior 120ml	257⁹⁵
				Sinutab Sinus Pain Extra Strength 24 tablets	67⁹⁵
				Texa Allergy 30 tablets	76⁹⁵

Prices only applicable in South Africa

Promotional offers valid 15 September - 16 October 2022 while stocks last. May only be available at selected stores OR online. E&OE. These prices only valid on cash and card purchases, standard rates apply for all medical aid claims



SELF-MEDICATION

COUGH, COLD & FLU RELIEF



Rupanase
Allergy Nasal
Spray
20ml
#295745
131⁹⁵
WAS 154⁹⁵



Stérimar
Nasal Hygiene
Spray
100ml
#31953
169⁹⁵
WAS 211⁹⁵



Oxymist
0.05% Adult
Nasal Spray
10ml
#294645
53⁹⁵
WAS 69⁹⁵



Sinutab
Blocked Nose
Nasal Spray
10ml
#14464
54⁹⁵
WAS 69⁹⁵



Stop Cough
Daytime **OR**
Nighttime
100ml
#136845 / #136846
42⁹⁵
each
WAS 52⁹⁵



Bronchostop
Cough Syrup
200ml
#288482
107⁹⁵
WAS 134⁹⁵



ACC 600
10 effervescent tablets
#388550
127⁹⁵
WAS 154⁹⁵



Andolex-C
Lozenges
16-pack
Assorted
#110514
63⁹⁵
each
WAS 79⁹⁵



Neurobion
Vitamin B1,
B6, B12
30 tablets
#110514
149⁹⁵
WAS 189⁹⁵



Telfast
Suspension
150ml
#94268
134⁹⁵
WAS 169⁹⁵

DEFENCE

Immune Cold
Defence
30 film-coated
tablets
249⁹⁵
each

DEFENCE

First Defence
Nasal Spray
15ml
184⁹⁵
each

COMFORT

BabyRub
45g
59⁹⁵
each

COMFORT

VapoRub
Value Pack
100g
109⁹⁵
each

COMFORT

VapoLozenges
Value Pack
24-pack
Assorted
79⁹⁵
each

RELIEF

Acta Plus
Wet + Dry
Relief Cough Syrup
50ml
41⁹⁵
each

RELIEF

Honey & Ginger
Cough Syrup
100ml
75⁹⁵
each

RELIEF

Inhaler
1ml
41⁹⁵
each

**NO. 1 TRUSTED BRAND*
COVERING YOUR
COUGH & COLD NEEDS****

**2+1
CHEAPEST
FREE
on Vicks
products*****

**VALUE
PACK**

**VALUE
PACK**

*****Offer excludes Vicks Humidifiers**

**Consult your healthcare provider before taking more than one medicine. Read each label before use. Use as directed. If symptoms persist see your doctor. *Source: Euromonitor International Ltd; based on 2020 retail value sales of Cough Remedies, Decongestants, Pharyngeal Preparations, Combination Products and Paediatric Cough and Cold Remedies. Always read the label. If symptoms persist talk to your healthcare professional. For full prescribing information refer to the package insert. 50l Vicks® Acta Plus Wet & Dry Cough Syrup. Each 10 ml syrup contains extracts derived from: Ocimum sanctum L. (Holy Basil) [Herb] 100 mg, Glycyrrhiza glabra L. (Licorice) [Root] 60 mg, Curcuma longa L. (Turmeric) [Rhizome] 50 mg, Zingiber officinale Roscoe (Ginger) [Rhizome] 10 mg, Piper cubeba L. (Tailed Pepper) [Fruit] 1,4 mg, Aloe barbadensis Mill. (Aloe Vera) [Leaf extract] 50 mg, Mentha arvensis L. (Levomenthol) [Leaf] 6 mg. Contains Sugar (7,5 g Sucrose per 10 ml). *Complementary Medicine: Ayurveda. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. 50l Vicks® Honey & Ginger Cough Syrup. Each 15 ml syrup contains guaifenesin 200 mg, ethanol 5,00 % v/v and sodium benzoate 0,1 % m/v as preservatives. Contains sugar. SA Reg. No.: 34/10.1/0017. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. 50l Vicks® BabyRub. Each 1 ml contains levomenthol 415,4 mg and camphor 415,4 mg. SA Reg. No.: G1258 (Act 101/1965). Vicks® BabyRub For babies 3 months and above. Vicks® BabyRub is a gentle, non-medical rub for comforting baby care. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. 50l Vicks® VapoRub. Each 1 g ointment contains camphor 52,6 mg, eucalyptus oil 13,3 mg and menthol 28,2 mg. SA Reg. No.: 34/10.2.1/0019. 50l Vicks® VapoLozenges Berry Menthol*. 50l Vicks® VapoLozenges Orange Menthol*. 50l Vicks® VapoLozenges Honey Lemon Menthol*. Each lozenge contains: Glycyrrhiza glabra (Licorice root) 15 mg; Zingiber officinale (Common ginger rhizome) 10 mg; Phyllanthus emblica (Indian gooseberry fruits) 10 mg; Mentha arvensis (leaf) (Levomenthol) 7 mg. Preservatives: Methyl hydroxybenzoate 0,2 % w/w; Propyl hydroxybenzoate 0,02 % w/w. Contains sugar. *Complementary Medicine: Ayurveda. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. For full prescribing information refer to the package insert. Vicks® First Defence Nasal Spray for Irrigation. Contains hydroxypropyl methylcellulose 1 %, succinic acid 1 %, disodium succinate hexahydrate 0,44 %, L-pyrrolidone carboxylic acid 0,35 % and phenyl ethyl alcohol 0,33 % as preservative. For full prescribing information refer to the package insert. 50l Vicks® Immune Cold Defence Film-Coated Tablets*. Each film-coated tablet contains: Zingiber officinale Roscoe (Ginger) [Rhizome] 500 mg; Curcuma longa L. (Turmeric) [Rhizome] 500 mg; Ascorbic acid (Vitamin C) 250 mg; Citrus sinensis (L.) Osbeck (Citrus bioflavonoids extract) [Fruit] 25 mg; Zinc Oxide 12,7 mg, providing 10 mg Zinc (elemental); Cupric sulfate 2,6 mg, providing 1000 mcg Copper (elemental); Sodium selenite 0,23 mg, providing 100 mcg Selenium (elemental); Cholecalciferol (Vitamin D3) 25 mcg (1000 IU). *Complementary Medicine: Combination Product. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. P&G South African Trading (Pty) Ltd. Reg. No.: 1989/004241/07. 10th floor, Alice Lane Towers, 15 Alice Lane, Sandton, South Africa, 2196. Customer Care Line 0860 112 188 (Sharecall charged at local rates), <https://africa.pg.com/contactus/>. MAT-ZA-VICKS-22-000078. May 2022. All decisions on pricing, promotion and distribution (assortment and shelving) are at the sole discretion of the retailer. All P&G recommendations are based on objective category management principles, in accordance with all applicable legal requirements, and are based on the principles of fair share of shelf and fair share assortment.

MUSCLE RELIEF



Norflex
Anti-Inflammatory Gel
75g
#200087

135⁹⁵
WAS 169⁹⁵

2+1
CHEAPEST
FREE
on ANY Deep Freeze
AND Deep Heat
products



Deep Heat
Rub
100g

99⁹⁵
each



Deep
Heat
OR Freeze
Spray
150ml

79⁹⁵
each

Deep Freeze is used after exercise to provide a cooling effect to reduce pain and swelling and soothe irritation (cold therapy).

Mentholatum Deep Heat Spray is used for pain relief and provides temporary relief from minor aches and stiffness of rheumatism and muscle soreness.

50 Mentholatum Deep Heat® Spray. A13.5 Rubefacients. Each 100 g contains: 1.59 g Methyl nicotinate; 4.95 g Glycol mono salicylate; 4.95 g Ethyl salicylate & 0.99 g Methyl salicylate. Registration number Q/13.6/264. Licence holder: Mentholatum SA (Pty) Ltd. 1 st Floor, Silverberg Terrace, Steenberg Office Park, Silverwood close, Tokai, 7945. e-mail: info@mentholatum.co.za. Please refer to detailed package insert for full prescribing information.



EYE CARE

Set your sights on these wonderful Eye Care products designed to maintain clear and healthy vision. Eyes are an important part of our day-to-day activities, and it makes sense when we all see eye to eye.

5 EYE HEALTH TIPS



Schedule Regular Eye Exams

Knowing your family history and going for regular check-ups are effective ways to notice and treat any potential eye problems



Protect Against UV Rays

No matter the season, it's important to wear sunglasses



Give Your Eyes a Break

Practice the 20/20/20 rule: every 20 minutes, take a 20-second break and look at something 20 feet away



Eat Your Greens

Especially the green, leafy vegetables



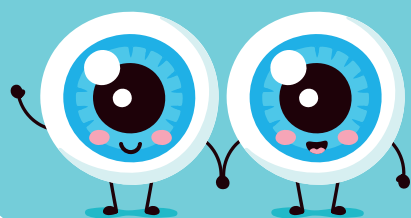
Practise Disciplined Wear & Care of Contact Lenses

Follow your eyecare practitioner's recommendations for use and wear and keep them clean!

Source: American Optometric Association (www.aoa.org)

BAUSCH+LOMB

It's Time to
Take Care
of Your Eyes



Bausch + Lomb
ReNu MultiPlus
OR Multi-Purpose
Solution
240ml
#9148 / #9146

69⁹⁵
each
WAS 83⁹⁵



Bausch + Lomb
Bio true
Multi-Purpose
Solution
300ml
#152653

99⁹⁵
WAS 114⁵⁰



Bausch + Lomb
Ocuvite
Lutein
60 tablets
#20202

174⁹⁵
WAS 214⁹⁵

Bausch + Lomb
Ocuvite
Complete
60 softgel capsules
#113752

223⁹⁵
WAS 269⁹⁵

Bausch + Lomb
Cebrolux NF
30 sachets
#326943

299⁹⁵
WAS 359⁹⁵



ACS
Natural
Brightening
Eye Drops
10ml
#332599

34⁹⁵
WAS 49⁹⁵



Fithealth
Eyes Rx Plus
60 capsules
#2984

239⁹⁵
WAS 298⁹⁵

LOOK
HERE

Sight is one of your most important senses. Taking care of your eyes may help reduce vision loss while protecting yourself from developing eye diseases such as glaucoma and cataracts. Just ask our friendly in-store assistants to advise you on the products that best suit your needs.

Promotional offers valid 15 September - 16 October 2022, while stocks last. May only be available at selected stores OR online. E&OE.

21



2+1

CHEAPEST FREE

on Sports Supplements*

*Excludes ALL advertised products

Friday 30 September to
Sunday 2 October
2022



WEIGHT MANAGEMENT

USN®



**SAVE
80⁰⁰***

Diet Fuel
Ultralean
1.8kg / Assorted
549⁹⁵
WAS 629⁹⁵



**SAVE
100⁰⁰***

Lipo X
Platinum
Fat Burner
80 capsules
#382866
499⁹⁵
WAS 599⁹⁵



**SAVE
50⁰⁰***

ALL 9 Amino
330g / Assorted
299⁹⁵
WAS 349⁹⁵



**SAVE
100⁰⁰***

Blue Lab 100%
Whey Premium
Protein
2kg / Assorted
899⁹⁵
WAS 999⁹⁵

*Advertised prices already reflect discounts

BIOGEN
FOR THE RESULTS YOU WANT



**SAVE
100⁰⁰***

Iso-Whey
Premium
3kg / Assorted
1299⁹⁵
WAS 1399⁹⁵



**SAVE
50⁰⁰***

Lean Whey
1kg / Assorted
549⁹⁵
WAS 599⁹⁵



**SAVE
50⁰⁰***

Lean Aminos
300g / Assorted
299⁹⁵
WAS 349⁹⁵



**SAVE
40⁰⁰***

CLA 3000
3 x 90 softgels
#91547
BULK VALUE PACK
299⁹⁵
WAS 339⁹⁵

*Advertised prices already reflect discounts



**SAVE
50⁰⁰***

Diet Pro
1.8kg / Assorted
579⁹⁵
WAS 629⁹⁵



**SAVE
30⁰⁰***

Amino Burn
200g / Assorted
279⁹⁵
WAS 309⁹⁵



**SAVE
65⁰⁰***

Thermo Cuts
120 capsules
#185973
299⁹⁵
WAS 364⁹⁵

Series Black
Halo Burn
120 capsules
#412969
429⁹⁵
WAS 499⁹⁵

**SAVE
70⁰⁰***



NEW

*Advertised prices already reflect discounts



**SAVE
45⁰⁰***

Energy
Amino
390g / Assorted
219⁹⁵
WAS 264⁹⁵



**SAVE
60⁰⁰***

Skinny Whey
900g / Assorted
399⁹⁵
WAS 469⁹⁵

Diet Shake
1.8kg / Assorted
549⁹⁵
WAS 609⁹⁵



**SAVE
70⁰⁰***

CLA Banded Pack
3 x 90 softgel capsules
#194365

299⁹⁵
per pack
WAS 379⁹⁵

**BANDED
PACK**

**SAVE
80⁰⁰***



*Advertised prices already reflect discounts

Promotional offers valid from 15 September - 16 October 2022, while stocks last. May not be available in all stores. E&OE.



