





# VEHICLE FOUND SEMI-SUBMERGED IN HARTBEESPOORT DAM

**Hartbeespoort** – At 05:45 on Friday 9 December 2022, the National Sea Rescue Institute (NSRI), the Hartbeespoort Dam duty crew, and the Strategic Response Unit (SRU) were activated following reports of a vehicle that was semi-submerged in the Hartbeespoort Dam near the dam wall. The sea rescue craft named, 'Sea Legs' was launched while NSRI rescue swimmers, South African Police Services, SRU members and a Police Dive Unit responded. Police divers, assisted by NSRI rescue swimmers, sadly recovered the body of a Pretoria man (believed to be aged 43) from the semi-submerged vehicle. The body of the man was taken into the care of Government Health Forensic Pathology Services while towing services assisted Police to recover the vehicle from the steep embankment. Condolences are conveyed to the family of the deceased man.

**NSRI press release, 9 December 2022**



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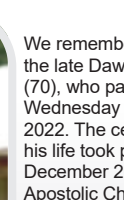


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We remember with love the late Fransie Nel (93), who passed away on Monday 5 December 2022. A memorial service will be held for her at a later stage. For more enquiries call Cobus at 081 379 8919 or Wilna at 074 200 2687 at Econo Funeral Services. A service with love and dignity by Econo funeral and cremation services.



We remember with love the late Dawie van Niekerk (70), who passed away on Wednesday 7 December 2022. The celebration of his life took place on 14 December 2022 from the Old Apostolic Church. For more enquiries call Cobus at 081 379 8919 or Wilna at 074 200 2687 at Econo Funeral Services. A service with love and dignity by Econo funeral and cremation services.

# In remembrance

**FOOD TOWN HYPER TLHABANE**

PROMOTION VALID 15 - 21 DECEMBER 2022

# PRICE LOCK

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# Rustenburg sustains severe water damage

**Rustenburg** – It rained cats and dogs in Rustenburg on Friday 9 December 2022 as the pouring rain caused several streets to look like strong-flowing rivers and caused several houses and buildings to flood.

The Rustenburg Local Municipality (RLM) issued a warning to residents, motorists, and pedestrians about the sporadic flooding in various parts of Rustenburg. The municipality dispatched its disaster and emergency personnel to affected areas to rescue stranded residents and to compile a situational analysis. Several vehicles were stranded either because of water damage or because the roads were flooded.

The BP garage near Waterfall Mall was one of the areas which was hit exceptionally hard by the heavy and continuous downpour. “There was a car stuck across from the fuel station. The mass of water submerged it at almost window level. I was scared that my little car wasn’t going to make it through all that water,” a witness told *Platinum Weekly*.

Another video that was shared with *Platinum Weekly* showed water gushing down what seemed to be giant sink hole to left of the road near Rockcliff Estate. *Platinum Weekly* set out to investigate the scene but fortunately discovered that it wasn’t a sink hole. The area in front of Rockcliff Estate sustained severe damage as the water swept away the walls on both sides of the road at the entrance of the estate and flowed into a nearby ditch. Laerskool Vastrap staff also banded together to clear out the water in the flooded building. Two bridges, one in Middel Street in Rustenburg North near Ben Marais Hall, and the other in

Geelhoutpark, had to be temporarily closed off by the municipality after they had been totally submerged in water with what seemed to be strong currents.

“The rain that comes from the Kloof is heavy and this is not the first time that this area has been flooded. It happens every year, especially when the rains are too heavy,” said a community member from Geelhoutpark who has lived in Rustenburg since 1976. “As far as I know, I am just happy that nobody has been swept away or died.”

Another Geelhoutpark resident, Mokgadi Rampulwane, said vehicles were unable to use the road and had to find alternative routes. The strong current of water flowing across the road and bridge made it impossible and dangerous for motorists to cross. According to Rampulwane, one motorist who attempted to drive his Mahindra over to the other side, got trapped and his vehicle had to be towed away by personnel from the municipality’s emergency unit who arrived to close the bridge.

“I think in the long run, the bridge must be widened and elevated,” Rampulwane added.

**Safari Gardens resident, Donita Visser, said that it rained between 175 mm and 200 mm in their area alone, and that the rain meters filled up to 90 mm in just over an hour.**



The Kremartart bridge in Geelhoutpark was barely visible.



The area in front of Rockcliff Estate sustained severe damage.

## FIVE PEOPLE PERISHED ON N4

**Rustenburg** – The N4 claimed the lives of five people in a head-on collision, in Moedwil, west of Rustenburg on 10 December 2022. Details are still unclear; however, it is alleged that one vehicle tried to overtake the yellow lane and lost control of the vehicle which then collided with an oncoming car. One critically injured woman was airlifted to Milpark Hospital in Johannesburg and the other to a hospital in Rustenburg. The accident took place about 4 kilometres outside Moedwil. This is the same stretch of road where exactly thirty days ago, 10 November 2022, seven lives were lost. It took several hours to remove entrapped bodies from the mangled wreckages.

The MEC for the Department of Community Safety and Transport Management, Sello Lehari, sends condolences to the bereaved families and wishes the injured a speedy recovery.

The acting chief director for Transport Regulations, Paul Stone, has appealed to road users to be extra careful when driving – especially at night. He says law enforcement in the North West province will not be tolerant of any violation of traffic regulations and appeals to all to do everything to ensure that crash statistics are reduced.

**Department of Community Safety and Transport Management press release, 10 December 2022**



A head-on collision along the N4 in Moedwil resulted in the death of five people.



A woman who was critically injured was airlifted to Milpark Hospital in Johannesburg.

## Building tomorrow, brick by brick

Once a sore spot in the community, the construction of the Tlhabane Propellor Hub started in September 2022 and is currently underway to make a change.

**Tlhabane** – A clinic that has been abandoned for approximately 10 years is currently being revamped into a centre where the young people of Tlhabane will have the opportunity to develop and enhance their skills and business goals.

The old building, which is situated at 1088 Lebone St in Tlhabane, had previously been used as a clinic, but after the Department of Health (DOH) moved the health centre’s operations to a larger facility in Tlhabane at 3560 Monareng St, the old building – which belongs to the North West Department of Public Works and Roads – lost its purpose and slowly turned into an informal residence for prostitutes and drug addicts.

Fortunately, the rundown building caught the eye of associates from the ‘Tlhabane Hub’ which is a non-profit organisation (NPO) that is still currently in process of registration.

After evaluating the old building, the Tlhabane Hub recognised the building’s potential of becoming a place where young people could be assisted with marketing skills for their small business initiatives and receive career guidance after leaving school by making them aware of various fields of studies at applicable universities and colleges.

And so, after getting the green light from the North West Department of Public Works and Roads, the reconstruction of the facility – now known as the Tlhabane Propellor Hub – started in September 2022 with the support from local business owners and community members who also recognised it as a game-changer for youths living in and around Tlhabane.

Tlhabane Hub interim chairperson, David Keikantseng, said experts from organisations such as Small Enterprise Development Agency (SEDA) and National Youth Development Agency (NYDA) will also be invited to the hub for presentations that will empower young people with various business skills.

“The building and this property belong to the North West Department of Public Works and Roads so we approached them and asked if we could use it to build a hub,” Keikantseng said, “They advised us on how to apply for a lease and while our application is pending, we have their blessing to go ahead with construction activities.”

Community members have thrown their weight behind the Tlhabane Propellor Hub initiative and have hailed it as a project that could play a pivotal role in creating employment for young people. Like many township areas in South Africa, Tlhabane is



From left: Tumisang Motsumi and David Keikantseng have called on more local companies to help them complete the construction of the hub.

affected by a high unemployment rate and scarce job opportunities outside the mining sector.

Tumisang Motsumi, a community member and volunteer, said that the hub would benefit future generations. “It’s up to us to create a better future for our children. In total there are about 30 of us who are involved in the construction activities. We all take turns to guard the premises at night to prevent vandalism,” Motsumi said.

Hopes are high that the Tlhabane Propellor Hub will become a catalyst for positive change.

Vincent Moche, who is part of the team involved in setting up the hub, was happy to comment on the building’s change as it had once been a hideout for drug addicts and prostitutes. “I have been living in Tlhabane for more than 39 years and the old building had become a haven for crime,” said Moche. “The building hasn’t been used for more than 10 years, and as community leaders, we are happy that something good will now come out of that building.”

Foro Superspar, Foro Build it, Pyramid Funerals and Katlego Baphiring are among the local businesses that have provided material and financial support towards the reconstruction of the building. Before reconstruction, the building was in a sore state; with some windows having rusty hinges and others having none, a deteriorating ceiling, and old crumbling paint.

To date, with the added help of 30 volunteers from the community, the building has been repainted and equipped with a new ceiling, as well as new fixtures such as window and door hinges.

“We are extremely grateful for everyone’s support. However, there is still much work to be done. For example, we need more help because our goal is to build a security wall around the premises before Christmas,” said Keikantseng, who welcomes the support of any security companies who would be willing to volunteer their services until the building’s security has been fully reinforced.

**For more information, or if you would like to support the Tlhabane Propellor Hub, contact David Keikantseng at 072 220 7571 or email tlhabanehub@gmail.com.**

Department of Health

ERRATUM

NORTH WEST COLLEGE OF NURSING, SANC REF. NO. S 2079

PROGRAMME: HIGHER CERTIFICATE: AUXILIARY NURSING (NQF LEVEL 5)

Kindly be advised that the correct Requirements for the Nurse Training Programme for the year 2023: North West College of Nursing, SANC Ref. No. S 2079 as advertised in Mafikeng Mail Newspaper and other Local Newspapers dated 09 December 2022 with the closing date of 23 December 2022 is as follows:

NATIONAL SENIOR CERTIFICATE (NSC)

Requirements: *Compulsory subjects:* • English (Level 4), and Life Sciences (Level 4) • Any other two (2) approved NSC subjects with Level 4 • All other symbols must add up to a minimum APS score of 20 points • NB: Life Orientation (LO) will not be scored • The new closing date for Programme: Higher Certificate: Auxiliary Nursing (NQF Level 5) and Programme: Diploma in Nursing (NQF Level 6):

New closing date: 09 January 2023

The Department would like to apologise for any inconvenience caused.

Health

Department: Health

North West Provincial Government

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PROVINCIAL LEGISLATURE

Bid Invitation

Tender no: NWPL04/22

DESCRIPTION: • North West Provincial Legislature invites competent service providers to bid for provision of financial consultancy at the NWPL for the period of two years.

TENDER INFORMATION: • Tender Documents will be issued as from: • 12<sup>th</sup> of December 2022 and it can be viewed on or downloaded from the website: [www.nwpl.gov.za](http://www.nwpl.gov.za)

• Compulsory briefing session will be held on the 12<sup>th</sup> of January 2023 at 11h00am at North West Provincial Legislature building, Committee Room 2, Dr James Moroka Drive, Mmabatho, 2735.

EVALUATION CRITERIA: • Bidders must obtain a minimum of 60 points required for functionality • The tender will be evaluated on 80/20 basis where 80 points will be assigned to the lowest price and the 20 points based on the Preferential Procurement Status Level Certificate.

SUBMISSION OF TENDERS: • Bids/Tenders must be deposited in the tender box situated at: North West Provincial Legislature Building, Dr James Moroka Drive, P/Bag X2018, Mmabatho, 2735.

Closing Date of Bid Applications is: 19<sup>th</sup> January 2023 at 11h00am.

Tenders must be submitted on the tender documentation that is issued by the North West Provincial Legislature.

Bidding enquires: Mr. K Metsileng - Senior SCM Practitioner - Tender Administrator, Tel: (018) 392 7026, Email: [kagiso@nwpl.org.za](mailto:kagiso@nwpl.org.za)

Technical enquiries: Ms. N Mathibedi - Project Manager, Tel: (018) 392 7000 or 082 697 1363, Email: [nametso@nwpl.org.za](mailto:nametso@nwpl.org.za)

The Tender will not necessarily be awarded to the lowest bid. North West Provincial Legislature reserves the right to omit any part of the service upon discretion. The NWPL Building is a National Key Point, thus resulting in the appointed bidder having to undergo a compulsory security screening.

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18 DECEMBER 07:00-14:00

25 DECEMBER CLOSED

26 DECEMBER CLOSED

27 DECEMBER 07:00-14:00

01 JANUARY CLOSED

02 JANUARY 07:00-14:30

## Man’s body found near taxi rank

**Rustenburg** – The Police in Rustenburg are investigating the circumstances leading to the death of a 32-year-old man. This is after the body of a man was found in a river next to the main taxi rank in Rustenburg on Thursday 8 December 2022.

“At the moment, it is not yet clear what could have led to the man’s death,” said police spokesperson sergeant Ofentse Mokgadi, “What we can confirm is that the deceased had visible head injuries.”

Mokgadi said that the results of an autopsy which is being conducted will shed some more light on the actual cause of the man’s death.

**Anyone with information that could assist police with investigations is requested to contact warrant officer Karel Khumalo at 082 773 0590.**

## A tree in the road



RLM and the Fire Department cut up the fallen tree and removed it from the road.

**Rustenburg** – A fallen tree in Brink Street (in the block between Joubert Street and Beyers Naude drive) obstructed the morning traffic on Monday 12 December 2022. The tree most likely fell because of the recent heavy rains. Luckily the Rustenburg Local Municipality (RLM) and Fire Department quickly responded, and the tree was cut into pieces and removed from the road.

## Derby stabbing



The Derby Buurtwag CPF member received internal and external stitches.

**Derby** – A member of the Derby Buurtwag’s community policing forum (CPF) was rushed to the hospital after receiving a deep stab from an alleged drug addict on Tuesday morning 13 December 2022.

According to the head of Derby Buurtwag, Peet Els, the incident occurred near a ‘drug house’ in Stasie Street after a woman called the Buurtwag CPF for assistance. The woman claimed that her brother had stolen her belongings and a fish tank from a neighbour.

When they arrived at the scene, the woman’s brother attempted to beat a CPF member with a hammer. The CPF members managed to retrieve the hammer from the man, who consequently tried to flee. A chase

ensued between CPF and the man, whereupon the man retrieved a knife and stabbed one of the CPF members in his arm.

According to Els, the stab was quite deep. The Derby Buurtwag made the decision not to wait for an ambulance and rushed their member to hospital where he received internal and external stitches.

Els commented that the CPF member could easily have lost his life if had he not blocked his chest with his arm. The assailant was arrested, and consequently, the Derby Buurtwag’s office was harassed by the assailant’s family with loud shouts and inappropriate language. The Derby Buurtwag tried to subdue the matter but eventually decided to engage no further.

# WHATSAPP

# 072 379 0969

TO REPORT RECKLESS DRIVERS

**Rustenburg** – We are sorry to say that it took the serious injury of one of our own, to make us realise that we had to do something more to stop people not obeying the law, putting others’ lives at risk.

Platinum Weekly talked to Thapelo Matebesi, communications manager of the Rustenburg Local Municipality. They have made a WhatsApp line available where you can **post pictures or videos taken of reckless drivers**.

Please add the location and date of the video or photo(s) taken.

Next time you see someone skipping the robot or stop sign, or not obeying traffic rules, follow them and take a picture of their registration number plate. You can also take a video if you see someone driving under the influence of alcohol.

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## Shootout with robbers

**Koster** – After three men pillaged his vehicle for belongings, a 42-year-old man returned to his vehicle only for the robbers to return and attempt a second offence. Consequently, a shootout erupted between the man and the robbers on 10 December 2022 along the R52 road before the Mahikeng and Rustenburg intersection near the Spitskop Tavern. Says Police spokesperson sergeant Ofentse Mogkadi: “The police in Koster are investigating a case of armed robbery after the 42-year-old man alleged that he was robbed by three armed suspects who drove a white Isuzu bakkie.” He added: “This happened while his vehicle was parked next to the road. The victim said he



ran towards a nearby shop after he saw the three men from the bakkie coming towards his vehicle. The suspects ransacked his vehicle and took an undisclosed amount of cash and other items belonging to the man before they drove off in the Isuzu bakkie. The victim then returned to his vehicle whereupon the suspects returned.” This is when the shootout between the robbers and the man took place. “Eventually, the suspects fled the scene,” Mogkadi said. “No arrests have yet been made, nor have any injuries been reported.” **Police are appealing to anyone who can assist with the investigation to contact sergeant Innocent Matuane of Koster SAPS on 073 781 9904.**

## DOUBLE STRIKE FOR SERVICE DELIVERY

**Rustenburg** – The R24 was on fire with black smoke that filled the night sky due to two separate protests which intertwined regarding service delivery on Thursday 8 December 2022. The first protest took place at the traffic light at the KFC on the R24 as community members burned tyres in outrage due to lack of service delivery. According to reports, some areas were left without electricity and answers for approximately 48 hours. Motorists who managed to make it past the first protest were met with another group of disgruntled community members at the Dinie Estate circle. The residents of the Dinie Estate area were also up in arms because of a general lack in service delivery. “At around 20:00, we drove past the KFC at the Waterfall Mall and saw tyres that were burning along the R24. Further along the same road, we spotted about 50 people who had gathered at the Dinie Estate circle. As soon as we saw them, we turned back and drove in the opposite direction,” a witness told *Platinum Weekly*. *Platinum Weekly* reached out to the Rustenburg Local Municipality for comment but at the time of going to print we had not yet received feedback.



Burning tyres at the KFC traffic light on the R24.

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**Our offices will be closed for the festive season on 20 December and will open on 4 January 2023. We wish all our customers and stakeholders a Merry Christmas and a Happy New Year.**

## Teacher charged for assaulting child

**Rustenburg** – An educator at a local primary school has been arrested and released on a warning and will have to answer to the charges before the court soon. She allegedly assaulted a 13-year-old learner at school on Monday 14 November 2022. According to the parents who opened a case at SAPS, the events on the day played out as follows: The learners were busy changing classes when their son realised that he forgot his pen in the class where he was last. He asked permission from the educator to go and fetch it. Upon his return with the pen, there was a disruption in the class when another learner apparently started teasing him. The educator approached the boy intending to restore order to the class, but when the boy tried to explain that it was not he who made the noise, the educator allegedly proceeded to beat him with a stick in front of his classmates and ordered him to wait for her in the staff room. Apparently, the educator went to the staff room later on where she continued to beat him with a stick until another educator intervened to try and stop the physical assault. Reportedly, the ‘angered’ educator was told by the other educator that physical discipline was not allowed at the school, something she apparently ignored. It was said that she continued by pulling the boy into the staff kitchen where she threw him against the steel cupboards. Apparently, his genitals were also injured during

the assault. After the beating, the learner was ordered to go back to class. “At home, I found that my son was in pain,” the father told *Platinum Weekly*. “He complained about pain all over his body as well as his private parts and told me what happened. We then took him to hospital for a proper assessment.” The doctor advised the parents to fill in a J88 form to take to the police station and to open an assault case on behalf of the child. On Wednesday 16 November 2022, the school principal, accompanied by another educator, visited the learner’s parents to have a better understanding of the incident, and to hear it from the child’s perspective. After the meeting, it was agreed that all parties should meet at the school to decide on a way forward. However, the educator who allegedly committed the assault declined to take part in the meeting and said that she would talk about the matter in court. The learner is currently undergoing trauma counselling. Police spokesperson, sergeant Ofentse Mogkadi, has confirmed that a case has been opened and that the 57-year-old educator is being charged with common assault. “The case will be going to court. The educator has since been released on a warning,” said Mogkadi. The parties are set to attend the court case at the Royal Bafokeng Magistrates’ Court on Friday 23 December 2022.



WEEKLY GIVEAWAY  
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ATLAS<sup>EX</sup>





# Impala Rustenburg wishes you a **safe** and **happy festive season**

This festive season, as we reflect on the many initiatives implemented in 2022 and the positive impact they have had, we thank our mine-communities for working with us. We know that together we can change the future.

**We are proud to share the highlights of our programmes and initiatives in 2022.**

## Youth Development



Grade 12s from 10 high schools attended our winter school programme to **prepare** them for their **final exams**



**6500** learners in Grades 9 and 11 were given **career advice** through our mobile career expo



**15** bursaries were awarded to matriculants in **11 mine-community** high schools



**8** of the 15 bursaries were awarded to **female learners**



Educating learners on protecting the air we breathe. **Fruit trees** and **vegetable seeds** donated to mine-community schools



**Top 8**

netball and soccer teams played in finals of the season-long **Metshameko School Sports Programme**



The **Metshameko** school sports programme in partnership with Royal Bafokeng benefited



**220**

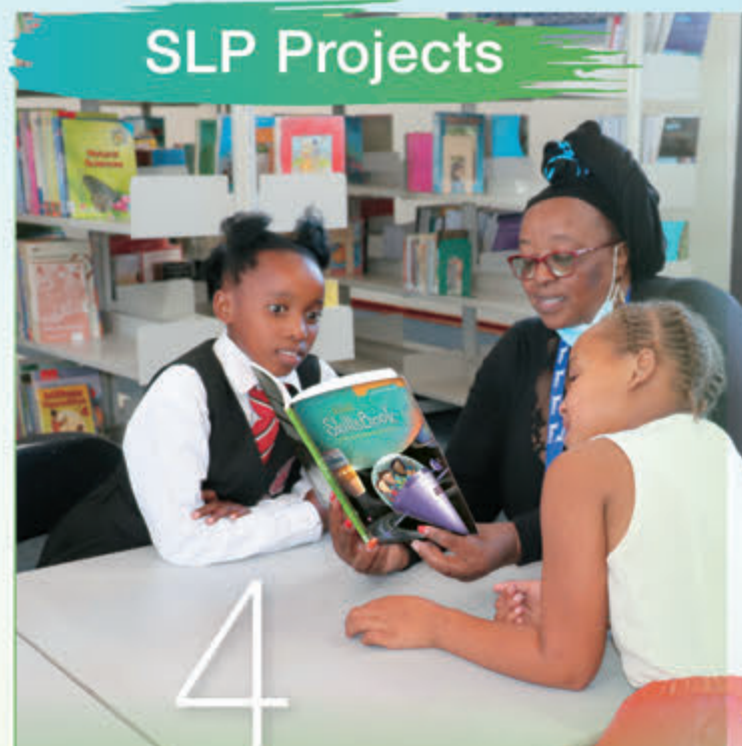
learners were enrolled in the first **Retail Skills Development Programme**



**Top 30**

Grade 10 and 11 learners from eight high schools visited **Magalies Water's Vaalkop Water Treatment Plant** on World Water Day

## SLP Projects



**4** community facilities in the Eastern Cape have been renovated in the past year to provide **library** and **information services** to the region.



## Covid Care

Over **120 000** COVID-19 vaccinations administered to date (including 2022 vaccinations and boosters)

## Investment In SMMEs



Where support and partnering meet

**39**

mine-community SMMEs completed the **12-month Enterprise and Supplier Development (ESD)** training programme

## Educating Communities



**7 000** leaflets were distributed to **20 schools** in commemoration of **Child Protection Week**



Tips on how to **keep safe** on the **roads** this festive season were shared by Impala's **Senior Transport Manager** on local radio stations



Learners in mine-community primary schools participated in a **self-defence class**, hosted in partnership with **Phokeng SAPS**

## Caring For Our Communities



In partnership with Tapologo Centre, **30** bursaries sponsored for mine-community residents to complete **NQF Level 3** qualification in home-based care



Upgrade to the Tapologo Training Centre

## Recognising Women In Mining

**5**

women in senior positions hosted an underground mine tour for members of the media



**First 3**

women achieved Impala Rustenburg's **Platinum Miner** status



**40**

new SMMEs began a **12-month ESD** training programme



**NOW OPEN**

New **Economic Inclusion Centre**



**14**

business forums represented in the **Impala Host Mine-Community Business Forum**



**400**

SMMEs have benefitted from **Impala's ESD** initiatives since launching in 2021





Sibanye-Stillwater is a multinational mining and metals processing Group with a diverse portfolio of mining and processing operations and projects and investments across five continents. The Group is also one of the foremost global PGM auto catalytic recyclers and has interests in leading mine tailings retreatment operations.

The Company is committed to equality and diversity in the workplace and has implemented a Women in Mining (WiM) initiative to instill a culture that supports, guides, mentors, and proactively trains women across all levels of the business and influences the acceleration of women-empowerment initiatives across the industry.

We commit to creating safe working environments and fostering diversity in the workplace and call on all the leaders to lead this change for the betterment of our industry and society. Gender diversity makes sense, and it is a moral imperative.



**NEAL FRONEMAN**

We need to work on systematically eliminating all the barriers that make it difficult for women to participate as employees in our operations. I call on all the men in our workforce to behave appropriately and respectfully towards the women who are stepping forward as pioneers to shape the future of mining, we all need to consciously make our working environment one where women feel comfortable. I urge everyone – men and women alike – not to be bystanders, but to report and stop gender-based violence and harassment both at work and at home.

**NO MEANS NO!** Sibanye-Stillwater has a zero-tolerance approach to gender-based harm and strongly condemns all forms of violence, abuse, sexual harassment, and discrimination. **BE PART OF THE SOLUTION, TAKE THE PLEDGE.**



**THEMBA NKOSI**

Violence and sexual harassment are not allowed at Sibanye-Stillwater. **NO MEANS NO**, nothing else! Let us challenge cultures and practices that perpetuate gender inequalities and abuse of women and children.



**NICOLA JACKSON**

As leadership, we call upon our men and women to publicly speak out and join us in a call to protect our women and children.

**BE PART OF THE SOLUTION, MAKE YOUR VOICE HEARD!**



**THABISILE PHUMO**

We do not tolerate any member of our community engaging in violence on the basis of gender or otherwise. No relationship is worth you, your suffering, and your family.

**TAKE A STAND AGAINST GENDER-BASED VIOLENCE!**



**LERATO LEGONG**

Let us challenge cultures and practices that perpetuate gender inequalities and abuse of women and children.

**NO MEANS NO!**



**DAWIE MOSTERT**

Sibanye-Stillwater is committed to a work environment that is free from violence, abuse, unfair discrimination and harassment. Report any gender-based violence or sexual harassment incidents.

**IT STARTS WITH ME!**



**BRYONY WATSON**

Violence against women and girls is one of the world's most prevalent human rights violations.

**MAKE YOUR VOICE HEARD!**



**NISHA MOWJEE**

Remember, consent cannot be procured through physical force, threats, intimidation, coercion and any other controlling behaviour.

**SILENCE CANNOT BE INTERPRETED AS CONSENT!**



**ROBERT VAN NIEKERK**

Join us in our call to protect women and children, no means no.

**TAKE THE PLEDGE AND SAY NOT IN MY NAME**







**RICHARD STEWART**

As Sibanye-Stillwater, we condemn any form of violence, let us challenge cultures and practices that perpetuate the abuse of women and children.

**TAKE THE PLEDGE!**



**LAURENT CHARBONNIER**

We must challenge the normalisation of violence, we must challenge the beliefs and behaviours that justify or condone violence and inequality in the workplace.

**NOT IN MY NAME.**



**DAWIE VAN ASWEGEN**

Gender-based violence is not in line with our values and Code of Ethics and is morally unacceptable. It is not tolerated within Sibanye-Stillwater.

**BE PART OF THE SOLUTION. TAKE THE PLEDGE!**



**RICHARD COX**

Gender-based violence and sexual harassment are not tolerated within Sibanye-Stillwater, we have a zero-tolerance approach to gender-based violence.

**TAKE THE PLEDGE!**



**NASH LUTCHMAN**

Gender-based violence has no place in Sibanye-Stillwater and not in our values-based culture.

**TAKE THE PLEDGE!**



**JAMES WELLSTED**

Let us respect the rights and dignity of all, especially women and children. Violence is never justified or reasonable.

**NOT IN MY NAME!**



**GEORGE ASHWORTH**

We must challenge the beliefs and behaviours that justify or condone violence and inequality in the workplace.

**MAKE YOUR VOICE HEARD!**



**THUSANANG MOEPENG**

Gender-based violence violates our values and Code of Ethics and is morally appalling. As leaders, we call upon men to speak out publicly and join us in our call to protect women.

**TAKE THE PLEDGE!**



**WILLIAM OSAE**

Remember, consent cannot be procured through physical force, threat, intimidation, coercion, or any other controlling behavior.

**LEAD THE WAY!**



**RALPH LOMBARD**

Do not suffer in silence. Get help by reporting any gender-based violence or sexual harassment incidents.

**IT STARTS WITH ME.**



**FLOYD MASEMULA**

Let us all be activists against gender-based violence. Silence cannot be interpreted as consent!

**LEAD THE WAY, TAKE THE PLEDGE. NOT IN MY NAME!**



**STEVEN JACOBS**

Let us all be activists against gender-based violence in our homes, communities, and workplaces.

**LEAD THE WAY! TAKE THE PLEDGE!**





# Pretty talented models

**Rustenburg** – True to the Globe Model Look (GML) style, the GLM Gala at Excalibur Boutique Hotel on Friday 9 December 2022 was once again a glitz and glam event. During the event, GML models received accolades for their year-end test where they had to showcase what they had learnt during the year. To receive a winning title, models need more than just a pretty face as the panel of judges rated them on their ramp styles, confidence, photogenic abilities, stage talents, and freeze model skills. VIP guests for the evening included the talented actor Neels van Jaarsveld and Megan Lonergan. Megan, who was also a model at GML, commented that the biggest lesson she had learnt at GML is that having a pretty heart is more important than a pretty face. Well done to all the models who worked hard during the year for all their achievements.



Danie Eastes senior (left) is extremely proud of his son Danie Eastes junior's achievements.



Neels van Jaarsveld and Megan Lonergan were VIP guests at the event.

## Have your say / Sê jou sê

### Do you have any New Year's resolutions?

As the year draws to a close, many of us start looking forward to 2023 and all of its possibilities. Do you have any goals for 2023? What motivates your decision?



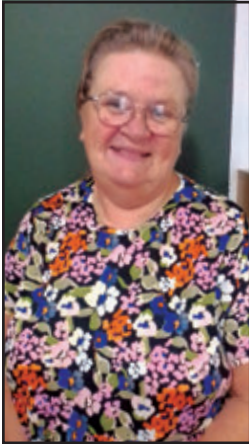
Yes. My resolution for 2023 is to each day be 1% better than the day before, both in my professional and my personal capacity. I don't expect to change overnight, but I must keep improving.

**Tshepang Motjale**



Yes. I don't normally make New Year's resolutions, but for the next year, I would like to be more patient. This is something that I have been working on over the years and hopefully, in 2023, I will manage to achieve this!

**Heidemarie Visser**



Yes. My goal is to help suffering children with love. Giving a child a hug, for example, lifts their spirits up so I will try to be there for them more often.

**Liza van der Merwe**

**PUBLIC POLL: THE RESULTS ARE IN!**

NO **8%** YES **92%**

### Do you have any New Year's resolutions?

| Send your event listing to news@platinumweekly.co.za ** Free Placement! |               |                                           |              |
|-------------------------------------------------------------------------|---------------|-------------------------------------------|--------------|
| PLATINUM EVENT DIARY                                                    |               |                                           |              |
| Geloftefees Kersdiens                                                   | 16 Dec '22    | Rustenburg: Loerkop Adventures Rustenburg | 082-734-1644 |
| Funny Dress Up Golf Day                                                 | 16 Dec '22    | Rustenburg: Rustenburg Golf Club          | 014-592-5575 |
| Home Coming Braai Fest                                                  | 16-18 Dec '22 | Rustenburg: Ko Letlapeng Monakato         | 083-760-0203 |
| Jack Parow Live                                                         | 16 Dec '22    | Rustenburg: Hunter's Pub & Grill          | 082-726-0627 |
| Pierre Du Preez Live                                                    | 17 Dec '22    | Rustenburg: Buffelspoort - Buffalo Grill  | 076-756-9120 |
| Christkindl Markt                                                       | 17 Dec '22    | Rustenburg: Brauhaus                      | 064-617-2423 |
| Turn Up Friday                                                          | 23 Dec '22    | Rustenburg: Ledig, Passmore Pub           | 079-724-4024 |
| Christmas Fun Golf Day                                                  | 23 Dec '22    | Rustenburg: Rustenburg Golf Club          | 014-592-5575 |
| Botter Live                                                             | 23 Dec '22    | Rustenburg: Buffelspoort - Buffalo Grill  | 076-756-9120 |
| Nick Oosthuizen Live Music                                              | 25 Dec '22    | Rustenburg: Buffelspoort - Buffalo Grill  | 076-756-9120 |

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

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

## SUDOKU

## SOULFOOD

### PSALM 123

**Prayer for Relief from Contempt**  
**A Song of Ascents.**

123 Unto You I lift up my eyes,  
O You who dwell in the heavens.  
2 Behold, as the eyes of servants look to the hand of their masters,  
As the eyes of a maid to the hand of her mistress,  
So our eyes look to the Lord our God,  
Until He has mercy on us.  
3 Have mercy on us, O Lord, have mercy on us!  
For we are exceedingly filled with contempt.  
4 Our soul is exceedingly filled  
With the scorn of those who are at ease,  
With the contempt of the proud.

**NEW KING JAMES VERSION (NKJV)**

### Did you know?

Different countries have different traditional Christmas dinners. While in South Africa we tend to celebrate with a braai or a roast, in Japan, a traditional Christmas dinner means a trip to Kentucky Fried Chicken (KFC). On the 25<sup>th</sup> of December every year, you'll find an estimated 3.6 million Japanese families sitting down to a hearty meal of KFC fried chicken.

## What a waste!

*[Letter to the editor]*

**Rustenburg** – Even a small leak could waste a lot of water if not repaired quickly. In Proteapark, we constantly have bursting pipes that become a real concern when weeks go by before the pipes are repaired. The burst pipes often flood and drain the reservoirs, which results in our area not having any water. Sometimes this also means that residents receive enormous bills due to litres and litres of wasted water.

If we're lucky enough for the repairs to get done timeously, the holes which are dug for the repairs are hardly ever closed again; currently, there are three such holes in Soetdoring Avenue that have been left open for quite some time – dare I even say a few years? This is also very unsightly for the people who live in this area.

Better maintenance and proper repairs can result in less maintenance and less water loss.

**Proteapark Resident**

*Platinum Weekly* reached out to RLM regarding the issue but did not receive feedback at the time of going to print.

**WEATHER REPORT NORTH WEST**

**RUSTENBURG**

|          |             |             |     |
|----------|-------------|-------------|-----|
| Thursday | 15 DEC 2022 | 30°C - 19°C | 24% |
| Friday   | 16 DEC 2022 | 27°C - 18°C | 71% |
| Saturday | 17 DEC 2022 | 28°C - 17°C | 58% |
| Sunday   | 18 DEC 2022 | 30°C - 17°C | 10% |
| Monday   | 19 DEC 2022 | 29°C - 17°C | 15% |

At time of print

|                |          |
|----------------|----------|
| USD / ZAR      | 17.269   |
| EUR / ZAR      | 18.373   |
| GBP / ZAR      | 21.3611  |
| AUD / ZAR      | 11.6289  |
| Yuan / ZAR     | 2.4816   |
| USD / EUR      | 0.93985  |
| USD / GBP      | 0.80844  |
| Bitcoin / USD  | 17797    |
| Ethereum / USD | 1322.44  |
| Gold \$/oz     | 1 812.37 |
| Platinum       | 1 046.95 |
| Brent          | 80.34    |
| Palladium      | 1 934.00 |
| Silver         | 24.07    |

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# Letter from the editor

## Thank you for being part of our journey.

As the year comes to a close, I would like to thank everyone who has contributed to our journey this year.

Everyone I've spoken to has said that this year has drained their energy in some way or the other, yet there is a lot of positivity out there. People have adapted to blackouts and other challenges and have found a way of keeping things together, with many even thriving. With the work on our publications and even on a personal level, we have been knocked around and we have been blessed this year.

Our successes are definitely rooted in grace and on the relationships we have built with our communities over the years, and we are grateful for the opportunity to work both with you, and for you. Because of your input, we can share news and information and we are able to make a difference in our communities, reminding our readers that they are not alone and that everyone can play their part in the bigger scheme of things. I salute the police officers, and every member of our local security groups and the CPF for always putting the safety of our people first, as well as the people working for our NGOs and NPOs who are often the saving grace for people in desperate need.

Thank you to our loyal readers, who send us information about things happening in our community. You have made it possible for us to shed light on many important issues, and in doing so, you have made a difference. Thank

you for your willingness to always reach out to us with interesting news, a call for help, and about matters that we all ponder on.

I can proudly say that our team of journalists, graphic designers, videographers, and support staff have persevered, dealing with every roadblock in their way, with a positivity which is crucial to keep their creative spirits alive. We are always trying to better ourselves, turning the screws and keeping an eye on the compass to do our best for our communities.

This year, just like the years before, has helped to make all of us stronger and wiser. I know that for all of us there will be many challenges ahead, but at the same time we must stay excited about the possibilities of life and what we are going to do in 2023 to make this world a better place for all of us.

Lastly – but most importantly – I want to give praise our God YAHWEH and his son Jesus Christ. Without God, nothing good is possible. I thank God for his grace, and for bringing us together and guiding us every step of the way. This festive season, during which Christians around the world celebrate the birth of His son Jesus, please remember to invite the Lord into everything you do.

This is the last issue for 2022. Our first issue for 2023 will be on the streets on Thursday 12 January. Keep safe and make time to recharge your batteries for the year ahead.

Happy holidays!

Your editor, Myrtle



# Don't dump your baby – there are other options available



**Rustenburg** – Most women are ecstatic when they find out that they are going to be a mom. Unfortunately, this exciting time can also turn into a very scary time for expecting mothers. Sometimes, women find themselves alone, underaged, ashamed or do not have the necessary support structure in place to help them care for their babies. With difficult circumstances, they might feel that they have no other alternatives but to abandon their babies. Sadly, this also often means that babies are wrapped in plastic, left in the veld, or dumped in dustbins like trash.

The social workers at Child and Family Welfare are always willing to work with young expecting mothers and families who feel like they can't take on the responsibility of a child. "Women need to know that there are alternatives available to them. They can reach out to a social worker who will discuss the different options with them through counselling," said Rustenburg Child Welfare social worker, Deidre Janse van Rensburg, "They will also give you the necessary support during your pregnancy. If you inform a social worker that you intend to put your baby up for adoption, the social worker will assist you without any judgement."

Should you be unable to care for your baby, please go to a hospital to give birth. This will not only give your baby a chance at life but will also be beneficial to your health. By using the correct channels, the baby will receive an ID number which will help with the adoption process in which the mother has 60 days to change her mind.

"I have been doing this for many years and every time I hear of a baby that was dumped somewhere, it breaks my heart," Mōrester Kinderhuis director Helen Lotz told *Platinum Weekly*. Lotz currently provides a safe place for abandoned children.

Mothers who abandon their babies without seeking assistance will be charged with concealment of birth, where a DNA test is done to locate the mother who will face criminal charges if caught.

"What if the baby is born at home and you decide that don't want to keep it? You can still go to the hospital and speak to a social worker," Lotz added.

There are instances where women give birth at home and the baby is stillborn. This can cause a woman to start panicking. If a baby is stillborn, a doctor needs to be contacted to declare the infant's death. If it is classified as an unnatural death, the police also need to be informed. If you did nothing wrong, there is nothing to fear as this is a normal and necessary procedure.

If you do come across an abandoned baby, the first thing to do is to immediately contact the police. They will obtain the required documents from the Department of Social Development to ensure that the baby can be taken to a place of safety.

Whatever your circumstances, no matter how afraid you are, and whatever reasons you may have for not keeping your baby, please do the right thing and follow the right procedures to ensure that the life of the child is protected. Safe and legal alternatives are always available.

If you do not have someone to confide in, and you want to learn more about the available options, contact Rustenburg Child Welfare at 014 537 2014/2072 or contact Lotz at 082 460 8418.

## CLASSIFIEDS

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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 T83037/2019 passed by The Executrix in the Estate of the Late GEORGE HENRY PETERSON, Estate Number 3633/2019 in favour of ASLEY HELEN PETERSON, Identity Number 420727 0138 08 1, Unmarried, in respect of certain REMAINING EXTENT OF ERF 1302 RUSTENBURG TOWNSHIP, REGISTRATION DIVISION J.Q., PROVINCE OF NORTH-WEST, HELD BY DEED OF TRANSFER T83037/2019 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 9<sup>th</sup> day of DECEMBER 2022.**  
VAN VELDEN-DUFFEY INC

Address: 67 Brink Street, Rustenburg, 0299

E-mail address: veronicas@vvd.co.za

Contact number: 014 592 1135

### 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 T19834/2008 passed by The trustees for the time being of BOSCHDAL TRUST, Registration Number IT1294/2004 in favour of BUN MALAN PROPRIETARY LIMITED, Registration Number 1970/011888/07, in respect of certain REMAINING EXTENT OF PORTION 10 (A PORTION OF PORTION 2) OF THE FARM BOSCHDAL 309, REGISTRATION DIVISION J.Q., PROVINCE OF NORTH-WEST, HELD BY DEED OF TRANSFER T19834/2008 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 13<sup>th</sup> DECEMBER 2022**  
VAN VELDEN-DUFFEY INC

Address: 67 Brink Street, Rustenburg, 0299

E-mail address: veronicas@vvd.co.za

Contact number: 014 592 1135

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# GREAT GIVEAWAY AT MOBI DICK PUMPS & IRRIGATION

**Rustenburg** – To give thanks to their loyal clients, Mobi Dick Pumps & Irrigation hosted a giveaway event at their premises on Wednesday 7 December 2022. Clients walked away with some amazing prizes worth more than R80,000. The prizes included three borehole pumps sponsored by Jordan and two booster pumps sponsored by SA Plasticor and Vansan! But the ultimate prize that was up for grabs was a solar pump with six solar panels—something that will certainly be handy given the electrical climate!

To qualify for the lucky draw, clients had to have spent R2,000 in-store, or by liking, tagging, and following Mobi Dick Pumps & Irrigation's Facebook and Instagram pages. On Facebook, entrants had to tag three friends on any post to promote the giveaway and comment with their name and contact number, and for every three tags, they got an additional entry into the draw.

Congratulations to Gideon Dekker, EC Cato, and Gert Blom, whom each won a borehole pump, and David Frazer and TJ Venter whom each won a booster pump, while Chene

Woest – who was our first online entry – walked away with the ultimate prize being the solar pump and panels.

Clients who came to the shop during the giveaway also got a chance to pop a balloon to win a prize, and further treated themselves to pancakes, cupcakes, and slushies.

Mobi Dick has everything you need for a thorough irrigation system! Their local store is stocked with all of your irrigation requirements, from pipes per metre to irrigation fittings, and a large variety of pumps. Mobi Dick also operates a small field team of technicians who are equipped to assist you with the following:

- Irrigation installations and repairs
- Tank booster pump systems
- Installation and repairs of borehole pumps
- Irrigation technicians
- They are also registered at the borehole association

**Visit Mobi Dick at 196b President Mbeki Drive, Rustenburg, or for any inquiries contact 066 234 2194.**



The dedicated team at Mobi Dick Pumps & Irrigation.



Elandre Ehlers poised to pop a balloon for a prize.



Mobi Dick Pumps & Irrigation owner, Vickus van Dyk, drew the names of the lucky winners.

NOTICE OF ENVIRONMENTAL IMPACT ASSESSMENT REPORTS AVAILABLE FOR REVIEW AND COMMENT

PROPOSED DEVELOPMENT OF THREE PHOTOVOLTAIC (PV) SOLAR ENERGY FACILITIES, GRID CONNECTION AND ASSOCIATED INFRASTRUCTURE, NORTH WEST PROVINCE

**Applicant:** SRPM Solar (Pty) Ltd, K4 Solar (Pty) Ltd and Marikana Solar (Pty) Ltd

**Proposed Activity:** The development of three (3) Photovoltaic (PV) Solar Energy Facilities, Grid Connection and associated infrastructure.

**Project Location and Description:** The Solar PV facilities are located near current Sibanye Stillwater mining operations within the North West Province. Details of the three (3) Solar PV facilities are as follows:

|                         | RPM Solar PV                                                                                                                                                                                                                                                                                     | Karee Solar PV                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Marikana Solar PV                                                                                                                                                                                                                                                                                                                                                      |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Applicant</b>        | SRPM Solar (Pty) Ltd                                                                                                                                                                                                                                                                             | K4 Solar (Pty) Ltd                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Marikana Solar (Pty) Ltd                                                                                                                                                                                                                                                                                                                                               |
| Generating capacity     | Up to 80MW                                                                                                                                                                                                                                                                                       | Up to 95MW                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Up to 30MW                                                                                                                                                                                                                                                                                                                                                             |
| Farm Name and No.       | Farm Waterval No. 303, Portion 5, 6, 8, 16, and 48                                                                                                                                                                                                                                               | Farm Brakspuit No. 299, Portion 23                                                                                                                                                                                                                                                                                                                                                                                                                                     | Farm Middelkraal No. 466, Portion 9                                                                                                                                                                                                                                                                                                                                    |
| Grid connection         | Up to 132kV power line connecting to Paardekraal and UG2 substations                                                                                                                                                                                                                             | Up to 132kV power line connecting to the Karee substation                                                                                                                                                                                                                                                                                                                                                                                                              | Up to 132kV power line connecting to the Marikana substation                                                                                                                                                                                                                                                                                                           |
| Power line alternatives | <ul style="list-style-type: none"><li>•Alternative 1: Farm Waterval 303, RE/16, 14, 9, RE10 RE303,19</li><li>•Alternative 2: RE16, 14, 9, RE10, RE303, 19</li><li>•Alternative 3: RE16, 14, 9, RE10, RE303, 19</li><li>•Alternative to option 2, of both MV rooms with an OHL RE16, 14</li></ul> | <ul style="list-style-type: none"><li>•Alternative 1: Farm Rooikoppies 297, RE/276, 277</li><li>•Alternative 2: is an option to avoid some infrastructure and is an extension of Alternative 1 with the addition of crossing portion 42/297 157, 159</li><li>•Alternative 3: RE/276, 223, 135, RE/116, 123, 171, 170, 169, 168, 164, 158, 156,155</li><li>•Alternative 3b: RE/276, 223, 135, RE/116,297, 123, 171, 170, 169, 168, 164, 158, 156,155, 157, 42</li></ul> | <ul style="list-style-type: none"><li>•Alternative 1: farm Middelkraal 466, Portions 9, 12, 7, 15, 14, 3</li><li>•Alternative 2: farm Middelkraal 466, RE/9, 12, 7, 15, 14, RE/3.</li><li>•Alternative 3: farm Middelkraal 466: RE/9, 12, 7, 36, RE/5, River crossing, 18, RE/3.</li><li>•Alternative addition to Alternative 1 to reach tie in point: RE/3.</li></ul> |

**Environmental Assessment Process:** In terms of Sections 24 and 24D of the National Environmental Management Act (No 107 of 1998), as read with the EIA Regulations, 2014 (as amended), a Scoping and EIA process is required to be undertaken in support of an application for authorisation for each of the proposed three (3) solar developments and its associated grid connections infrastructure.

**Environmental Impact Assessment Reports available for public review and comment:** Environmental Impact Assessment Reports (EIARs) in support of each of the Applications for Environmental Authorisation for the solar PV facilities and associated infrastructure have been compiled and will be available for review and comment for a 30-day period from **Friday, 13 January 2023 to Monday, 13 February 2023.**

The EIARs are available for download from the Savannah Environmental website at <https://savannahsa.com/public-documents/energy-generation/se3241-sibanye/> as well as the Sibanye Platinum Free Site at: Ulwazi.datafree.co.

**Public Meetings for these projects will be held within the first quarter of 2023**

To obtain further information and register on the project database, please submit your name, contact information and interest in the project to the contact person below:

**Nicolene Venter / Molatela Ledwaba at Savannah Environmental**  
P.O. Box 148, Sunninghill, 2157  
Tel: 011 656 3237 | Mobile: 060 978 8396  
Fax: 086 684 0547  
Email: [publicprocess@savannahsa.com](mailto:publicprocess@savannahsa.com)  
Website: [www.savannahsa.com](http://www.savannahsa.com)

## Botanical Garden set to piggyback on Kgaswane Mountain Reserve?

The Kgaswane Mountain Reserve is tucked away on the northern slopes of the Magaliesberg, some 10 km from Rustenburg's CBD.

**Rustenburg** – The South African National Biodiversity Institute (SANBI) manages South Africa's 10 national botanical gardens (NBGs).

These botanical gardens are establishments that hold collections of living plants grown for scientific study, conservation, education, and as a display for the public. The botanical gardens serve as urban-based centres where South Africa's unique biodiversity can be viewed. A site visit to prospect the possibility of an NBG at Kgaswane Mountain Reserve, was done by SANBI and the Department of Economic Development, Environment, Conservation and Tourism (DEDECT) on Wednesday, 23 November 2022.

As part of SANBI's national gardens expansion strategy, they hope to have at least one national botanical garden in every province by 2030.

Provinces where new national botanical gardens still need to be established include the Limpopo Province and the North West.

Following a feasibility study of situating a National Botanical Garden in the North West province, the favourite site to emerge was the Kgaswane Mountain Reserve. The garden is set to be established in the Waterkloofspuit section of the Mountain Reserve, which is a previously disturbed land portion of the reserve. A disturbed area in nature refers to an area where the natural ecosystem has been altered due to natural or human causes. The size of the landscaped area that will be reserved for the NBG still needs to be determined, but it will largely be confined to existing disturbed areas. The NBG will link to existing road networks and trails in the mountain reserve. "It will not affect the core conservation area around the wetland and water resource areas higher up in the reserve," said SANBI chief director, Christopher Willis.

There is also still much planning to be done; designs and approvals are required before any new developments can be started at the Waterkloofspuit site. Willis added: "Once all partnerships and approvals have been secured and sourced – including environmental authorisation for proposed developments – construction, upgrades, and refurbishment of existing infrastructure including road upgrades will take at least 12-18 months. It is anticipated that the NBG development might only start

in the 2024/25 financial year, and possibly only be completed by 2026/27." According to Willis, the NBG's elements will add value to the existing mountain reserve. This will include environmental education opportunities, learning and interpretation opportunities, and additional infrastructural and maintenance funding. It will also support the North West Parks Board in the conservation management of reserves, including additional resources for improving and enhancing existing infrastructure. Through this project, value will also be added to the tourism experience by means of diversifying tourism products whilst keeping the core conservation area intact, rehabilitating previously disturbed habitat, old lands and orchards etc.

"The area proposed to be developed as the landscaped or cultivated section is an area of old lands and exotic trees and plants, and poorly maintained infrastructure, including roads and buildings. SANBI's involvement will add value to the experience of visitors to the reserve, diversify tourism opportunities, and bring in a national public entity as a partner with its own resources, including skills, a network of partners, as well as research and plant taxonomic expertise," said Willis.

Resonating with other conservationists, vegetation specialist Cathy Dzerefos feels that the Kgaswane Mountain Reserve might not be the best site to establish a botanical garden. "At first, this might seem like a great idea, but it's not as it will mean cyclists will have to dodge more traffic and new road infrastructure will have to be built to the old Kruger House." Dzerefos is of the opinion that it would have made better sense to situate the garden in the buffer zone and which would secure more land for biodiversity to act as a carbon sink to help reduce climate change. So many areas bordering the reserve, like the Donkerhoek road, are being plundered for wood which would have made the ideal site. Arguably the part of Kgaswane that the feasibility study considered for the NBG has been previously ploughed. She argues that these disturbed sites are valuable monitoring areas. "The recovery of vegetation following a disturbance helps inform us on how to rehabilitate disturbed mining sites and roadsides and also shows which indigenous plants struggle to return, and which may need to be cultivated to ensure their long-term survival," Dzerefos concluded.



# INSPIRING WINNER ANNOUNCED

**Rustenburg** – December is here, and we have made it thus far regardless of all the challenges we have faced throughout the year. It has probably been an exceptionally tough year for many, and *Platinum Weekly* decided to reward one of our readers for pulling through with a R750 Pick n Pay voucher. Readers sent in their stories about challenges they faced during 2022, and how they managed to overcome them. Nkosiphendule Gaonathebe was selected as the winner through a lucky draw.

Here is the winner’s story:

## A challenge turned into a testimony

My name is Nkosiphendule Gaonathebe. I was born and raised in the small town of Kathu in the North Cape, but I’m currently staying in Rustenburg. I’m a firm believer in new year’s resolutions, so at the beginning of 2022 – which was looking great – I decided to set my resolutions:

- Start flight attendant training
- Have three graduations in a year
- Celebrate my 21st birthday
- Get a car from my parents
- Audition for Idols 2022
- Meet my soulmate

I was confident to reach all these goals, but life had other plans in store for me... I kickstarted my goals by managing to tick off the first item on my list – going to flight attendant training. I got admitted into a flight attendant training academy in Johannesburg. Here I made new friends and was living my best life. It was fun and I learnt so many new things, but then things took a terrible turn. As part of my 2022 plan to meet my life

partner, I decided to take a chance and go on a blind date. Little did I know how this decision would change my life. It turns out that this was not a date but a scam to lure me in and mug me. Three men attacked me and took everything I owned. I was crying and helplessly running through the streets. It felt like the end of my world. It was extremely traumatising, and it took me a while to heal. It was exceptionally difficult spending the next six months busy with training without a cellphone to keep in contact with my people and support structure. However, there was some light at the end of the tunnel when I got a call from Orbit TVET college which informed me that I was selected as the tourism top achiever for 2021. One graduation ceremony had been ticked off my list, and my family and friends were overjoyed and proud of me. Because I decided to continue my studies and was still enrolled, I tried to stay focused on my studies. The final exam took place

right around my birthday and instead of celebrating my birthday I studied throughout the night until I was ready for the exam – only to later learn that I had failed it. I felt like a failure because I knew my parents had paid a lot of money for my studies. I enrolled again but had to drop out because of further financial challenges. I then had to start searching for a job and every unsuccessful application felt like a knife to my heart. It was clear that 2022 was not my year and I was tired of the many challenges that had broken me down. Depressed, I cried more often than I would like to remember, and I started having suicidal thoughts. The only thing that kept me going was my faith in God. After a lot of crying and reflection on my life, my mother’s words of wisdom helped me to face reality. She always said, “There are different phases in life, some good and some bad.” Because I am a Christian and I believe that everything happens for a reason,



Nkosiphendule Gaonathebe won a R750 Pick n Pay voucher for sharing an inspiring story.

I realised that my challenges had been part of a bad phase and that they would pass as long as I had God by my side. I have a great family and friends who support me. When I do get called for interviews the rejection doesn’t nearly hit as hard because I have faith that God will place me where I need to be. Knowing that God is in control changed my way of thinking and feel better knowing that I never have to face any challenge alone. Life is good and I can’t wait to see what 2023 has in store for me.

## Platinum Masters poised to win league

**Rustenburg** – Platinum Masters have put themselves in a very strong position to win the Bojanala Masters Football League. Their impressive 6-1 win over Sun City Masters on Sunday 4 December at the Popo Molefe Sports Grounds means that they are now 74 points stronger. KN Masters are still second on the log with 64 points after winning their match against Popo Molefe Masters by a 5-0 margin. With just four matches remaining until the end of the season, Platinum Masters are poised to win the league; judging by their technique and splendid scoring, it will be very difficult for any team to dislodge them from the top. However, the Bojanala Masters Football League secretary Chris Kusane told *Platinum Weekly* that the teams will take a break during the festive season. “There will not be any league games this weekend. The fixtures for 2022 have all been completed and action will only resume on Sunday 15 January 2023.”



## Rotary club fights polio



Rustenburg Kloof Rotary Club members helped to raise money to fight polio.

**Rustenburg** – Rustenburg Kloof Rotary Club members were at Mount Sera Primary School on Friday 28 October 2022 for an initiative to raise money for the fight against polio. ‘Purple Pinkie Day’ was held at the school and helped to raise money for the Rotary’s polio plus initiative. “Learners at the school were immunised against polio by personnel from the Department of Health and we marked their pinkie fingers with purple ink to help identify those who were immunised and those who were not,” said Rustenburg Kloof Rotary Club president, Saul Chitate. “So far, through all our activities, we have managed to raise R6,741 and this will go into a global fund to help with efforts to fight polio around the world,” Chitate added. To date, Rotary have helped to immunise more than 2.5 billion children against polio in 122 countries.

## Swartruggens se liggie huis

**Swartruggens** – Lindie en Herman Steyn se huis in 17 Liebenberg straat in Swartruggens is van hoek tot kant versier met Kersfeesliggies. Die pragtige liggies staan uit soos ‘n baken en die gemeenskap is welkom om hulself te kom verwonder aan die kunswerk van lig. Afhangende van die reën, word die liggies elke aand aangeskakel van 20:00 tot 22:00, en sal op wees tot die nuwe jaar. Gaan maak ‘n draai en deel in die gees van Kersfees.



Die pragtige liggies by 17 Liebenberg Straat, Swartruggens.



The Party Plex Rental team from left: Tendani Nengovhela, Jackson Nengovhela and Ofentse Nengovhela cooking up a storm at the Splendour Market.

## Waterfall Mall – a Christmas Festival

**Rustenburg** – Waterfall Mall certainly has the Christmas spirit with a great line-up to keep the whole family entertained this Christmas holiday. As part of their Christmas campaign, they hosted the Splendour Market in the basement parking area on Saturday 10 December. The market had more than 60 stalls that sold everything from beautiful hand-crafted items to delicious food and was also a great opportunity to find the perfect gift. Youngsters had the opportunity to meet Mr and Miss Claus while pageant participants wowed the crowds on the catwalk for the title of Mr and Miss Splendour. Plan your festive shopping trip to Waterfall Mall and enjoy their Christmas Craft station in the centre court which will be open daily from 10:00-15:00 until the 18th of December. Remember to have your gifts wrapped at the charity kiosk as donations go towards The Lighthouse Children’s Home in Rustenburg. Have your photo taken at the festive photo booth or shop at the Festive pop-up shops from the 19th to the 24th of December.





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FREE



# CYCLING CLUB GROWS WITH ENTHUSIASM

**Rustenburg** – One of the Rustenburg Cycling Club's (RCC) major goals for 2022 was to grow its membership and increase its participation. As the year draws to a close, RCC chairman Justin Brown, believes that the club has made huge strides in achieving its objective. In his year-end message, Brown thanked the club's sponsors for contributing towards the success they enjoyed during 2022. He also expressed optimism towards the club's growth in 2023.

"As a committee, we would like to thank our members and sponsors for their generosity and cooperation throughout this past year," said Brown, "You have all made a huge difference and made it a pleasure for us to serve you. We look forward to building stronger relationships and achieving more goals in 2023. We wish you and your loved ones a blessed festive season and a brighter and more prosperous 2023."



From left: Mac Heyneke, Morné du Plessis, and Justin Brown give thanks to RCC sponsors for their support throughout the year.

### HSBC SEVENS CAPE TOWN

Die Blitse maak dit toe nie in Kaapstad nie... Samoa skakel die Blitse uit in die eerste semi-finaal en wen 10-7. Die Samoane bou voort op hul goeie oorwinning en klop Nieu-Seeland in die finaal 12-7. Die Blitse verloor die uitspeel vir die derde plek teen die VSA 22-14 om sodoende vierde te eindig.

**Nag ou Blitse... tot 2023!**

### Europese Ruggas

**Uitslae:**

- Ospreys 17-23 Leicester Tigers
- Saracens 30-26 Edinburgh
- Munster 13-18 Stade Toulousian
- Castres Olympique 12-27 Exeter Chiefs
- La Rochelle 46-12 Northampton Saints
- Bulls 42-36 Lyon
- Gloucester 22-17 Union Bordeaux-Begles
- Clermont 24-12 Stormers
- Racing 92 10-42 Leinster
- Sharks 39-31 Harlequins
- London Irish 27-32 Montpellier



**Bepalings:**

**Vrydag 16 Desember**

- Union Bordeaux-Begles 22:00 Sharks
- Leinster 22:00 Gloucester

**Saterdag 17 Desember**

- Exeter Chiefs 15:00 Bulls
- Edinburgh 15:00 Castres Olympique
- Lyon 17:15 Saracens
- Leicester Tigers 17:15 Clermont
- Stormers 19:30 London Irish
- Ulster 19:30 La Rochelle
- Montpellier 22:00 Ospreys

**Sondag 18 Desember**

- Stade Toulousian 15:00 Sale Sharks
- Northampton Saints 15:00 Munster
- Harlequins 19:30 Racing 92

### European Rugby Champions Cup 2022/23

**Uitslae:**

- Section Paloise 16-21 Cheetahs
- Lions 31-31 Dragons

**Bepalings:**

**Vrydag 16 Desember**

- Lions 19:30 Stade Francais

**Saterdag 17 Desember**

- Cheetahs 17:15 Scarlets

**Nag ou grote...**



## GOMES AND SIWELA DO SA PROUD IN QATAR

**SA** – The South African national soccer team, Bafana Bafana, may not be participating in the World Cup in Qatar, but two local referees are vividly displaying South African talent in the international sphere of soccer. Gomez and Siwela did SA proud when they handled the world cup match between France and Australia which took place on Thursday 22 November 2022 (France took the win over Australia by a 4-1 margin). One of the most experienced referees in the Premier Soccer League (PSL), Victor Gomes, as well as linesman, Zakhele Siwela, have been attached to the international soccer tournament and their presence there is certainly an achievement of

great significance; just as the world cup tournament features the best national soccer teams, only the best referees and linesmen are selected to handle the international matches. Gomes – who has overseen more than 322 matches since his first game in 2088 – is one of the country's most experienced referees, thus his participation in the world cup should come as no surprise to those who know of his achievements. Siwela, on the other hand, is taking part in his third world cup and is considering retirement after the international cup.