WEIGHT MANAGEMENT



MUSCLE BUILDING



Lean-Pro Lite
1.9kg / Assorted
679⁹⁵
WAS 729⁹⁵

100% Premium
Synergy
Protein
1.5kg / Assorted
499⁹⁵
WAS 539⁹⁵



100% Advanced
Whey Protein
2kg / Assorted
899⁹⁵
WAS 979⁹⁵



SAVE
35⁰⁰*
Super Strength
Creatine HCl
100 capsules
#115660
189⁹⁵
WAS 224⁹⁵



SAVE
70⁰⁰*
Testo
Methox
17 Gold
80 capsules
#53830
499⁹⁵
WAS 569⁹⁵

*Advertised prices already reflect discounts

Individual results may vary. For optimal results, combine with a muscle-building eating plan and training programme. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.



Keto
Vegan
Protein Shake
625g / Assorted
319⁹⁵
WAS 349⁹⁵
Keto Collagen
Protein Shake
625g / Assorted
399⁹⁵
WAS 429⁹⁵



SAVE
30⁰⁰*
each

Keto
Vegan Bar
52g / Assorted



BUY BOTH
FOR
59⁹⁵

Keto
Collagen Bar
52g / Assorted

*Advertised prices already reflect discount



FREE

Biogen Bulk 45/150
Rapid Mass Gainer
1kg valued at 219⁹⁵
when you purchase
Biogen Bulk
45/150 Rapid
Mass Gainer 4kg

FREE



Bulk
45/150 Rapid
Mass Gainer
4kg / Assorted
499⁹⁵



Collagen Slim
Smoothie
300g / Assorted
219⁹⁵
WAS 264⁹⁵



Shake & Slim
Diet Protein
600g / Assorted
219⁹⁵
WAS 244⁹⁵

SAVE
45⁰⁰*
each

SAVE
25⁰⁰*

SUSTAINABLY MANAGE YOUR
DAILY CALORIE INTAKE WITH

BUY 4
FOR
99⁹⁵

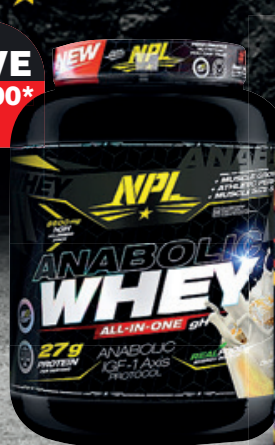
Diet Nougat
50g / Assorted

*Advertised prices already reflect discounts



Best Seller
For Fully Disclosed
Ingredients & Formulas
No Proprietary Blends Policy

SAVE
75⁰⁰*



SAVE
40⁰⁰*



Anabolic Whey
All-In-One gH
1.8kg / Assorted
599⁹⁵
WAS 674⁹⁵

BCAA
EAA
12:1:1
300g / Assorted
269⁹⁵
WAS 309⁹⁵

*Advertised prices already reflect discounts



Ultraslim
Contains:
• Metabolic Enhancer
40 tablets
• Blood Sugar Balance
40 tablets
• Digestive Aid
20 tablets



BUY 2
FOR
399⁰⁰

NEW

BUY BOTH
FOR
119⁹⁵



Hlasela
Amafutha
Muthi 500ml
PLUS
Hlasela
Amafutha Tea
20 teabags



BCAA 12:1:1
384g / Assorted
279⁹⁵
WAS 319⁹⁵

Whey Protein
2kg / Assorted
799⁹⁵
WAS 869⁹⁵



SAVE
70⁰⁰*

*Advertised prices already reflect discounts

SUPPLEMENTS

INTERNATIONAL BRANDS

I AM Hardcore



SAVE 50⁰⁰*

Hyperbolic Mass gH
All-In-One
Extreme Mass Gainer
4kg / Assorted

449⁹⁵
WAS 499⁹⁵



SAVE 70⁰⁰*

XTS Black
Ultra Extreme
Pre-Workout
310g / Assorted

399⁹⁵
WAS 469⁹⁵

*Advertised prices already reflect discounts

TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.CO.ZA

20%* OFF
Optimum Nutrition products**





*Discount to be deducted at tills **Offer only applicable on the above products

UNLEASH YOUR INNER RAMPAGE FOR THE ULTIMATE WORKOUT



SAVE 50⁰⁰*

Rage Rampage
Pre-Workout
400g / Assorted

449⁹⁵
WAS 499⁹⁵



SAVE 70⁰⁰*

Rage Thermo
Extreme
80 capsules
#410193

399⁹⁵
WAS 469⁹⁵



SAVE 50⁰⁰*

Rage Testo
Armour
120 capsules
#410190

299⁹⁵
WAS 349⁹⁵

*Advertised prices already reflect discounts

Animal

20%* OFF
Universal Animal products**





*Discount to be deducted at tills **Offer only applicable on the above products

BLACKOUT PRE-WORKOUT

SAVE 60⁰⁰*

HALOTEST

SAVE 50⁰⁰*

NEW

Blackout Pre-Workout
400g / Assorted

599⁹⁵
WAS 649⁹⁵

Halo Test
180 capsules
#412970

699⁹⁵
WAS 749⁹⁵

*Advertised prices already reflect discounts

PHARMAFREAK™

Ripped Freak 2.0
Fat Burner
30 day supply - 60 capsules
#212237

519⁹⁵
WAS 649⁹⁵

Ripped Freak 1.1
Hybrid Fat Burner
40 day supply - 40 capsules
#204179

319⁹⁵
WAS 399⁹⁵

SAVE 130⁰⁰*

SAVE 80⁰⁰*

Advertised prices already reflect discounts

PRIMAL SPORTS NUTRITION

CREATINE CHARGE

SAVE 45⁰⁰*

MASS GAIN

SAVE 70⁰⁰*

Creatine Charge
860g / Assorted

139⁹⁵
WAS 184⁹⁵

Mass Gain
4kg / Assorted

379⁹⁵
WAS 449⁹⁵

*Advertised prices already reflect discounts

MUSCLETECH™

NITRO TECH 100% WHEY GOLD

SAVE 100⁰⁰*

Alpha Test
120 capsules
#167788

559⁹⁵
WAS 699⁹⁵

VAPOR X5 NEXT GEN PRE-WORKOUT

SAVE 150⁰⁰*

Nitro Tech
100% Whey Gold
2.5kg / Assorted

1449⁹⁵
WAS 1549⁹⁵

Vapor X5 Next Gen Pre-Workout
228g / Assorted

599⁹⁵
WAS 749⁹⁵

*Advertised prices already reflect discounts

Promotional offers valid from 15 September - 16 October 2022 while stocks last – may not be available in all stores.



ENERGY ZONE

GIVES YOU WIIINGS.

ALSO WITH THE TASTE OF APRICOT & STRAWBERRY.



1 FOR 16⁹⁵
2 FOR 24⁹⁵
SAVE 8⁹⁵

Red Bull
Energy Drink
250ml / Assorted



Energade
Sports Drink
6 x 500ml
Assorted

BUY 6 FOR 69⁹⁵ PER PACK

SAVE 7⁷⁵

Energade
Concentrated
Sports Drink
750ml / Assorted

24⁹⁵
each
WAS 32⁹⁵



SAVE
8^{00*}
each

*Advertised price already reflect discounts



Hustle BCAA
Energy Drink
6 x 440ml / Assorted

BUY 6 FOR 89⁹⁵ PER PACK

SAVE 30⁰⁰

BCAA AMINO ENERGY DRINK

ZERO SUGAR FRESH FLAVOURS



1 FOR 19⁹⁵
2 FOR 29⁹⁵
SAVE 9⁹⁵

Monster
Energy Drink
500ml / Assorted

©2021 Monster Energy Company

BUY BOTH
FOR
19⁹⁵



SWITCH
energy drink

Energy Bar
45g / Assorted
PLUS
Energy Drink
500ml / Assorted

1 FOR 16⁹⁵
2 FOR 24⁹⁵
SAVE 8⁹⁵

Spike
Qhush
Energy Drink
500ml
Assorted



+ EXTREME ENERGY +

Lucozade

5+1
FREE
on Lucozade
Energy Drinks
360ml



Energy Drink
360ml / Assorted
17⁹⁵
each

Energy Drink
1 litre / Assorted
39⁹⁵
WAS 44⁹⁵



Isotonic
Game
Advanced
Hydration
Powdered
Sports Drink
720g / Assorted
89⁹⁵
WAS 96⁹⁵



3+1
FREE
on Isotonic Game
Advanced Hydration
Powdered Sports
Drink 80g



Isotonic
Game
Advanced
Hydration
Powdered
Sports Drink
80g / Assorted
19⁹⁵
each

*Advertised price already reflects discount

BIOGEN
FOR THE RESULTS YOU WANT



Carbogen Low GI
900g / Assorted
249⁹⁵
WAS 289⁹⁵



Cytogen Race Mix
800g / Assorted
259⁹⁵
WAS 299⁹⁵



Recovergen Recovery Drink
1kg / Assorted
299⁹⁵
WAS 349⁹⁵

USN



Purefit Cyto Power HP
1kg / Assorted
219⁹⁵
WAS 249⁹⁵



Cramp Block
30 tablets
#24149
84⁹⁵
WAS 94⁹⁵



VO2 Max
60 tablets
#55343
289⁹⁵
WAS 349⁹⁵

ENDURANCE

NAMEDSPORT
SUPERFOOD

PROUD SPONSOR OF
TOUR de france

HydraFit Hypotonic Drink
400g Assorted
PLUS FREE
Elite Water Bottle
209⁹⁵
each
WAS 249⁹⁵



Isonam Energy
480g / Assorted
299⁹⁵
WAS 329⁹⁵



4+1 FREE
on ANY
Named Sport
Total Energy Gels
40ml



Pre-Race Meal
1kg / Assorted
349⁹⁵
WAS 384⁹⁵

32Gi PREMIUM, INNOVATIVE
SPORTS NUTRITION



Race Pro
900g / Assorted
429⁹⁵
WAS 499⁹⁵



Endure
900g / Assorted
329⁹⁵
WAS 369⁹⁵

*Advertised prices already reflect discounts

*Advertised prices already reflect discounts

ENDURANCE

1 FOR 189⁹⁵
2 FOR 299⁹⁵
SAVE 79⁹⁵

High5 Zero Electrolyte Sports Drink Tube
 20 effervescent tablets / Assorted

3+1 CHEAPEST FREE
 on ANY High5 Energy Gels 40g/66g

High5 Energy Gels
 40g/66g Assorted

High5 Energy Drink
 1kg / Assorted

339⁹⁵
WAS 379⁹⁵

GU Hydration Drink Tabs
 12 effervescent tablets Assorted

109⁹⁵
WAS 129⁹⁵

GU Roctane Ultra Endurance Energy Drink Mix
 780g / Assorted

449⁹⁵
WAS 499⁹⁵

GU Energy Gels
 32g / Assorted

1 FOR 28⁹⁵
4 FOR 99⁹⁵
SAVE 15⁸⁵

SAVE 50⁰⁰* **SAVE 20⁰⁰***

***Advertised prices already reflect discounts**
GU only available at selected stores or online.

1 FOR 72⁹⁵
2 FOR 129⁹⁵
SAVE 15⁹⁵

PVM Bite Size Energy Bars
 200g / Assorted

1 FOR 13⁹⁵
4 FOR 49⁹⁵
SAVE 5⁸⁵

PVM Energy Bars
 45g / Assorted

NEW

BRAUEN

EXPLOSIVE ENERGY ON THE GO!

3+1 CHEAPEST FREE
 on Racefood Farbar AND Fastbar 5-pack

Racefood Fastbar OR Farbar
 5-pack Assorted

1 FOR 199⁹⁵
2 FOR 249⁹⁵
SAVE 149⁹⁵

Spidertech Spider Tape
 50mm x 5m
 Assorted colours

3+1 CHEAPEST FREE
 on ANY Falke Socks

Falke Comfort OR Hidden Cool Socks
 Assorted sizes and colours

Transformation Challenge FOR COUPLES

Reach your body goals and **Win Cash & Amazing Prizes** valued at

R70 000

Challenge Start Date: Monday, 3 October 2022

www.bodygoalschallenge.co.za

BodyGoals



LIVING FIT GEAR

Striide
be more

ONLINE
ONLY

10%

OFF
ALL Striide Gym
Equipment



Purchase premium gym equipment at affordable prices.

Dis-Chem

LIVING FIT

SAVE
50⁰⁰*



AB Wheel
#293992

199⁹⁵
WAS 249⁹⁵

SAVE
20⁰⁰*



Slimmer Belt
#293941

179⁹⁵
WAS 199⁹⁵

SAVE
20⁰⁰*



Jump Rope
#294018

79⁹⁵
WAS 99⁹⁵

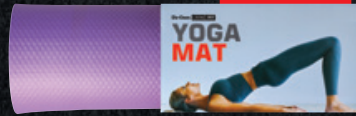
SAVE
30⁰⁰*



Foam Roller
46cm
Assorted colours

189⁹⁵
each
WAS 219⁹⁵

SAVE
20⁰⁰*



Yoga Mat
6m
Assorted colours

139⁹⁵
WAS 159⁹⁵

SAVE
100⁰⁰*



Suspension
Training System
#293998

499⁹⁵
WAS 599⁹⁵

*Advertised prices already reflect discounts



WOUND SUPPORT

Treat your minor wounds with quality self care at-home plasters. Leukoplast® contains a broad range of i.e. plasters from fabric to waterproof, in different shapes and sizes for various wound care needs.

Leukoplast®

Wound care in best hands
www.leukoplast.co.za

- Dressings for every occasion
- Sticks well
- Easy to use
- 100 years of medical experience

15%
OFF
Leukoplast®
products**



*Discount to be deducted at tills
**Offer only applicable on the above Leukoplast® products



SPORT SUPPORT

Maintain a fit and healthy body, with top of the range Sport Support strapping. To support joints and prevent injury. With the right balance of flexibility and strength.



Leuko™
SPORTS STRAPPING

PROUD SUPPLIERS

- Used by major rugby clubs in SA to stabilise joints, tendons & ligaments
- Breathable quality bandages

20%
OFF
ALL Leukoband®S
products



*Discount to be deducted at tills

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essity

FLIP CATALOGUE OVER FOR HEALTHY FOOD SPECIALS

Customer careline 0860 347 243 careline@dischem.co.za | Prices and offers valid 15 September to 16 October 2022 while stocks last.

29

LOW PRICES FOR Baby

PROMOTION NOW ON



24⁹⁹ JOHNSON'S EXTRA SENSITIVE BABY WIPES 72 per pack



SAVE R12 **2 FOR R24** JOHNSON'S BABY SOAP all variants 2x175g **WITH CARD**

Johnson's healthy skin for healthier babies



JUMBO PACK

PRICE PER NAPPY

SIZE 2	MINI	94	R1,92
SIZE 3	MIDI	76	R2,37
SIZE 4	MAXI	66	R2,73
SIZE 4+	MAXI+	60	R3,00
SIZE 5	JUNIOR	56	R3,22

SAVE R45 **179⁹⁹** HUGGIES DRY COMFORT JUMBO PACK DISPOSABLE NAPPIES per pack **WITH CARD**



SAVE R24 **32⁹⁹** JOHNSON'S AQUEOUS CREAM/ BABY JELLY all variants 500ml each **WITH CARD**

99% GNFOSLCGX/E





BATH TIME

**BUY ANY 2 SAVE
20%**

PORTIA M BABY LOTION 250ml/BABY OIL
200ml/BABY WASH 250ml/SCENTED OR
UNSCENTED JELLY 250ml



Johnson's
healthy skin for healthier babies



27⁹⁹

JOHNSON'S
BABY POWDER
all variants
200g each



29⁹⁹

JOHNSON'S
BABY OIL
125ml



29⁹⁹

JOHNSON'S
SHINY DROPS KIDS
CONDITIONER
SPRAY 200ml



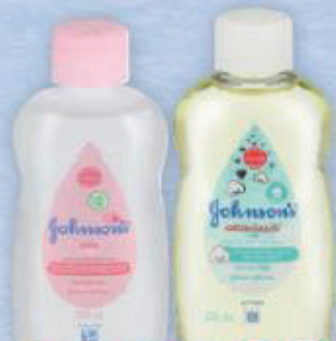
29⁹⁹

JOHNSON'S
SHAMPOO/2in1
SHAMPOO & CONDITIONER
200ml each



35⁹⁹

JOHNSON'S
BABY COLOGNE
all variants
100ml each



39⁹⁹

JOHNSON'S/
COTTON TOUCH
OIL all variants
200ml each



39⁹⁹

JOHNSON'S
REGULAR BABY
POWDER
all variants
400g each



49⁹⁹

JOHNSON'S
MOISTURISING
BABY LOTION
500ml



49⁹⁹

JOHNSON'S
BABY WASH
all variants
500ml each



59⁹⁹

JOHNSON'S
SOFT & SHINY 2-IN-1
SHAMPOO &
CONDITIONER
500ml each



79⁹⁹

JOHNSON'S
BABY WIPES
all variants
224/288 per pack

99% GNFOSLCGXIVE

OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO SHOPRITE STORES GAUTENG, MPUMALANGA, NORTH WEST & LIMPOPO PROVINCE, EXCLUDING GANYESA, LICHTENBURG, MAFIKENG, MMABATHO, PARYS, SASOLBURG, SCHWEIZER-RENEKE, VOLKSRUST, VRYBURG & WOLMARANSSTAD.

Help us raise R1 million for Cotlands

For every PURITY Toiletory product purchased, we will donate R1.



34⁹⁹ PURITY BABY PETROLEUM JELLY 450ml



34⁹⁹ PURITY BABY OIL 200ml



29⁹⁹ PURITY BABY AQUEOUS LOTION 200ml



SAVE R10
2 FOR R60
PURITY BABY AQUEOUS CREAM / BABY JELLY all variants 2x325ml
WITH CARD



2 FOR R27
PURITY BABY SOAP all variants 2x175g
SAVE R9
WITH CARD



34⁹⁹ PURITY ESSENTIALS 2in1 BABY SHAMPOO & CONDITIONER 200ml



34⁹⁹ PURITY BABY BUBBLE WASH 200ml



44⁹⁹ PURITY EVERYDAY BABY BUM SPRAY 125ml

PARABEN FREE
DERMATOLOGIST & PAEDIATRICIAN APPROVED
SULPHATE FREE

PURITY
It all begins with Purity.

99% GNFOSLCGX/E



34⁹⁹ BENNETTS BABY AQUEOUS CREAM all variants 500ml each



46⁹⁹ BENNETTS BABY MOISTURISING CREAM 500ml



49⁹⁹ BENNETTS BATH & MASSAGE DROPS 200ml



59⁹⁹ BENNETTS BABY BUM CREME 150g

59⁹⁹ BENNETTS FRAGRANCE FREE HAIR AND BODY WASH 400ml



74⁹⁹ BENNETTS SALINE NOSE DROPS 30ml

jolly tots
make a little smile!

EXCLUSIVE TO SHOPRITE



9⁹⁹ JOLLY TOTS SINGLE FACE CLOTH all variants each



59⁹⁹ JOLLY TOTS BABY TRAINING POTTY all variants each
SAVE R10
WITH CARD



79⁹⁹ JOLLY TOTS BABY BATH all variants each
SAVE R10
WITH CARD



69⁹⁹ NAPPY BUCKET STERI BABY CARE all variants 18€

SHOPRITE
LOWER PRICES YOU CAN TRUST *Always*

OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO SHOPRITE STORES GAUTENG, MPUMALANGA, NORTH WEST & LIMPOPO PROVINCE, EXCLUDING GANYESA, LICHTENBURG, MAFIKENG, MMABATHO, PARYS, SASOLBURG, SCHWEIZER-RENEKE, VOLKSRUST, VRYBURG & WOLMARANSSTAD.

CHANGING TIME

HUGGIES



21⁹⁹

HUGGIES
BABY WIPES
all variants
56 per pack

SIZE 0 NEWBORN 25

PRICE
PER NAPPY
R3,20



79⁹⁹

HUGGIES
EXTRA CARE
DISPOSABLE
NAPPIES
25 per pack



SIZE 1 NEWBORN 42

PRICE
PER NAPPY
R2,62

109⁹⁹

HUGGIES NEW
BABY EXTRA
CARE DISPOSABLE
NAPPIES
42 per pack



VALUE
PACK

PRICE
PER NAPPY

SIZE 2	MINI	66	R2,13
SIZE 3	MIDI	58	R2,42
SIZE 4	MAXI	50	R2,80
SIZE 5	JUNIOR	44	R3,19

139⁹⁹

HUGGIES DRY COMFORT
VALUE PACK DISPOSABLE
NAPPIES 44/50/58/66
per pack



SIZE 1 NEW BABY 96
SIZE 2 NEW BABY 80

PRICE
PER NAPPY
R2,30
R3,75

219⁹⁹

HUGGIES NEW
BABY EXTRA CARE
DISPOSABLE NAPPIES
80/96 per pack



JUMBO
PACK

PRICE
PER NAPPY

SIZE 1	NEWBORN	96	R2,30
SIZE 2	MINI	80	R2,75
SIZE 3	MIDI	76	R2,90
SIZE 4	MAXI	66	R3,34
SIZE 4+	MAXI+	62	R3,55
SIZE 5	JUNIOR	52	R4,24

219⁹⁹

SAVE
R55

WITH
CARD

HUGGIES GOLD
JUMBO PACK
DISPOSABLE NAPPIES
52/62/66/76/80/
96 per pack



PRICE
PER PANTS

SIZE 2	66	R2,73
SIZE 3	62	R2,91
SIZE 4	50	R3,60
SIZE 5	44	R4,10
SIZE 6	38	R4,74

179⁹⁹

HUGGIES GOLD PANTS &
EXTRA CARE JUMBO PACK
DISPOSABLE PANTS
38/44/50/62/66 per pack

SAVE
R45

WITH
CARD



995 GNFSLOGX/E

OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO SHOPRITE STORES GAUTENG, MPUMALANGA, NORTH WEST & LIMPOPO PROVINCE, EXCLUDING GANYESA, LICHTENBURG, MAFIKENG, MMABATHO, PARYS, SASOLBURG, SCHWEIZER-RENEKE, VOLKSRUST, VRYBURG & WOLMARANSSTAD.

Pampers.
baby-dry™



29⁹⁹
PAMPERS
FRESH/SENSITIVE
BABY WIPES
56/64 per pack



VALUE PACK			PRICE PER NAPPY
SIZE 1	NEWBORN	76	R2,50
SIZE 2	MINI	68	R2,80
SIZE 3	MIDI	58	R3,28
SIZE 4	MAXI	50	R3,80
SIZE 4+	MAXI+	45	R4,23
SIZE 5	JUNIOR	42	R4,53



189⁹⁹
PAMPERS NEW/ACTIVE
BABY-DRY VALUE PACK
DISPOSABLE NAPPIES
42/45/50/58/68/76
per pack



VALUE PACK		PRICE PER PANTS
SIZE 3	52	R3,66
SIZE 4	46	R4,14
SIZE 5	40	R4,75
SIZE 6	35	R5,43

189⁹⁹
PAMPERS VALUE PACK
DISPOSABLE PANTS
35/40/46/52 per pack

double protection from Rash
*Helps prevent skin rash by keeping baby's skin dry



CARRY PACK		PRICE PER PANTS
SIZE 3	26	R3,47
SIZE 4	24	R3,75
SIZE 5	22	R4,10
SIZE 6	19	R4,74

89⁹⁹
PAMPERS CARRY PACK
DISPOSABLE PANTS
19/22/24/26
per pack



VALUE PACK		PRICE PER NAPPY
SIZE 1	NEWBORN	48
SIZE 3	MIDI	52
SIZE 4	MAXI	50
SIZE 4+	MAXI+	48
SIZE 5	JUNIOR	44

129⁹⁹
CUDDLERS COMFORT
VALUE PACK
DISPOSABLE NAPPIES
44/48/50/52 per pack



19⁹⁹
CUTIES
UNSCENTED
BABY WIPES
80 per pack



59⁹⁹
CHERUBS
BABY WIPES
all variants
3x 72 per pack

OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO SHOPRITE STORES GAUTENG, MPUMALANGA, NORTH WEST & LIMPOPO PROVINCE, EXCLUDING GANYESA, LICHTENBURG, MAFIKENG, MMABATHO, PARYS, SASOLBURG, SCHWEIZER-RENEKE, VOLKSRUST, VRYBURG & WOLMARANSSTAD.