### FOOD TOWN HYPER RUSTENBURG

SAVE & LOT

TRANS Shopping Mall

PROMOTION VALID 15 - 21 DECEMBER 2022

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FRESH DEALS!

- White Star Maize Meal 12.5kg + Spekko Rice 10kg + Sasko Cake Flour 12.5kg + Atlanta Brown Sugar 10kg + Excella Cooking Oil 5lt **BUY ALL FOR R750**
- Buttermilk 7kg **39<sup>99</sup>**
- Butter 2kg **89<sup>99</sup>**
- Butter 1kg **49<sup>99</sup>**
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- Butter 250g **95<sup>99</sup>**
- Butter 125g **99<sup>99</sup>**

### RAINBOW

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- RAINBOW Mixed Portions 2kg
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### UNITY

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- UNITY Full Cream Milk 1L
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**99<sup>99</sup>**

- JACOBS Kronung Coffee 200g

### COCA-COLA

BUY 2 FOR **60.00** (R30.00 EACH)

- COCA-COLA Soft Drink 2lt

### SURF

BUY 2 FOR **96.00** (R48.00 EACH)

- SURF Washing Powder 2kg

### STORK

**43<sup>99</sup>**

- STORK Country Spread (Tub) 1kg

### MARANG

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

- MARANG Large Eggs 60's

### DARLING

**21<sup>99</sup>**

- DARLING Amasi 2lt

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# SWEET SAVINGS ON Christmas CONFECTIONERY



**59<sup>99</sup>**  
120g each

Astir Boot with  
Chocolate  
Pralines

**24<sup>99</sup>**  
75g each

Wawi Chocolate  
Santa/Balls

**149<sup>99</sup>**  
140g each

Walkers  
Chocolate  
Raspberry  
Truffles



**99<sup>99</sup>**  
200g

Socado  
Chocolate Pralines  
Santa Box



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

Astir Plush  
Teddy with  
Chocolate

**59<sup>99</sup>**  
225g

Wawi Chocolate  
& Jelly  
Confectionery  
Bag



**SAVE R36**  
**ANY 3 FOR**  
**R99**

X WITH CARD

Nestlé  
Minis Chocolate  
Fun Bags  
All Variants x 3



**SAVE R10**

**27<sup>99</sup>**  
150g each

X WITH CARD

Cadbury  
Chocolate  
Slab  
All Variants



**SAVE R80**

**BUY 2 FOR**  
**R149**

X WITH CARD

Nestlé  
Quality Street  
Chocolates &  
Toffees  
2 x 435g



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**44<sup>99</sup>**  
120g each  
Regal Chocolate Box Selection

**SAVE R10**  
**59<sup>99</sup>**  
100g each  
WITH CARD  
Lindt Chocolate Teddy Bear All Variants

**SAVE R25**  
**94<sup>99</sup>**  
200g each  
WITH CARD  
Ferrero Rocher 16-Piece Chocolates

**SAVE R44**  
**BUY 2 FOR R100**  
WITH CARD  
Beyers Sweetie Pies 2 x 6 per pack

# CHRISTMAS CONFECTIONERY

**SAVE R56**  
**ANY 2 FOR R110**  
WITH CARD  
Sally Williams Nougat All Variants 2 x 125g/150g/170g

**BUY ME TO WIN**  
**SAVE 16%**  
**9<sup>99</sup>**  
20g each  
WITH CARD  
Nestlé KitKat Chocolate Santa

**BUY ME TO WIN**  
**SAVE 25%**  
**19<sup>99</sup>**  
40g each  
WITH CARD  
Nestlé KitKat Chocolate Santa

**SAVE R10**  
**54<sup>99</sup>**  
25g each  
WITH CARD  
Lindt Lindor Milk/Mint Chocolate Truffles

**SAVE R30**  
**169<sup>99</sup>**  
170g  
WITH CARD  
Lindt Christmas Advent Calendar

**SAVE R10**  
**49<sup>99</sup>**  
100g/150g each  
WITH CARD  
Beyers Amarula Fudge All Variants

**SAVE R20**  
**69<sup>99</sup>**  
110g each  
WITH CARD  
Beyers Amarula Chocolates All Variants

**SAVE R35**  
**ANY 2 FOR R85**  
WITH CARD  
Lindt Excellence Chocolate Slab All Variants 2 x 100g

**SAVE R30**  
**109<sup>99</sup>**  
180g  
WITH CARD  
Beyers Luxury Chocolate Selection

**44<sup>99</sup>**  
200g  
Fontessa Chocolate Assortment

**59<sup>99</sup>**  
200g  
Mauxion Chocolate Coeur De Rose

**26<sup>99</sup>**  
150g each  
Walkers Turkish Delight Chocolate Slab

**34<sup>99</sup>**  
150g each  
Walkers Chocolates All Variants

**39<sup>99</sup>**  
120g each  
Walkers Brandy/Irish Cream Chocolate Truffles

**49<sup>99</sup>**  
200g each  
Belgid'Or Chocolate Truffles All Variants

**79<sup>99</sup>**  
240g  
Regal Chocolate Box Selection

**34<sup>99</sup>**  
100g  
Walkers Chocolate Honeycomb

**39<sup>99</sup>**  
110g each  
Walkers Chocolate Truffles All Variants

**49<sup>99</sup>**  
160g each  
Walkers Turkish Delight/Walnut Whirl Chocolates

**79<sup>99</sup>**  
400g each  
Happiness/Feelings/Fontessa Chocolate Assortment

**39<sup>99</sup>**  
75g each  
Walkers Chocolate All Variants

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# SWEET REASONS TO CELEBRATE

**16<sup>99</sup>**  
40g

Astir Chocolate Snowman

**49<sup>99</sup>**  
175g each

Astir Chocolate Neapolitan All Variants

**54<sup>99</sup>**  
200g each

Astir Half Sphere Chocolate Pralines

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

Astir Chocolate Praline Twist Bag

**34<sup>99</sup>**  
100g each

Astir Chocolate Santa

**59<sup>99</sup>**  
80g each

Astir Boot with Chocolates

**59<sup>99</sup>**  
150g each

Astir Solid Chocolate Praline Balls

**79<sup>99</sup>**  
100g each

Astir Plush Teddy/Sock with Chocolate

**34<sup>99</sup>**  
100g each

Astir Chocolate Praline Balls/Twists

**15<sup>99</sup>**  
60g

Wawi Hollow Chocolate Santa

**24<sup>99</sup>**  
50g

Wawi Advent Calendar

**29<sup>99</sup>**  
75g each

Wawi Assorted Chocolate

**29<sup>99</sup>**  
100g each

Wawi Chocolate Coins

**29<sup>99</sup>**  
100g each

Wawi Mixed Chocolate

**39<sup>99</sup>**  
125g

Wawi Chocolate Santa in a Box

**44<sup>99</sup>**  
150g

Wawi Chocolate Mix

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

Wawi Chocolate & Jelly Bag

**29<sup>99</sup>**  
130g each

Socado Placeri Chocolate All Variants

**59<sup>99</sup>**  
250g

Socado Gourmet Chocolate

**69<sup>99</sup>**  
250g

Socado Placeri Hazelnut Chocolate

**39<sup>99</sup>**  
150g each

Socado Placeri Chocolate Pralines All Variants

**84<sup>99</sup>**  
70g each

Socado Chocolate Unicorn

**84<sup>99</sup>**  
70g each

Socado Chocolate Heart Box

**249<sup>99</sup>**  
250g

Socado Chocolate Gift Box

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**99<sup>99</sup>**  
454g each  
Royal Dansk  
Cookies  
All Variants

**89<sup>99</sup>**  
1kg  
Chelsea  
Luxury Assortment  
Biscuits

**SAVE R10**  
**189<sup>99</sup>**  
150g  
WITH CARD  
Forage and Feast  
Chocolate Praline  
Assortment

# SAVINGS FOR YOUR SWEET TOOTH

**169<sup>99</sup>**  
1kg  
Royal Dansk  
Danish Cookie  
Collection

**SAVE R15**  
**39<sup>99</sup>**  
100g  
WITH CARD  
Tasty Treats  
Cracker Mix

**SAVE R10**  
**89<sup>99</sup>**  
100g  
WITH CARD  
Bakers Snacktime  
Assorted Crackers

**159<sup>99</sup>**  
800g  
Royal Favourites  
Danish Luxury Cookies

**SAVE R10**  
**59<sup>99</sup>**  
40g each  
WITH CARD  
Forage and Feast  
Bauble Chocolate

**SAVE R10**  
**59<sup>99</sup>**  
100g each  
WITH CARD  
Forage and Feast  
Praline Chocolate Stars

**BUY ANY 2 & SAVE 10%**  
WITH CARD  
Forage and Feast Christmas  
Chocolate All Variants 2 x 60g

**44<sup>99</sup>**  
80g each  
Sweet Italy Mini  
Pandoro Classic Cake

**44<sup>99</sup>**  
100g  
Sweet Italy Mini  
Panettone Classic Cake

**44<sup>99</sup>**  
100g  
Sweet Italy Mini Chocolate  
Panettone Cake

**119<sup>99</sup>**  
500g  
Sweet Italy  
Panettone Cake

**189<sup>99</sup>**  
900g  
Sweet Italy  
Raisin & Orange  
Panettone Cake

**34<sup>99</sup>**  
200g  
Kuchenmeister  
Cake Plan

**69<sup>99</sup>**  
500g each  
Kuchenmeister  
Stollen Christmas Cake

**84<sup>99</sup>**  
500g  
Kuchenmeister  
Marzipan Cake

**89<sup>99</sup>**  
750g  
Kuchenmeister  
Stollen Christmas Cake

**Let Sixty60 deliver Christmas the way you like it... in 60 minutes.**

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# XTRA CHRISTMAS SAVINGS

12 DECEMBER - 26 DECEMBER 2022



**28<sup>99</sup>** per 100g  
Feinschmecker  
Cooked & Glazed  
Gammon Ham



AS SEEN  
ON TV

**SAVE R140**  
**BUY 2  
& GET A 3RD  
FREE**

BUY ANY 2 x  
Lindt Lindor  
Chocolate Balls  
All Variants 200g  
& GET a 3rd  
one FREE!

**GET ONE  
FREE!**



AS SEEN  
ON TV

**SAVE R50**  
**ANY 2 FOR  
R130**

Ola Gino Ginelli  
Ice Cream  
All Variants  
2 x 1,4L

BUY ME TO  
WIN



AS SEEN  
ON TV

**SAVE R30**  
**79<sup>99</sup>**  
200g each

Nescafé  
Classic  
Instant Coffee  
All Variants



**SAVE R12**  
**BUY 4 FOR  
R60**

Coca-Cola  
Original Taste  
Less Sugar  
Cold Drink  
4 x 1,5L

AS SEEN  
ON TV

**FRESH!**



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

**EVERYDAY  
LOW  
PRICE**



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

**STEAKHOUSE  
CLASSIC**

- ✓ 20 cuts perfectly matured for maximum flavour and succulence
- ✓ Hand-hammered and thick cut to our expert butchers' standards
- ✓ Vacuum-packed for added tenderness



**R45**  
Steakhouse Classic  
New York  
Strip Steak  
per 300g

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## A WIDE SELECTION OF OUR BUTCHERS' BEST CUTS



**89<sup>99</sup>** per kg  
Pork Spare Rib



**99<sup>99</sup>** per kg  
Old Smoke House Smoked Kassler Steak

## MAKE IT A ROAST TO REMEMBER



**69<sup>99</sup>** per kg  
Limited Edition Stuffed Chicken



**139<sup>99</sup>** per kg  
Beef Short Rib Roast



**169<sup>99</sup>** per kg  
Beef Brisket/Rib-Eye/Sirloin/Rump Roast

## GOURMET SEAFOOD AT HARBOUR PRICES



**17<sup>99</sup>** per 100g  
Frozen Medium Kingklip



**SAVE R15**  
**114<sup>99</sup>** 400g  
WITH CARD

Fisherman's Deli  
Frozen Large Peeled Prawns



**SAVE R20**  
**ALL 3 FOR**  
**R270**  
WITH CARD

Fisherman's Deli  
Frozen Peeled Prawns 400g & uMojas Half Shell Mussels 400g & Calamari Rings 400g

## CHRISTMAS FEASTING



**12<sup>99</sup>** per 100g  
Feinschmecker Whole Smoked Chicken



**29<sup>99</sup>** per 100g  
Feinschmecker Cooked Stuffed Pork Roll



**19<sup>99</sup>** per 100g  
Feinschmecker Beef Cooked Tongue



**29<sup>99</sup>** per 100g  
Feinschmecker Smoked Alpen Ham



**28<sup>99</sup>** per 100g  
Feinschmecker Cooked Beef Silverside



**28<sup>99</sup>** per 100g  
Feinschmecker Cooked Corned Beef



**31<sup>99</sup>** per 100g  
Feinschmecker Mini Beef Roast



**SAVE R11**  
**BUY 2 FOR**  
**R99**  
WITH CARD

Brooder & Jones  
Frozen Petit Poussin 2 x 500g



**149<sup>99</sup>** 1,7kg  
Brooder & Jones Frozen Duck



**79<sup>99</sup>** per kg  
Brooder & Jones Medium Frozen Turkey



**FREE-RANGE**  
**LOCALLY PRODUCED**



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



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



**54<sup>99</sup>** per kg  
Farmer's Choice Fresh Drumsticks & Thighs 16-Piece



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

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# FUSS-FREE ENTERTAINMENT

**SAVE R15**  
**ALL 3 FOR**  
**R165**  
 WITH CARD  
 Ready to Braai  
 Cheese Twisters 360g  
 & Pork Angel Kisses  
 200g & Jalapeño  
 Poppers 360g

**BUY ANY &**  
**SAVE**  
**R10**  
 WITH CARD  
 Ready to Braai  
 Pork Belly  
 Medallions 300g  
 BBQ Ribs 750g  
 BBQ Beef Ribs 1kg

**BUY ANY &**  
**SAVE**  
**10%**  
 WITH CARD  
 Simply Great  
 Grain Pesto Salad 650g  
 Potato Salad 1kg  
 Greek Pasta Salad 750g  
 Asian Slaw Salad 500g

**BUY ANY 3 &**  
**SAVE**  
**12%**  
 WITH CARD  
 The Menu  
 Pumpkin Fritters 380g  
 Cauliflower Tots 425g  
 Potato Mash 500g  
 Potato Tots 450g

**SAVE 10%**  
**49<sup>99</sup>**  
 WITH CARD  
 Family Trifle  
 Dessert

**BUY ANY &**  
**SAVE**  
**15%**  
 WITH CARD  
 The Menu  
 Peppermint Crunch  
 Strawberry Cheesecake  
 Chocolate & Caramel  
 Cheesecake  
 Lemon Cheesecake  
 450g Each

## BAKERY DELIGHTS

**SAVE 10%**  
**49<sup>99</sup>**  
 WITH CARD  
 Freshly Baked  
 Carrot Swiss Roll

**SAVE 10%**  
**54<sup>99</sup>**  
 WITH CARD  
 Artisan Baker  
 Sourdough Bread  
 All Variants

**SAVE R10**  
**ANY 2 FOR**  
**R60**  
 WITH CARD  
 Olim Bakery  
 Homemade  
 Cake Slice/Lamington  
 All Variants  
 2 x 350g/360g

**SAVE R10**  
**109<sup>99</sup>**  
 WITH CARD  
 The Bakery  
 Bar-One Cake

## PLANT-BASED

**SAVE R24**  
**38<sup>99</sup>**  
 WITH CARD  
 Fry's Plant-Based  
 Frozen Hot Dogs

**SAVE R25**  
**44<sup>99</sup>**  
 WITH CARD  
 Fry's Plant-Based  
 Frozen Chicken-Style  
 Nuggets/Burgers/  
 Schnitzel

**SAVE R11**  
**42<sup>99</sup>**  
 WITH CARD  
 County Fair Frozen  
 Crumbed Chicken  
 Steaklets All Variants

**SAVE R12**  
**42<sup>99</sup>**  
 WITH CARD  
 County Fair  
 Frozen Crumbed  
 Chicken Strips

**SAVE R28**  
**ANY 2 FOR**  
**R80**  
 WITH CARD  
 Rainbow Simply Chicken  
 Frozen Crumbed Nuggets/  
 Steaklets/Burgers All Variants  
 2 x 350g/360g/400g

**SAVE R16**  
**62<sup>99</sup>**  
 WITH CARD  
 Rainbow Simply  
 Chicken Polony  
 All Variants

**SAVE R23**  
**86<sup>99</sup>**  
 WITH CARD  
 Rainbow Simply  
 Chicken Viennas  
 All Variants

**SAVE R31**  
**74<sup>99</sup>**  
 WITH CARD  
 I&J Beefers Frozen  
 Burgers All Variants

**SAVE R10**  
**49<sup>99</sup>**  
 WITH CARD  
 Eskort Mini  
 Cooked Ham

**SAVE R10**  
**49<sup>99</sup>**  
 WITH CARD  
 Eskort Pork Sausages  
 All Variants

**SAVE R15**  
**59<sup>99</sup>**  
 WITH CARD  
 Eskort Cheese  
 Sausages/Bacon  
 Grillers/Country  
 Style Grillers

**SAVE R16**  
**BUY 2 FOR**  
**R50**  
 WITH CARD  
 Tirolean Meats  
 Shoulder Bacon 2 x 200g

**SAVE R34**  
**129<sup>99</sup>**  
 WITH CARD  
 Eskort Marinated  
 Pork Loin Ribs

**SAVE R20**  
**39<sup>99</sup>**  
 WITH CARD  
 Sea Harvest Frozen  
 Extra Chunky Fish  
 All Variants

**SAVE R20**  
**49<sup>99</sup>**  
 WITH CARD  
 I&J Frozen  
 Crumbed Hake Pops

**SAVE R15**  
**54<sup>99</sup>**  
 WITH CARD  
 I&J Frozen Original  
 Fish Fingers

**SAVE R15**  
**59<sup>99</sup>**  
 WITH CARD  
 Sea Harvest Frozen  
 Fish Nuggets

**SAVE R20**  
**69<sup>99</sup>**  
 WITH CARD  
 I&J Light & Crispy  
 Frozen Crumbed Fish  
 Portions All Variants

**SAVE R24**  
**75<sup>99</sup>**  
 WITH CARD  
 I&J Flame Grills Frozen  
 Hake Fillet Portions

**SAVE R50**  
**99<sup>99</sup>**  
 WITH CARD  
 Sea Harvest Frozen  
 Prime Hake Fillets

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## CHOOSE FROM A WORLD OF CHEESES

**SAVE 15%**  
**16<sup>99</sup>**  
40g each  
X WITH CARD  
Mezé Parmesan Grated Cheese

**SAVE 16%**  
**29<sup>99</sup>**  
125g each  
X WITH CARD  
Fairview Regular/Traditional Brie/Camembert Cheese

**SAVE 12%**  
**34<sup>99</sup>**  
95g  
X WITH CARD  
Fairview Mini Cheese Platter

**BUY ANY & SAVE 10%**  
X WITH CARD  
Cyprus Foods Parmesan Hard Cheese 40g OR 200g

**21<sup>99</sup>**  
per 100g  
Mezé Braailoumi All Variants

**SAVE 13%**  
**36<sup>99</sup>**  
200g each  
X WITH CARD  
Kiri Cream Cheese

**SAVE R11**  
**44<sup>99</sup>**  
400g each  
X WITH CARD  
Parmalat Cheese Slices All Variants

**SAVE 15%**  
**46<sup>99</sup>**  
10x25g per pack  
X WITH CARD  
Clover Cheddar/Gouda Cheese Portions

**SAVE R10**  
**99<sup>99</sup>**  
400g  
X WITH CARD  
Heidi Swiss Fondue Cheese

**AS SEEN ON TV**  
**BUY ANY 2 & SAVE 20%**  
X WITH CARD  
Lancewood Dip & Top Fresh Dip All Variants 175g Each & Cream Cheese All Variants 230g Each

**SAVE 10%**  
**32<sup>99</sup>**  
200g each  
X WITH CARD  
Lancewood Grated Cheese All Variants

**SAVE 10%**  
**44<sup>99</sup>**  
200g each  
X WITH CARD  
Lancewood Mozzarella Cheese Ball

**AS SEEN ON TV**  
**SAVE R30**  
**99<sup>99</sup>**  
900g each  
X WITH CARD  
Lancewood Cheddar/Gouda/White Cheddar/White Gouda Cheese

## ENTERTAINING MADE EASY

**219<sup>99</sup>**  
each  
Croissant Platter

**349<sup>99</sup>**  
each  
Cheese & Cracker/ Large American Platter

A VARIETY OF PLATTERS AVAILABLE

## DELI DELIGHTS

**BUY ANY 2 & SAVE 12%**  
X WITH CARD  
Deli Fresh Dips Tzatziki/Hummus All Variants 2 x 125g

**BUY ANY & SAVE 10%**  
X WITH CARD  
Mediterranean Delicacies Olives All Variants

**BUY ANY 2 & SAVE 15%**  
X WITH CARD  
Mediterranean Delicacies Meze All Variants x 2

**PRÉSIDENT**

Delight in our new range of  
**Award-Winning**  
mature cheese



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

Président Cheese Range x 2

Delight in every moment

## WINE & CHEESE PAIRING

**SAVE R25 BOTH FOR R99**  
X WITH CARD

Protea Chardonnay 750ml & Fairview Brie OR Camembert Cheese 125g Each



**BUY BOTH & SAVE 20%**  
X WITH CARD

Fat Bastard Sauvignon Blanc 750ml & Fairview Chevin Goats Cheese 100g



**BUY BOTH & SAVE 20%**  
X WITH CARD

Laborie Cabernet Sauvignon 750ml & Lancewood Mature Cheddar Cheese 300g



**BUY BOTH & SAVE 20%**  
X WITH CARD

Malbec Finca Las Moras 750ml & Fairview Blue Rock Blue Cheese 100g



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

**#No14** aware.org.za

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we bring the wine route to you

# wine route

**BUY ANY 2 & SAVE R70**  
WITH CARD

Krone Sparkling Wine Classique OR Rosé Brut · Demi Sec 2 x 750ml

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

Diemersdal Sauvignon Blanc 2 x 750ml

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

Niel Joubert Chenin Blanc 2 x 750ml

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

Alvi's Drift Signature Sauvignon Blanc 2 x 750ml

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

Durbanville Hills Chardonnay 2 x 750ml

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

Pierre Jourdan Tranquille 2 x 750ml

**SAVE 17% 74<sup>99</sup>**  
WITH CARD

Annabelle Cuvée Rosé Cuvée Blanche 750ml each

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

Sensi Prosecco 18k Silver - 18k Gold Nectar Rosé 2 x 750ml

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

Kanonkop Kadette Pinotage Rosé 2 x 750ml

**SAVE 17% 69<sup>99</sup>**  
WITH CARD

Laborie Shiraz 750ml each

**SAVE 17% 74<sup>99</sup>**  
WITH CARD

Spier Merlot - Pinotage 750ml each

**SAVE 15% 79<sup>99</sup>**  
WITH CARD

Kleine Zalze Merlot 750ml

**SAVE 15% 94<sup>99</sup>**  
WITH CARD

Alto Rouge Red Wine 750ml

**SAVE 21% 94<sup>99</sup>**  
WITH CARD

Kanonkop Kadette Red Wine 750ml

**SAVE 15% 109<sup>99</sup>**  
WITH CARD

Kanonkop Kadette Pinotage 750ml

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

Roodeberg Classic Red Blend 2 x 750ml

ALSO AVAILABLE AT CHECKERS LIQUORSHOP & LIQUORSHOP ONLINE

# LiquorShop

OR SHOP ONLINE WWW.LIQUORSHOP.CO.ZA

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

Russian Bear Vodka All Variants (Excluding Energy Fusion)

**SAVE R35 FREE DEAL 154<sup>99</sup>**  
WITH CARD

BUY Captain Morgan Original Spiced Gold Rum & GET Coca-Cola Original/Zero Cold Drink NRB 1/2 Each FREE!

**SAVE R30 169<sup>99</sup>**  
WITH CARD

KWV 5-Year-Old Brandy 750ml

**SAVE R65 FREE DEAL 199<sup>99</sup>**  
WITH CARD

BUY Skyy Vodka All Variants Each & GET 1/2 Schweppes Cold Drink All Variants Each FREE!

**SAVE R65 BUY 2 FOR R275**  
WITH CARD

Klipdrift Export Brandy 2 x 750ml

**SAVE R210 ANY 2 FOR R450**  
WITH CARD

Tanqueray London Dry Imported/Flor De Sevilla/Royale Gin 2 x 750ml

**429<sup>99</sup>**  
750ml

Bisquit & Dubouché V.S. Cognac

**SAVE R50 BUY 2 FOR R130**  
WITH CARD

Flying Fish Premium Lemon Flavoured Beer NRB 2 x 6x330ml

**SAVE R70 BUY 3 FOR R170**  
WITH CARD

Brutal Fruit Ruby Apple Spirit Cooler NRB 3 x 6x275ml

**ANY 3 FOR R245**

Windhoek Premium Draught Cans/NRB 3 x 6x440ml

**SAVE R55 314<sup>99</sup>**  
WITH CARD

Jameson Triple Distilled Irish Whiskey 750ml

**SAVE R50 BUY 2 FOR R150**  
WITH CARD

Extreme Energy Cider 2 x 4x440ml

**SAVE R70 BUY 3 FOR R185**  
WITH CARD

Castle Lite Beer NRB 3 x 6x330ml

**BUY 3 FOR R210**

Heineken Premium Lager Beer NRB 3 x 6x330ml

**549<sup>99</sup>**  
750ml

Glenfiddich 12-Year-Old Single Malt Scotch Whisky

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**SAVE 13%**  
**26<sup>99</sup>**  
2L each  
WITH CARD

Douglasdale Fresh Milk All Variants

**BUY ME TO WIN**

**SAVE R11**  
**36<sup>99</sup>**  
1kg each  
WITH CARD

Clover Bliss Double Cream Dairy Snack All Variants

AS SEEN ON TV

**SAVE R18**  
**ANY 2 FOR R48**  
WITH CARD

Danone Ultra Mel Vanilla Flavoured Custard All Variants 2 x 1L

AS SEEN ON TV

**BUY ME TO WIN**

**SAVE R10**  
**89<sup>99</sup>**  
6x1L per pack  
WITH CARD

Clover Full Cream/Low Fat Prisma Long Life Milk

AS SEEN ON TV

**THANK YOU FOR VOTING US SA'S**

**AS SEEN ON TV**

**SAVE R12**  
**54<sup>99</sup>**  
1kg each  
WITH CARD

Flora Regular/Light Medium Fat Spread

**BUY ME TO WIN**

**SAVE R10**  
**39<sup>99</sup>**  
1kg  
WITH CARD

Sunshine D Original Fat Spread

AS SEEN ON TV

**BUY ME TO WIN**

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

Clover Butro Full Fat Modified Butter Spread 2 x 500g

AS SEEN ON TV

**SAVE R12**  
**42<sup>99</sup>**  
1kg  
WITH CARD

Stork Country Spread 40% Fat Spread

**SAVE R15**  
**ANY 3 FOR R45**  
WITH CARD

Danone NutriDay Smooth Dairy Snack All Variants 3 x 6x100g per pack

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

Cordon Bleu Bake Margarine 2 x 500g

**SAVE R20**  
**59<sup>99</sup>**  
500g  
WITH CARD

Bonnita Salted Butter

**SAVE R10**  
**67<sup>99</sup>**  
500g each  
WITH CARD

Lurpak Regular/Light Butter Spread

**SAVE 18%**  
**34<sup>99</sup>**  
500ml each  
WITH CARD

Douglasdale Fresh Cream

**SAVE 26%**  
**ANY 2 FOR R22**  
WITH CARD

Danone Ultra Mel Milkshake All Variants 2 x 275ml

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

Clover Krush 100% Fruit Juice Blend All Variants 2 x 1.5L

AS SEEN ON TV

**SAVE 21%**  
**14<sup>99</sup>**  
500g each  
WITH CARD

Danone Yogi Sip Drinking Yoghurt All Variants

**SAVE R11**  
**32<sup>99</sup>**  
1L each  
WITH CARD

Sir Fruit 100% Fruit Juice Blend All Variants

**BUY ME TO WIN**

**SAVE R10**  
**34<sup>99</sup>**  
2L each  
WITH CARD

Clover Tropika Dairy Fruit Blend All Variants

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

Sir Fruit Smoothie All Variants 2 x 300ml

**SAVE R16**  
**ANY 4 FOR R48**  
WITH CARD

Parmalat Steri Stumple Flavoured Milk All Variants 4 x 350ml

BUY ME TO WIN

**SIR FRUIT**

Your immune booster squad is here  
Packed with all the good stuff

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

Sir Fruit Cold Pressed Shot All Variants 6 x 100ml

**SAVE ON MILK ALTERNATIVES**

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

Alpro Almond/Soya/Oat Milk 2 x 1L

**BOTH FOR R80**  
WITH CARD

Bokomo Nature's Source Muesli All Variants 750g & Lancewood Double Cream Yoghurt All Variants 1kg

EXCLUDING TROPICAL CLUSTER

**SAVE R26**

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**SAVE R16**  
**ALL 3 FOR R55**  
WITH CARD

Tirolean Meats Back Bacon 200g & Large Eggs 6 per pack & Sunbake Low GI White Bread 700g