99% GNFOSLCGX/E

FEEDING TIME

PURITY



17⁹⁹

PURITY
BABY'S SOFT
PORRIDGE all
variants 400g each



19⁹⁹

PURITY 1ST/2ND FOODS
GLUTEN-FREE
BABY CEREAL
all variants 200g each



24⁹⁹

PURITY INSTANT
VANILLA/BANANA
CARAMEL BABY
MAIZE PORRIDGE
500g each



19⁹⁹

PURITY 2ND/3RD FOODS
JUST ADD MILK
BABY CEREAL
all variants 200g each



29⁹⁹

PURITY
TEETHING
BISCUITS
150g



31⁹⁹

PURITY
2ND/3RD FOODS
JUST ADD WATER BABY
CEREAL WITH MILK
all variants
200g each



44⁹⁹

PURITY
1ST/2ND FOODS
BABY CEREAL
WITH MILK
all variants
450g each



11⁹⁹

PURITY
2ND FOODS
BABY FOOD
all variants
125ml each



**2 FOR
R 22**

PURITY 1ST FOODS
BABY FOOD
all variants 2x80ml

**SAVE
R4**

X WITH CARD



**2 FOR
R 32**

PURITY 4TH FOODS
BABY FOOD
all variants 2x250ml

**SAVE
R8**

X WITH CARD



**3 FOR
R 42**

PURITY 3RD FOODS
BABY FOOD
all variants 3x200ml

**SAVE
R12**

X WITH CARD



**2 FOR
R 20**

PURITY BABY 100%
FRUIT JUICE BLEND
all variants 2x200ml

**SAVE
R6**

X WITH CARD



**3 FOR
R 38**

PURITY BABY FOOD
POUCH all variants
3x110ml

**SAVE
R7**

X WITH CARD



**2 FOR
R 20**

RHODES SQUISH
BABY FOOD POUCH
all variants 2x110ml

**SAVE
R6**

X WITH CARD



**2 FOR
R 20**

RHODES SQUISH BABY
100% FRUIT JUICE BLEND
all variants 2x200ml

**SAVE
R6**

X WITH CARD

995 GNFSLCGX/E

OFFERS VALID FROM MONDAY 19 SEPTEMBER 2022 UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO SHOPRITE STORES GAUTENG, MPUMALANGA, NORTH WEST & LIMPOPO PROVINCE, EXCLUDING GANYESA, LICHTENBURG, MAFIKENG, MMABATHO, PARYS, SASOLBURG, SCHWEIZER-RENEKE, VOLKSRUST, VRYBURG & WOLMARANSSTAD.



24⁹⁹

NESTLÉ NESTUM
STAGE 1/2/3
BABY CEREAL
all variants 250g each



35⁹⁹

NESTLÉ CERELAC
STAGE 1/2/3
BABY CEREAL WITH MILK
all variants 250g each



249⁹⁹

NESTLÉ NIDO 3+
POWDERED DRINK
FOR GROWING
CHILDREN 1,8kg



41⁹⁹

NESTLÉ NESTUM
STAGE 1/2
BABY CEREAL
all variants
500g each



69⁹⁹

NESTLÉ CERELAC
STAGE 1/2/3
BABY CEREAL
all variants 500g each



10⁹⁹

NUTRIDAY
JUNIOR
DAIRY SNACK
all variants
100g each



**2 FOR
R16**

DE-LISH BABY FOOD
POUCH all variants
2x110ml

**SAVE
R4**



21⁹⁹

PARMALAT
GROWTH 3+
LOW FAT
DAIRY BLEND
1L



**3 FOR
R23**

PARMALAT GROWTH 3+
LOW FAT DAIRY BLEND
3x200ml

**SAVE
R6**



**3 FOR
R30**

ASPEN INFACARE 100%
FRUIT JUICE BLEND
all variants 3x200ml

**SAVE
R9**



209⁹⁹

NESTLÉ
LACTOKID NO. 4
INSTANT MILK
POWDER 1,8kg

99% GNFSOLCGXVE

jolly tots
make a little smile!

EXCLUSIVE TO SHOPRITE



19⁹⁹

JOLLY TOTS
ASSORTED SPORTS
BOTTLE 36+ MONTHS
each

**SAVE
R5**



14⁹⁹

JOLLY TOTS
DIVIDED FEEDING
PLATE
all variants each



19⁹⁹

JOLLY TOTS
SPOON SET 3+ MONTHS
all variants 10 per pack



**SAVE
R5**



19⁹⁹

JOLLY TOTS
2-COMPARTMENT BOWL
WITH LID & SPOON
6+ MONTHS all variants each

**SAVE
R5**



69⁹⁹

JOLLY TOTS
BIB
7 per pack



**SAVE
R20**

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BABY CARE

Milton



10⁹⁹
MILTON STERILISING TABLETS
8 per pack



42⁹⁹
MILTON STERILISING FLUID
500ml

79⁹⁹
MILTON STERILISING FLUID
1L



995 GNFSLOGX/E



79⁹⁹
EPI-MAX BABY & JUNIOR SKIN CREAM
400g



12⁹⁹
DOVE 100% PURE COTTON WOOL ROLL
25g



12⁹⁹
DOVE 100% PURE COTTON BUDS
100 per pack



25⁹⁹
DOVE BABY COTTON WANDS
80 per pack



11⁹⁹
CHERUBS PURE COTTON BUDS
100 per pack



26⁹⁹
CHERUBS ECO ROUND COTTON WOOL
80 per pack



29⁹⁹
DOVE 100% PURE COTTON WOOL PADS
80 per pack

jolly tots
make a little smile!

EXCLUSIVE TO SHOPRITE



229⁹⁹
JOLLY TOTS BABY WALKER
all variants each
SAVE R70
WITH CARD



24⁹⁹
JOLLY TOTS 3+ MONTHS TEETH & RATTLE SET all variants
3-piece per set
SAVE R10
WITH CARD



24⁹⁹
JOLLY TOTS 3+ MONTHS RATTLE/SQUEAKER & RATTLE SET all variants
2-piece per set
SAVE R10
WITH CARD



SAVE R10
WITH CARD

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MOM CARE



2 FOR R24
PROTEX BATH SOAP
all variants
2x150g

SAVE R8
WITH CARD



17⁹⁹
HAPPY EVENT
LUXURY
CREAM BAR
all variants
100g each



29⁹⁹
FEMAGENE
INTIMATE
CLEANSING
BAR 100g



33⁹⁹
VASELINE BLUE SEAL
PETROLEUM JELLY
all variants
250ml each



35⁹⁹
HAPPY EVENT
ANTENATAL
LOTION/CREAM
50ml each



15⁹⁹
ALWAYS MAXI
SANITARY PADS
8/9/10 per pack



15⁹⁹
ALWAYS
PANTYLINERS
all variants
20 per pack



39⁹⁹
LIL-LETS
MATERNITY
SANITARY PADS
10 per pack



59⁹⁹
CHERUBS
NURSING
PADS
30 per pack



28⁹⁹
YARDLEY
DEODORANT
FOR LADIES
all variants
90ml each



35⁹⁹
EASY WAVES
STYLE GEL & COMB
OUT CONDITIONER
HAIRSPRAY COMBO
2 x 250ml



49⁹⁹
RENEW
FOAM BATH
all variants
2L each



44⁹⁹
NIVEA
HAND & BODY
LOTION/CREAM
all variants
400ml each



49⁹⁹
GARNIER
MICELLAR
CLEANSING
WATER
100ml



49⁹⁹
GARNIER
SKIN ACTIVE
VITAMIN C
CLEANSING FOAM
100ml



49⁹⁹
GARNIER
SKIN ACTIVE
VITAMIN C CREAM
all variants
40ml each

LOWER PRICES YOU CAN TRUST *Always*

OFFERS VALID FROM MONDAY 19 SEPTEMBER UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO SHOPRITE STORES GAUTENG, MPUMALANGA, NORTH WEST & LIMPOPO PROVINCE, EXCLUDING GANYESA, LICHTENBURG, MAFIKENG, MMABATHO, PARYS, SASOLBURG, SCHWEIZER-RENEKE, VOLKSRUST, VRYBURG & WOLMARANSSTAD.

Affordable Healthcare Made Easy

Medirite
Pregnancy Test Device
RAPID URINE TEST DEVICE
Early Detection • Rapid Results • Simple to Use • High Accuracy

19⁹⁹ MEDIRITE PREGNANCY TEST each

WHITES
Homoeopathic
Baby Teething Powders
Baba Tande Poeders
A. WHITE NATURAL PRODUCTS
Unit 32 Speerhead Park
Riverside Drive
Johannesburg 2141

22⁹⁹ WHITE'S TEETHING POWDER 8g

Medirite
Dynadol Syrup
COXIBAC 100mg/5ml
100 ml

SAVE R10

2 FOR R60 WITH CARD
2x MEDIRITE DYNADOL SYRUP 100ml

QUMA
ANTACID
SUSPENSION

24⁹⁹ QUMA ANTACID SUSPENSION 100ml

WHITE'S TEETHING GEL
Apply a little gel to the gums when required.
5g + 10g FREE = 15g

29⁹⁹ WHITE'S TEETHING GEL 15g

Telament
Paediatric
Gripe Water
Alcohol Free
Helps relieve the discomfort of gassy and irritable babies

32⁹⁹ TELAMENT ALCOHOL FREE GRIPE WATER 150ml

MARSHALLS
Children's Healthcare
50 years
TEANDEKRY POEDERS
Santestelling
Paracetamol 50 mg per sachet

34⁹⁹ MARSHALLS TEETHING POWDER 10 per pack

Peelaa
HAMBA
WORM SYRUP
50ml

34⁹⁹ PEELAA HAMBA WORM SYRUP 50ml

Calpol
Paracetamol 100mg
For the relief of:
Pain, fever, teething pain, toothache, sore throat, inflammation, injury & children's fevers
Strawberry Flavour
3 MONTHS

54⁹⁹ CALPOL STRAWBERRY FLAVOURED COUGH SYRUP 100ml

Karvol
for effective relief
DECONGESTANT INHALATION CAPSULES
Relieves blocked noses and bronchitis

64⁹⁹ KARVOL DECONGESTANT INHALATION CAPSULES 10 per pack

SHOPRITE
LOWER PRICES YOU CAN TRUST *Always*

OFFERS VALID FROM MONDAY 19 SEPTEMBER UNTIL SUNDAY 9 OCTOBER 2022. PRICES APPLY TO SHOPRITE STORES GAUTENG, MPUMALANGA, NORTH WEST & LIMPOPO PROVINCE, EXCLUDING GANYESA, LICHTENBURG, MAFIKENG, MMABATHO, PARYS, SASOLBURG, SCHWEIZER-RENEKE, VOLKSRUST, VRYBURG & WOLMARANSSTAD.

995 GNFOSLCGXVE



24⁹⁹
MUTHI WENYONI
ANTACID
75ml



24⁹⁹
DOKTOR MOM
COUGH LOZENGES
all variants 20 per pack

**SAVE
R10**

**X WITH
CARD**



**SAVE
R19**

BOTH FOR

PANADO SYRUP
all variants 100ml each
+ PEPPERMINT PAEDIATRIC
SYRUP SACHETS 12x5ml

**X WITH
CARD**

R 69



29⁹⁹
MEDIRITE
PREGNANCY
SUPPLEMENT
TABLETS
30 per pack



29⁹⁹
MEDIRITE
FOLIC ACID 0.5mg
SUPPLEMENT
TABLETS
60 per pack



29⁹⁹
MEDIRITE
CALCIUM MAGNESIUM
& VITAMIN D3
TABLETS
30 per pack



34⁹⁹
WOODWARD'S
GRIPE WATER
150ml



39⁹⁹
BABY'S OWN
MENTHOLATUM
COUGH SYRUP
100ml



42⁹⁹
TEEJEL
TEETHING GEL
15g

99% GNFOSLCGX/E



37⁹⁹
KARVOL
DECONGESTANT
CHEST RUB
50g



129⁹⁹
VI-DAYLIN
MULTI VITAMIN
DROPS
25ml

SHOPRITE
LOWER PRICES YOU CAN TRUST *Always*

NEW RANGE

LOVIES

Premium Baby Care

- ♥ Hypoallergenic
- ♥ No Dyes
- ♥ No Colourants
- ♥ No Sulphates



21⁹⁹

LOVIES BABY WIPES
all variants
72 per pack



24⁹⁹

LOVIES BABY PETROLEUM JELLY /
FRAGRANCE FREE
PETROLEUM JELLY
300ml each



24⁹⁹

LOVIES AQUEOUS CREAM /
FRAGRANCE FREE
AQUEOUS CREAM
285ml each



24⁹⁹

LOVIES BABY BUM
CREAM
100ml



24⁹⁹

LOVIES BABY OIL
200ml



24⁹⁹

LOVIES BABY LOTION /
FRAGRANCE
FREE BABY LOTION
200ml each



26⁹⁹

LOVIES BABY
SHAMPOO
200ml



36⁹⁹

LOVIES HEAD-TO-TOE
WASH / FRAGRANCE
FREE HEAD-TO-TOE
WASH 300ml each



34⁹⁹

LOVIES BABY
POWDER
400g

Premium Nappies & Pull-Up Pants

VALUE PACK			PRICE PER NAPPY
SIZE 1	NEWBORN	56	R2,50
SIZE 2	MINI	50	R2,80
SIZE 3	MIDI	44	R3,19
SIZE 4	MAXI	42	R3,43
SIZE 5	JUNIOR	40	R3,50

		PRICE PER PANTS
SIZE 3	40	R3,50
SIZE 4	38	R3,69
SIZE 5	36	R3,89
SIZE 6	34	R4,12

139⁹⁹

LOVIES DISPOSABLE NAPPIES
40/42/44/50/56 per pack OR
VALUE PACK DISPOSABLE PULL-UP
PANTS 34/36/38/40 per pack

995 GNFO5LOGXVE



PROMOTION VALID FROM 20 SEPTEMBER TO 2 OCTOBER 2022

SPAR

Rewards

GRAND CASH

GIVEAWAY



NOW ON!