**Back Bacon**

**SAVE 20%**  
**39<sup>99</sup>** each  
WITH CARD

Dr. Oetker Ital Classic Pizza All Variants

**SAVE R11**  
**ANY 2 FOR R55**  
WITH CARD

Parmalat Fruit/Fabulite/Plain Yoghurt All Variants 2 x 1kg

**AS SEEN ON TV**

**BEST LOYALTY PROGRAMME, AGAIN**

SOUTH AFRICAN LOYALTY AWARDS

**AS SEEN ON TV**

**SAVE R10**  
**34<sup>99</sup>** 1kg  
WITH CARD

McCain Frozen Mixed Vegetables

**SAVE 22%**  
**37<sup>99</sup>** each  
WITH CARD

Natures Garden Frozen Green Peas/Sweetcorn

**SAVE R22**  
**ANY 2 FOR R54**  
WITH CARD

Natures Garden Frozen Country/Hawaiian Stir Fry Vegetables 2 x 700g

**SAVE R26**  
**ANY 2 FOR R64**  
WITH CARD

Natures Garden Frozen Garden Mix/Country Mix Vegetables 2 x 1kg

**SAVE 25%**  
**19<sup>99</sup>** 400g each  
WITH CARD

Today Puff Pastry/Short Crust Pastry

**SAVE R20**  
**84<sup>99</sup>** 400g each  
WITH CARD

Piemans Frozen Pies All Variants

**SAVE R5**  
**59<sup>99</sup>** 50 per pack  
WITH CARD

Housebrand Frozen Sausage Rolls

**SAVE R22**  
**ANY 2 FOR R50**  
WITH CARD

Oreo/Cadbury Dairy Milk/Lunch Bar Ice Cream 2 x 100ml/110ml

**SAVE R20**  
**54<sup>99</sup>** 1kg  
WITH CARD

Ola Viennetta Vanilla Ice Cream

**SAVE 22%**  
**13<sup>99</sup>** 700g each  
WITH CARD

Sasko Premium Slices White Bread

**SAVE 20%**  
**ANY 2 FOR R32**  
WITH CARD

Sunbake White Hot Dog/Hamburger Rolls 2 x 6 per pack

**SAVE R12**  
**ANY 2 FOR R35**  
WITH CARD

Sasko Low GI Brown/White Bread All Variants 2 x 700g/800g

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

Meze Speciality Pita Bread/Bread Sticks/Tortilla/Wraps All Variants x 2

**SAVE R24**  
**49<sup>99</sup>** 2L each  
WITH CARD

Dairymaid Country Fresh Ice Cream All Variants

**AS SEEN ON TV**

**ANY 2 FOR R99**  
WITH CARD

Browns Foods Frozen Corn Dogs All Variants 2 x 320g

**SAVE R26**

**ANY 2 FOR R110**  
WITH CARD

Vees Frozen Meals All Variants 2 x 350g

**SAVE R40**

**BOTH FOR R170**  
WITH CARD

Dr. Oetker Margherita Pizza Bases 4 per pack & Ola Paddle Pop Ice Cream 10x57ml per pack

**SAVE R60**

**STAND TO WIN**

**A COROLLA CROSS XR HYBRID CAR**

**EVERY WEEK UNTIL CHRISTMAS**

TOYOTA

**BUY ANY 3 PARTICIPATING PRODUCTS AND SWIPE YOUR XTRA SAVINGS CARD TO ENTER.**

Albany, Nestle, Crosse & Blackwell, All Gold, Festive, KOO, Maynards, Black Cat, Cremora, Mooi River, Butro, Tropicana, OROS, GOLDI, Krush, Classic

**Ts & Cs Apply.**

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**SAVE R15**

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

WITH CARD

Kellogg's Corn Flakes Cereal

**SAVE R10**

**ANY 2 FOR R75**

WITH CARD

Kellogg's Cocopops 350g/  
Chocos 350g/  
Strawberry Pops 350g/  
Crunchers 375g/  
Big 5 340g Cereal x 2

EXCLUDING COCOPOPS FILLS

**SAVE R17**

**72<sup>99</sup>**  
1,35kg

WITH CARD

Bokomo Weet-Bix Cereal

**SAVE R18**

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

WITH CARD

Kellogg's All-Bran Flakes Cereal

**'TIS THE SEASON FOR MORE SAVINGS**

**JOKO**

**SAVE 19%**

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

WITH CARD

Joko Tagless Teabags

**Laager**

**SAVE 19%**

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

WITH CARD

Laager Rooibos Teabags

**AS SEEN ON TV**

**BUY ME TO WIN**

**SAVE R19**

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

WITH CARD

Nescafé Gold Instant Cappuccino Sticks All Variants

**SAVE 14%**

**64<sup>99</sup>**  
100g/200g

WITH CARD

Nomu Unsweetened Cocoa/Skinny Hot Chocolate

**SAVE R30**

**109<sup>99</sup>**  
200g/250g

WITH CARD

Jacobs Krönung/Gold Instant Coffee All Variants

**SAVE R10**

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

WITH CARD

Mostra di Café Coffee Beans All Variants

**SAVE 19%**

**21<sup>99</sup>**  
250g

WITH CARD

Hulett's Golden Syrup

**SAVE 22%**

**28<sup>99</sup>**  
300g

WITH CARD

Yum Yum Peanut Butter All Variants

**BUY ME TO WIN**

**SAVE 18%**

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

WITH CARD

All Gold Smooth Apricot Jam

**SAVE R13**

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

WITH CARD

Little Bee 100% Pure Honey

**SAVE R10**

**32<sup>99</sup>**  
300g

WITH CARD

Staffords Apple Sauce

**SAVE 20%**

**36<sup>99</sup>**  
140g

WITH CARD

Staffords Creamed Horseradish

**BUY ME TO WIN**

**SAVE 21%**

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

WITH CARD

Nestlé Nesquik Powder Beverage All Variants

**BUY ME TO WIN**

**SAVE R12**

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

WITH CARD

Tastic Natures Brown Rice

**BUY ME TO WIN**

**SAVE R10**

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

WITH CARD

Fatti's & Moni's Bellissima Pasta All Variants

**SAVE R19**

**ANY 4 FOR R49**

WITH CARD

Mr. Pasta Pasta Shapes All Variants 4 x 500g

**SAVE R10**

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

WITH CARD

Westfalia Avocado Oil All Variants

**SAVE R30**

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

WITH CARD

Olive Pride Seed Oil & Extra Virgin Olive Oil Blend

**BUY ANY & SAVE 20%**

WITH CARD

Sunfoil Prochef Canola/Sunflower Oil 2L Each

**STAND TO WIN**

**A COROLLA CROSS XR HYBRID CAR**

EVERY WEEK UNTIL CHRISTMAS

TOYOTA

**BUY ANY 3 PARTICIPATING PRODUCTS AND SWIPE YOUR XTRA SAVINGS CARD TO ENTER.**

**Ts & Cs Apply.**

**BREAKFAST FAVOURITES**

**AS SEEN ON TV**

**BUY ANY 3 & SAVE 25%**

WITH CARD

Futurelife Product Range x 3

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**BUY ANY 2 &  
SAVE 25%**

WITH CARD

Jacobs/L'Or/Illy Coffee Capsules All Variants 2 x 10 per pack

**SAVE R13**

**54<sup>99</sup>**

500g

WITH CARD

Nestlé Milo Malt Energy Drink

**SAVE R12**

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

780g each

WITH CARD

Koo Grated/Sliced Beetroot

**SAVE R40**

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

1/ each

WITH CARD

B-well Extra Virgin Olive Oil

OVER 1000 DEALS EVERY WEEK

EXTRA SAVINGS  
checkers

**BUY ANY 3 &  
SAVE 25%**

WITH CARD

Denny Product Range x 3

**SAVE 15%**

**16<sup>99</sup>**

200g

WITH CARD

Buffet Calamata/Black Olives

**SAVE 25%**

**17<sup>99</sup>**

410g

WITH CARD

Rhodes Whole Kernel/Creamstyle Sweetcorn

**SAVE 21%**

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

410g

WITH CARD

Rhodes Butter Beans All Variants

**SAVE 21%**

**BUY 2 FOR R22**

WITH CARD

Rhodes Baked Beans in Tomato Sauce 2 x 410g

**SAVE 21%**

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

300g

WITH CARD

Bull Brand Corned Meat All Variants

**SAVE 5%**

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

450g

WITH CARD

Tulip Gammon Ham

**SAVE R20**

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

300g

WITH CARD

Knorr Aromat Original Seasoning

**SAVE R10**

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

100g

WITH CARD

Ina Paarman's Poultry Stuffing Mix

**SAVE R13**

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

300ml

WITH CARD

Ina Paarman's Salad Dressing All Variants

**SAVE R10**

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

100g

WITH CARD

Cape Herb & Spice Spice Rub All Variants

**SAVE R30**

**ANY 2 FOR R56**

WITH CARD

Ina Paarman's Seasoning All Variants 2 x 200ml

**SAVE 14%**

**BUY 2 FOR R34**

WITH CARD

Cape Point Smoked Mussels 2 x 85g

**SAVE 25%**

**ANY 3 FOR R45**

WITH CARD

Cape Point Shredded Tuna in Water/Oil 3 x 170g

**SAVE 21%**

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

200g

WITH CARD

Knorr Stock Cubes All Variants

**SAVE 26%**

**ANY 4 FOR R19**

WITH CARD

Knorr Packet Soup All Variants 4 x 50g

**SAVE R10**

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

700g

WITH CARD

Miami Pickled Gherkins/Cucumbers All Variants

**SAVE 23%**

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

150g

WITH CARD

Excella Mayonnaise/Salad Cream

**SAVE 18%**

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

200ml

WITH CARD

All Joy Peri-Peri Sauce All Variants

**SAVE R11**

**42<sup>99</sup>**

200g

WITH CARD

Staffords Hot German Mustard

**SAVE R22**

**67<sup>99</sup>**

5kg

WITH CARD

Tastic Long Grain Parboiled Rice

**DELICIOUS DEALS**

**BUY ANY 3 &  
SAVE 25%**

WITH CARD

Moir's Product Range x 3

**SAUCY SAVINGS THIS SEASON**

**BUY ANY 3 &  
SAVE 25%**

WITH CARD

Wellington's Product Range x 3

**ADD SOME SAUCE**

**BUY ANY 3 &  
SAVE 20%**

WITH CARD

Crosse & Blackwell Tanga Mayonnaise/Mrs Ball's Chutney/All Gold Tomato Sauce All Variants x 3

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## 20€ Christmas Hamper

- Beacon Smoothies Sweets 50 per pack
- Benny Stock Powder 17g
- Gold Star Instant Yeast 10g
- Happy Hippo Jelly 80g
- Happy Hippo Jelly 80g
- Hinds Curry Powder
- Hinds Curry Powder
- Instant Maize Porridge 100g
- Instant Maize Porridge 100g
- Knorrox Stock Cubes 12 per pack
- Knorrox Stock Cubes 12 per pack
- Knorrox Soya Box 100g
- Knorrox Soya Box 100g
- Lucky Star Beans In Tomato Sauce 410g
- Lucky Star Pilchards 155g
- Moir's Custard Powder 125g
- Snowflake Baking Powder 50g
- Rhodes Peach Slices In Syrup 410g
- White Star Super Maize Meal 1kg
- Mr. Pasta Macaroni 500g
- Mr. Pasta Instant Noodles
- Mr. Pasta Instant Noodles 60g
- Mr. Pasta Instant Noodles 60g
- Sasko Cake Flour 1kg
- Ricoffy 3in1 Instant Coffee Stick
- Ricoffy 3in1 Instant Coffee Stick
- Chippa Naks Maize Snack 20g
- Chippa Naks Maize Snack 20g
- Chippa Naks Maize Snack 20g
- Knorr Soup Packet 50g
- Knorr Soup Packet 50g
- Top Class Spice Mix 20g
- Tait's Cheese Nax Maize Snack 150g
- Black Teabags 100 per pack
- Bakers Topper Biscuits 50g
- Bakers Topper Biscuits 50g
- Bakers Topper Biscuits 50g
- Magic Moments Marshmallows 120g
- Amajoya Sweets 42g
- Amajoya Sweets 42g
- Amila Powdered Drink 45g
- Amila Powdered Drink 45g
- Amila Powdered Drink 45g
- Risi Marie Biscuits 150g

FREE 1GB  
knect  
mobile  
DATA

**249<sup>99</sup>**

Christmas  
Grocery  
Hamper



## ALL YOUR BAKING ESSENTIALS FOR LESS

**SAVE R15**

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

WITH CARD

Snowflake Pre-Mixes All Variants

**SAVE 23%**

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

WITH CARD

Koo Peach Halves/Slices in Syrup

**SAVE 25%**

**23<sup>99</sup>** 200g each

WITH CARD

Nestle Dessert & Cooking Cream

**SAVE 13%**

**24<sup>99</sup>** 200g each

WITH CARD

Nestle Full Cream/Gold Cross Condensed Milk

**SAVE R10**

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

WITH CARD

Nestle Caramel Treat Cake Filling All Variants

**SAVE R20**

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

WITH CARD

Sweet Nothings Xylitol Sweetener

**SAVE 25%**

**39<sup>99</sup>** 150g each

WITH CARD

Staffords Magic Melts Chocolate Discs All Variants

**SAVE R15**

**39<sup>99</sup>** 200g each

WITH CARD

Staffords Lemon Curd

**SAVE R13**

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

WITH CARD

Staffords Maraschino Cherries

**SAVE 21%**

**21<sup>99</sup>** 175g each

WITH CARD

Trumps Cherries All Variants

**SAVE 22%**

**24<sup>99</sup>** 60g each

WITH CARD

Trumps Sprinkles All Variants

**SAVE 23%**

**26<sup>99</sup>** 175g each

WITH CARD

Nestle Aero Baking Chocolate

**SAVE UP TO R15**

**FROM 24<sup>99</sup>** each

WITH CARD

Supa Mama  
• Baking Paper 5m R24,99  
• Cling Wrap 30m R34,99  
• Heavy Duty Foil 5m R34,99

**SAVE R20**

**42<sup>99</sup>** 200ml each

WITH CARD

Ice Cap Squeeze Topping All Variants

**SAVE R25**

**42<sup>99</sup>** 200ml each

WITH CARD

Cook 'n Bake Non-Stick Spray

**SAVE 30% BOTH FOR R49**

WITH CARD

Snowflake Baking Powder Tin 200g & Refill 200g

**SAVE 17%**

**42<sup>99</sup>** 2.5kg

WITH CARD

Hulett's White Sugar

## 10€ Christmas Hamper

- Beacon Smoothies Sweets 50 per pack
- Benny Stock Powder 17g
- Gold Star Instant Yeast 10g
- Happy Hippo Jelly 80g
- Happy Hippo Jelly 80g
- Hinds Curry Powder
- Instant Maize Porridge 100g
- Instant Maize Porridge 100g
- Lucky Star Stock Cubes 12 per pack
- Lucky Star Soya Box 100g
- Lucky Star Beans In Tomato Sauce 410g
- Lucky Star Pilchards 155g
- Magic Moments Marshmallows 120g
- Moir's Custard Powder 125g
- Sasko Cake Flour 1kg
- Mr. Pasta Macaroni 500g
- Mr. Pasta Instant Noodles 60g
- Mr. Pasta Instant Noodles 60g
- Amila Powdered Drink 45g
- Amila Powdered Drink 45g
- Ricoffy 3in1 Instant Coffee Stick
- Ricoffy 3in1 Instant Coffee Stick
- Risi Marie Biscuits 150g
- Chippa Naks Maize Snack 20g
- Chippa Naks Maize Snack 20g
- Chippa Naks Maize Snack 20g
- Snowflake Baking Powder 50g
- Bakers Topper Biscuits 50g
- Bakers Topper Biscuits 50g
- White Star Super Maize Meal 1kg

FREE 1GB  
knect  
mobile  
DATA

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

Christmas  
Grocery  
Hamper



OFFERS VALID FROM 12 DECEMBER 2022 UNTIL 26 DECEMBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



# THE INDULGENT moment

ALL OUR DESSERTS ARE MADE WITH THE FRESHEST AUTHENTIC INGREDIENTS FOR THAT HOME-MADE TASTE

FORAGE  
AND FEAST



99<sup>99</sup>

BUY 450g Forage and Feast Pecan Nut & Date Steamed Pudding & Get 500ml The Menu Vanilla Flavoured Custard Free!

STICKY  
DATE & PECAN  
PUDDING

- MADE WITH FRESH CREAM & BUTTER
- MADE WITH POT STILL BRANDY
- MADE LOCALLY

NEW

99<sup>99</sup>

BUY 450g Forage and Feast Chocolate Steamed Pudding & Get 500ml The Menu Vanilla Flavoured Custard Free!

RICH CHOCOLATE  
STEAMED PUDDING

- MADE WITH COUVERTURE DARK CHOCOLATE
- MADE WITH POT STILL BRANDY
- MADE LOCALLY

FREE CUSTARD



Delicious Festive **Fruit Cakes**



Luxury Mince Pies & Tartlets



Light & Fluffy Pavlova



NEW

- MADE WITH PASTEURISED FREE RANGE LIQUID EGG WHITE
- HANDMADE

SAVE R20  
ANY 2 FOR  
**R80**

2 x 4 per pack  
Forage and Feast  
Mixed Berry/  
Chocolate Pavlova  
- 49,99 each



NEW

- MADE WITH MACADAMIA NUTS
- MADE WITH COUVERTURE CHOCOLATE
- MADE WITH FRESH CREAM

64<sup>99</sup>  
4 per pack  
Forage and Feast  
Caramel & Macadamia  
Nut Tartlets



NEW

SAVE R30  
ANY 2 FOR  
**R100**

2 x 6 per pack  
Forage and Feast  
Blueberry Cheesecake/  
Milk Tart Macarons  
- 64,99 each



NEW

- SWISS STYLE MERINGUE FILLING
- HANDMADE

49<sup>99</sup>  
6 per pack  
Forage and Feast  
Mini Red Hat/  
Mini Snowman Cupcakes



- MADE WITH TURKISH APRICOTS
- MADE WITH REAL BUTTER

49<sup>99</sup>  
150g  
Forage and Feast  
All Butter Hertzoggie  
Fruit Mince Pies



NEW



39<sup>99</sup>  
200g  
Limited Edition  
Mini Iced Festive Fruit Cake



- MADE WITH 3-YEAR-OLD BRANDY

89<sup>99</sup>  
400g  
Limited Edition  
Festive Steamed Pudding



- MADE WITH 3-YEAR-OLD BRANDY

139<sup>99</sup>  
800g  
Limited Edition  
Festive Fruit Cake



- MADE WITH 3-YEAR-OLD BRANDY

149<sup>99</sup>  
800g  
Limited Edition  
Iced Festive Fruit Cake



- MADE WITH 3-YEAR-OLD BRANDY

159<sup>99</sup>  
750g  
Limited Edition  
Genoa Style Fruit Cake



- MADE WITH 3-YEAR-OLD BRANDY

89<sup>99</sup>  
700g  
Class 1 Cherries

Also available: Forage and Feast Luxury Christmas Cake 350g - 109,99 • Limited Edition Iced Christmas Cake 350g - 69,99 • Limited Edition Gluten-Free Christmas Cake 350g - 89,99 • Limited Edition Classic Christmas Stab 350g - 59,99 • Limited Edition Alcohol-Free Christmas Cake 350g - 49,99

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**SAVE 14%**

**23<sup>99</sup>**  
1,25¢ each

WITH CARD

Appletiser/Grappetiser Sparkling Juice All Variants

**BUY ANY & SAVE 33%**

WITH CARD

Pepsi Regular/Max/Light Cold Drink 6x300ml per pack

BUY ME TO WIN

**SAVE R33 ANY 2 FOR R79**

WITH CARD

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

AS SEEN ON TV

**SAVE R18**

**R54**

WITH CARD

Aquelé Still/Sparkling Water 6x1,5L per pack

AS SEEN ON TV

**SWIPE & SAVE ALL THE WAY THIS CHRISTMAS**

**EXTRA SAVINGS**  
Checkers

**SAVE R13**

**38<sup>99</sup>**  
6x200ml per pack

WITH CARD

Rhodes 100% Fruit Juice Blend All Variants

**SAVE 22% ANY 2 FOR R28**

WITH CARD

Monster Energy Drink All Variants 2 x 500ml

**SAVE 21% ANY 2 FOR R30**

WITH CARD

Lucozade Energy Drink All Variants 2 x 360ml

**SAVE R12 ANY 3 FOR R30**

WITH CARD

Thirsti Sports Drink All Variants 3 x 500ml

**SAVE R15 ANY 2 FOR R29**

WITH CARD

Wild Island Dairy Fruit Concentrate All Variants 2 x 1L

**SAVE R22 BUY 2 FOR R34**

WITH CARD

Brookes Oros Squash Concentrate 2 x 1L

**SAVE R12 ANY 4 FOR R40**

WITH CARD

Pura Soda Cold Drink All Variants 4 x 300ml

**SAVE R10 49<sup>99</sup>**  
6x200ml per pack

WITH CARD

Fitch & Leedes Cold Drink All Variants

**SAVE R14 49<sup>99</sup>**  
6x200ml per pack

WITH CARD

Bonaqua Sparkling Flavoured Water All Variants

**SAVE R15 79<sup>99</sup>**  
6x330ml per pack

WITH CARD

Heineken Non-Alcoholic Beer NRB

**SAVE 20% ANY 2 FOR R32**

WITH CARD

Coca-Cola Zero/Light/No Caffeine/Fanta Zero/Red Apple/Sprite Zero/Stoney Zero/Tab Original Cold Drink All Variants 2 x 2,25L

**SAVE 17% ANY 2 FOR R28**

WITH CARD

Schweppes Cold Drink All Variants 2 x 1L

**SAVE 20% ANY 2 FOR R32**

WITH CARD

Fitch & Leedes Tonic Water All Variants 2 x 1L

**SAVE 21% ANY 3 FOR R33**

WITH CARD

Popzi Cold Drink All Variants 3 x 2L

**SAVE R12 44<sup>99</sup>**  
6x200ml per pack

WITH CARD

Rose's Cordial Concentrate All Variants

**SAVE R15 89<sup>99</sup>**  
750ml per pack

WITH CARD

Fruit Lagoon Non-Alcoholic Cocktail Mix All Variants

**REFRESHING SAVINGS**

**BUY ANY 3 & SAVE 20%**

WITH CARD

Lipton Ice Tea Product Range x 3

**SIP ON SAVINGS**

**BUY ANY 2 & SAVE 20%**

WITH CARD

Cappy Product Range x 2

**SAVE ON FRUITY FLAVOURS**

**BUY ANY 3 & SAVE 20%**

WITH CARD

Fruitree Product Range x 3

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**SAVE R300**  
**1699<sup>99</sup>**  
WITH CARD  
NutriBullet Blender - 600W

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

**SAVE R200**  
**1199<sup>99</sup>**  
WITH CARD  
Russell Hobbs Mirror Finish Digital Microwave - 20L

**SAVE R500**  
**2499<sup>99</sup>**  
WITH CARD  
Philips Essential XL Air Fryer - 1,2kg/6,2L

## THE ULTIMATE CHECKLIST FOR CHRISTMAS ENTERTAINING

**AVAILABLE AT SELECTED STORES**

**SAVE R500**  
**2499<sup>99</sup>**  
WITH CARD  
Smeg 2-Slice Toaster/360° Cordless Kettle - 1,7L - Various Colours

**SAVE R20**  
**229<sup>99</sup>**  
WITH CARD  
Crispy Deep Frying Pan & Mesh Basket - 2-Piece

**SAVE R50**  
**249<sup>99</sup>**  
WITH CARD  
Floral Mineralite Frying Pan Set - 20cm/24cm

- Loaf Pan 24cm x 14cm - 89,99
- Round Pan 21cm x 4,5cm - 79,99
- Baking Tray 40cm x 27cm - 99,99
- 6-Cup Muffin Pan - 129,99
- 12-Cup Muffin Pan - 149,99

**SAVE R100**  
**799<sup>99</sup>**  
WITH CARD  
Quissimo Aluminium Cookware Set - 7-Piece

**FROM 69<sup>99</sup>**  
each  
Millini Non-Stick Bakeware Range

**SAVE R20**  
**FROM 179<sup>99</sup>**  
WITH CARD  
Bohemia Glassware Range - 6-Pack

- Flute Glasses - 179,99 **SAVE R20**
- Red Wine Glasses - 179,99 **SAVE R20**
- White Wine Glasses - 179,99 **SAVE R20**

**SAVE R10**  
**29<sup>99</sup>**  
WITH CARD  
LAV Tuana Whisky Glasses - 3-Pack

**SAVE R10**  
**29<sup>99</sup>**  
WITH CARD  
LAV Tuana Hi-Ball Glasses - 3-Pack

**SAVE R50**  
**149<sup>99</sup>**  
WITH CARD  
Leira Wine Glasses - 6-Pack

**SAVE R50**  
**279<sup>99</sup>**  
WITH CARD  
Home Discovery Glass Bakeware Set - 20-Piece

**SAVE R100**  
**499<sup>99</sup>**  
WITH CARD  
BushBaby Small Kettle Braai - 45cm

**SAVE R10**  
**FROM 99<sup>99</sup>**  
WITH CARD  
BushBaby Beach Cooler Bag - Various Colours

**SAVE R50**  
**199<sup>99</sup>**  
WITH CARD  
BushBaby Captain's Chair

**SAVE R10**  
**FROM 139<sup>99</sup>**  
WITH CARD  
BushBaby Cooler Bag - Various Colours

- 6-can - 139,99 **SAVE R10**
- 12-can - 189,99 **SAVE R10**
- 30-can - 239,99 **SAVE R10**
- 48-can - 309,99 **SAVE R10**

**SAVE R30**  
**109<sup>99</sup>**  
WITH CARD  
BLU52 All-In-One Pool Solution - 1,2kg

**SAVE R10**  
**129<sup>99</sup>**  
WITH CARD  
Poolbrite Month Mate Floater - 1,5kg

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**SOFT BODY**  
**50cm**

**Mia**

**199<sup>99</sup>** each  
Baby Cutie Little Mia/Nia Baby Doll - 50cm

**4 nursery accessories**

**Nia**

**199<sup>99</sup>** each  
Baby Cutie Drink & Wet Baby Doll - 41cm

**41cm**

**Mia**

**199<sup>99</sup>** each  
Baby Cutie Drink & Wet Toddler Doll - 41cm

**41cm**

**Nia**

**199<sup>99</sup>** each  
Baby Cutie Drink & Wet Toddler Doll - 41cm

**CELEBRATE WITH FRIENDS**

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

**1m**

Plush Bear - 1m

**Sparkle Girlz**

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

Sparkle Girlz Winter Princess - 26cm

**Sparkle Girlz**

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

Sparkle Girlz Princess Tots - 33cm

**Sparkle Girlz**

**199<sup>99</sup>** each  
Sparkle Girlz Princess Doll - 45cm

**Disney FROZEN**

**EXCLUSIVE TO CHECKERS**

**SAVE R100**  
**299<sup>99</sup>** each  
WITH CARD

Disney Frozen/Princess Core Doll - All Variants - 34cm

**Disney**

**199<sup>99</sup>** each  
Disney Petite Princess Doll - All Variants - 15cm

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

Disney Princess Value Doll Large - All Variants - 34cm

**149<sup>99</sup>** per set  
Cocomelon Tea Set - 12-Piece

ALSO AVAILABLE IN:

**FROZEN** **Barbie** **Peppa Pig**

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

Dosh Slime Surprise Potions

**99<sup>99</sup>** per pack  
RainBocorns Izzy Giltzy Surprise 2-Pack

**149<sup>99</sup>** per set  
Star Model Kids Make-Up Set

**SAVE R30**  
**99<sup>99</sup>** each  
WITH CARD

Gazillion Bubble Solution - 2L

**299<sup>99</sup>** each  
Hasbro Jenga Game

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

Hasbro Monopoly Classic Board Game

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**SAVE R100**  
**199<sup>99</sup>**  
WITH CARD

Hot Wheels Energy Track Set

EXCLUSIVE TO CHECKERS

SCALE: 1:64

DOUBLE LOOP  
INCLUDES 1 CAR

**199<sup>99</sup>** Hot Wheels Monster Trucks  
per set - 2-Piece

**SAVE R100**  
**199<sup>99</sup>**  
WITH CARD

Hot Wheels Die-Cast Cars Set - 9-Piece

WE'LL BEAT ANY TOY PRICE IN SA, GUARANTEED!

**METAL MACHINES**

**99<sup>99</sup>** per set

Metal Machines Die-Cast Cars Set - 5-Piece

SCALE: 1:64

**149<sup>99</sup>** per set

Metal Machines Crocodile Playset

**NERF**

**199<sup>99</sup>** per set

Radiocom Tokyo Radio-Controlled Car - 1:24

SCALE: 1:24

**NERF**

**199<sup>99</sup>** per set

Nerf Elito 2.0 Commander Blaster

SAVE R100

**X-SHOT**

**99<sup>99</sup>** per set

X-Shot Skins Flux Blaster

SAVE R50

**TAIYO**

**199<sup>99</sup>** per set

Taiyo Radio-Controlled Mini Truck - 1:40

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

Exoticar Radio-Controlled Car with Steering Wheel - 1:22

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

King of Speed Radio-Controlled Car with Lights - 1:14

**199<sup>99</sup>** per set

Radiocom Bruneck Radio-Controlled Buggy - Scale: 1:16 - All Variants

SCALE: 1:16

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

Hot Wheels Speed Sprint Radio-Controlled Car - 1:24

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

Max Monster 4x4 Friction Truck - 30cm

**149<sup>99</sup>** per set

Marvel Action Figurine - Various Designs - 24cm

**199<sup>99</sup>** each

Robo Alive T-Rex Dino Action - 15cm

**199<sup>99</sup>** per set

Metal Machines Monster Truck - 20cm

SAVE R100

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

Kastell Classic Puzzle - 1000/1500-Piece

**199<sup>99</sup>** per set

8-Bit TV Game Station

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**6 Festive CHRISTMAS CRACKERS**

**89<sup>99</sup>** per pack  
Festive Christmas Crackers - 6-Pack - 32cm

**12 Crackers**

**12 Crackers**

**BUY ANY 2 & SAVE 10%**  
WITH CARD

2 x Family Christmas Crackers - 12-Pack - Various Colours - 32cm - 159,99 per pack

**99<sup>99</sup>** per pack  
Kraft Christmas Crackers - 6-Pack

**SAVE R20**  
**149<sup>99</sup>** per pack  
Kraft Eco Christmas Crackers - 8-Pack

Merry Christmas to all of you

## THE ULTIMATE CHECKLIST FOR CHRISTMAS ENTERTAINING

**2,1m**

**SAVE R50**  
**949<sup>99</sup>** each  
Slim Forest No.54 Christmas Tree - 2,1m

Decorations excluded

**39<sup>99</sup>** each  
Battery-Operated (Incl.) Cork Warm White LED Bottle Lights - 10

**99<sup>99</sup>** each  
Santa's Choice LED Indoor Fairy Lights - 50 - 99,99 - 100 - 199,99

**299<sup>99</sup>** each  
Santa's Choice Solar Powered Cool/Warm White LED Lights - 200

**BUY 2 & SAVE 15%**  
2 x Santa's Choice Battery-Operated LED Christmas Lights - 20

**SAVE R50**  
**399<sup>99</sup>** each  
Santa's Choice Connectable LED Rope Light - 10m

**BUY ANY 2 & SAVE 15%**  
2 x Santa's Choice Copper Wire LED Lights - 20/60

|    |       |
|----|-------|
| 20 | 49,99 |
| 60 | 99,99 |

**229<sup>99</sup>** per set  
Celebrate Collection Assorted Balls & Stars in Tube - 50-Piece

**SAVE R10**  
**59<sup>99</sup>** each  
Santa's Choice Mixed Christmas Baubles - Various Colours - 16-Piece

**79<sup>99</sup>** per set  
Christmas Balls Tree-Shaped - 34-Piece - All Variants

**99<sup>99</sup>** each  
Santa's Choice Merry Christmas Cap with Sequins

**FROM 39<sup>99</sup>** each  
Christmas Headband - Various Designs

**49<sup>99</sup>** each  
Santa's Choice Christmas Novelty Glasses

**FROM 19<sup>99</sup>** each  
Christmas Gift Bag - Various Sizes

**BUY ANY 2 & SAVE 10%**  
2 x Christmas Wrapping - 3-Pack - 1m x 70cm

**22<sup>99</sup>** each  
Christmas Wrapping Paper - 2m x 70cm

**SAVE R5**  
**39<sup>99</sup>** each  
Traditions Christmas Wrapping - 5m x 70cm

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**SAVE R29**  
ANY 2 FOR  
**R90**  
WITH CARD

Vaseline Body Lotion/Cream All Variants 2 x 400ml

**SAVE R12**  
ANY 3 FOR  
**R39**  
WITH CARD

Dove Bath Soap All Variants 3 x 100g

**SAVE R17**  
**52<sup>99</sup>**  
500ml each  
WITH CARD

Listerine Mouthwash Selected Variants

**SAVE UP TO R60**  
ANY 2 FOR  
**R99**  
WITH CARD

Nivea Shower Gel/Cream All Variants 2 x 500ml

**GET DEALS DELIVERED IN 60 MINUTES**

**AS SEEN ON TV**

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

Nivea Sun Protection Range

**SAVE R9**  
ANY 2 FOR  
**R35**  
WITH CARD

Jordan Kids Toothpaste All Variants 2 x 50ml

**SAVE R10**  
**39<sup>99</sup>**  
Tand each  
WITH CARD

Colgate Max Lasting White/Total Toothpaste All Variants

**SAVE R18**  
ANY 3 FOR  
**R54**  
WITH CARD

Colgate Maximum Cavity Protection/ Gel/Herbal Toothpaste 3 x 100ml

**44<sup>99</sup>**  
30 per pack  
Essentiale Extreme Liver Capsules

**SAVE 20%**  
**59<sup>99</sup>**  
30 per pack  
WITH CARD

Grand-Pa Headache Powders

**SAVE 21%**  
**82<sup>99</sup>**  
120g each  
WITH CARD

Citro-Soda Original/Cranberry Antacid

**SAVE R16**  
ANY 2 FOR  
**R36**  
WITH CARD

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

**SAVE R8**  
**29<sup>99</sup>**  
150g each  
WITH CARD

Shield Men/Ladies Deodorant All Variants

**SAVE R10**  
**32<sup>99</sup>**  
150g/125ml each  
WITH CARD

Yardley Men/Ladies Deodorant All Variants

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

Good Stuff Bath Bomb Gift Set

**SAVE R91**  
ANY 2 FOR  
**R149**  
WITH CARD

Oral-B Toothbrushes 2 x 2 per pack

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

Savlon Antiseptic Liquid

**FROM 114<sup>99</sup>**  
30 per pack

Medirite A-Z Adult/50+ Multivitamin

**SAVE R90**  
**119<sup>99</sup>**  
each  
WITH CARD

Gillette Mach 3 Turbo Razor

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

Gillette Mach 3 Turbo Razor Blades 2 x 4 per pack

**SAVE UP TO R80**  
**189<sup>99</sup>**  
each  
WITH CARD

L'Oréal Revitalift Face Cream 50ml/ Eye Cream 15ml All Variants

**SAVE R50**  
**BUY 2 & GET A 3RD FREE**  
WITH CARD

BUY 2 x Johnson's Facial Wipes All Variants 25 per pack & GET A 3rd one FREE!