WIN YOUR SHARE OF

R10 MILLION

IN CASH, INSTANTLY!

COMPETITION ENDS 2 OCTOBER 2022



BUY ME TO WIN

Kellogg's
Corn Flakes
Value Pack
1.2 kg

65⁹⁹



BUY ME TO WIN

SPAR
Refined White Sugar
2.5 kg

39⁹⁹



BUY ME TO WIN

SPAR
Long Life Full Cream,
Low Fat or Fat Free Milk
6 x 1 litre

79⁹⁹
per pack



BUY ME TO WIN

SPAR
Large Eggs
60s

109⁹⁹



BUY ME TO WIN

Tastic
Long Grain Parboiled Rice
2 kg

28⁹⁹
each



BUY ME TO WIN

Baby Soft
2 Ply Toilet Rolls
350 sheets

99⁹⁹
each



BUY ME TO WIN

Nescafé
Ricoffy Coffee Granules
(Excl. Decaf)
750 g

86⁹⁹
each



LOCKED IN FRESH

SO YOU CAN UNLOCK THE FLAVOUR

SPAR Select

NEW SKIN-PACKED CHICKEN



SPAR Select
Extended Shelf Life
Skin Packed Chicken Wings
8s

67⁹⁹
per kg



SPAR Select
Extended Shelf Life
Skin Pack Chicken Star Pack
4 Thighs & 4 Drums

69⁹⁹
per kg



SPAR Select
Extended Shelf Life
Skin Pack Chicken Breast Fillets
4s/ 8s

79⁹⁹
per kg

SPAR

Rewards

Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR



SUPERSPAR



20 SEPTEMBER TO 2 OCTOBER 2022

SSR834

1

COOL SAVINGS

YOUR LOCAL FRIDGES

COOL OFFERINGS



Lancewood
Cheddar or Gouda
Cheese
(Excl. White Cheddar)
900 g + 100 g Extra

99⁹⁹
each



Clover
Mooi River
Salted Choice Butter
Brick
500 g

69⁹⁹



SPAR
Butter
Choice
Salted
500 g

54⁹⁹



Clover
Butro Butter
Spread
500 g

82⁹⁹



Rama
70 % Fat Spread
Original Brick
500 g

BUY ANY 2 FOR 46⁰⁰



Parmalat or Melrose
Processed Cheese Slices
or Melrose Melts
or Maxi Slices
400 g

49⁹⁹
per pack



Blue Ribbon
Classic White
Sliced Bread
700 g

14⁹⁹



SPAR
Prepacked
Sliced
Cold Meat
200 g
Assorted

19⁹⁹
per pack



SPAR
Medium Fat
Smooth
Yoghurt
6 x 75 g

BUY ANY 2 FOR 25⁰⁰



Parmalat
Mature White
Cheddar, White
Gouda, Cheddar or
Gouda Cheese
850 g
Assorted

99⁹⁹
each



Clover
Bliss Double
Cream Yoghurt
1 kg
Assorted

34⁹⁹
each



Clover
Classic
Smooth
Flavoured Yoghurt
1 kg
Assorted

29⁹⁹
each



Parmalat
Steri Stumple
Flavoured Milk
350 ml
Assorted

BUY ANY 2 FOR 25⁰⁰



The Laughing Cow
Cheese Wedges
120 g
+
Lancewood
Prepacked Cheese
600 g

COMBO
Buy both and get
R2 off
Rewards Customers Pay
98⁰⁰



SPAR
South African
Feta Cheese
400 g
Assorted

44⁹⁹
each



Lancewood
Cottage Cheese
250 g
Assorted

29⁹⁹
each



Lancewood
Cream Cheese
230 g
Assorted

39⁹⁹
each



SPAR
Vienna
Smoked
500 g

32⁹⁹



SPAR
French or
Chicken
Polony
2 kg

49⁹⁹
each



Rainbow
Chicken,
Chilli, French,
or Garlic Polony
1 kg
Assorted

39⁹⁹
each



Eskort
Gold Medal
Pork Sausages
750 g

78⁹⁹



SPAR
Grillers
Assorted
425 g

54⁹⁹
per pack



SPAR
Bacon
Assorted
or Chicken Rashers
200 g

27⁹⁹
per pack



Clover
Full Cream,
Low Fat or
Ultra Pasteurized
Fresh Milk
2 litre

Get R2 off
Rewards Customers Pay
29⁹⁹



SPAR
Medium
Fat Maas
2 kg

21⁹⁹



SPAR
100% Fruit
Juice Blend
Assorted
1,5 litre

29⁹⁹
each



Clover
Krush
100% Fruit Juice
Blend
1,5 litre
Assorted

32⁹⁹
each



Danone
Danup
Blend of Multigrain
& Yoghurt
950 g

19⁹⁹
each



SPAR
Active
Drinking Yoghurt
1 litre

16⁹⁹
each



Pieman's
Pies or Sausage Rolls
(Excl. Burger Pie)
Assorted

23⁹⁹
each



SERVING SUGGESTION



SPAR
McCoy Pie or
Sausage Roll
(Excl. Burger Pie)
Assorted

BUY ANY 2 FOR 60⁰⁰

SERVING SUGGESTION

SPAR



SUPERSPAR



20 SEPTEMBER TO 2 OCTOBER 2022



SEASONED WITH

South African Flavour



SPAR
freshline
Potjie Pack
1 kg

36⁹⁹
per
bag

SPAR Bakery
Roosterkoek
4s

16⁹⁹
per
pack



SPAR Select
Club / T-Bone

129⁹⁹
per kg



SPAR Select
Rooiberg
Boerewors

99⁹⁹
per kg

Boerie, pap and onion kebabs
with chakalaka dipping sauce
Otherwise known as

pap, wors and sows
ON A STICK



Specials available at all **SUPERSPAR**, **SPAR** and **KWIKSPAR** stores (excluding SPAR Express stores) from **20 September** up to and including **2 October 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).

ALL THE BRAAI NATION favourites

MARINATED
FOR THE
ULTIMATE
braai
flavour

SPAR
Tender
and Tasty
Chicken Spatchcock
Peri Peri / BBQ

72⁹⁹
per kg

SPAR Bakery
Garlic or
Chilli & Garlic
Bread

24⁹⁹
each

SPAR
freshline
Crisp Lettuce
Head

11⁹⁹
each

SPAR
Steak Co.
Ribeye Steak

299⁹⁹
per kg

100% South
African Beef
**PERFECTLY MATURED &
EXPERTLY TRIMMED**

SPAR
Bakery
Filled Ciabatta
Assorted

34⁹⁹
each



SPAR
freshline
Onions
2 kg

21⁹⁹
per pack



SPAR freshline
White Button
Mushrooms
250 g

Buy 2 for
40⁰⁰



SPAR freshline
Salad Packs
Assorted
220 g - 300 g

19⁹⁹
per pack



SPAR freshline
Banana Mini
Box

26⁹⁹
per box



SPAR
Bakery
Brown
Sliced Bread
700 g

13⁹⁹
each



SPAR Bakery
Hamburger &
Hot Dog Rolls
Brown or White
6s

15⁹⁹
per pack



SPAR Bakery
Tomato & Herb or
Rye & Caraway
Stackers
4s

Get
R2⁰⁰ off
Rewards Customers Pay
9⁹⁹



Fire & Grill
Chicken
Leg Quarter
& 100 g Deli
Chips

34⁹⁰

Specials available at all SUPERSPAR, SPAR and KWIKSPAR stores (excluding SPAR Express stores) from 20 September up to and including 2 October 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).

SPAR
freshline
(Imported)
Seedless White,
Black, Red or
Globe Grapes
500 g

42⁹⁹
per punnet

SPAR Select
Ostrich
Prime Steak
400 g

59⁹⁹
per pack

**RICH
FLAVOURED &
LEAN, THIS OSTRICH
& CITRUS SALAD
IS A HEALTHIER
choice**

SPAR
Tender and
Tasty
Beef Texan
Steak

129⁹⁹
per kg

*Indian Style
Baked Potato*

SPAR
freshline
Potatoes
3 kg

36⁹⁹
per bag

**Local is
LEKKER**

SPAR Tender and Tasty
Skewered Chicken Wings
Peri Peri / BBQ

69⁹⁹
per kg



SPAR Select
Pork Leg
Square Frozen
(Pork Packs /
Roasts)

69⁹⁵
per kg



SPAR Select
Skin Pack
Pork Sirloin
Steak

109⁹⁵
per kg



SPAR Select
Skin Pack
Pork Rump
Steak

109⁹⁵
per kg



SPAR Select
Farmhouse
Wors

89⁹⁹
per kg



Fire & Grill
Grilled
Chicken Fillet
Cheeseburger

24⁹⁰



SPAR
Tender and Tasty
Chicken Espetada
Peri Peri / BBQ

69⁹⁹
per kg



SPAR Tender
and Tasty
Beef Espetada

139⁹⁹
per kg



SPAR
Steak Co.
Porterhouse
Steak

179⁹⁹
per kg

Specials available at all SUPERSPAR, SPAR and KWIKSPAR stores (excluding SPAR Express stores) from 20 September up to and including 2 October 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).

SPAR
Bakery
Cakes
(Dark & White Choc
Layered / Death By
Chocolate Sponge /
Black Forest)

89⁹⁹
each

**WE BAKE,
YOU MAKE IT
YOUR own**

Add pieces of fruit
and nuts to create a
masterpiece.

SPAR
Bakery
White
Sliced Bread
700 g

14⁹⁹
each

A Sweet
**TWIST ON AN
OLD-SCHOOL
SOUTH AFRICAN
FAVOURITE**

Fresh
BAKED
happiness

Strawberry
**ROOIBOS
ICED TEA**

SPAR freshline
Strawberries
250 g

25⁹⁹
per pack

Braai Day
INSPIRATION

Fancy a tasty looking dish on these pages?

Recipes can be found at www.spar.co.za/recipes

Chicken Potjie | Pap, Boerewors and Onion Kebabs | Grilled Veggie
Kebabs with a Sticky BBQ Dipping Sauce | Caprese Mushrooms
| Grilled Caesar Salad | Pickled Grapes | Indian Style Baked Potato |
Sticky BBQ Pineapple Wing Skewers | Peppered Ostrich with Citrus
Salad | Sweet Jaffle Rosaries | Strawberry Rooibos Iced Tea

SPAR
Bakery
Mini Cupcakes
Assorted
12s

32⁹⁹
per pack

NOW ON!

MORE CASH SAVINGS!

FROZEN FOODS

LONG-LASTING VALUE

I&J
Crumbed Fish Fingers
800 g

62⁹⁹ each

Rainbow
Simply Chicken
Original or Cheese
Nuggets,
Fingers, Bites,
Burgers or Steaklets
350 g/ 360 g/ 400 g

42⁹⁹ per pack

I&J
Light & Crispy
Crumbed Hake
or Haddock Fillet
Portions
500 g

64⁹⁹ each

SPAR
Braai Snoek with
Apricot Marinade
1.1 kg

109⁹⁹

Today's
Party Pack
Sausage or
Chicken Rolls
or
Cheese Puffs
40s

89⁹⁹ per pack

I&J
Beefers
Beef or
Chickster
Chicken
Burger Patties
800 g

69⁹⁹ per pack

Get R5 off
Rewards Customers Pay
37⁹⁹

Andiccio24
Margarita
Pizza Only
200 g
Assorted

Get R5 off
Rewards Customers Pay
54⁹⁹

Andiccio24
Pizza (Excl. Banting,
Olive and Cherry
Tomato and
Pepperoni 260 g)
350 g - 420 g
Assorted

SPAR
Frozen Mixed
Chicken Portions
5 kg

169⁹⁹

Get R5 off each

Natures Garden
Country Mix
or Garden Mix
1 kg

Ola
Magnum
Mini
Ice-Cream
6s
Assorted

69⁹⁹ per pack

Ola
Gino Ginelli Ice-Cream
1.4 litre
Assorted

72⁹⁹ each

Get R5 off
Rewards Customers Pay
49⁹⁹

Dairmaid
Country Fresh
Ice Cream
2 litre
Assorted

Get R5 off each

Ola
Rich n Creamy
Ice Cream Tub
1,8 litre
Assorted

SPAR
Simply Veg
100%
Veggie
Hashbrowns
500 g

36⁹⁹ each

SPAR
Simply Veg
Prawns
300 g

44⁹⁹ each

SPAR
Simply Veg
Crumbed
Veggie
Fingers
600 g

46⁹⁹ each

SPAR
Simply Veg
Crumbed
Burger,
Schnitzel
or Prawns
300 g -
350 g

48⁹⁹ each

McCain
Stir Fry
Vegetable Mix
700 g

27⁹⁹ each

McCain
Country Crop
Vegetable Mix
1 kg

32⁹⁹ each

McCain
Country Crop or
Garden
Mix
1 kg

31⁹⁹

McCain
Mixed
Vegetables
1 kg

McCain
Vegetables
250 g
Assorted

40⁰⁰

SPAR Rewards

Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

CASH IN WITH THESE



BREAKFAST SELECTION



Laager Rooibos Tagless Tea Bags 80s

32⁹⁹



Joko Tagless Tea Bags 100s

32⁹⁹



Jacobs Krönung Instant Coffee or Refill Pack (Excl. Decaf) 200 g / 230 g

119⁹⁹ each



Nescafé Gold Cappuccino Sticks 10s Assorted

Get **5⁰⁰** off
Rewards Customers Pay **54⁹⁹**



Nescafé Gold (Excl. Decaf and Doy) 200 g Assorted

114⁹⁹ each



Jacobs Iced or Cappuccino Sticks 8s/ 10s Assorted

BUY ANY **2** FOR **100⁰⁰**



Ellis Brown Coffee Creamer 750 g

39⁹⁹



Nestlé Milo Tin 500 g

52⁹⁹



Black Cat Peanut Butter 800 g Assorted

54⁹⁹



Yum Yum Peanut Butter Spread 1 kg

49⁹⁹



Bakers Tennis Biscuits 200 g Assorted

18⁹⁹ each



Bakers Red Label Cream Biscuits 200 g Assorted

15⁹⁹ each



Bakers Blue Label Marie Biscuits 200 g Assorted

BUY ANY **2** FOR **25⁰⁰**



Rhodes Superfine Apricot Jam 900 g

29⁹⁹



Kellogg's All Bran Flakes 1 kg

67⁹⁹



Jungle Oatso Easy 500 g Assorted

49⁹⁹ each



SPAR Squillos Cereal 320 g / 350 g Assorted

25⁹⁹ each



Kellogg's Coco Pops Original, Chocos, Big 5, Crunch Strawberry Pops or Froot Loops Original 340 g/ 350 g / 375 g

34⁹⁹ each



Kellogg's Corn Flakes 1 kg

59⁹⁹



Bokomo Weet-Bix Family Pack 1,35 kg

69⁹⁹



Jungle Oats 1 kg

31⁹⁹



*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

WINNING IS EASY!

STEP 1

STEP 2

BUY ANY **PARTICIPATING PRODUCT** AND SWIPE YOUR **SPAR Rewards** card OR USE YOUR CELL NUMBER AT THE TILL

TAKE THE WINNING SLIP AND TILL SLIP TO THE IN-STORE KIOSK TO REDEEM YOUR **R1000 INSTANT CASH!**

BAKING MADE EASY

Snowflake
Cake Wheat or Bread Flour
2.5 kg
35⁹⁹ each

Snowflake
Easy Mix
1 kg Assorted
28⁹⁹ per pack

Moir's
Custard Powder
500 g
29⁹⁹

Clover
Classic Custard
1 litre
22⁹⁹

Moir's
Desiccated Coconut
200 g
21⁹⁹

Clover
Full Cream Sweetened Condensed Milk
385 g
25⁹⁹

Snowflake
Baking Powder Refill
200 g
21⁹⁹

BEVERAGE COOLERS

Wild Island
Smoothie Dairy Blend Concentrate
1 litre Assorted
14⁹⁹ each

Liqui Fruit
100% Fruit Juice Blend
1 litre Assorted
23⁹⁹ each

aQuellè
Still or Sparkling Flavoured Water
6 x 500 ml Assorted
39⁹⁹ per pack

Manhattan
Flavoured Ice Tea
1.5 litre Assorted
24⁹⁹ each

Fruit Tree
Fruit Nectar
5 litre Assorted
69⁹⁹ each

Rhodes
100% Fruit Juice Blend
6 x 200 ml Assorted
39⁹⁹ per pack

Monster
Energy Drink
500 ml Assorted
28⁰⁰ (BUY ANY 2 FOR)

SPAR
100% Fruit juice
6 x 200 ml Assorted
37⁹⁹ per pack

Power Play
Energy Drink (Incl. Sugar Free)
440 ml Assorted
20⁰⁰ (BUY ANY 2 FOR)

Sparletta, Fanta, Sprite or Stoney
Regular Only (Excl. Apple Rush)
2 litre
30⁰⁰ (BUY ANY 2 FOR)

Rhodes
100% Fruit Juice Blend
2 litre Assorted
Get R5 off each

SPAR Rewards
Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR

SUPERSPAR

20 SEPTEMBER TO 2 OCTOBER 2022

SWEET SAVINGS

SNACK-TIME TREATS



Mister Sweet
Original or Giant
Speckled Eggs
100 g / 125 g
Assorted

25⁹⁹
per pack



Lindt
Lindor
Truffles
200 g
Assorted

99⁹⁹
each



SPAR
Jellies, Gums,
Liquorice or
Fruit Pastilles
100 g / 125 g
Assorted

BUY ANY
2
FOR **30⁰⁰**



Cadbury
Chocolate Slabs
(Excl. Oreo or Bubbly)
80 g
Assorted

BUY ANY
2
FOR **30⁰⁰**



Safari
Roasted and
Salted
Peanuts or
Peanuts and
Raisins
450 g
Assorted

52⁹⁹
per pack



Nestlé
Aero, Kit Kat
or Milky Bar
Chocolate Slab
135 g / 150 g
Assorted

Get
R5 off
each



Lancewood
Dip n Top
175 g
Assorted

24⁹⁹



Stimorol
Chewing Gum
Bottle
60 pieces
Assorted

Get
R6 off
each



Bakers
Salticrux
Savoury Snacks
200 g
Assorted

24⁹⁹
per pack



Beacon
MmmMallows
150 g
Assorted

13⁹⁹
per pack



Willards
Cheese Curls
or Flings
150 g
Assorted

BUY ANY
2
FOR **35⁰⁰**



Simba
Potato Chips
Assorted
120 g
Assorted

BUY ANY
2
FOR **30⁰⁰**



Pringles
Crisps
100 g
Assorted

BUY ANY
2
FOR **40⁰⁰**



Willards
Big Korn Bites
120 g
Assorted

BUY ANY
2
FOR **30⁰⁰**

SPAR
Rewards
Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR

SUPERSPAR

20 SEPTEMBER TO 2 OCTOBER 2022

SUPER SPECIALS

STOCK UP ON SAVINGS



Kellogg's
Noodles
5 x 70 g
Assorted

24⁹⁹
per pack



Excella
Parboiled Rice
2 kg

23⁹⁹



Knorr
Aromat
Seasoning Cannister
75 g
Assorted

10⁹⁹
each



Nyala, Iwisa,
or Super Sun
Super
Maize Meal
5 kg

MULTI-BUY
Buy any 2 and get
R10 off



Royco
Sauce, Gravy
or Marinade
(Excl. Pasta Sauce)
38 g - 48 g
Assorted

12⁹⁹
each



Ina Paarmans
Marinade
500 ml
Assorted

44⁹⁹
each



Maggi
Lazenby
Worcestershire
Sauce
250 ml

Get
R5 off
each



SPAR
Chutney
460 g
Assorted

23⁹⁹
each



Bull Brand
Corned Meat
(Excl. Corned Beef)
300 g

28⁹⁹
each



Nando's
Sauces (250 ml) or
Perinase (265 ml)
Assorted

35⁹⁹
each



Knorr
Salad Dressing
Assorted
340 ml

23⁹⁹
each



Robertson's
Spice Refill
Brown Box
64 g - 100 g
Assorted

BUY
ANY
2
FOR
23⁰⁰



B-well
Canola Oil
2 litre

89⁹⁹



Hinds
Southern Grill
200 g

18⁹⁹



Rhodes
Cream Style
Sweetcorn
410 g

19⁹⁹



Koo
Chakalaka
410 g
Assorted

15⁹⁹
each



SPAR
Tomato & Onion
Mix
410 g

15⁹⁹
each



Koo
Sweet
Garden Peas
in Brine
400 g

19⁹⁹



Lucky Star
Pilchards
in Tomato,
Chilli or
Sweet Chilli
Sauce
400 g

21⁹⁹
each



Crosse &
Blackwell
Tangy or
Mild & Creamy
Mayonnaise
750 g

Get
R2 off
Rewards Customers Pay
34⁹⁹



Koo
Baked Beans
in Tomato Sauce
(Excl. Lite)
410 g

BUY
ANY
2
FOR
24⁰⁰



SPAR
Whole Peeled
410 g

14⁹⁹
each



SPAR
Light Meat
Shredded Tuna
in Oil or Water
170 g

18⁹⁹
each



Knorr
Packet Soup
50 g
Assorted

BUY
ANY
5
FOR
23⁰⁰



Koo
Beetroot
Sliced or Grated
525 g / 780 g

25⁹⁹
each



SPAR
Macaroni or
Spaghetti
500 g

BUY
ANY
2
FOR
25⁰⁰

SPAR
Rewards
Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR

SUPERSPAR

20 SEPTEMBER TO 2 OCTOBER 2022

CASH IN WITH THESE



SPAR

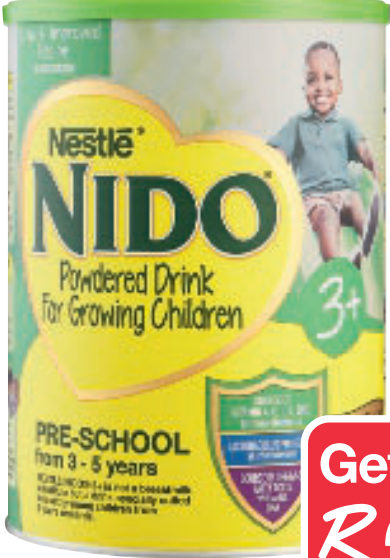
Rewards

Instant Savings

Sign up today! Dial *120*7070#.

It's INSTANT!

BABY'S PRECIOUS SAVINGS



Nestlé NIDO
Powdered Drink For Growing Children
3+
PRE-SCHOOL from 3 - 5 years

Nestlé Nido Growing Up Milk 3 Plus Only 1,8 kg

Get **R20 off** each



Nestlé Nestum
Baby Cereal
500 g Assorted

Get **R5 off** each



Nestlé Nido 3+ Powdered Drink 900 g

169⁹⁹



Rhodes Squish Puree Pouch 110 ml Assorted

BUY ANY **4** FOR **40⁰⁰**



Cerealac
No. 1,2,3 or 4 Baby Cereal
250 ml Assorted

39⁹⁹ each



Pampers
Active or Mega Pack Pants

379⁹⁹ per pack



Vaseline Blue Seal Petroleum Jelly 250 ml Assorted

36⁹⁹ each



Woodward's Gripe Water 150 ml

34⁹⁹

Active

- Midi - 150s
- Junior - 111s
- Maxi - 132s
- Maxi+ - 120s

Pants

- Midi - 136s
- Junior - 100s
- X- Large - 96s

Johnson's[®] baby



Johnson's Baby Oil 200 ml Assorted

39⁹⁹ each



Johnson's Scented or Unscented Baby Jelly 500 ml

37⁹⁹ each



Johnson's Baby Aqueous Cream 350 ml Assorted

32⁹⁹ each



Johnson's Gentle or Sensitive Baby Wipes 56s / 72s

27⁹⁹ per pack



Johnson's Baby Powder 200 g Assorted

27⁹⁹ each

SPAR

Rewards

Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

GREAT PRICES

SELF-CARE DEALS



Listerine
Anti-Bacterial
Base Range
Mouthwash
500 ml
Assorted

57⁹⁹
each



Sensodyne
Fresh Mint,
Clean & Fresh,
Gentle Whitening,
Multi Care or
Herbal Multi Care
Base Range
Toothpaste
75 ml

32⁹⁹
each



Colgate
Total 12,
Optic White or
Naturals
Toothpaste
75 ml
Assorted

Get
R10 off
each



Colgate
Triple Action
Toothpaste
Banded
Pack
2s

25⁹⁹



Axe
Aerosol Deodorant
150 ml
Assorted

29⁹⁹
each



Revlon
Body Spray for
Men or Women
90 ml/ 120 ml
Assorted

21⁹⁹
each



Brut
Anti-Perspirant
Roll-On for Men
50 ml
Assorted

21⁹⁹



Shield
Anti-Perspirant
Roll On for
Men or Woman
50 ml
Assorted

19⁹⁹
each



Lil-lets
Smartfit
Mini, Regular, Heavy,
Regular Light Medium,
Super or Super Plus
Tampons
16s/ 20s

24⁹⁹
per pack



Always
Pantyliners
Normal
40's

22⁹⁹

**ZERO
%VAT
ON THIS PRODUCT**



Always
Maxi Duo
Sanitary Pads
16s/ 18s/ 20s
Assorted

28⁹⁹
per pack



Pond's
Vanish Cream
50 ml

21⁹⁹
each



SPAR
Foam Bath
2 litre
Assorted

34⁹⁹
each



Gillette
Simply Venus
Hybrid
Razor (1 up) with
4 Refillable
Cartridges
1's

49⁹⁹
per pack



Gillette
Blue II
Disposable Razors
5s

26⁹⁹
per pack



Gillette
Mach 3
2 up
Razor

69⁹⁹
each



Inecto
Permanent
Hair Colour
50 ml
Assorted

26⁹⁹
each



Organics
Shampoo or
Conditioner
1 litre
Assorted

69⁹⁹
each



Lux
Beauty Soap
175 g
Assorted

BUY
ANY
2
FOR
30⁰⁰



Dettol
Hygiene
Soap
175 g
Assorted

BUY
ANY
2
FOR
23⁰⁰

Women and girls
should never miss out



**Only
R6**
for 8 maxi
pads

That's why we continue to ensure that quality sanitary protection is available at the lowest possible price.