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

Cantu Hair Care Range

**Affordable Healthcare Made Easy**

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

Garnier Face Care Range All Variants

**SAVE FROM R7**  
**18<sup>99</sup>**  
per pack  
WITH CARD

Kotex Ultra Thin Sanitary Pads 7/8/10 per pack/Pantyliners 40 per pack All Variants

**SAVE FROM R13**  
**34<sup>99</sup>**  
per pack  
WITH CARD

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

**ANY 2 FOR R50**  
WITH CARD

Lil-lets Tampons 16 per pack/Pantyliners 40 per pack All Variants

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**SAVE R20**

**69<sup>99</sup>**  
2% each

WITH CARD

**Satskin**  
Foam Bath  
All Variants

**BUY ANY 2 &  
SAVE 30%**

WITH CARD

**ELVIVE**  
L'Oréal Elvive  
Hair Care Range  
All Variants x 2

**SAVE R40**

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

WITH CARD

**Garnier Nutrisse**  
Hair Colour  
All Variants

**SAVE R50**  
ANY 2 FOR

**R170**

WITH CARD

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

NEW DEALS IN EVERY AISLE

**EXTRA SAVINGS**  
checkers

**SAVE R22**  
ANY 2 FOR

**R78**

WITH CARD

**Protex/  
Palmolive**  
Shower Gel  
All Variants  
2 x 500ml

**SAVE R7**  
ANY 2 FOR

**R25**

WITH CARD

**Protex**  
Bath Soap  
All Variants 2 x 150g

**SAVE R12**  
ANY 3 FOR

**R39**

WITH CARD

**Lux**  
Bath Soap  
All Variants 3 x 175g

**BUY ANY 2 &  
SAVE 20%**

WITH CARD

**Perfect Touch**  
Hair Styling  
Range All Variants x 2

**BUY ANY &  
SAVE 20%**

WITH CARD

**Batiste**  
Dry Shampoo  
All Variants 200ml Each

**SAVE R20**

**79<sup>99</sup>**  
475g

WITH CARD

**Epi-Max**  
Baby & Junior Cream

**SAVE R7**  
ANY 2 FOR

**R17**

WITH CARD

**Purity**  
Baby Juice  
All Variants 2 x 200ml

**SAVE R15**  
ANY 5 FOR

**R45**

WITH CARD

**Infacare**  
Baby Juice  
All Variants 5 x 200ml

**SAVE R13**  
ANY 3 FOR

**R47**

WITH CARD

**Purity**  
4th Baby Food  
All Variants 3 x 250ml

**SAVE R22**  
ANY 5 FOR

**R48**

WITH CARD

**Purity**  
Baby Food Pouches  
All Variants 5 x 110ml

**SAVE R7**

**69<sup>99</sup>**  
300g

WITH CARD

**Nestlé Cerelac**  
Baby Cereal All Variants

**SAVE R50**

**219<sup>99</sup>**  
300g

WITH CARD

**PediaSure**  
Vanilla/Chocolate  
Flavoured Supplement for Children

**SAVE R10**

**89<sup>99</sup>**  
1112g

WITH CARD

**Huggies Little Swimmers**  
Disposable Swim Pants

**SAVE R50**  
BOTH FOR

**R199**

WITH CARD

**Huggies**  
Dry Comfort Jumbo Pack Disposable Nappies  
96/94/76/66/60/56  
OR Gold Jumbo Pack Disposable Pants 62/50/44/38 & Baby Wipes All Variants 56 per pack

**SAVE R30**

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

WITH CARD

**Huggies**  
Gold Jumbo Pack Disposable Nappies/  
Extra Care Disposable Nappies

**SAVE R24**

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

WITH CARD

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

CHOOSE **gentle**

for healthy baby skin

**BUY 2 & GET A 3RD FREE**

WITH CARD

BUY ANY 2 x Johnson's - Aqueous Cream - Petroleum Jelly - Liquid Soap - Oil - Cologne - Moisturising Lotion - Shampoo/Conditioner - Powder - Bath Soap - Sensitive OR Gentle All Over Baby Wipes & GET the 3rd one FREE!

OFFERS VALID FROM 12 DECEMBER 2022 UNTIL 26 DECEMBER 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



**SAVE 26%**

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

WITH CARD

**Handy Andy**  
Cleaning Agent  
All Variants

**SAVE R25**

**39<sup>99</sup>**  
2L each

WITH CARD

**Sta-soft**  
Fabric Softener  
All Variants

**SAVE R60**

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

WITH CARD

**Finish All-in-1/0%**  
Dishwasher  
Tablets All Variants

**SAVE R19**

**77<sup>99</sup>**  
each

WITH CARD

**Omo Auto**  
Washing Powder  
2kg/Liquid  
Detergent 1,5L/  
Detergent Capsules  
17 per pack

**EXTRA SAVINGS**  
Checkers

**KEEP SWIPING FOR SA'S BEST REWARDS**

SA  
**LOYALTY**  
AWARDS

**SAVE 18%**

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

WITH CARD

**Plush Supreme**  
Tile Cleaner All Variants

**SAVE R12**

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

WITH CARD

**Domestos**  
Thick Bleach All Variants

**SAVE R18**

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

WITH CARD

**Sunlight**  
Dishwashing Liquid

**SAVE R13**

**29<sup>99</sup>**  
1L each

WITH CARD

**Jik**  
Bleach All Variants

**SAVE R20**

**ANY 3 FOR R80**

WITH CARD

**Husky Dog Food**  
All Variants 3 x 775g

**SAVE R40**

**89<sup>99</sup>**  
1kg each

WITH CARD

**Bob Martin**  
Cat Crystals All Variants

**SAVE R50**

**ANY 2 FOR R109**

WITH CARD

**Catmor Cat Food**  
All Variants 2 x 1,5kg/1,75kg

**SAVE R11**

**38<sup>99</sup>**  
900ml each

WITH CARD

**Handy Andy**  
Cleaning Agent All Variants

**SAVE R13**

**24<sup>99</sup>**  
333ml each

WITH CARD

**Raid**  
Insecticide All Variants

**SAVE R37**

**BOTH FOR R80**

WITH CARD

**Raid Electric Mosquito Killer**  
Unit 33ml & Liquid Refill 33ml

**SAVE R40**

**ANY 2 FOR R50**

WITH CARD

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

**SAVE R40**

**ANY 4 FOR R100**

WITH CARD

**Cesar Dog Food**  
All Variants 4 x 100g

**SAVE R38**

**ANY 4 FOR R90**

WITH CARD

**Beeno Dog Treats**  
All Variants 4 x 120g

**SAVE R52**

**ANY 2 FOR R120**

WITH CARD

**Beeno Dog Biscuits**  
All Variants 2 x 800g

**SAVE R10**

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

WITH CARD

**Twinsaver**  
Roller Towels

**SAVE R23**

**124<sup>99</sup>**  
18's

WITH CARD

**Baby Soft**  
White 2-Ply Toilet Rolls

**SAVE R30**

**59<sup>99</sup>**  
4kg

WITH CARD

**Charka**  
Briquettes

**SAVE R50**

**169<sup>99</sup>**  
5,5kg-8kg

WITH CARD

**Bobtail Dog Food**  
All Variants

**SAVE R50**

**229<sup>99</sup>**  
4kg-6kg

WITH CARD

**Canine Cuisine**  
Dog Food All Variants

**Checkers SIXTY 60**

**Let Sixty60 deliver Christmas the way you like it... in 60 minutes.**

Download the app

# checkers

better and better

also at **Checkers Hyper**

**Checkers SIXTY 60**

download the app

OFFERS VALID FROM MONDAY 12/12/2022 UNTIL MONDAY 26/12/2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG. EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES. 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. TOY PRICE BEAT GUARANTEE. SEE WWW.TERMSANDCONDITIONS.CO.ZA FOR DETAILS. T & 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).



PROMOTION VALID 13 DECEMBER TO 25 DECEMBER 2022

We're for

MERRY CHRISTMAS

Smiles

WITH

INCREDIBLE LOW PRICES

ACROSS THE STORE!



Coca Cola

Regular Only

2.25 litre

BUY 2 FOR

45<sup>00</sup>



SPAR

Cheddar, Gouda, White Cheddar or White Gouda Vacuum Packed Cheese

700 g

79<sup>99</sup>

per pack



SPAR

Long Life Full Cream, Low Fat or Fat Free Milk

6 x 1 litre

79<sup>99</sup>

per pack



SPAR

Choice Butter Salted

500 g

59<sup>99</sup>



Nescafé

Gold Instant Coffee

200 g Assorted

119<sup>99</sup>

each



SPAR

Sunflower Oil

2 litre

69<sup>99</sup>



Bokomo

Weet-bix

450 g

27<sup>99</sup>



Pampers

Premium Value Pack

Junior 44s

Maxi 52s

Midi 60s

Mini 76s

New Born 82s

Extra Large 36s



Nappies

Jumbo Pack

Size 1 96s

Size 2 94s

Size 3 76s

Size 4 66s

Size 4+ 62s

Size 5 52s

Junior 5+ 48s

Size 6 44s



Pants

Jumbo Pack

Size 3 66s

Size 4 60s

Size 5 50s

Size 6 44s

229<sup>99</sup>

per pack



SPAR

Tender and Tasty Gammon Boneless (uncooked)

69<sup>99</sup>

per kg

SPAR Rewards

Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

Specials available at selected SUPERSPAR and SPAR stores (excluding KWIKSPAR and SPAR Express stores) from 13 December up to and including 25 December 2022 while stocks last. We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).

SSR1314



YOUR LOCAL  
KITCHEN

# WE'RE FOR COOKING UP FRESH SAVINGS

Gourmet Recipe  
**McCOY**  
REAL DEAL PIES



SERVING SUGGESTION

McCOY  
Pie or Sausage Roll  
(Excl. Burger Pie)  
Assorted

BUY  
ANY  
**2**  
FOR

**55<sup>00</sup>**



## FRIDGES

## WE'RE FOR COOL OFFERINGS



SPAR  
Large Eggs  
48s

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



Albany  
Thick Slice White Bread  
700 g

Get  
**R2 off**

Rewards Customers Pay

**15<sup>99</sup>**



SPAR  
Margarine  
Brick  
500 g

**21<sup>99</sup>**



SPAR  
Long Life  
Cream  
300 ml

**21<sup>99</sup>**



Stork  
Country Spread  
Tub  
1 kg

**43<sup>99</sup>**



Parmalat or Melrose  
Processed Cheese Slices,  
Melts or Maxi Slices  
400 g  
Assorted

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



Lancewood  
Cream Cheese  
230 g  
Assorted

**37<sup>99</sup>**  
each



Lancewood  
Smooth  
Cottage Cheese  
250 g  
Assorted

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



President  
Feta Cheese  
400 g  
Assorted

Get  
**R6 off**  
each



SPAR  
South African  
Feta Cheese  
400 g  
Assorted

**45<sup>99</sup>**  
each



SPAR  
Double Cream  
Seeded  
Yoghurt  
1 kg  
Assorted

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



Danone  
Nutriday  
Smooth  
Medium or  
Low Fat  
Yoghurt  
6 x 100 g  
Assorted

BUY  
ANY  
**2**  
FOR

**37<sup>00</sup>**



SPAR  
Full Cream  
Fresh Milk  
Jug  
2 litre

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



Clover  
Krush  
100% Fruit  
Juice Blend  
1.5 litre  
Assorted

**34<sup>99</sup>**  
each



SPAR  
Medium Fat  
Maas  
2 kg

**21<sup>99</sup>**



Danone  
Danup  
Blend of  
Multigrain  
& Yoghurt  
950 g  
Assorted

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



SPAR  
Bacon  
Assorted or  
Chicken  
Rashes  
200 g

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



Eskort  
Gold Medal  
Pork Sausages  
375 g

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



SPAR  
Smoked or Red  
Viennas  
500 g

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



SPAR  
French  
Polony  
2 kg

**54<sup>99</sup>**



SPAR  
Griller  
425 g  
Assorted

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

**SPAR**  
Rewards  
Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR



SUPERSPAR



13 DECEMBER TO 25 DECEMBER 2022





# ALL THE FESTIVE FLAVOURS

*for your family feast*

**SUMMERY**  
*Christmas*  
**SIDES**  
See recipes  
for more



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

**SPAR Tender  
and Tasty  
Gammon  
(Boneless &  
Uncooked)**



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

**SPAR Bakery  
Large Wraps  
Assorted  
8s**

OR PLACE  
YOUR ORDER FOR  
*delicious cooked,  
glazed gammon*  
AT THE DELI  
COUNTER





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

**SPAR Select**  
Skin Pack  
Extended Shelf Life  
Chicken Breast  
Filletts  
4s / 8s

*Clementine salad*

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

**SPAR Select**  
Lamb Leg  
Bone-In  
(Previously Frozen)

*Slow roasted*  
**MOROCCAN INSPIRED LEG OF LAMB**

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

**CHIKKA CHICKEN**

*your choice of*  
**READY TO SERVE DELICIOUSNESS**

**Chikka Chicken**  
Whole Roasted Chicken  
BBQ / Peri Peri

**A CELEBRATION OF**  
**FRESH** *tastes and colours*

From fresh veg and fruit, to baked goods and meats we have what you're looking for

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

**SPAR freshline**  
Bananas  
750 g

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

**SPAR freshline**  
Salad Packs  
Assorted  
220 g / 300 g

**24<sup>99</sup>**  
per punnet

**SPAR freshline**  
Red or White  
Grapes  
500 g

**90<sup>00</sup>**  
per combo

**SPAR freshline**  
Potatoes 4 kg,  
Onions 2 kg and  
Carrots 1 kg

**55<sup>00</sup>**  
per combo

**SPAR freshline**  
Tomatoes 1 kg,  
English Cucumber 1s  
and Green Pepper  
Value Pack  
600 g

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

**SPAR freshline**  
Mini Plum  
Tomatoes  
400 g

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

**SPAR Bakery**  
White Sliced  
Bread  
700 g

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

**SPAR Bakery**  
Luxury Cakes  
Assorted (Bar One,  
Caramel Treat, Milky Bar,  
Peppermint Crisp,  
Black Forest, Carrot,  
Red Velvet)



Rump tail medallions

219<sup>99</sup> per kg

SPAR  
Steak Co.  
Tomahawk  
Steak

Tomahawk, ribeye on the bone

BUY  
ANY 2 AND  
SAVE R15

SPAR  
Rewards  
Instant Savings

Save time  
WITH OUR  
ready to eat  
range

The  
FOOD  
STALL  
at SPAR

From

29<sup>99</sup> each

Fresh Convenience  
Snacking Range

FRESH ALWAYS

TASTES  
better

139<sup>99</sup> each

SPAR Bakery  
Christmas  
Pavlova  
500 g

49<sup>99</sup> per pack

SPAR Bakery  
Naan  
Assorted  
4s



189<sup>99</sup> per kg

SPAR  
Steak Co.  
Rump Tail  
Medallions



54<sup>99</sup> per pack

SPAR Select  
Ostrich Burgers  
400 g



129<sup>99</sup> per kg

SPAR Select  
Fresh Skin Pack  
Pork Belly Roast



59<sup>99</sup> per kg

SPAR Select  
Skin Pack  
Extended Shelf Life  
Chicken Braai Pack  
5s / 8s



69<sup>99</sup> per kg

SPAR Tender  
and Tasty  
Chicken Espetada  
Peri Peri / BBQ



159<sup>99</sup> per kg

SPAR Tender  
and Tasty  
Ribeye Roast



69<sup>99</sup> per pack

SPAR Select  
Ostrich Prime  
Steak  
400 g



84<sup>99</sup> per kg

SPAR Select  
Pork Mince



119<sup>99</sup> per kg

SPAR Select  
Fresh Beef  
Oxtail



159<sup>99</sup> each

SPAR Tender  
and Tasty  
Pre-cooked  
Marinated Pork Ribs  
1 kg

Specials available at all SUPERSPAR, SPAR and KWIKSPAR stores (excluding SPAR Express stores) from 13 December up to and including 25 December 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).

SSR314



99<sup>99</sup> each

SPAR Bakery  
Christmas Fruit  
Pudding  
400 g

29<sup>99</sup> each

SPAR Bakery  
Christmas  
Trifle  
Sponge  
Cake  
400 g

29<sup>99</sup> per pack

SPAR  
Bakery  
Festive  
Chocolate  
Cupcakes  
9s

Get  
**R10 off**  
Rewards Customers Pay  
**39<sup>99</sup>** per pack

SPAR  
Bakery  
Festive Fruit  
Mince Pies  
6s



NEW LOOK  
*same  
great  
bakes*

# BAKED especially FOR YOU

Delicious treats for  
every season.

*Sparkling tonic &  
elderflower fizz*

69<sup>99</sup> each

SPAR Bakery  
Iced Christmas  
Fruit Cake Slab  
400 g

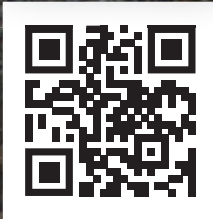


## Ideas for your CHRISTMAS FEAST

*The stars of tea-time*

Fancy a tasty looking dish on these pages? **Scan here for the recipes or visit [www.spar.co.za/recipes](http://www.spar.co.za/recipes)**

Christmas Gammon with Clementines and Berry Compote | Crunchy Lettuce Wedge Salad with Wrap Chips | Green Pepper and Chicken Kebabs on Herbed Yoghurt | Roasted Butternut and Clementine Salad | Roast Moroccan Lamb with Carrot Ribbon Salad | Perfect Roast Potatoes | Rump Tail Medallions on Brussels Sprouts and Beetroot | Braaied Tomahawk Steak with Golden Curry Butter | Ribeye Beef Top Roast with Crispy Sage and Creamy Green Olive and Pepper Sauce | Pavlova with Poached Pears | Caprese Tomato Salad Served on Naan Breads



SSR1314



↓ **DOWNLOAD THE APP**  
**TO SEE IF YOUR**  
**STORE IS LISTED**

AVAILABLE FREE ON

Available on the  
 App Store

GET IT ON  
 Google Play

**YOU COULD BE A CLICK AWAY**  
**FROM DELIVERY TO YOUR DOOR STEP**



WE'LL BRING

**OUR SPAR**  
**TO YOU**



SCAN TO  
 DOWNLOAD  
 THE SPAR 2U  
 APP



The **SPAR** you love,  
 now online!

**FREEZER**

**WE'RE FOR**  
**LONG-LASTING GOODNESS**



SPAR  
 Quick Cuisine  
 Frozen Meals  
 320 g / 360 g  
 Assorted

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



SPAR  
 Mini Puffs  
 40s  
 Assorted

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



SPAR  
 Spring Rolls  
 10s  
 Assorted

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



SPAR  
 Frozen Mixed  
 Chicken Portions  
 5 kg

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



I&J  
 Beefers Beef or  
 Chickster  
 Chicken Burger  
 Patties  
 800 g

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



SPAR  
 Cocktail Samosas  
 12s

**34<sup>99</sup>**



SPAR  
 Spring Rolls  
 12s  
 Assorted

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



Fry's  
 Original  
 Meat Free  
 Burgers or  
 Schnitzel  
 320 g

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



Andiccio24  
 Margarita Pizza Only  
 200 g  
 Assorted

Get  
**R5 off**

Rewards Customers Pay

**21<sup>99</sup>**



Andiccio24  
 Margherita with Mince,  
 Margherita with Ham & Pineapple,  
 Margherita with Sweet Chilli, Chicken & Feta  
 or Margherita with Bacon, Mushroom & Olives  
 Pizza  
 360 g

Get  
**R5 off**

Rewards Customers Pay

**54<sup>99</sup>**



SPAR  
 Frozen Chicken  
 Livers Tub  
 250 g

**9<sup>99</sup>**



Rainbow  
 Simply Chicken  
 Original or Cheese  
 Nuggets, Fingers, Bites,  
 Burgers or Steaklets  
 350 g / 360 g / 400 g

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



Natures Garden  
 Country Mix or  
 Garden Mix  
 1 kg

Get  
**R5 off**  
 each



SPAR  
 Frozen  
 Cauliflower  
 & Broccoli  
 1 kg

**44<sup>99</sup>**



McCain  
 Mixed Veg  
 Vegetables  
 1 kg

**34<sup>99</sup>**



SPAR  
 Frozen Sweetcorn  
 1 kg

**33<sup>99</sup>**



SPAR  
 Frozen  
 Garden Peas  
 1 kg

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



Dairymaid  
 Country Fresh  
 Ice Cream  
 2 litre  
 Assorted

Get  
**R5 off**

Rewards Customers Pay

**49<sup>99</sup>**  
 each



SPAR  
 Dessert Pastries  
 24s  
 Assorted

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



SPAR  
 Chocolate Brownie  
 or Apple Crumble  
 Frozen Dessert  
 340 g / 450g

**54<sup>99</sup>**  
 each



SPAR  
 Phyllo Pastry  
 500 g

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



SPAR  
 Puff or Shortcrust  
 Pastry  
 400 g

**21<sup>99</sup>**  
 each

**SPAR**  
**Rewards**  
 Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

**SPAR**



**SUPERSPAR**



13 DECEMBER TO 25 DECEMBER 2022

SSR1314  
 7



SPAR  
Marksbury Select  
Grana Padano  
Cheese  
150 g

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

SPAR  
Marksbury Select French Brie  
Cheese  
200 g

**59<sup>99</sup>**  
each

SPAR  
Marksbury Select  
Chevre Cheese  
100 g

**36<sup>99</sup>**

SPAR  
Full Fat  
Cream Cheese  
Mascarpone  
250 g

**42<sup>99</sup>**

SPAR  
Creamy Dip  
175 g  
Assorted

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

SPAR  
Marksbury Select  
Danish  
Blue Cheese  
100 g

**37<sup>99</sup>**

MERRY  
CHRISTMAS,  
FROM ALL OF US AT

**SPAR**

SPAR  
Prawn Meat  
400 g

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

SPAR  
Vannamei  
Whole Prawns  
700 g

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

SPAR  
Crab  
Flavoured Sticks  
(Containing Fish)  
500 g

**42<sup>99</sup>**  
each

SPAR  
Norwegian  
Smoked Salmon  
100 g

**69<sup>99</sup>**

SPAR  
Crumbed  
Hake  
Portions  
480 g

**69<sup>99</sup>**  
each

SPAR  
Crumbed  
Garlic Mussels  
400 g

**69<sup>99</sup>**  
each

SPAR  
Smoked  
Oysters  
85 g

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

SPAR  
Smoked  
Mussels  
85 g

**15<sup>99</sup>**  
each



Great meals start with **QUALITY COOKWARE**

**SAVE UP TO 70%**

Promotion valid from 17 October 2022 to 30 January 2023



**SHOP:** GET A STICKER FOR EVERY R100 SPENT!

**COLLECT:** 15 STICKERS TO FILL YOUR FREE COLLECTOR CARD.

**SAVE:** UP TO 70% OFF MASTERCHEF STAINLESS STEEL COOKWARE.

Creating smiles around the table



**PANTRY**

**WE'RE FOR EVERYDAY SAVINGS**



Tastic Long Grain Parboiled Rice 10 kg

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



Iwisa or Super Sun Super Maize Meal 2.5 kg

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



Fatti's & Moni's Macaroni or Spaghetti 500 g

**15<sup>99</sup>** each



Ace Braai Pap Super Maize Meal 2.5 kg

**Get R4 off** each



SPAR Instant Noodles 5 x 70 g Assorted

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



SPAR Refined White Sugar 2.5 kg

**42<sup>99</sup>**



Hinds Southern Coating 200 g Assorted

**Get R3 off**  
**15<sup>99</sup>** Rewards Customers Pay



Ina Paarman's Ready to Serve Sauces 200 ml Assorted

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



White Star Super Maize Meal 5 kg + Tastic Parboiled Rice 2 kg + SPAR Sunflower Oil 2 litre + All Gold Tomato Sauce 700 ml + Crosse & Blackwell Creamy or Tangy Mayonnaise 750 g + Fatti's & Moni's Macaroni or Spaghetti 500g

**COMBO**  
**Buy all and get R25 off**  
**Rewards Customers Pay 219<sup>99</sup>**



Hinds Herbs or Spices Refill Pack 40 g - 90 g (Excl. Pepper)

**Get R3 off** each



Robertson's Spice Refill Brown Box 64 g - 100 g Assorted

**13<sup>99</sup>** each



Knorr Aromat Trio Pack 200 g Assorted

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



Ina Paarman's Kitchen Stuffing Mix 100 g Assorted

**21<sup>99</sup>** each



Robertson's Rajah Curry Powder 50 g Assorted

**12<sup>99</sup>** each



Royco Dry Sauce, Gravy, Marinade or Pasta Sauce 32 g/ 42 g/ 45 g Assorted

**BUY ANY 2 FOR 30<sup>00</sup>**



Maggi Garlic, Chilli or Sweet Chilli Sauce 375 ml

**Get R5 off** each



All Gold Tomato Sauce 700 ml

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



Wellington's Sweet Chilli Sauce 700 ml

**36<sup>99</sup>**



Knorr Salad Dressing 340 ml Assorted

**25<sup>99</sup>** each



Crosse & Blackwell Tangy or Creamy Mayonnaise (Excl. Squeeze Bottle) 750 g Assorted