SPAR
PRODUCTS



Dettol
Antiseptic
Liquid
750 ml
Assorted

79⁹⁹



Grand-Pa
Headache Powder
Sticks 38s
or Tablets 76s

68⁹⁹
each



Rennie
Antacid Tablets
Peppermint, Spearmint,
Aniseed or Orange
24s

29⁹⁹
per pack

MEDICAL CARE

SPAR
Rewards
Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR

SUPERSPAR

20 SEPTEMBER TO 2 OCTOBER 2022

NOW ON!

MORE CASH SAVINGS!

HOME ESSENTIALS



Sunlight

Dishwashing Liquid Refill Pouch 750 ml

24⁹⁹ each



Handy Andy

Cream 750 ml Assorted

26⁹⁹ each



Mr Muscle

Tile Cleaner 750 ml Assorted

42⁹⁹ each



Jik

Bleach or Thin Pine 750 ml Assorted

20⁹⁹ each



SPAR

Germex Thick Bleach 750 ml Assorted

Get R4 off each



Finish

All in One, A10 0% or Quantum Dishwash Tablets 50s / 56s

199⁹⁹ per pack



SPAR

Dish Wash-IT Refill 750 ml

21⁹⁹ each



Glade

Secrets Air Freshener 180 ml Assorted

16⁹⁹ each



Airoama

Air Freshener 210 ml Assorted

18⁹⁹ each



Scotch Brite

Jumbo, Heavy Duty or Multi-Coloured Scourer 3s / 4s / 5s

24⁹⁹ per pack



Sta Soft

Concentrated Fabric Softener 2 litre Assorted

39⁹⁹ each



Sta-soft

Fabric Conditioner Refill Pouch (Excl. Ultra Concentrate Doy Pack) 500 ml Assorted

27⁹⁹ each



Mortien

Target Insect Aerosol Spray 300 ml Assorted

Get R5 off each



Raid

Insect Killer 300 ml Assorted

22⁹⁹ each



Doom

Insecticide Spray 300 ml Assorted

37⁹⁹ each



Vanish

Liquid 2 litre, Crystal Whites 520 g / 400 g or Trigger Power 02 750 ml

99⁹⁹ each



SPAR

Mega Kitchen Towels 2s Assorted

29⁹⁹ per pack



Pro-Wash

Hand Washing Powder 2 kg Assorted

BUY ANY 3 FOR 100⁰⁰



Sunlight

2in1 Hand Washing Powder 3 kg Assorted

78⁹⁹ each



SPAR

Toilet Tissue 2 ply 18s

109⁹⁹



Duracell

Mainline Plus AAA or AA Batteries 4s

49⁹⁹ per pack



SPAR

Good Living Dust Pan and Brush Set

44⁹⁹ each

brushware

SPAR good living



SPAR

Good Living Twist Mop

169⁹⁹ each



SPAR

Good Living Dust Pan and Brush Set

44⁹⁹ each

SPAR Rewards Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR

SUPERSPAR

20 SEPTEMBER TO 2 OCTOBER 2022

SSR934
14

MAKE EVERY DAY BRAAI DAY WITH THESE DEALS



Super Sun,
Iwisa
or Premier
Braai Pap
2,5 kg

32⁹⁹
each



Jan
Braai Sauce
750 ml
Assorted

29⁹⁹
each



Robertson's
Braai & Grill
Spice
200 g
Assorted

MULTI-BUY
Buy any 2 and get
R5 off



SPAR
Meat Marinade
1 litre
Assorted

44⁹⁹
each



SPAR
Good Living
Cooler Box
(Blue, Red or
Silver)
26 litre

199⁹⁹
each



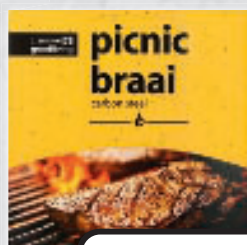
SPAR
Good Living
Portable
Large Braai
(Carbon Steel)

329⁹⁹



44⁹⁹
each

BIC
Mega Braai
Lighter



SPAR
Good Living
Carbon Steel
Picnic Braai

219⁹⁹



SPAR
Charcoal Briquettes
5 kg
+
Firelighters
12s

**BUY BOTH
FOR 79⁹⁹**



SPAR
Good Living
Premium
Cooler Box (Red,
Blue or Silver)
10 litre

139⁹⁹
each



hth
Granular
Pool Chlorine
8 kg

399⁹⁹
each



Airothere
Pool Noodle
1.5 meters

23⁹⁹
each



hth
Sparkle It
Cube

44⁹⁹
each



SPAR
Good Living
Pool Hose
(White or Blue)
1 meter

39⁹⁹



SPAR
Good Living
Pool Leaf
Skimmer

124⁹⁹
each



SPAR
Good Living
Pool Leaf Rake

139⁹⁹
each

PET BASICS



Husky
Dog Food
775 g
Assorted

27⁹⁹
each



Beeno
Dog Biscuits
1 kg
Assorted

69⁹⁹
per pack



Pedigree
Dry Dog Food
6 kg
Assorted

199⁹⁹
each



SPAR
Woof
Wet Dog Food
820 g
Assorted

**BUY ANY
2 FOR 35⁰⁰**



Whiskas
Flavoured
Trio Treats
55 g
Assorted

**BUY ANY
2 FOR 70⁰⁰**



Pamper
Fine Cuts
Cat Food
Pouch
60 g / 75 g / 85 g
Assorted

7⁹⁹
each



Whiskas
Meaty Nuggets
2 kg
Assorted

129⁹⁹
each



Catmor
Adult
Cat Food
1,75 kg
Assorted

69⁹⁹
per pack



SPAR
Pro-Balance
Dog Food
Assorted
8 kg

179⁹⁹
each



SPAR
Woof
Dry Dog Chunks
(Excl. Puppy)
8 kg

149⁹⁹
per pack

SPAR Rewards
Instant Savings

*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR

SUPERSPAR

20 SEPTEMBER TO 2 OCTOBER 2022

tops!
at SPAR

INTRODUCE
YOUR LIFE TO

THE
HIGHLIFE

STAND A CHANCE TO
WIN BIG
SEE INSIDE FOR MORE

ALL ITEMS
AS SEEN ON TV

BUY ME
TO WIN!



249⁹⁹

Jägermeister
The Herbal Liqueur
750ml

Ballantine's
Finest
Blended
Scotch Whisky
750ml and
Schweppes
Soda Water
1L



COMBO
Promotional Price

210⁰⁰
per combo

Get an extra
R10 off

Rewards Customers Pay

200⁰⁰
per combo

*Maximum of 12
e-Coupons per combo per
SPAR Rewards customer.

BUY ME
TO WIN!

299⁹⁹
per case

Windhoek Draught
Cans
24 x 440ml



139⁹⁹
each

Stretton's
Original London Dry Gin,
Triple Berry or Wild Berries
Flavoured Gin
750ml



Specials available at all TOPS at SPAR stores from 20 September up to and including 2 October 2022. Promotion dates subject to government regulated trading hours.

SPAR
Rewards
Instant Savings

Maximum of 12 e-Coupons per product
per SPAR Rewards customer.

SPAR Rewards for liquor
available at TOPS at SPAR stores
from 6 September 2022 up to and
including 2 October 2022.
While stocks last. T's & C's Apply.

tops!
at SPAR



Heineken 0.0%
Non-Alcoholic
Handies
6 x 330ml

Get
R10 off



Grant's
Triple Wood
12 Year Old
Blended Scotch
Whisky
750ml

Get
R80 off



Chateau Del Rei
Sparkling
Sweet White,
Red or Rosé
Cans
6 x 250ml

MULTI-BUY
Buy any 2 and get
R15 off



Stella Artois
Cans
6 x 410ml

MULTI-BUY
Buy 2 and get
R20 off



Castle Lager
Cans
6 x 500ml

MULTI-BUY
Buy 2 and get
R20 off



KVV
Sparkling Wine
Demi-Sec
or Brut
or Laborie
Cap Classique
Range
750ml

MULTI-BUY
Buy any 2 and get
R10 off



Van Loveren
Merlot, Chardonnay
or Daydream
Chardonnay/Pinot Noir
750ml

MULTI-BUY
Buy any 2 and get
R20 off



Beefeater
London Dry Gin,
Pink or
Blood Orange
750ml
and any 2
SPAR
Tonic Water
(Indian or
Rose Cucumber)
1L

COMBO-DEAL
Buy both and get
R30 off

Additional Rewards exclusively
available to our Inland SPAR Rewards
customers! (Excl. Lowveld)



Promotional Price
389⁹⁹
Get an extra
R20 off
Rewards Customers Pay
369⁹⁹



MULTI-BUY
Buy 2 for
Promotional Price
140⁰⁰
Get an extra
R10 off
Rewards Customers Pay
130⁰⁰

#NO18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

THE HIGHLIFE

STAND A CHANCE TO WIN BIG

BUY ANY PARTICIPATING PRODUCT, DIAL *120*11118# AND FOLLOW THE PROMPTS TO WIN YOUR SHARE OF THE HIGHLIFE.

STAND A CHANCE TO WIN A TRIP TO THE USA TO EXPERIENCE SOME OF THE WORLD'S MOST ICONIC WHISKEY BARS WHEN YOU BUY JAMESON TRIPLE DISTILLED IRISH WHISKEY 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN 1 OF 6 R15 000 SUPERBALIST VOUCHERS WHEN YOU BUY JOHNNIE WALKER BLACK LABEL 12 YEAR OLD BLENDED SCOTCH WHISKY 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A TRIP TO THE HOME OF JÄGERMEISTER, GERMANY FOR YOU AND 3 FRIENDS WHEN YOU BUY JÄGERMEISTER 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A HELICOPTER EXPERIENCE FOR YOU AND 5 FRIENDS WHEN YOU BUY TANQUERAY LONDON DRY, FLOR DE SEVILLA OR ROYALE GIN 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A TOYOTA HILUX XTRA CAB 2.8 GD6 4 X 4 WHEN YOU BUY RICHELIEU INTERNATIONAL PREMIUM BRANDY 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A R75 000 SAMSUNG HOME APPLIANCE MAKEOVER WHEN YOU BUY RUSSIAN BEAR TRIPLE DISTILLED VODKA (INCLUDING FLAVOURS) 750ML BUY ME TO WIN!
STAND A CHANCE TO WIN A R75 000 SAMSUNG HOME APPLIANCE MAKEOVER WHEN YOU BUY FIRSTWATCH EXTRA FINE WHISKY 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A R60 000 FASHION MAKEOVER WHEN YOU BUY ANY WILD AFRICA CREAM LIQUEUR 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A TRIP FOR 2 TO THE MALDIVES WHEN YOU BUY IMAGIN CLASSIC LONDON DRY OR CITRUS GIN 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A DESIGNER SUIT VALUED AT R30 000 WHEN YOU BUY MEUKOW VS COGNAC 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN A R75 000 SAMSUNG HOME APPLIANCE MAKEOVER WHEN YOU BUY STRETTON'S ORIGINAL LONDON DRY, TRIPLE BERRY OR WILD BERRIES GIN 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN 1 OF 2 FULLY STOCKED HOME BARS WITH AN ENTERTAINMENT SYSTEM VALUED AT R100 000 EACH WHEN YOU BUY BALLANTINE'S FINEST BLENDED SCOTCH WHISKY 750ML BUY ME TO WIN!
STAND A CHANCE TO WIN A 6 LITRE LUC BELAIRE RARE ROSÉ METHUSELAH AND LUC BELAIRE MERCHANDISE SIGNED BY RICK ROSS WHEN YOU BUY ANY LUC BELAIRE 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN 1 OF 3 DOUBLE TICKET F1 GRAND PRIX EXPERIENCES WHEN YOU BUY ANY SCHWEPES 1L BUY ME TO WIN!	STAND A CHANCE TO WIN A LOCAL SAFARI GETAWAY WHEN YOU BUY WHITLEY NEILL HANDCRAFTED ORIGINAL DRY GIN (INCLUDING FLAVOURS) 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN HOME GYM EQUIPMENT WHEN YOU BUY ANY FOUR COUSINS SKINNY WINE 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN 1 OF 10 SPORT SMART WATCHES WHEN YOU BUY ANY KWV CLASSIC COLLECTION WINE 750ML BUY ME TO WIN!	STAND A CHANCE TO WIN R100 000 IN CASH WHEN YOU BUY BELGRAVIA GIN AND DRY LEMON (INCLUDING ALL VARIANTS) HANDIES 6 X 275ML BUY ME TO WIN!
STAND A CHANCE TO WIN 1 OF 10 PRIVATE CHEF EXPERIENCES WHEN YOU BUY WINDHOEK DRAUGHT CANS 6 X 440ML OR HANDIES 6 X 440ML OR WINDHOEK LAGER HANDIES 6 X 330ML OR CANS 6 X 440ML BUY ME TO WIN!	STAND A CHANCE TO WIN A TRIP FOR 2 TO MAURITIUS WHEN YOU BUY BRUTAL FRUIT RUBY APPLE CANS 6 X 500ML OR HANDIES 6 X 275ML BUY ME TO WIN!	STAND A CHANCE TO WIN 1 OF 5 PLAYSTATION 5'S WHEN YOU BUY MILLER GENUINE DRAFT HANDIES 6 X 330ML OR CANS 6 X 500ML BUY ME TO WIN!	STAND A CHANCE TO WIN A CASTLE LITE PARTY WHEN YOU BUY CASTLE LITE HANDIES 6 X 330ML OR CANS 6 X 410ML BUY ME TO WIN!	STAND A CHANCE TO WIN 1 OF 4 R5000 WEEKLY CASH GIVEAWAYS WHEN YOU BUY ANY 3 OLIVE BROOK EVERYDAY WINES 750ML BUY ME TO WIN!	

COMPETITION VALID FROM 9 AUGUST - 2 OCTOBER 2022. FOR MORE INFO VISIT: WWW.TOPSATSPAR.CO.ZA/HIGHLIFE. T'S & C'S APPLY.

DEALS THAT MAKE THE A-LIST

Meukow VS Cognac 750ml

439⁹⁹

BUY ME TO WIN!

Espolon Reposado Tequila 750ml

459⁹⁹

Luc Belaire Rare Rosé, Bleu, Brut or Luxe 750ml

449⁹⁹ each

BUY ME TO WIN!

*The Premium Selection is available at selected stores only.

Harrier Finest Matured Whisky 750ml 316⁰⁰ Get an extra R16 off Rewards Customers Pay 300⁰⁰ *Maximum of 12 e-Coupons per multi-buy per SPAR Rewards customer.	Bain's Single Grain Whisky 750ml 259⁹⁹	Klipdrift Export Brandy 750ml and Coca-Cola 2.25L COMBO Promotional Price 184⁰⁰ Get an extra R10 off Rewards Customers Pay 174⁰⁰ *Maximum of 12 e-Coupons per combo per SPAR Rewards customer.	Tullamore Dew Irish Whiskey 750ml 289⁹⁹	Jack Daniel's Tennessee Whiskey 750ml 269⁹⁹
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PERFECT FOR THE PARTY

59⁹⁹ each
Spier
 Sauvignon Blanc, Chardonnay/Pinot Noir, Chenin Blanc or Chardonnay 750ml

69⁹⁹ each
Durbanville Hills
 Sauvignon Blanc, Chardonnay, Chenin Blanc or Chenin Blanc Light 750ml

79⁹⁹ each
Fat Bastard
 Sauvignon Blanc, Chardonnay or Chenin Blanc 750ml

89⁹⁹
Tokara
 Sauvignon Blanc 750ml

59⁹⁹ each
Leopard's Leap
 Sauvignon Blanc, Chardonnay, Chenin Blanc or Chardonnay Pinot Noir 750ml

149⁹⁹ each
Krone
 Cap Classique Night Nectar Demi Sec, Night Nectar Rosé, Borealis Brut or Rosé Brut 750ml

114⁹⁹ each
Namaqua
 Elegant Rosé, Extra Lite, Johannesburg Full-Bodied Sweet White or Sweet White 3L

129⁹⁹ each
Olive Brook
 Carnival Natural Dry White, Sweet White or Sweet Rosé 5L

219⁹⁹
Boekenhoutskloof
 Chocolate Block 750ml

69⁹⁹ each
Spier
 Merlot, Cabernet Sauvignon, Shiraz or Pinotage 750ml

49⁹⁹ each
Four Cousins
 Skinny White, Red or Rosé 750ml

69⁹⁹ each
Laborie
 Merlot/Cabernet Sauvignon, Shiraz or Merlot 750ml

99⁹⁹
Kanonkop
 Kadette Cape Blend 750ml

49⁹⁹ each
Tall Horse
 Cabernet Sauvignon, Merlot, Pinotage or Shiraz 750ml

99⁹⁹ each
Namaqua
 Smooth Dry Red, Johannesburg Natural Sweet Red or Sweet Red 3L

149⁹⁹ each
Olive Brook
 Carnival Classic Red or Sweet Red 5L

LADY Lillian **EXCLUSIVE TO** **tops!** at SPAR

69⁹⁹
Lady Lillian
 Cru Classé Rosé Sparkling Wine 750ml

LADY Lillian
 Sparkling Wine

Lady Lillian is a delicate and sparkling rosé. Her inviting perfume is filled with aromas of white flowers and hints of strawberries that linger through to a palate of plush and ripe tropical fruits.

CRU CLASSÉ ROSÉ
 Sparkling Wine

ONLY AVAILABLE AT **tops!** SPAR

89⁹⁹
OLIVE BROOK
 HEMEL & AARDE PINOT NOIR 750ML

79⁹⁹
OLIVE BROOK
 STELLENBOSCH CABERNET SAUVIGNON 750ML

59⁹⁹
OLIVE BROOK
 CAPE TOWN SAUVIGNON BLANC 750ML

OLIVE BROOK
 TERROIR SELECTION

ONLY AVAILABLE AT **tops!** SPAR

44⁹⁹
OLIVE BROOK
 SAUVIGNON BLANC 750ML

54⁹⁹
OLIVE BROOK
 CABERNET SAUVIGNON/MERLOT 750ML

44⁹⁹
OLIVE BROOK
 CHENIN BLANC 750ML

54⁹⁹
OLIVE BROOK
 SHIRAZ/CABERNET RED BLEND 750ML

44⁹⁹
OLIVE BROOK
 CHARDONNAY 750ML

54⁹⁹
OLIVE BROOK
 MERLOT 750ML

54⁹⁹
OLIVE BROOK
 SHIRAZ/CABERNET RED BLEND 750ML

54⁹⁹
OLIVE BROOK
 MOSCATO ROSE 750ML

49⁹⁹
OLIVE BROOK
 PINOTAGE 750ML

54⁹⁹
OLIVE BROOK
 MOSCATO WHITE 750ML

BUY ANY TO WIN!

WHEN YOUR DAY DESERVES GOOD LOCAL WINE AT GREAT PRICES

tops! SPAR

#NO18 **aware!org**
 www.aware.org.za

Not For Persons Under The Age Of 18.

LEVEL UP WITH THESE



149⁹⁹
each

Smirnoff
Infusions
(Including Flavours)
750ml



179⁹⁹

Captain Morgan
Jamaica
Black Rum
750ml



Whitley Neill
Handcrafted
Original Dry Gin
(Including Flavours)
750ml

249⁹⁹
each



149⁹⁹

Firstwatch
Extra Fine
Whisky
750ml



Wild Africa
Premium Cream
(All Variants)
Liqueur
750ml

114⁹⁹
each

SAVINGS TO START ANY PARTY

BUY 2 FOR

150⁰⁰

J.C. Le Roux
Sparkling Wine
La Fleurette Light
or Apple Blossom
Cans
6 x 250ml



BUY 2 FOR

140⁰⁰

Budweiser
Cans
6 x 410ml



259⁹⁹
per case

Castle Lager
Cans
24 x 500ml



BUY 2 FOR

180⁰⁰

Brutal Fruit
Ruby Apple
Cans
6 x 500ml



MULTI-BUY
Buy 2 for
140⁰⁰
Get an extra
R20 off
Rewards Customers Pay
120⁰⁰
*Maximum of 12
e-Coupons per multi-buy per
SPAR Rewards customer.



Miller
Genuine Draft
Handies
6 x 330ml



Heineken
Premium Lager
Handies
24 x 330ml

299⁹⁹
per case



BUY 2 FOR

190⁰⁰

Belgravia
Gin & Dry Lemon
(All Variants)
Cans
6 x 440ml



BUY 2 FOR

160⁰⁰

Castle Lite
Cans
6 x 500ml



BUY 2 FOR

130⁰⁰

Castle
Double Malt
Cans
6 x 410ml

YOUR NON-ALCOHOLIC ALTERNATIVES



16⁹⁹
each

Schweppes
Soft Drink
Dry Lemon,
Tonic Water
or Soda Water
1L



64⁹⁹
per pack

Belgravia
Gin & Dry Lemon
(All Flavours)
Non-Alcoholic
Handies
6 x 275ml



14⁹⁹

Pepsi
Soft Drink
Regular
2L



79⁹⁹
per pack

Heineken 0.0%
Non-Alcoholic
Handies
6 x 330ml

GREAT LOCAL DEALS



Namaqua
Blanc De Blanc,
Extra Light, Red,
Rosé or Red Dry
5L

139⁹⁹
each



84⁹⁹

La Motte
Sauvignon Blanc
750ml



Laborie
Cap Classique,
Brut, Rosé or
Le Grand Nectar
750ml

MULTI-BUY
Buy 2 for
269⁹⁹
Get an extra
R10 off
Rewards Customers Pay
259⁹⁹
*Maximum of 12
e-Coupons per multi-buy per
SPAR Rewards customer.

Grant's
Triple Wood
Blended
Scotch Whisky
Aged 12 Years
750ml



699⁹⁹

Bisquit
& Dubouché
Cognac VSOP
750ml



PROMOTIONAL PRICE
379⁹⁹
Get an extra
R80 off
Rewards Customers Pay
299⁹⁹
*Maximum of 12
e-Coupons per product per
SPAR Rewards customer.



229⁹⁹

Tommy Ballards
Irish Whiskey
750ml



299⁹⁹

Bulldog
Gin
750ml



169⁹⁹
each

Gin Society
Original,
Blood Orange,
Blue or Pink
750ml

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: www.topsatspar.co.za. Specials available at all TOPS at SPAR stores from 20 September up to and including 2 October 2022 (excluding the Free State, Mpumalanga, North West Province and Limpopo, where these prices apply until 1 October 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

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www.aware.org.za

Not For Persons Under The Age Of 18.

NOW ON!

MORE CASH SAVINGS!



Five Roses
Ceylon Blend
Tagless Teabags
100s

46⁹⁹



Stork
Country
Spread Tub
1 kg

43⁹⁹



Nestlé
Cremora
Coffee or Tea
Creamer
750 g

39⁹⁹



Omo
Auto
Washing Powder
2 kg,
Auto Capsules
17s or Auto Liquid
1.5 litre
Assorted

74⁹⁹
each



All Gold
Tomato Sauce
700 ml

27⁹⁹



Fanta, Sprite or Stoney
Regular
(Excl. Coke Regular,
Diets Light &
Zero Range)
2.25 litre
Assorted

BUY ANY
2 FOR
40⁰⁰



Huggies
Dry Comfort
Nappies
Value Pack
Assorted

159⁹⁹
each

GENDER BASED VIOLENCE

SPAR

Together we can END Gender Based Violence in our communities

Call or WhatsApp

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for help 24/7

www.spar.co.za/gbv

LifeLine

Building Community Heart

Add SPAR chat as a contact on WhatsApp to see specials, store details, SPAR Rewards and more!

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

SPAR

SUPERSPAR

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