**35<sup>99</sup>** each



Koo Beetroot 525 g / 780 g Assorted

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



Bull Brand Corned Meat (Excl. Corned Beef) 300 g Assorted

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



Koo Creamstyle Sweetcorn 415 g

**17<sup>99</sup>**



Knorr Packet Soup 50 g Assorted

**BUY ANY 4 FOR 20<sup>00</sup>**



Koo Chakalaka 410 g Assorted

**BUY ANY 2 FOR 33<sup>00</sup>**



All Gold Tomato & Onion Mix 410 g

**BUY 2 FOR 30<sup>00</sup>**



Koo Baked Beans in Tomato Sauce 410 g

**BUY 2 FOR 25<sup>00</sup>**



Lucky Star Pilchards in Tomato, Chilli or Sweet Chilli Sauce 400 g

**BUY ANY 2 FOR 45<sup>00</sup>**

**SPAR Rewards**  
Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

**SPAR**

**SUPERSPAR**

13 DECEMBER TO 25 DECEMBER 2022

SSR1314



# MORE FOR LESS!

## BREAKFAST

## WE'RE FOR GOOD MORNINGS



Nescafé Gold Cappuccino Sticks 10s Assorted

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



Nescafé Ricoffy Coffee Granules (Excl. Decaf) 750 g

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



Joko Tagless Teabags 100s

**37<sup>99</sup>**



Laager Rooibos Tagless Tea Bags 80s

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



Nestlé Cremora Coffee Creamer 750 g

**41<sup>99</sup>**



Rhodes Smooth Apricot Jam 900 g

Get **R3 off** each



All Gold Apricot or Peach & Apricot Jam 900 g

**31<sup>99</sup>** each



Black Cat Peanut Butter 800 g Assorted

**59<sup>99</sup>** each



Jungle Muesli Clusters 400 g Assorted

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



Kellogg's Corn Flakes 1 kg

**59<sup>99</sup>**



Morvite Instant Porridge 1 kg Assorted

Get **R4 off** each

## BAKING AIDS

## WE'RE FOR HOMEMADE HAPPINESS



Danone Ultramel 1 litre Assorted

BUY ANY **2** FOR **48<sup>00</sup>**



Moir's Jelly (Excl. Lite) 80 g Assorted

BUY ANY **3** FOR **25<sup>00</sup>**



Snowflake Self Raising Wheat Flour 1 kg

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



Golden Cloud Premix 1 kg Assorted

Get **R3 off** Rewards Customers Pay **26<sup>99</sup>**



Moir's Instant Pudding 90 g Assorted

BUY ANY **3** FOR **25<sup>00</sup>**



Koo Peach Halves or Slices in Syrup 825 g

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



Nestlé Treat, Ideal Milk or Dessert Cream 290 g - 380 g

Get **R5 off** each



Snowflake Creations 280 g - 810 g Assorted

Get **R7 off** each



Royal Baking Powder Refill 200 g

Get **R2 off** each

SPAR Rewards Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR

SUPERSPAR

13 DECEMBER TO 25 DECEMBER 2022



# CHRISTMAS SAVINGS!

## TREATS

## WE'RE FOR SWEET SAVING DEALS



SPAR  
Chocolate  
Mystery  
Egg  
20 g

BUY  
2  
FOR  
**22<sup>00</sup>**



SPAR  
Choc Dipped  
Pretzel Stix  
70 g  
Assorted

**17<sup>99</sup>**  
each



Bakers  
Choice  
Assorted Biscuits  
1 kg

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



SPAR  
Gums, Jellies or  
Liquorice Tub  
450 g / 500 g  
Assorted

**59<sup>99</sup>**  
each



Manhattan  
Gums, Jellies,  
Bubbles  
or Fruit Pastilles  
125 g  
Assorted

BUY  
ANY  
2  
FOR  
**37<sup>00</sup>**



Bakers  
Eet-Sum-Mor Biscuits  
200 g  
Assorted

**21<sup>99</sup>**  
each



Bakers  
Salticrax  
Savoury Snacks  
200 g  
Assorted

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



Willards  
Cheese Curlys  
or Flings  
150 g

BUY  
ANY  
2  
FOR  
**32<sup>00</sup>**



Simba  
Potato Chips  
120 g  
Assorted

BUY  
ANY  
2  
FOR  
**30<sup>00</sup>**



Stimorol  
Gum Bottle  
60 Pieces  
Assorted

Get  
**R9 off**  
each



Liqui Fruit  
100%  
Pure  
Fruit Juice  
2 litre  
Assorted

Get  
**R3 off**

Rewards Customers Pay

**34<sup>99</sup>**



Brookes  
Oros Squash  
(Excl. Light)  
2 litre  
Assorted

BUY  
ANY  
2  
FOR  
**70<sup>00</sup>**



Appletiser,  
Grapetiser  
or Peartiser  
1,25 litre

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



Monster  
Energy Drink  
(Incl. Zero)  
500 ml  
Assorted

BUY  
ANY  
2  
FOR  
**29<sup>00</sup>**



Cappy  
100% Fruit Juice  
Blend  
1,5 litre  
Assorted

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



SPAR  
Still Mineral Water  
5 litre

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



Pepsi Regular,  
Mirinda or  
Mountain Dew  
Carbonated Soft Drink  
2 litre  
Assorted  
(Excl. Diet Range)

**MULTI-BUY**  
Buy any 2 and get  
**R10 off**



SPAR  
100%  
Fruit Juice Blend  
2 litre  
Assorted

Get  
**R4 off**  
each

SPAR  
**Rewards**  
Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

SPAR



SUPERSPAR



13 DECEMBER TO 25 DECEMBER 2022



# CHRISTMAS

# SNACKING AND GIFTING MOMENTS



SPAR  
Instant  
Dessert Mix  
400 g  
Assorted

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



SPAR  
Whole Pitted  
Lychees in Syrup  
565 g

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



SPAR  
Whole  
Strawberries  
in Syrup  
410 g

**16<sup>99</sup>**



SPAR  
Stuffed Olives  
340 g  
Assorted

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



SPAR  
Mint Sauce  
220 g

**34<sup>99</sup>**



SPAR  
Red Glazed  
Cherries  
200 g

**35<sup>99</sup>**



SPAR  
Maraschino  
Cherries  
225 g

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



SPAR  
Cocktail Onions  
130 g  
Assorted

**17<sup>99</sup>**  
each



Nestlé  
Quality  
Street Bag  
435 g

Get  
**R10 off**  
Rewards Customers Pay  
**79<sup>99</sup>**



Cadbury  
Whispers  
Snowballs 200 g  
or Santa &  
Reindeer 100 g

**42<sup>99</sup>**  
each



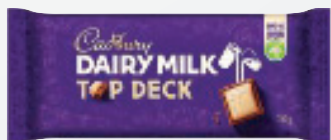
Cadbury  
Dairy Milk  
Whispers or  
Tumbles  
200 g  
Assorted

Get  
**R5 off**  
each



Nestlé  
Fun Bag  
Mini's  
152 g - 210 g  
Assorted

Get  
**R5 off**  
each



Cadbury  
Chocolate Slabs  
(Excl. Limited Edition,  
Bubbly, Astro,  
P.S., 5 Star and Crunchie)  
150 g  
Assorted

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



SPAR  
Sponge  
Fingers  
125 g

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



SPAR  
Marshmallows  
150 g  
Assorted

BUY ANY  
**2**  
FOR **30<sup>00</sup>**



Lindt  
Lindor  
Truffles  
200 g  
Assorted

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



Yardley  
English Blazer  
Original  
Gift Pack

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



Yardley  
Gorgeous, Lace,  
White Satin,  
Panache Original  
or Hoity Toity  
Original  
Gift Pack

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



Gravity  
Infinity  
Gift Pack

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



Lentheric  
Masculin  
Gift Pack

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



Yardley  
English  
Blazer  
Black

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

MERRY CHRISTMAS, FROM ALL OF US AT

**SPAR**



**SPAR**  
**Rewards**  
Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

**SPAR**



**SUPERSPAR**



13 DECEMBER TO 25 DECEMBER 2022



Great meals start with **QUALITY COOKWARE**

**SAVE UP TO 70%**

Promotion valid from 17 October 2022 to 30 January 2023



**SHOP:** GET A STICKER FOR EVERY R100 SPENT!

**COLLECT:** 15 STICKERS TO FILL YOUR FREE COLLECTOR CARD.

**SAVE:** UP TO 70% OFF MASTERCHEF STAINLESS STEEL COOKWARE.

Creating smiles around the table



**HOME ESSENTIALS**

**WE'RE FOR HOME-MUST HAVES**



**Sta-soft**  
Fabric Conditioner  
Refill Pouch  
(Excl. Ultra Concentrate  
Doy Pack)  
500 ml  
Assorted

**25<sup>99</sup>**  
each



**Prowash**  
Hand Washing  
Powder  
2 kg  
Assorted

Get **R3 off**  
each



**Sunlight**  
Hand  
Washing Powder  
2 kg  
Assorted

**56<sup>99</sup>**  
each



**Sunlight**  
Auto  
2in1  
Washing Powder  
or Auto Liquid  
2 kg / 1.5 litre  
Assorted

**59<sup>99</sup>**  
each



**Domestos**  
Thick Bleach  
750 ml  
Assorted

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



**Handy Andy**  
Cream  
750 ml  
Assorted

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



**Sunlight**  
Dishwashing  
Liquid  
Regular  
750 ml

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



**Airoma**  
Air Freshener  
210 ml  
Assorted

BUY ANY **2** FOR **30<sup>00</sup>**



**SPAR**  
Big Black  
Refuse  
Bags Roll  
20s

**44<sup>99</sup>**



**Mr Muscle**  
5in1  
Bathroom Cleaner  
500 ml  
Assorted

**37<sup>99</sup>**  
each



**Peaceful Sleep**  
Aerosol  
Insect Repellent  
150 g  
Assorted

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



**Mortien**  
Target Insect  
Aerosol Spray  
300 ml  
Assorted

Get **R5 off**  
each



**Doom**  
Insecticide Spray  
300 ml  
Assorted

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



**Energizer**  
Max  
AAA or AA  
Batteries  
12s

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



**SPAR**  
All Purpose  
Kitchen Towels  
2 ply  
4s

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



**SPAR**  
Paper Plates  
230 mm 50s  
+  
**SPAR**  
White Serviettes  
1 ply 100s

BUY BOTH FOR **50<sup>00</sup>**



**SPAR**  
goodliving  
Light Duty  
Foil

**13<sup>99</sup>**  
each



**Glad**  
Bake & Cooking Paper  
5 m x 300 mm

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

**OUTDOOR**



**FIRELIGHTERS**  
12s

BUY BOTH FOR **79<sup>99</sup>**



**SPAR**  
Charcoal Briquettes  
5 kg  
+  
Firelighters  
12s

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



**Hth**  
Pool Granular  
Chlorine  
4 kg

**229<sup>99</sup>**



**Poolbrite**  
Month Mate  
Super Plus Floater  
1.5 kg

**129<sup>99</sup>**  
each

**SPAR Rewards**  
Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

**SPAR**



**SUPERSPAR**



13 DECEMBER TO 25 DECEMBER 2022

SSR1314



# GREAT VALUE!

PET  
CARE

WE'RE FOR  
NUTRITIOUS BUYS



Whiskas  
Flavoured  
Trio Treats  
55 g  
Assorted

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



Pamper  
Cat Food  
385 g / 400 g  
Assorted

**15<sup>99</sup>**  
each



Whiskas  
Meaty Nuggets  
Cat Food  
2 kg  
Assorted

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



Brennco  
Garden  
Bird Seed  
2 kg

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



Pedigree  
Jumbone  
Treats  
160 g / 180 g  
Assorted

BUY  
ANY  
**2**  
FOR **45<sup>00</sup>**



SPAR  
Pro-Balance  
Dog Food  
775 g  
Assorted

BUY  
ANY  
**2**  
FOR **50<sup>00</sup>**



SPAR  
Pro-Balance  
Dog Food  
8 kg  
Assorted

**199<sup>99</sup>**  
each



Bobtail  
Dry Dog Food  
5.5 kg - 9 kg  
Assorted

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

START SCHOOL WITH THE  
**Toots**  
of  
New Shoes



**Bata**  
SCHOOL SHOES

FOR ONLY

**R60**

WHEN YOU SPEND **R500**  
OR MORE & SWIPE YOUR  
SPAR Rewards card

UNISEX  
SMALL SIZES  
**10 UP TO 2**

T's and C's apply.

Bata School Shoes Campaign valid from  
13 DEC 2022 to 6 FEB 2023.

**SPAR**



**SPAR**  
Rewards  
Instant Savings

Exclusive to SPAR Rewards customers.  
Sign up today! Dial \*120\*7070#. It's INSTANT!

**SPAR**  
Rewards  
Instant Savings

\*Maximum of 10 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

**SPAR**



**SUPERSPAR**



13 DECEMBER TO 25 DECEMBER 2022



# CHRISTMAS SAVINGS!

BABY CARE

WE'RE FOR PRECIOUS SAVINGS



Nestlé  
Cerelac  
No. 1, 2, 3 or 4  
Baby Cereal  
with Milk  
250 g  
Assorted

Get **R5 off**

Rewards Customers Pay

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



Pampers  
Fresh or Sensitive  
Wet Wipes  
Value Pack  
256s/ 224s

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



Purity  
2nd Baby Food  
125 ml  
Assorted

BUY ANY **3** FOR **35<sup>00</sup>**



Purity  
Puree  
110 ml  
Assorted

BUY ANY **3** FOR **35<sup>00</sup>**



Dettol  
Antiseptic  
Liquid  
750 ml

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



Vicks  
VapoRub  
45 g / 50 g  
Assorted

**47<sup>99</sup>** each



Panado  
Paediatric Syrup  
Sachets  
12s x 5 ml

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



Calpol  
Tablets  
24s

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

YOUR GIFT,  
YOUR CHOICE!

WITH

SPAR



GIFT OF GIVING

e-vouchers



HOW TO  
BUY

STEP 1



Go to:  
[go.spar.co.za/  
e-vouchers](http://go.spar.co.za/e-vouchers)

STEP 2



Choose the amount  
you want to send  
to someone

STEP 3



Pay online  
with your debit/  
credit card

STEP 4



Send your  
gift to make  
their day!

Experience the world of electronic gift vouchers. Now available at selected SPAR stores.

T's & C's: SPAR GIFT e-voucher (SPAR Financial Services Product) CUSTOMER TERMS & CONDITIONS 1) The SPAR Gift e-voucher can ONLY be exchanged for goods and services in selected stores in South Africa. 2) The SPAR Gift e-voucher is not refundable. 3) The SPAR Gift e-voucher cannot be redeemed in-store for cash. 4) Change will not be issued from payment with a gift e-voucher. Please purchase for the full amount of the e-voucher or more. 5) During the payment, if the value of goods exceeds the amount stated on the e-voucher, the difference thereof should be paid by the customer. The cashier will inform you. 6) The SPAR Group LTD reserves the right to vary/amend the privileges or terms and conditions without prior notice. 7) The SPAR Group LTD retains the right to reject any e-voucher that has been tampered with or found in any way unacceptable. 8) The SPAR Gift e-voucher is valid for 3 years from date of purchase. 9) You may accumulate e-vouchers and you may pay with multiple e-vouchers.

SPAR



SUPERSPAR



13 DECEMBER TO 25 DECEMBER 2022





# WHERE GREAT STORIES START



**PROMOTIONAL PRICE**

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

Get an extra **R5 off**

Rewards Customers Pay

**314<sup>99</sup>**

Jameson  
Triple Distilled  
Irish Whiskey  
750ml



**134<sup>99</sup>** each

Russian Bear  
Triple Distilled  
Vodka  
(Including Flavours  
Excluding Energy Fusion)  
750ml



**BUY 2 FOR**

**165<sup>00</sup>**

Belgravia  
Gin and Dry Lemon  
(All Variants)  
Handies  
6 x 275ml



**MULTI-BUY**  
**Buy 3 for**

**209<sup>00</sup>**

Get an extra **R10 off**

Rewards Customers Pay

**199<sup>00</sup>**

Castle Lite  
Cans  
6 x 410ml

Specials available at all TOPS at SPAR stores from 13 December up to and including 25 December 2022.

**TOPS at SPAR**

**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 December 2022 up to and including 8 January 2023. While stocks last. T's & C's Apply.





**The Singleton**  
12 Year Old  
Single Malt  
Scotch Whisky  
750ml

Get **R30 off**



**Johnnie Walker**  
Gold Label Reserve  
Scotch Whisky  
750ml

Get **R30 off**



**Malty**  
Gin Rosa,  
Con Arancia,  
Con Limone  
or Originale  
750ml

Get **R30 off**



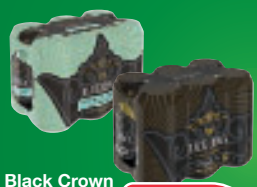
**Darling Cellars**  
Any Darling Cellars  
Reserve Wines  
750ml

**MULTI-BUY**  
Buy any 2 and get  
**R15 off**



**Van Loveren**  
Daydream  
Chardonnay  
Pinot Noir,  
Chardonnay or  
Cabernet Sauvignon  
750ml

**MULTI-BUY**  
Buy any 2 and get  
**R20 off**



**Black Crown**  
Gin & Tonic or  
Gin & Dry Lemon  
with Marula  
Cans  
6 x 440ml

**MULTI-BUY**  
Buy any 2 and get  
**R20 off**



**Castle Lite**  
Cans  
6 x 500ml

**MULTI-BUY**  
Buy any 2 and get  
**R20 off**



**Flying Fish**  
Pressed Lemon or  
Chilled Green Apple  
Flavoured Beer  
Handies  
6 x 330ml

**MULTI-BUY**  
Buy any 2 and get  
**R20 off**

Additional Rewards exclusively available to our Inland SPAR Rewards customers! (Excl. Lowveld)



**Sniper**  
Black  
Guarana  
6 x 440ml

**MULTI-BUY**  
Buy 2 for  
**140<sup>00</sup>**

Get an extra **R10 off**

Rewards Customers Pay  
**130<sup>00</sup>**



**John Bannermans**  
Red Seal  
Finest Blended  
Scotch Whisky  
750ml

**PROMOTIONAL PRICE**  
**214<sup>99</sup>**

Get an extra **R15 off**

Rewards Customers Pay  
**199<sup>99</sup>**



**aware!org**  
www.aware.org.za

**Not For Persons Under The Age Of 18.**



# LET GREAT STORIES AND HOLIDAYS BEGIN

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

Southern Comfort  
Original or Lime  
750ml

**199<sup>99</sup>** each

Lupini  
Flamethrower,  
Inferno Hot Ice,  
Gold or Black  
Sambuca  
Liqueur  
750ml

**470<sup>00</sup>**  
Get an extra  
**R20 off**  
Rewards Customers Pay  
**450<sup>00</sup>**

Tanqueray  
London Dry Gin,  
Flor de Sevilla or  
Blackcurrant Royale  
Distilled Gin  
750ml

**194<sup>99</sup>**

Klipdrift  
Premium Brandy  
750ml

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

VAT 69  
Blended Scotch  
Whisky  
750ml

**269<sup>99</sup>**

Jack Daniel's  
Tennessee Whiskey  
750ml

**270<sup>00</sup>**

Amarula  
Premium  
Cream Liqueur  
(All Variants)  
750ml

**120<sup>00</sup>** per Combo  
Get an extra  
**R10 off**  
Rewards Customers Pay  
**110<sup>00</sup>** per Combo

Three Ships  
Mash Tun  
Spirit Aperitif  
750ml and  
SPAR  
Ginger Ale  
1L

SPOIL SOMEONE WITH THESE

## PREMIUM STORY STARTERS!

ONLY AVAILABLE AT SELECTED STORES

**369<sup>99</sup>**

Chivas Regal  
12 Year Old  
Blended  
Scotch Whisky  
750ml

**369<sup>99</sup>**

Monkey Shoulder  
The Original  
Blended  
Malt Scotch Whisky  
750ml

**889<sup>99</sup>**

Remy Martin  
VSOP  
Fine Champagne  
Cognac  
750ml

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

Ciroc  
Vodka  
(Including Flavours)  
750ml

**429<sup>99</sup>** each  
Get an extra  
**R30 off**  
Rewards Customers Pay  
**399<sup>99</sup>** each

Inverroche  
Amber  
(Including Variants)  
Gin  
750ml

**BOSCHENDAL**  
*Founded 1685*

# WIN

the ultimate Boschendal  
experience this spring!

Buy any of our Boschendal NV Cap Classique and stand a chance to win an amazing trip to Boschendal for you and 3 friends to the value of R60 000!

Dial \*120\*1066\*7809# and follow the prompts to enter. Please retain your proof of purchase. Competition valid from 1 December - 31 December 2022. T's & C's apply.

[www.boschendal.com](https://www.boschendal.com)

Exclusive to

**tops!**  
at SPAR



# WINE kulcha

WITH **tops!**



**Boekenhoutsloof**  
The Chocolate Block  
750ml

**209<sup>99</sup>**



**Beyerskloof**  
Cabernet  
Sauvignon/Merlot  
or Pinotage  
750ml

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



**Rupert & Rothschild**  
Classique  
750ml

**189<sup>99</sup>**



**Fat Bastard**  
Golden Reserve,  
Cabernet Sauvignon,  
Shiraz, Pinotage  
or Merlot  
750ml

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



**Nederburg**  
Baronne  
750ml

**BUY 2 FOR**  
**140<sup>00</sup>**



**Van Loveren**  
African Java  
Pinotage  
750ml

**69<sup>99</sup>**



**Olive Brook**  
Carnival  
Classic Red or  
Sweet Red  
5L

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



**Two Oceans**  
Cabernet  
Sauvignon Merlot or  
Sauvignon Blanc  
3L

**129<sup>99</sup>** each



**The Saints**  
Saint Raphael or  
Saint Celine  
750ml

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



**KVV**  
Classic Collection  
Sauvignon Blanc,  
Chardonnay,  
Moscato Rosé,  
Grenache Blanc,  
Chenin Blanc or  
Moscato Classic  
750ml

**MULTI-BUY**  
Buy 2 for  
**124<sup>99</sup>**  
Get an extra  
**R10 off**  
Rewards Customers Pay  
**114<sup>99</sup>**



**Tokara**  
Sauvignon Blanc  
750ml

**94<sup>99</sup>**



**Iona**  
Sophie te'Blanche  
Sauvignon Blanc or  
Sophie Le Rosé  
750ml

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



**Porcupine Ridge**  
Sauvignon Blanc,  
Rosé, Chardonnay  
or Chenin Blanc  
750ml

**49<sup>99</sup>** each



**Van Loveren**  
Daydream  
Chardonnay  
Pinot Noir or  
Sauvignon Blanc  
750ml

**69<sup>99</sup>** each



**Spier**  
Sauvignon Blanc,  
Chardonnay/  
Pinot Noir,  
Chenin Blanc or  
Chardonnay  
750ml

**59<sup>99</sup>** each



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

**Olive Brook**  
Carnival  
Natural Dry White,  
Sweet White  
or Sweet Rosé  
5L



**Boschendal**  
Méthode Cap  
Classique Brut,  
Chardonnay,  
Pinot Noir,  
Demi Sec or  
Brut Rosé  
750ml

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



**The Saints**  
Saint Anna,  
Saint Claire Rosé,  
Saint Morand or  
Saint Vincent  
750ml

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



**Orange River Cellars**  
Fortified Wine  
Hanepoot  
(Including Variants)  
750ml

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



SCAN HERE  
TO GET WINE  
KULCHA'D

## INCLUSIVE vino

OUR EXCLUSIVE WINES ONLY AVAILABLE AT

**tops!**

AND NOWHERE ELSE



**Bruce Jack**  
Daily Brew  
Pinotage  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Bumble Bee  
Moscato  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Cabernet  
Sauvignon  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Merlot  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Sauvignon Blanc  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Pinotage  
Malbec  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Shiraz  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Sauvignon  
Blush  
750ml

**59<sup>99</sup>**



**Bruce Jack**  
Chenin Blanc  
750ml

**59<sup>99</sup>**



**Olive Brook**  
Sauvignon  
Blanc  
750ml

**44<sup>99</sup>**



**Olive Brook**  
Chardonnay  
750ml

**44<sup>99</sup>**



**Olive Brook**  
Chenin Blanc  
750ml

**44<sup>99</sup>**



**Olive Brook**  
Moscato  
White  
750ml

**54<sup>99</sup>**



**Olive Brook**  
Cabernet  
Sauvignon/  
Merlot  
750ml

**54<sup>99</sup>**



**Olive Brook**  
Shiraz/  
Cabernet  
Red Blend  
750ml

**49<sup>99</sup>**



**Olive Brook**  
Pinotage  
750ml

**49<sup>99</sup>**



**Olive Brook**  
Merlot  
750ml

**54<sup>99</sup>**



**Olive Brook**  
Moscato  
Rosé  
750ml

**54<sup>99</sup>**



**OLIVE BROOK**  
TERROIR SELECTION

Pairs well  
with... **ANYTHING**  
actually



**Olive Brook**  
Hemel & Aarde  
Pinot Noir  
750ml

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



**Olive Brook**  
Cape Town  
Sauvignon Blanc  
750ml

**59<sup>99</sup>**



**Olive Brook**  
Stellenbosch  
Cabernet  
Sauvignon  
750ml

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

**#NO18**

**aware!org**  
www.aware.org.za

Not For Persons Under The Age Of 18.





**BUY 2 FOR**  
**175<sup>00</sup>**  
Brutal Fruit  
Ruby Apple  
Cans  
6 x 500ml



**BUY 2 FOR**  
**160<sup>00</sup>**  
Strongbow  
Apple Ciders  
Red Berries or  
Gold Apple  
Handies  
6 x 330ml



**BUY 2 FOR**  
**160<sup>00</sup>**  
Windhoek Draught  
Cans  
6 x 440ml



**BUY 2 FOR**  
**150<sup>00</sup>**  
Devil's Peak  
Lager  
Handies  
6 x 330ml



**BUY 2 FOR**  
**170<sup>00</sup>**  
Stella Artois  
Cans  
6 x 410ml



**229<sup>99</sup>**  
per case  
Castle Lager  
Handies  
24 x 340ml



**79<sup>99</sup>**  
per pack  
Heineken 0.0%  
Non-Alcoholic  
Handies  
6 x 330ml



**74<sup>99</sup>**  
per pack  
Bavaria 0.0%  
or IPA Edition  
Handies  
6 x 330ml



**69<sup>99</sup>**  
per pack  
Devil's Peak  
Hero  
Non-Alcoholic  
Flavoured Beer  
Handies  
6 x 330ml

## YOUR LOCAL FESTIVE STORY STARTERS



**COMBO**  
**400<sup>00</sup>**  
per combo  
KWV  
Brandy  
12 Year Old  
750ml and  
Appletiser  
100%  
Sparkling  
Apple Juice  
750ml



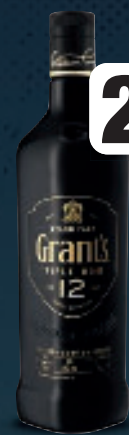
**2699<sup>99</sup>**  
Hennessy  
X.O  
Cognac  
750ml



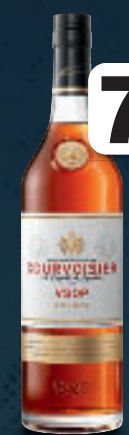
**PROMOTIONAL PRICE**  
**139<sup>99</sup>**  
Get an extra  
**R20 off**  
Rewards Customers Pay  
**119<sup>99</sup>**  
Red Square  
Vodka  
750ml



**139<sup>99</sup>**  
Wellington  
VO  
Brandy  
750ml



**299<sup>99</sup>**  
Grant's  
Triple Wood  
Blended Scotch Whisky  
12 Year Old  
750ml



**799<sup>99</sup>**  
Courvoisier  
Cognac  
VSOP  
750ml



**89<sup>99</sup>**  
each  
Warwick  
The First Lady  
Sauvignon Blanc  
or Chardonnay  
750ml



\*Maximum of 12 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: [www.topsatspar.co.za](http://www.topsatspar.co.za). Specials available at all TOPS at SPAR stores from 13 December up to and including 25 December 2022 (excluding the Free State, Mpumalanga, North West Province and Limpopo, where these prices apply until 24 December 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.



Not For Persons Under The Age Of 18.



# WE'RE FOR BIG CHRISTMAS SAVINGS

## PERSONAL CARE

## WE'RE FOR ATTRACTIVE PRICES



**Inecto**  
Hair Colour  
50 ml  
Assorted

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



**Nivea**  
Sun Protection  
SPF50+ for Adults  
270 ml

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



**Vaseline**  
Petroleum Jelly  
250 ml  
Assorted

**34<sup>99</sup>**  
each



**Nivea**  
Shower Gel  
or Cream for  
Men or Women  
500 ml  
Assorted

**54<sup>99</sup>**  
each



**Dawn**  
Lotion or  
Cream  
for Men or  
Women  
400 ml  
Assorted

BUY  
ANY  
**2**  
FOR  
**45<sup>00</sup>**



**Shield**  
Anti-Perspirant  
Roll On for  
Men or Women  
50 ml  
Assorted

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



**Revlon**  
Body Spray  
for Men or Women  
90 ml / 120 ml  
Assorted

**21<sup>99</sup>**  
each



**Status**  
Deodorant  
130 ml  
Assorted

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



**Gillette**  
Simply Venus  
Hybrid  
Razor (1 up) with  
4 Refillable  
Cartridges

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



**Gillette**  
Mach3 Turbo  
2up

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



**Head & Shoulders**  
Anti-Dandruff  
Shampoo or 2in1  
400 ml  
Assorted

**58<sup>99</sup>**  
each



**Pantene**  
Shampoo, Conditioner  
or 3 in 1  
360 ml / 400 ml  
Assorted

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



**Colgate**  
Maximum Protect,  
Herbal, Herbal White or Gel  
100 ml

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



**Sensodyne**  
Fresh Mint,  
Clean & Fresh,  
Gentle Whitening,  
Multi Care or  
Herbal Multi Care  
Base Range  
Toothpaste  
75 ml

**34<sup>99</sup>**  
each



**Colgate**  
Optic White,  
Naturals or  
Total 12  
Toothpaste  
75 ml  
Assorted

Get  
**R12 off**  
each



**Listerine**  
Anti-Bacterial  
Base Range  
Mouthwash  
500 ml  
Assorted

**57<sup>99</sup>**  
each



**Protex**  
Hygiene  
Soap  
200 g  
Assorted

BUY  
ANY  
**2**  
FOR  
**23<sup>00</sup>**



**Satskin**  
Bubble Bath  
2 litre  
Assorted

**69<sup>99</sup>**  
each



**Dove**  
Beauty Bar Soap  
90 g / 100 g  
Assorted

BUY  
ANY  
**2**  
FOR  
**28<sup>00</sup>**



**Stayfree**  
Maxi  
Sanitary Pads  
8s / 10s  
Assorted

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



**Kotex**  
Regular or Super  
Tampons  
16s

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

**SPAR**  
**Rewards**  
Instant Savings

Exclusive to **SPAR Rewards** customers.  
Sign up today! Dial \*120\*7070#. It's **INSTANT!**

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**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**



Specials available at selected **SUPERSPAR** and **SPAR** stores (excluding KWIKSPAR and SPAR Express stores) from **13 December up to and including 25 December 2022 while stocks last.**  
We reserve the right to limit quantities. Prices include VAT. TV products available nationwide. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Uptington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).

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185 Solutions



# Dis-Chem PHARMACIES

13 December 2022 to 8 January 2023

## HEALTH & WELLNESS SAVINGS



### NASAL CARE

Otrivin Baby Natural Nasal Spray 15ml  
#328780  
**95<sup>95</sup>**  
WAS 119<sup>95</sup>



Otrivin Sea Water with Eucalyptus Nasal Spray 100ml  
#334213  
**87<sup>95</sup>**  
WAS 109<sup>95</sup>

Vicks First Defence Nasal Spray 15ml  
#326379  
**135<sup>95</sup>**  
WAS 169<sup>95</sup>



Vicks Inhaler 1ml  
#85432  
**35<sup>95</sup>**  
WAS 39<sup>95</sup>

### EYE CARE



Bausch + Lomb ReNu MultiPlus OR Multi-Purpose Solution Flight Pack  
Contains:  
• ReNu bottles 2 x 60ml  
• 2 x lens cases **PLUS** zip bag  
#14367/#14376  
**75<sup>95</sup>** per pack  
WAS 84<sup>95</sup>



Bausch + Lomb ReNu MultiPlus OR Multi-Purpose Solution 240ml  
#9146/#9148  
**75<sup>95</sup>** each  
WAS 83<sup>95</sup>

### DIGESTIVE CARE



Rennie Antacid 96 chewable tablets / Assorted  
**92<sup>95</sup>**  
WAS 108<sup>95</sup>



Citro-Soda Gastric Antacid 120g  
#206338002  
**85<sup>95</sup>**  
WAS 94<sup>95</sup>



SpasmoPep Peppermint Oil 30 softgel capsules  
#32301  
**PLUS FREE**  
10 softgel capsules  
#32300  
**159<sup>95</sup>**  
WAS 199<sup>95</sup>



Lacson Syrup 150ml  
#2276  
**46<sup>95</sup>**  
WAS 54<sup>95</sup>  
Ulsanic Suspension 100ml  
#11893  
**121<sup>95</sup>**



Adco-Mayogel Suspension Antacid 350ml  
#214770  
**85<sup>95</sup>**  
WAS 94<sup>95</sup>  
Dis-Chem Senna 100 tablets  
#166120  
**136<sup>95</sup>**



Pegicol Plain Powder 20 sachets  
#10588  
**195<sup>95</sup>**  
WAS 212<sup>95</sup>



Movicol 20 sachets Assorted  
**139<sup>95</sup>**  
WAS 149<sup>95</sup>



Dis-Chem Ispaghula Husk 30 sachets  
#25912  
**229<sup>95</sup>**

### PAIN RELIEF



Calpol Pain and Fever Tablets 24 tablets  
#289463  
**28<sup>95</sup>**  
WAS 36<sup>95</sup>



Deep Relief Ibuprofen Gel 50g  
#5656  
**71<sup>95</sup>**  
WAS 89<sup>95</sup>



Panado Paediatric Syrup 100ml Assorted  
**49<sup>95</sup>**  
WAS 52<sup>95</sup>



Panado Infant Drops 20ml  
#5087  
**45<sup>95</sup>**  
WAS 55<sup>95</sup>



Grand-Pa Headache Powders 12 sticks  
#327759  
**29<sup>95</sup>**



Grand-Pa Headache Powders 38 sticks  
#327763  
**62<sup>95</sup>**  
WAS 72<sup>95</sup>





## INSTANT DISCOUNTS Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.

**INSTANT DISCOUNT**

**100<sup>00</sup>\* OFF**



**Liversential**  
200 capsules  
#81244

**419<sup>95</sup>**  
**WITH CARD**  
**319<sup>95</sup>**

**INSTANT DISCOUNT**

**80<sup>00</sup>\* OFF**



**Proanthodin**  
200 capsules  
#194639

**339<sup>95</sup>**  
**WITH CARD**  
**259<sup>95</sup>**

**INSTANT DISCOUNT**

**60<sup>00</sup>\* OFF**



**XtensiFlora9**  
9 Strain Probiotic  
60 vegicaps  
#107218

**279<sup>95</sup>**  
**WITH CARD**  
**219<sup>95</sup>**

**INSTANT DISCOUNT**

**40<sup>00</sup>\* OFF**

**VALUE PACK**



**Biogen Omega-3**  
1000mg Fish Oil  
Value Pack  
90 PLUS  
90 softgel capsules  
#110677

**209<sup>99</sup> per pack**  
**WITH CARD**  
**169<sup>99</sup> per pack**

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

**15%\* OFF**  
Vitaforce Nutri-B tablets AND capsules\*\*



**Vitaforce Stress Nutri-B**  
60 film-coated tablets  
#3214

**144<sup>46</sup>**  
**WAS 169<sup>95</sup>**

**Vitaforce Stress Nutri-B Advanced**  
60 film-coated tablets  
#132898

**152<sup>96</sup>**  
**WAS 179<sup>95</sup>**

**Vitaforce Stress Nutri-B Calm**  
30 soft gelatine capsules  
#132897

**141<sup>91</sup>**  
**WAS 166<sup>95</sup>**

\*Advertised prices already reflect discount

\*\*Offer only applicable on the above Vitaforce Nutri-B products

**15%\* OFF**  
Tibb Livotibb AND Renotone 60 tablets



**Tibb Livotibb**  
60 tablets  
#54074

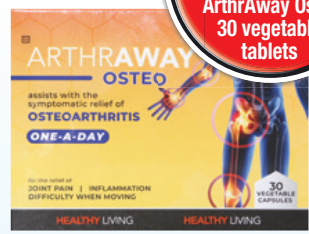
**174<sup>21</sup>**  
**WAS 204<sup>95</sup>**

**Tibb Renotone**  
60 tablets  
#54242

**178<sup>46</sup>**  
**WAS 209<sup>95</sup>**

\*Advertised prices already reflect discount

**30%\* OFF**  
ArthrAway Osteo 30 vegetable tablets



**ArthrAway Osteo**  
30 vegetable tablets  
#389899

**209<sup>97</sup>**  
**per pack**  
**WAS 299<sup>95</sup>**

\*Advertised price already reflects discount



**Gold Omega 3 Supreme**  
60 softgel capsules  
#333156

**144<sup>95</sup>**  
**WAS 164<sup>95</sup>**

**Gold Calcium Plus**  
60 coated tablets  
#387493

**119<sup>95</sup>**  
**WAS 149<sup>95</sup>**

**20%\* OFF**  
ALL Wellvita products



**Wellvita Mega Vitamin-B Complex**  
30 tablets

**71<sup>96</sup>**  
**WAS 89<sup>95</sup>**

**Wellvita Vitamin D3 1000 IU**  
60 capsules

**99<sup>96</sup>**  
**WAS 124<sup>95</sup>**

\*Advertised prices already reflect discount

**20%\* OFF**  
Vascamen 90 tablets AND Vascafem 100 tablets



**Vascamen Unique Supplement for Men**  
90 tablets  
#41194

**183<sup>96</sup>**  
**WAS 229<sup>95</sup>**

**Vascafem Unique Supplement for Women**  
100 tablets  
#41192

**139<sup>96</sup>**  
**WAS 174<sup>95</sup>**

\*Advertised prices already reflect discount

**20%\* OFF**  
ALL Caltrate products



**Caltrate Plus Chewables**  
30 chewables

**125<sup>56</sup>**  
**WAS 156<sup>95</sup>**

**Caltrate 600+D Bone Health Supplement**  
30 tablets

**99<sup>96</sup>**  
**WAS 124<sup>95</sup>**

\*Advertised prices already reflect discount

**SAVE 19<sup>00</sup>\* each**



**A.Vogel Boldocynara**  
Liver and Gall Bladder Support Drops  
50ml  
#14519

**129<sup>95</sup>**  
**WAS 148<sup>95</sup>**

**A.Vogel Nephrosolid**  
Kidney and Bladder Support Drops  
50ml  
#14535

**129<sup>95</sup>**  
**WAS 148<sup>95</sup>**

**A.Vogel Multiforce Alkaline Powder**  
Assists in the maintenance of acid/alkaline balance  
10 sachets  
#85595

**79<sup>99</sup>**  
**WAS 92<sup>99</sup>**

**SAVE 60<sup>00</sup>\***



**Pro Collagen**  
Hydrolysed Triple-matrix Collagen  
90 CAPSULES

**209<sup>95</sup>**  
**WAS 269<sup>95</sup>**

**SAVE 15<sup>00</sup>\***



**Bio-Strath Syrup**  
200ml  
#14390

**159<sup>95</sup>**  
**WAS 174<sup>95</sup>**

**SAVE 20<sup>00</sup>\***



**OsteoEze Alkaline Powder**  
150g  
#224619

**169<sup>95</sup>**  
**WAS 189<sup>95</sup>**

**SAVE 10<sup>00</sup>\***



**Efferflu C Immune Booster**  
1000mg  
20 effervescent tablets  
#329813001

**74<sup>95</sup>**  
**WAS 84<sup>95</sup>**

**SAVE 33<sup>00</sup>\***



**Erex for Women Arousal Drops**  
50ml  
#28485

**149<sup>95</sup>**  
**WAS 182<sup>95</sup>**

\*Advertised prices already reflect discounts





## DIGESTIVE CARE



**15%  
OFF**

Tibb Gastrone  
Antispasmodic  
& Anti-Flatulent  
60 tablets

Tibb Gastrone  
Antispasmodic  
& Anti-Flatulent  
60 tablets  
#34518

**127<sup>46</sup>**  
WAS 149<sup>95</sup>

\*Advertised price already reflects discount



**SAVE  
10<sup>00</sup>\***

Unienzyme  
Digestive Enzyme  
30 tablets  
#334443

**214<sup>95</sup>**  
WAS 224<sup>95</sup>



**SAVE  
10<sup>00</sup>\***

Inteflora 250  
Probiotic  
10 capsules  
#5520

**94<sup>95</sup>**  
WAS 104<sup>95</sup>



**SAVE  
50<sup>00</sup>\***

Biogen  
Supreme Probiotic  
9-Strain  
60 PLUS 10 capsules  
#411950

**199<sup>95</sup>**  
WAS 249<sup>99</sup>



**SAVE  
10<sup>00</sup>\***

Tasectan  
Adult  
500mg  
8 capsules  
#120039  
OR Paed  
250mg  
10 sachets  
#118060

**119<sup>95</sup>**  
each  
WAS 129<sup>95</sup>



**SAVE  
15<sup>00</sup>\***

Reuterina  
Daily  
30 chew tablets  
#2198

**199<sup>95</sup>**  
WAS 214<sup>95</sup>



**SAVE  
16<sup>00</sup>\***

Reuterina  
Drops  
5ml  
#49723

**199<sup>95</sup>**  
WAS 215<sup>95</sup>



**SAVE  
30<sup>00</sup>\***

Iberogast  
9 Herb  
Oral Liquid  
50ml  
#56952

**269<sup>95</sup>**  
WAS 299<sup>95</sup>

\*Advertised prices already reflect discounts



## STRESS & ANXIETY



**15%  
OFF**

Tibb  
Stress-Away  
60 tablets

Tibb  
Stress-Away  
60 tablets  
#5865

**152<sup>96</sup>**  
WAS 179<sup>95</sup>

\*Advertised prices already reflect discounts



**20%  
OFF**

InsomnAway  
26 tablets

InsomnAway  
26 tablets  
#4102

**75<sup>96</sup>**  
WAS 94<sup>95</sup>



Solal  
Burnout  
60 capsules  
#50902

**339<sup>96</sup>**  
WAS 399<sup>95</sup>

Solal  
Stress Damage  
Control  
60 capsules  
#50912

**288<sup>96</sup>**  
WAS 339<sup>95</sup>



**15%  
OFF**

Solal  
products\*\*

Solal  
Sleep Naturally  
30 sachets  
#104263

**294<sup>91</sup>**  
WAS 346<sup>95</sup>

Solal  
Theanine  
L-Theanine  
60 capsules  
#50913

**382<sup>46</sup>**  
WAS 449<sup>95</sup>

\*Advertised prices already reflect discount  
\*\*Offer only applicable on the above Solal products



## MINERALS



**SAVE  
21<sup>00</sup>\***

Slow-Mag  
Fizzies  
30 fizzies  
#173863

**208<sup>95</sup>**  
WAS 229<sup>95</sup>

**SAVE  
50<sup>00</sup>\***

Slow-Mag  
Capsules  
100 capsules  
#113750

**299<sup>95</sup>**  
WAS 349<sup>99</sup>



**SAVE  
17<sup>00</sup>\***

MagBoost  
Magnesium  
30 effervescent  
tablets  
#298926

**119<sup>95</sup>**  
WAS 136<sup>95</sup>



**SAVE  
20<sup>00</sup>\***

Lifestyle Health  
Magnesium Fizzy  
30 effervescent  
tablets  
#397841

**129<sup>99</sup>**  
WAS 149<sup>99</sup>

\*Advertised prices already reflect discounts



## ENERGY BOOSTERS

**2+1  
FREE**

on ANY  
Turbo Energy X-treme  
15ml sachet



Turbo Energy  
X-treme  
15ml sachets  
Assorted  
**4<sup>95</sup>**  
each

**15%  
OFF**

Vitaforce Nutri-B  
Energy 10 AND  
30 effervescent  
tablets



Vitaforce  
Nutri-B Energy  
10 effervescent  
tablets  
Assorted

**67<sup>96</sup>**  
WAS 79<sup>95</sup>

Vitaforce  
Nutri-B Energy  
30 effervescent  
tablets  
Assorted

**143<sup>61</sup>**  
WAS 168<sup>95</sup>

\*Advertised prices already reflect discounts



**25%  
OFF**

ALL ReVite  
Super B  
products

ReVite  
Super B  
Energy Injection  
Value Pack  
60 tablets

**164<sup>96</sup>**  
per pack  
WAS 219<sup>95</sup>

ReVite  
Super B  
Energy &  
Anti-Stress  
30 fizzy tablets

**144<sup>71</sup>**  
WAS 192<sup>95</sup>

ReVite  
Super B  
Energy Injection  
10 fizzy tablets

**63<sup>71</sup>**  
WAS 84<sup>95</sup>

\*Advertised prices already reflect discount



**SAVE  
69<sup>00</sup>\***

Berocca  
Boost  
30 effervescent tablets  
#72084

**199<sup>95</sup>**  
WAS 268<sup>95</sup>

**SAVE  
70<sup>00</sup>\***

Berocca  
Performance  
30 effervescent tablets  
Assorted

**199<sup>95</sup>**  
WAS 269<sup>95</sup>



**SAVE  
30<sup>00</sup>\***

StaminoGro  
120 tablets  
#34519

**399<sup>95</sup>**  
WAS 429<sup>95</sup>

\*Advertised prices already reflect discounts



2moro2nite  
12 sachets  
#413045

**139<sup>95</sup>**



2moro2nite  
3 sachets  
#413048

**41<sup>95</sup>**





# HEALTH FOODS

## BREAKFAST CORNER



Thus far, the Dis-Chem Foundation and FutureLife® have provided over 1 million nutritious meals to children in need. Going forward, we will now be serving **150 000** nutritious meals a month.

Kids Cereal  
375g / Assorted

**39<sup>95</sup>**  
WAS 48<sup>95</sup>

Tots Toddler Cereal with Milk  
250g / Assorted

**19<sup>95</sup>**  
WAS 29<sup>95</sup>



Smart+ Food Value Pack  
1.25kg / Assorted  
**94<sup>95</sup>** per pack  
WAS 104<sup>95</sup>



FUTURELIFE® is South Africa's only functional food scientifically formulated with immune-modulating moducare under licence from Aspen Pharmacare.

## SUPERFOODS



Health Connection Wholefoods Maca Powder  
400g  
#203055

**199<sup>95</sup>**  
WAS 234<sup>95</sup>



Lifestyle Food Rolled Oats  
1kg  
#201097

**36<sup>95</sup>**  
WAS 49<sup>95</sup>



Lifestyle Food Superfoods Cacao Powder  
100g  
#299788

**51<sup>95</sup>**  
WAS 61<sup>95</sup>

Lifestyle Food Superfoods Maca Powder  
100g  
#299901

**59<sup>95</sup>**  
WAS 69<sup>95</sup>



Lifestyle Food Superfoods Barley Grass Powder  
100g  
#299786

**149<sup>95</sup>**  
WAS 159<sup>95</sup>



Lifestyle Food Superfoods Hemp Seed Powder  
100g  
#299789

**29<sup>95</sup>**  
WAS 39<sup>95</sup>



Lifestyle Food Moringa Leaf Powder  
100g  
#299902

**49<sup>95</sup>**  
WAS 59<sup>95</sup>

Lifestyle Food Pure Hydrolyzed Collagen  
350g  
#382270

**99<sup>95</sup>**  
WAS 114<sup>95</sup>

\*Advertised prices already reflect discounts

\*Advertised prices already reflect discount

\*Advertised prices already reflect discounts

## HEALTHY SNACKING



Lifestyle Food Corn Cakes  
130g / Assorted

**23<sup>95</sup>** each



Kellogg's Granola Bar  
41g / Assorted



Lifestyle Food Dried Mango Value Pack  
300g  
#325451

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



Lifestyle Food Dried Cranberries Value Pack  
750g  
#325429

**154<sup>99</sup>** per pack  
WAS 164<sup>99</sup>

\*Advertised prices already reflect discounts



Gaby's Earth Foods Raw Almonds Value Pack  
1kg  
#68638

**189<sup>95</sup>** per pack  
WAS 219<sup>95</sup>

## HEALTHY DRINKS



Aloe Vera Drink  
500ml / Assorted

**17<sup>56</sup>**  
WAS 21<sup>95</sup>

Aloe Vera Drink  
1.5 litres / Assorted

**42<sup>36</sup>**  
WAS 52<sup>95</sup>



**20% OFF**  
ALL Eve Aloe Vera Drink 500ml AND 1.5 litres



Matcha Instant Green Tea  
5 sachets

**56<sup>76</sup>**  
WAS 70<sup>95</sup>



**20% OFF**  
ALL Eve Creamy Ginger & Coconut Drinks AND Matcha Instant Green Tea 5 sachets



Chamomile Tea  
20 teabags / Assorted

**36<sup>76</sup>**  
WAS 45<sup>95</sup>

**20% OFF**  
ALL Eve Tea 20 teabags



Sela Tea  
20 teabags  
Assorted

**34<sup>95</sup>** each

\*Advertised prices already reflect discount



## SUGAR ALTERNATIVES

*Xylitol is the ideal sugar alternative to use for baking, on breakfast cereals, in your tea or coffee, because it has a similar level of sweetness – it's just 5% less sweet than sugar – but contains 40% fewer calories.*



Lifestyle Food Sweetener Stick Sachets  
200 sachets  
#144198  
**99<sup>95</sup>**  
WAS 109<sup>95</sup>



Lifestyle Food Xylitol Sweetener  
500g  
#73138  
**119<sup>95</sup>**  
WAS 129<sup>95</sup>



Simply Delish Suki Sweetener  
750g  
#144759  
**159<sup>95</sup>**  
WAS 179<sup>95</sup>

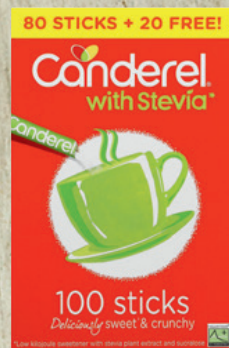


SAVE 20<sup>00</sup>\*

Lifestyle Food Xylitol  
50 sachets  
#125878  
**76<sup>95</sup>**  
WAS 96<sup>95</sup>



Equal Liquid Sweetener  
200ml  
#389028  
**39<sup>95</sup>**  
WAS 49<sup>95</sup>



Canderel with Stevia  
100 sticks  
#114555  
**84<sup>95</sup>**  
WAS 94<sup>95</sup>

\*Advertised prices already reflect discount

## DAIRY FREE



20%  
**OFF**  
ALL Blue Diamond Almond Breeze products

Blue Diamond Almond Breeze Original Almond Milk  
1 litre  
**31<sup>76</sup>**  
WAS 39<sup>95</sup>



Blue Diamond Almond Breeze Barista Blend Almond Milk  
1 litre  
**36<sup>76</sup>**  
WAS 45<sup>95</sup>



Blue Diamond Almond Breeze Almond & Oat Milk  
1 litre  
**31<sup>16</sup>**  
WAS 38<sup>95</sup>



SAVE 9<sup>00</sup>\*

Lifestyle Food Soya Milk  
1 litre  
#125878  
**29<sup>99</sup>**  
each  
WAS 38<sup>99</sup>



Lifestyle Food Oat Milk  
1 litre  
#125931  
**35<sup>96</sup>**  
each  
WAS 44<sup>95</sup>



ButtaNutt Macadamia Milk  
1 litre  
#295823  
**30<sup>36</sup>**  
WAS 37<sup>95</sup>

\*Advertised prices already reflect discounts

## BISCUITS AND RUSKS



2+1  
**FREE**  
on ANY Lifestyle Food Rusks 400g

Lifestyle Food Rusks  
400g / Assorted  
**55<sup>95</sup>**  
each



3+1  
**FREE**  
on ANY Wholesome Harvest products

Wholesome Harvest No Sugar Added Cookies  
75g / Assorted  
**24<sup>95</sup>**  
each



20%  
**OFF**  
ALL Bags of Bites products

Bags of Bites 3 Seed Crunchie Biscuits  
12 biscuits  
#66599  
**51<sup>16</sup>**  
WAS 63<sup>95</sup>

Bags of Bites Buttermilk Rusks  
500g  
#223344  
**39<sup>96</sup>**  
WAS 49<sup>95</sup>



Bags of Bites Naturally Loaded Coconut & Seed Rusks  
380g  
#329197  
**78<sup>36</sup>**  
WAS 97<sup>95</sup>

Gullón Sugar Free Choco Chip Biscuits  
125g  
#108730

1 FOR 30<sup>95</sup>  
2 FOR 50<sup>00</sup>  
SAVE 11<sup>90</sup>



2+1  
**FREE**  
on ANY Lifestyle Food No Sugar Added Cookies 135g



Lifestyle Food No Added Sugar Cookies  
135g / Assorted  
**35<sup>95</sup>**  
each

SAVE 5<sup>00</sup>\*



Bake a lot yum Shortbread Biscuits  
125g / Assorted  
**29<sup>95</sup>**  
WAS 34<sup>95</sup>

\*Advertised prices already reflect discount  
Bags of Bites products only available at selected stores AND online at dischem.co.za

\*Advertised price already reflects discount



# WELCOME BACK TO SCHOOL SAVINGS

**15%\***  
**OFF**  
ALL  
Sistema  
lunch boxes

\*Discount to be deducted at the tills

Snappy Lunch Box  
Square  
830ml  
Assorted  
**127<sup>96</sup>**  
each  
WAS 159<sup>95</sup>

**20%\***  
**OFF**  
ALL  
Snappy  
products

Snappy Tritan Bottles  
1.2 litres  
Assorted  
**135<sup>96</sup>**  
WAS 169<sup>95</sup>  
Snappy Tritan Bottles  
1.5 litres  
Assorted  
**151<sup>96</sup>**  
each  
WAS 189<sup>95</sup>

\*Advertised prices already reflect discount

Dis-Chem  
Living Food  
Container  
3-piece  
#157579  
**32<sup>95</sup>**  
per pack

## KIDDIES' ESSENTIALS

**2+1  
CHEAPEST  
FREE**  
on Ef-Active Anti-Bacterial  
18 wipes & Sports &  
Travel Pack Sanitizer  
Spray 85ml

Ef-Active  
Anti-Bacterial  
Wipes  
18 wipes  
**19<sup>95</sup>**  
each  
Ef-Active  
Sports &  
Travel Pack  
Sanitizer Spray  
85ml  
**34<sup>95</sup>**  
each

**2+1  
CHEAPEST  
FREE**  
on ANY Medic+  
Kids Plasters

Medic Kids  
Plasters  
30-pack / Assorted

**BUY 1  
GET 2<sup>ND</sup>\* AT  
40% OFF**  
KIWI  
QUALITY SHOE POLISH  
RENEWES DARK BROWN  
LEATHER  
100 ml  
Kiwi  
Quality Shoe  
Polish  
100ml / Assorted  
**36<sup>95</sup>**  
each  
\*Offer only applicable  
on the second  
cheapest Kiwi product

extra  
LIFESTYLE HEALTH  
MULTIVITAMIN & MINERAL  
GUMMY BEARS FOR KIDS  
120 gummies  
#163522/#163523  
**169<sup>95</sup>**  
each  
WAS 179<sup>95</sup>

Lifestyle Health  
Multivitamin  
& Mineral OR  
Vitamin C  
Gummy Bears  
for Kids  
120 gummies  
#163522/#163523  
**169<sup>95</sup>**  
each  
WAS 179<sup>95</sup>

SOFTI  
FACIAL TISSUES  
2-ply Softi Tissue 2-ply Softi Tissue  
SOFTI  
FACIAL TISSUES  
2-ply Softi Tissue 2-ply Softi Tissue  
SOFTI  
FACIAL TISSUES  
2-ply Softi Tissue 2-ply Softi Tissue  
SOFTI  
FACIAL TISSUES  
2-ply Softi Tissue 2-ply Softi Tissue



Softi 2 Ply  
Facial Tissues  
4-pack  
#26385  
**69<sup>95</sup>**  
per pack

Motivational  
Water Bottles  
2 litres / Assorted  
**259<sup>95</sup>**  
each

Fozzi's  
Foaming  
Handwash  
250ml / Assorted  
**24<sup>95</sup>**  
WAS 31<sup>95</sup>

## LUNCH BAGS & BOTTLES



Part Time  
Monster  
Backpack  
Lunch Bag  
#416397  
**189<sup>95</sup>**

Part Time  
Monster  
Aluminium Bottle  
300ml  
#416444  
**159<sup>95</sup>**



Rainbow  
Backpack  
Lunch Bag  
#416440  
**189<sup>95</sup>**

Rainbow  
Aluminium Bottle  
300ml  
#416446  
**159<sup>95</sup>**



Club Tropicana  
Ladies' Luxe  
Lunch Bag  
#416442  
**189<sup>95</sup>**

Club Tropicana  
Aluminium  
Bottle  
600ml  
#416427  
**179<sup>95</sup>**



Sassy  
Tote Lunch Bag  
Assorted colours  
**169<sup>95</sup>**

Sassy  
Plastic Bottle  
750ml / Assorted  
**149<sup>95</sup>**  
each



**Safari Peanuts**  
55g / Assorted  
**8<sup>95</sup>** each

**Lorenz Pom Sticks**  
100g / Assorted  
**29<sup>95</sup>** each

**Canderel Magic Bubble Chocolate Slab**  
74g  
**44<sup>95</sup>** each

**Youthful Living Banana Chips**  
70g / Assorted  
**27<sup>95</sup>** each

**Clevers Candy Coated Sweets**  
45g / Assorted  
**17<sup>95</sup>** each

**Trigz Crunchy Popped Chips**  
28g / Assorted  
**7<sup>95</sup>** each

**Plato's Crisps**  
125g / Assorted  
**24<sup>95</sup>** each

**Grumpy Snacks Dry Roasted Chickpeas**  
40g / Assorted  
**19<sup>95</sup>** each

**Lifestyle Food Lentil Pop Chips**  
20g / Assorted  
**8<sup>95</sup>** each

**Lifestyle Food Lentil Pop Chips**  
75g / Assorted  
**19<sup>99</sup>** each

**Tony Ferguson White OR Brown Rice Cakes**  
150g / Assorted  
**23<sup>95</sup>** each

**3+1 FREE**  
on the Same Brand Offer\*

\*Offer only applicable on the above Safari Peanuts 55g, Lorenz Pom Sticks 100g, Canderel Magic Bubble Chocolate Slab 74g, Youthful Living Banana Chips 70g, Clevers Candy Coated Sweets 45g, Trigz Crunchy Popped Chips 28g, Grumpy Snacks Dry Roasted Chickpeas 40g, Plato's Crisps 125g, Lifestyle Food Lentil Pops 20g/75g AND Tony Ferguson White OR Brown Rice Cakes 150g

**20%\* OFF**  
ALL Russel Rich Foods Biltong

\*Discount to be deducted at tills

**FutureLife Crunch Granola Bars**  
6x22g / Assorted  
**49<sup>95</sup>** each  
WAS 54<sup>95</sup>

**School-Days**  
www schooldays.co.za

You can raise funds for your School.

Join School-Days and when you shop at Dis-Chem you can earn Benefit rewards and support your school at the same time.

**Dis-Chem PHARMACIES**





# SPORTS SUPPLEMENTS



**NPL #1**

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

**SAVE 30<sup>00</sup>\***

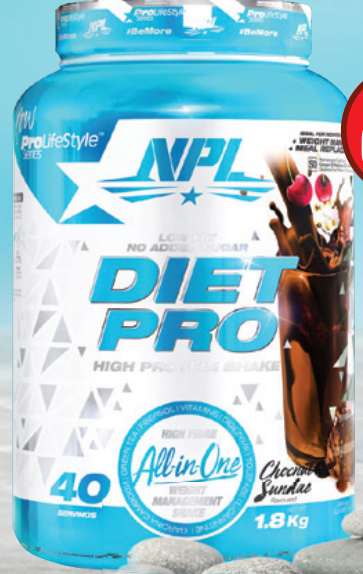
**Amino Burn**  
200g / Assorted  
**279<sup>95</sup>**  
WAS 309<sup>95</sup>



**Thermo Cuts**  
120 capsules  
#185973  
**319<sup>95</sup>**  
WAS 364<sup>95</sup>



**ProLife Weight Control Night Time Burn**  
90 capsules  
#219920  
**279<sup>95</sup>**  
WAS 309<sup>95</sup>



**DietPro High Protein Shake**  
1.8kg / Assorted  
**569<sup>95</sup>**  
WAS 629<sup>95</sup>

\*Advertised prices already reflect discounts



**Alpha Pre-Lit Extreme**  
220g / Assorted  
**199<sup>95</sup>**  
WAS 239<sup>95</sup>



**Iso Frost 100% Pure Whey Isolate**  
700g / Assorted  
**769<sup>95</sup>**  
WAS 839<sup>95</sup>



**Alpha Super Test**  
80 capsules  
#220333  
**249<sup>95</sup>**  
WAS 289<sup>95</sup>



**Alpha 5XL Ultra-Mass**  
4.2kg / Assorted  
**599<sup>95</sup>**  
WAS 649<sup>95</sup>

\*Advertised prices already reflect discounts



**Thermo Burn!**  
80 capsules  
#412103  
**279<sup>95</sup>**  
WAS 319<sup>95</sup>



**CLA 3000**  
3 x 90 softgels  
#91547  
**Bulk Value Pack**  
**289<sup>95</sup>**  
per pack  
WAS 339<sup>95</sup>



**Complete Aminos 9**  
360g / Assorted  
**299<sup>95</sup>**  
WAS 339<sup>95</sup>



**Complete Whey Supreme Protein Blend**  
1.75kg / Assorted  
**599<sup>95</sup>**  
WAS 679<sup>95</sup>

\*Advertised prices already reflect discounts



**Diet Fuel Ultralean**  
900g / Assorted  
**369<sup>95</sup>**  
WAS 399<sup>95</sup>



**Lipo X Gold Fat Burner**  
80 capsules  
#225192  
**349<sup>95</sup>**  
WAS 399<sup>95</sup>



**Energizing Amino Ener-G**  
300g / Assorted  
**279<sup>95</sup>**  
WAS 319<sup>95</sup>



**Hyperbolic All-In-One Mass**  
2kg / Assorted  
**249<sup>95</sup>**  
WAS 279<sup>95</sup>

\*Advertised prices already reflect discounts



**SAVE 15<sup>00</sup>\***

**SAVE 40<sup>00</sup>\***

**SAVE 50<sup>00</sup>\***

**SAVE 50<sup>00</sup>\***

Energy Amino  
390g  
Assorted

**249<sup>95</sup>**  
WAS 264<sup>95</sup>

Creatine 5000  
400g  
#391214

**349<sup>95</sup>**  
WAS 389<sup>95</sup>

Mass Gain  
4kg  
Assorted

**399<sup>95</sup>**  
WAS 449<sup>95</sup>

Skinny Whey  
900g  
Assorted

**419<sup>95</sup>**  
each  
WAS 469<sup>95</sup>

\*Advertised prices already reflect discounts

Dis-Chem

LIVING FIT

**SAVE 20<sup>00</sup>\***

**SAVE 30<sup>00</sup>\***

**SAVE 10<sup>00</sup>\***

**SAVE 100<sup>00</sup>\***

**SAVE 30<sup>00</sup>\***

AB Wheel  
#293992

**229<sup>95</sup>**  
WAS 249<sup>95</sup>

Core Sliders  
#293991

**129<sup>95</sup>**  
WAS 159<sup>95</sup>

Jump Rope  
#294018

**89<sup>95</sup>**  
WAS 99<sup>95</sup>

Suspension Training System  
#293998

**499<sup>95</sup>**  
WAS 599<sup>95</sup>

Massage Roller  
#294000

**129<sup>95</sup>**  
WAS 159<sup>95</sup>

\*Advertised prices already reflect discounts

SPORTS DRINKS

**2+1 CHEAPEST FREE**  
on ANY Biogen Energy Drink

**1 FOR 19<sup>95</sup>  
2 FOR 34<sup>95</sup>**  
SAVE 4<sup>95</sup>

**1 FOR 16<sup>95</sup>  
2 FOR 30<sup>00</sup>**  
SAVE 3<sup>90</sup>

**5+1 FREE**  
on ANY Primal Ready to Drink Protein Shakes 350ml

Biogen Electrolyte Drink  
250ml/300ml  
Assorted

Biogen Keto Energy Drink  
330ml / Assorted

Biogen Electrolyte + Vitamin C Drink  
330ml / Assorted

BioPlus Sugar Free Energy Drink  
440ml / Assorted

USN Spike Qhush Energy Drink  
500ml / Assorted

Primal Ready To Drink Protein Shake  
350ml / Assorted

NUTRITIONAL BARS

**2+1 FREE**  
on ANY Evox Energy Oats Sports Bar 40g

**2+1 FREE**  
on ANY Primal Energy Bar 45g

**3+1 FREE**  
on ANY Youthful Living Bodyfit Diet Nougat Protein Bar 50g

**3+1 CHEAPEST FREE**  
on ANY USN Trust Crunch Protein Bar

Evox Energy Oats Sports Bar  
40g / Assorted

Primal Energy Bar  
45g / Assorted

Youthful Living Bodyfit Diet Nougat Protein Snack Bar  
50g / Assorted

USN Trust Crunch Protein Bar  
50g/60g/62g  
Assorted



## CONNECTING YOU TO A VIRTUAL DOCTOR



Consultation with Nurse **90<sup>00</sup>**

Virtual Doctor Consultation **250<sup>00</sup>**

### How does it work?



A **nurse** will conduct a full medical history and clinical examination.



While the nurse finishes your consultation, the doctor can write you a **script**, **repeat script** and/or **sick note**.



If the nurse finds it necessary, a **video consultation** with the **doctor** (including additional tests and examinations) will be performed.



Finally, get your script from the **dispensary**

To find out more about Clinic Connect, visit the **Dis-Chem** website on [www.dischem.co.za](http://www.dischem.co.za), scan the QR code, ask any of our friendly store consultants or contact our Clinic Careline at 086 1117 427. Terms and Conditions apply.



**WELLNESS CLINIC**

## BACK TO SCHOOL VACCINATIONS



**BOOST YOUR CHILD'S IMMUNITY BY GETTING THEM VACCINATED TO PROTECT THEM AGAINST SERIOUS DISEASES.**



### VACCINES AT 6 YEARS:

- DTaP: Diphtheria Tetanus Pertussis
- MMR (Measles Mumps Rubella)

### VACCINES AT 9 YEARS:

- HPV: Human Papilloma Virus (2 doses, 6 months apart)
- HPV vaccines are available to boys and girls

### VACCINES AT 12 YEARS:

- DTaP: Diphtheria Tetanus Pertussis

### OTHER VACCINES TO CONSIDER:

- Meningococcal (Meningitis)
- Hepatitis A & B
- Varicella Zoster (Chickenpox)

The NICD assists in the planning of policies and programmes to support communicable disease control and elimination efforts, and provides numerous specialised diagnostic services. A critical role of the NICD is to respond to outbreaks through the Outbreak Response Unit and the Emergency Operations Centre (EOC).

Vaccinations are available at all **Dis-Chem** and **Dis-Chem Baby City** clinics nationwide. For more information on vaccines, please speak to one of our nurses in-store or contact our national clinic call centre at 086 111 7427 or use our app to book an appointment today



## FLIP CATALOGUE OVER FOR DECEMBER SAVINGS



Delivered to your door  
OR collect from any **Dis-Chem** store  
nationwide [dischem.co.za](http://dischem.co.za)

**FREE** delivery on orders of 600<sup>00</sup> or more in major metropolitan areas. No charge for collection in-store.

**Dis-Chem PHARMACIES**

*Pharmacists who care*

[dischem.co.za](http://dischem.co.za)

Dis-Chem reserves the right to limit the quantity of any item offered for sale. Sale products may vary from photographs. Pictures are for illustration purposes only. Some offers may not be available at all stores. Prices include VAT and are valid for cash, cheque or credit card. E&OE. Customer careline 0860 347 243 [careline@dischem.co.za](mailto:careline@dischem.co.za) | Prices and offers valid 13 December 2022 to 8 January 2023 while stocks last.



# Dis-Chem PHARMACIES

WISHING ALL OUR CUSTOMERS  
A HAPPY AND HEALTHY **2023**

## HELLO December SAVINGS

13 DECEMBER 2022 TO 8 JANUARY 2023

### SURVIVE THE FESTIVE SEASON

**20%  
OFF**

Lifestyle Health Stress Support  
20 tablets, Bioboost Fizzy 10  
effervescent tablets  
AND Liversential  
20 capsules



Lifestyle Health  
Stress Support  
20 tablets  
#335657

**63<sup>99</sup>**  
WAS 79<sup>99</sup>

Lifestyle Health  
Bioboost Fizzy  
10 effervescent tablets  
#381831

**59<sup>96</sup>**  
WAS 74<sup>95</sup>

Liversential  
Liver Support  
20 capsules  
#25699

**50<sup>36</sup>**  
WAS 62<sup>95</sup>

**20%  
OFF**

Biogen  
Stress Support  
products\*\*



Biogen  
Sure Sleep  
60 capsules  
#20043

**131<sup>19</sup>**  
WAS 163<sup>99</sup>

Biogen  
5-HTP Neuro  
60 vegicaps  
#212472

**195<sup>99</sup>**  
WAS 244<sup>99</sup>

Biogen  
Stress Relief  
60 capsules  
#385430

**135<sup>99</sup>**  
WAS 169<sup>99</sup>

\*\*Offer only applicable on the above Biogen products

\*Advertised prices already reflect discount

### BATH AND BODY

PG 8-9

**35%  
OFF**

ALL Bio-Oil  
200ml/250ml AND  
Gift Pack products



Bio-Oil  
Skincare Oil 200ml  
**PLUS FREE**  
Skincare Oil (Natural) 25ml  
AND Dry Skin Gel 50ml  
Gift Pack  
#384292

**16247**  
per pack  
WAS 249<sup>95</sup>

\*Advertised price already reflects discount

### BABIES & TOTS

PG 20-21



Huggies  
Jumbo Pack  
Extra Care  
Nappies  
Sizes 1 - 5  
**209<sup>99</sup>**  
per pack

### HOUSEHOLD

PG 23



**1 FOR 37<sup>95</sup>**  
**2 FOR 60<sup>00</sup>**  
SAVE 15<sup>90</sup>

Sta-Soft  
Ultra Concentrate  
Fabric Conditioner  
Refill Value Pack  
OR Ready to Use  
Bottle  
500ml  
Assorted

### HAIR CARE

PG 12-13



Head &  
Shoulders  
Shampoo OR  
Conditioner  
275ml/360ml/  
400ml  
Assorted  
**104<sup>95</sup>**  
each

Pantene  
Shampoo OR  
Conditioner  
360ml/400ml  
Assorted  
**87<sup>95</sup>**  
each

\*Offer excludes Head & Shoulders Suprême range

**WELCOME  
BACK  
TO  
SCHOOL  
SAVINGS**

**FLIP CATALOGUE OVER FOR BACK TO SCHOOL SAVINGS**



Stand a chance to

**WIN**

**1 of 3  
Chery Tiggo 4 Pros.  
1 CAR PER WEEK,**  
over a period of 3 weeks.  
Enter by swiping your **Dis-Chem**  
OR **Dis-Chem Baby City Benefit Card**\*

\*To enter, simply purchase ANY products  
at **Dis-Chem** to the value of R250<sup>00</sup> OR more.  
Every R250<sup>00</sup> spent (per till slip) = 1 entry

**PLUS FREE  
FUEL for ONE YEAR**  
worth R24 000<sup>00</sup>  
per car



Colours of the vehicles are for illustrative purposes only, includes 5-year/60 000km service plan. Competition valid 5 Dec to 24 Dec 2022. Competition is not applicable in Botswana and Namibia. Ts and Cs apply. Full details at dischem.co.za

**BEST ADVICE**

**WIDEST RANGE**

**LOWEST PRICES**





# SUN CARE

**Express Spray SPF50 Value Pack**  
2 x 150ml  
**179<sup>95</sup>** per pack

**Family Size Tube SPF50 Value Pack**  
250ml  
**169<sup>95</sup>** per pack

**After Sun Cooling Cream**  
150ml  
**59<sup>95</sup>** each

**Family Water & Sun OR Kids Trigger Spray SPF50**  
250ml  
**139<sup>95</sup>** each

**Family Water & Sun OR Kids Trigger Spray SPF50**  
250ml  
**139<sup>95</sup>** each

**Sun Kids Liposomal Lotion SPF50+**  
150ml  
#148617  
**OR Sun Lotion SPF50+**  
200ml  
#148615  
**234<sup>95</sup>** each  
**WAS 299<sup>95</sup>**

**Photoaging Control Extra Light Sun Lotion SPF50+**  
150ml  
**OR Oil Control Dry Touch Sun Gel-Cream SPF50+**  
50ml  
**299<sup>95</sup>** each

**Oil Control Dry Touch Sun Spray SPF50+**  
200ml  
**OR Sensitive Protect Kids Sun Lotion SPF50+**  
150ml  
**319<sup>95</sup>** each

**Sensitive Immediate Protect OR Protect & Moisture Sunscreen Lotion SPF50+**  
200ml  
**214<sup>95</sup>** each

**Protect & Moisture Kids Protect & Care Trigger Spray SPF50+**  
300ml  
**209<sup>95</sup>** each

**STAND A CHANCE TO WIN\***  
**FREE Petrol for a year**  
when you purchase ANY Island Tribe products.  
Competition runs until 31 December 2022. Enter by swiping your Dis-Chem Benefit Card.  
\*Ts & Cs apply. Competition excludes Namibia and Botswana.

**Light Lotion SPF50**  
200ml  
**184<sup>95</sup>** each

**Kids Light Lotion SPF50**  
300ml  
**229<sup>95</sup>** each

**Kids Invisible Continuous Spray SPF50**  
320ml  
**209<sup>95</sup>** each

**Invisi Spray Sunscreen SPF50**  
250ml  
**224<sup>95</sup>** each

**Sunscreen Lotion SPF50**  
400ml  
**274<sup>95</sup>** each

**Kids Sunscreen Trigger Spray SPF50**  
300ml  
**204<sup>95</sup>** each

**DEFENCE SUN**  
Sun protection range for adults and children. Protects all skin types, even the most sensitive.

**Very High Protection Spray Lotion SPF50+**  
200ml  
#114789  
**269<sup>95</sup>**

**Baby & Kid Very High Protection Spray Lotion SPF50+**  
200ml  
#333962  
**249<sup>00</sup>**

**Very High Protection No-Shine Face Fluid SPF50+**  
50ml  
#388723  
**195<sup>00</sup>**

**Very High Protection Melting Cream SPF50+**  
50ml  
#61514  
**165<sup>00</sup>**

**FREE**  
BioNike Cooler Bag valued at 150<sup>00</sup> when you purchase ANY TWO BioNike Defence Sun products

\*\*Also residual nickel content can lead, especially in allergy-prone subjects, to allergic reactions or skin sensitisations. Hence in every production lot is analysed to ensure the nickel content in products is lower than 0.00001%.



# PLASTICWARE

# ELECTRICAL SAVINGS

**Bamboo Fibre Lunch Box**  
#328291  
**71<sup>97</sup>**  
WAS 119<sup>95</sup>

**Bamboo Fibre Tumbler**  
#328289  
**22<sup>17</sup>**  
WAS 36<sup>95</sup>

**Bamboo Fibre Square Pitcher**  
#328288  
**101<sup>97</sup>**  
WAS 169<sup>95</sup>

**Bamboo Round Storage Container**  
280ml / #328275  
**23<sup>97</sup>**  
WAS 39<sup>95</sup>

**760ml / #328276**  
**44<sup>97</sup>**  
WAS 74<sup>95</sup>

**1490ml / #328279**  
**77<sup>97</sup>**  
WAS 129<sup>95</sup>

**40%\* OFF**  
Dis-Chem Living products\*\*

\*Advertised prices already reflect discount \*\*Offer only applicable on the above Dischem Living products

**SAVE 200<sup>00</sup>\***

**NEW**

**DQUIP**

**Standing Fan 30cm**  
• 40W power  
• 3-speed settings  
• 1-hour timer  
• 230V/50Hz  
• 1.5m total length power cord  
#405165  
**399<sup>95</sup>**  
WAS 599<sup>95</sup>

**Stand Fan 40cm**  
• 40W power  
• 3-speed settings  
• 1-hour timer  
#405164  
**499<sup>95</sup>**  
WAS 699<sup>95</sup>

\*Advertised prices already reflect discount

# CONFECTIONERY

**SAVE 5<sup>00</sup>\***  
each

**Cadbury Bubbly Chocolate Slab**  
150g / Assorted  
**29<sup>95</sup>**  
each  
WAS 34<sup>95</sup>

\*Advertised price already reflects discount

**SAVE 7<sup>00</sup>\***  
each

**Dentyne Sugar-Free Gum**  
52 pieces Assorted  
**39<sup>95</sup>**  
WAS 46<sup>95</sup>

**Clorets Sugar-Free Gum**  
52 pieces Assorted  
**42<sup>95</sup>**  
WAS 49<sup>95</sup>

**SAVE 7<sup>00</sup>\***  
each

**Compass Fresh Mints**  
14g / Assorted  
**12<sup>95</sup>**  
each  
WAS 19<sup>95</sup>

**SAVE 5<sup>00</sup>\***  
each

**Mentos Sweets**  
26 pieces Assorted  
**14<sup>95</sup>**  
each  
WAS 19<sup>95</sup>

**SAVE 3<sup>00</sup>\***  
each

**Amajoya Candy**  
125g / Assorted  
**19<sup>95</sup>**  
each  
WAS 22<sup>95</sup>

**Cadbury 5 Star**  
48.5g  
**10<sup>95</sup>**  
each  
WAS 12<sup>95</sup>

**OR Lunch Bar 48g**  
**OR Crunchie 40g**

**SAVE 7<sup>00</sup>\***  
each

**Stimorol Flavoured Sugar-Free Gum**  
60 pieces Assorted  
**42<sup>95</sup>**  
each  
WAS 49<sup>95</sup>

**Cadbury Astros**  
40g  
#22102  
**10<sup>95</sup>**  
each  
WAS 12<sup>95</sup>

**SAVE 8<sup>00</sup>\***  
each

**Act II Microwave Popcorn**  
3-pack Assorted  
**39<sup>95</sup>**  
each  
WAS 47<sup>95</sup>

**SAVE 4<sup>00</sup>\***  
each

**Eden Sugar-Free Lifespring Enhanced Life Water**  
500ml / Assorted  
**18<sup>95</sup>**  
each  
WAS 22<sup>95</sup>

\*Advertised prices already reflect discounts

\*Advertised prices already reflect discounts

**Stand a chance to WIN 1 of 3 Chery Tiggo 4 Pros. 1 CAR PER WEEK,**  
over a period of 3 weeks.  
Enter by swiping your **Dis-Chem** OR **Dis-Chem Baby City Benefit Card**\*

\*To enter, simply purchase ANY products at **Dis-Chem** to the value of R250<sup>00</sup> OR more. Every R250<sup>00</sup> spent (per till slip) = 1 entry

**PLUS FREE FUEL for ONE YEAR**  
worth R24 000<sup>00</sup> per car

**Fuelled by TotalEnergies**

**CHERY NORTHCLIFF**

Colours of the vehicles are for illustrative purposes only, includes 5-year/60 000km service plan. Competition valid 5 Dec to 24 Dec 2022. Competition is not applicable in Botswana and Namibia. Ts and Cs apply. Full details at dischem.co.za



PASSION  
LABS

**RED HOT**  
COSMETIC SALE

Instant Cover  
Concealer Wand

**29<sup>95</sup>**

Lipstick  
FROM  
**17<sup>95</sup>** each

Colour  
Shine  
Lipgloss  
**19<sup>95</sup>**

Nail Lacquer  
FROM  
**24<sup>95</sup>**

Mascara  
FROM  
**37<sup>95</sup>** each



Exclusive to  
Dis-Chem

Velvet Matte  
Lipgloss

**27<sup>95</sup>**

Photo Finish  
Liquid  
Foundation  
**45<sup>95</sup>**

Quad  
Eyeshadow  
Palette  
**39<sup>95</sup>**

Highlighter  
Stick  
**39<sup>95</sup>**

BioNike  
HEALTH AND BEAUTY

Formulated specifically for every  
skin type including sensitive,  
allergy-prone or reactive skins.  
FREE FROM potential skin irritants  
like fragrance, preservatives and  
gluten - also nickel-tested.

BioNike Defence Color is the make-up chosen by those who want to enhance  
their own beauty in full respect of the skin.

Our formulations are created to give absolute comfort and preserve day after  
day the well-being of the skin, even the most sensitive, allergic and intolerant.

Exclusive to  
Dis-Chem

**20%\***

**OFF**

ALL BioNike  
Foundations



**MAT-zone  
Foundation  
SPF15**  
Assorted  
shades  
**180<sup>00</sup>**  
WAS 225<sup>00</sup>

**Lifting  
Anti-Ageing  
Foundation  
SPF15**  
Assorted  
shades  
**220<sup>00</sup>**  
WAS 275<sup>00</sup>

**High  
Protection  
Foundation  
SPF30**  
Assorted  
shades  
**260<sup>00</sup>**  
WAS 325<sup>00</sup>

**Hydra  
Foundation  
SPF15**  
Assorted shades  
**180<sup>00</sup>**  
WAS 225<sup>00</sup>

**Nude Serum  
Foundation  
SPF15**  
Assorted shades  
**316<sup>00</sup>**  
WAS 395<sup>00</sup>

\*Advertised prices already reflect discount

L.A. Girl®  
COSMETICS

NEW

✓ skin loving ingredients



PANTHENOL  
smooth &  
soothe



GINSENG ROOT  
EXTRACT  
even out  
skintone



GLYCERIN &  
VITAMIN E  
moisturizes  
skin



SAFFLOWER  
SEED OIL  
anti-  
inflammatory

L.A. Girl Cosmetics inspires beauty by creating new ways to ignite individual  
expression through the art of colour

The buildable natural  
finish foundation blurs  
imperfections with a  
sheer to medium  
wash of color,  
basically perfecting  
your "no makeup"  
makeup routine.  
Packed with skin  
loving ingredients to  
hydrate, smoothe and  
brighten your skin.



**Tinted  
Foundation**  
Assorted  
shades  
**225<sup>00</sup>** each



**Sunkissed Glow  
Highlighter**  
#411426  
**225<sup>00</sup>**

Get up and get  
glowing with the  
Sunkissed Glow  
Highlighter. Light  
reflecting pigments  
bring your best face  
forward.

**Instant Finish  
Blurring Loose  
Powder**  
Assorted shades  
**145<sup>00</sup>** each



Replace your insta-filters with the  
Instant Finish Blurring Loose Powder  
- sets, bakes and finishes. The silky,  
microfine powder mattifies skin and  
controls oil to cut down shine, while  
also setting foundation to extend wear.

Cruelty free, paraben free, and talc free

RIMMEL  
LONDON

The Fix & Protect complexion  
beautifying primer helps perfect  
the skin and filled with SPF25.  
Get a flawless look with Rimmel  
London's foundation that matches  
your tone and has great coverage.

**20%\***

**OFF**

ALL Rimmel  
Foundations AND  
Primers



**#Insta Fix & Go  
2 in 1 Primer  
& Setting Spray**  
100ml  
#208804  
**106<sup>36</sup>**  
each  
WAS 132<sup>95</sup>

**Lasting Matte  
Full Coverage  
Mattifying  
Foundation**  
Assorted shades  
**104<sup>00</sup>**  
WAS 130<sup>00</sup>

**Lasting Finish  
25HR Foundation  
OR Match  
Perfection  
Foundation SPF20**  
Assorted shades  
**172<sup>00</sup>**  
each  
WAS 215<sup>00</sup>

**25%\***

**OFF**

ALL Rimmel  
eye products



**Magnif'eyes  
Eye Contouring  
Palette**  
Assorted colours  
**161<sup>25</sup>**  
WAS 215<sup>00</sup>

**Wonder'Cloud  
All-Day Wear Soft  
Eyeshadow**  
Assorted colours  
**112<sup>46</sup>**  
WAS 149<sup>95</sup>

**Glam' Eyes Day 2  
Night Mascara**  
Assorted  
**127<sup>46</sup>**  
WAS 169<sup>95</sup>

\*Advertised prices already reflect discounts

YARDLEY  
LONDON

**Stayfast Lipstick  
OR Liquid  
Matte Lip Vinyl**  
Assorted colours  
**112<sup>46</sup>**  
each  
WAS 149<sup>95</sup>

**Gel Sensation  
Lip Liner**  
Assorted colours  
**89<sup>96</sup>**  
WAS 119<sup>95</sup>

**Intense Shine  
Lip Lacquer**  
Assorted colours  
**86<sup>25</sup>**  
WAS 115<sup>00</sup>



**25%\***

**OFF**

Yardley lip  
products\*\*

Stayfast Liquid Foundation offers SPF20, 24hr wear and high, matte cover for  
a beautiful finish. Formulated for normal/dry and oily/combination skin to  
match your skin needs.

**Stayfast  
Foundation SPF20**  
Assorted  
shades  
**180<sup>00</sup>**  
each  
WAS 225<sup>00</sup>



**20%\***

**OFF**

ALL Yardley  
Liquid Stayfast  
foundations

\*Advertised prices already reflect discounts

\*\*Offer excludes Yardley Rouge lip products





# FACE CARE

L'ORÉAL  
PARIS

**REVITALIFT**  
FILLER

-60% FINE LINES VISIBLY  
REDUCED IN 6 WEEKS\*



1.5% Hyaluronic Acid Serum  
30ml **OR** [+ Hyaluronic Acid]  
Deep Replumping Anti-Ageing  
Day Cream SPF50  
50ml  
**287<sup>96</sup>**  
each  
**WAS 359<sup>95</sup>**

[+ Hyaluronic Acid]  
Replumping Care  
Anti-Ageing  
Night Cream  
50ml  
**295<sup>96</sup>**  
**WAS 369<sup>95</sup>**

AGE PERFECT  
GOLDEN AGE



Day Cream  
SPF20  
50ml  
**283<sup>96</sup>**  
**WAS 354<sup>95</sup>**



Night Cream  
50ml  
**279<sup>96</sup>**  
**WAS 349<sup>95</sup>**

AGE PERFECT  
CELL RENEW



Day Cream SPF30  
50ml  
**287<sup>96</sup>**  
**WAS 359<sup>95</sup>**



Night Cream  
50ml  
**263<sup>96</sup>**  
**WAS 329<sup>95</sup>**



Midnight  
Serum  
30ml  
**319<sup>96</sup>**  
**WAS 399<sup>95</sup>**

**20%\*\*\***  
**OFF**  
ALL L'Oréal Paris  
ladies' face care  
products

\*\*\*Advertised prices already reflect discount

\*Clinical evaluation \*\*Based on Nielsen/Q RMS data for the Face Care Category Client "L'Oréal Revitalift Filler" item in value sales in the Anti Age, Serum segment for the 12-month period ending 31/10/2021 for South Africa total retail market (Copyright © 2020, Nielsen/Q)



**2+1**  
**CHEAPEST**  
**FREE**  
on ANY Cetaphil  
PRO Redness-Prone face  
care products

Pro  
Redness-  
Prone  
Skin Foam  
Face Wash  
236ml  
**249<sup>95</sup>** each

Pro  
Redness-  
Prone  
Daily Facial  
Moisturizer  
SPF30  
**OR** Night  
Moisturizer  
Cream  
50ml  
**269<sup>95</sup>** each



**20%\***  
**OFF**  
ALL Garnier Pure  
Active face care  
products

3 in 1  
Charcoal  
Anti-Blackheads  
Wash, Scrub  
and Mask  
150ml  
**99<sup>96</sup>**  
**WAS 124<sup>95</sup>**

3 in 1 Clay  
Anti-Shine &  
Imperfections  
Wash, Scrub  
and Mask  
150ml  
**103<sup>96</sup>**  
**WAS 129<sup>95</sup>**

L'Oréal South Africa calculation based in part on data reported by Nielsen/Q through its Service for the Face Care Category, Anti-Acne segment for the 52-week period ending 02/01/2022, for the South African total market. (Copyright © 2022, Nielsen/Q) The information provided should not be used as a sole basis for the purchase of the product. \*Pigmentation marks & Pores. \*\*Cosmo-clinical test, 44 women, 4 weeks of use. Persistent effect for 2 weeks, after 4 weeks of daily use.

\*Advertised prices already reflect discount



Exclusive to  
**Dis-Chem**

**30%\***  
**OFF**  
ALL Good Stuff  
face care  
products



Day Cream  
SPF15  
50ml / Assorted  
**66<sup>47</sup>**  
**WAS 94<sup>95</sup>**

Clay Mask  
Purifying  
50ml / Assorted  
**38<sup>47</sup>**  
**WAS 54<sup>95</sup>**

Intense  
Beauty Serum  
30ml / Assorted  
**94<sup>47</sup>**  
**WAS 134<sup>95</sup>**

\*Advertised prices already reflect discount



Trust in the Care of **NIVEA!**

**NIVEA Q10 Power Anti-Wrinkle**

**VISIBLY REDUCE WRINKLES &  
FIRM UP SKIN IN 7 DAYS**

**FREE**

**NIVEA Q10**  
Face Mask  
when you purchase  
ANY NIVEA Q10  
face care products



+ Firming  
Day Cream  
SPF15  
50ml  
**219<sup>95</sup>**

+ Firming  
Revitalising  
Night Cream  
50ml  
**219<sup>95</sup>**

+ Firming  
Eye Cream  
15ml  
**219<sup>95</sup>**



**1 FOR 49<sup>95</sup>**  
**2 FOR 70<sup>00</sup>**  
**SAVE 29<sup>90</sup>**



Daily Essentials Wipes  
25-wipes / Assorted



Anti-Ageing  
Face Mask  
5-piece  
#143202  
**149<sup>95</sup>**  
per pack

**Neutrogena®**

**NEW RETINOL BOOST**

**For visibly younger  
skin as of week 1\***

Unique pure retinol formula



Smoothes  
Fine  
Lines



Visibly  
Reduces  
Wrinkles



Improves  
Texture &  
Pigmentation

**20%\*\***  
**OFF**  
ALL Neutrogena  
Retinol Boost face  
care products



Anti-Age  
Day Cream SPF15  
50ml  
**OR**  
Night Cream  
50ml  
**OR**  
Serum  
30ml  
**OR**  
Eye Cream  
30ml  
**263<sup>96</sup>**  
each  
**WAS 329<sup>95</sup>**

\*\*Advertised price already

\*Scientific assessment of Retinol Boost Night Cream by dermatologists with 39 volunteers, 1x daily usage. Only applicable to Day Cream, Night Cream and Serum.

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**Dis-Chem**  
PHARMACIES





# BATH & BODY CARE



## INSTANT DISCOUNTS Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.

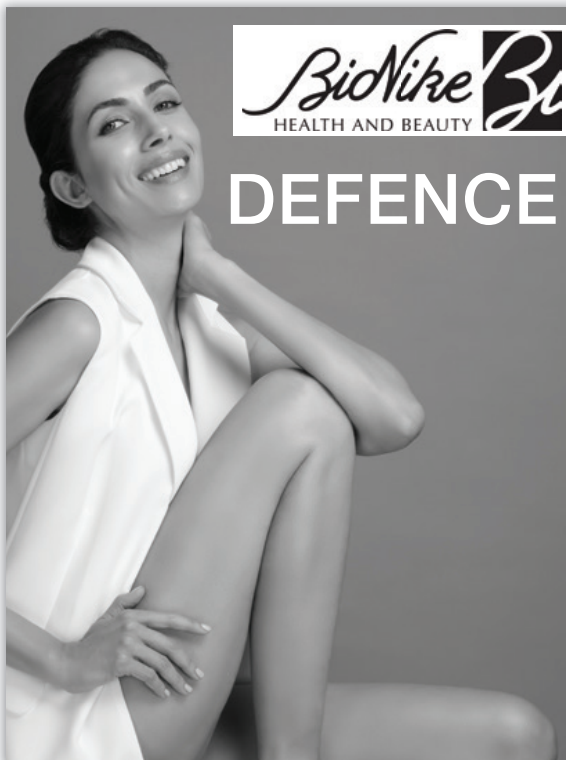
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|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>INSTANT DISCOUNT</b><br/><b>15%* OFF</b></p> <p><b>299<sup>95</sup></b><br/><b>WITH CARD</b><br/><b>254<sup>96</sup></b></p> <p><b>Badedas Indulgent Bath Gel</b><br/>750ml<br/>#52476</p> |  <p><b>INSTANT DISCOUNT</b><br/><b>10<sup>00</sup>* OFF</b></p> <p><b>59<sup>95</sup></b><br/><b>WITH CARD</b><br/><b>49<sup>95</sup></b></p> <p><b>Nature's Nourishment Shower Gel</b><br/>1 litre<br/>Assorted</p> |  <p><b>INSTANT DISCOUNT</b><br/><b>10<sup>00</sup>* OFF</b><br/>each</p> <p><b>39<sup>95</sup></b><br/><b>WITH CARD</b><br/><b>29<sup>95</sup></b></p> <p><b>Fozzi's Foam Bath</b><br/>1 litre<br/>Assorted</p> |  <p><b>INSTANT DISCOUNT</b><br/><b>10<sup>00</sup>* OFF</b><br/>each</p> <p><b>64<sup>95</sup></b><br/><b>WITH CARD</b><br/><b>54<sup>95</sup></b></p> <p><b>Safeguard Hygienic Shower &amp; Bath Gel</b><br/>1 litre<br/>Assorted</p> |  <p><b>INSTANT DISCOUNT</b><br/><b>10<sup>00</sup>* OFF</b><br/>each</p> <p><b>139<sup>00</sup></b><br/><b>WITH CARD</b><br/><b>129<sup>00</sup></b></p> <p><b>Dr Teal's Pure Epsom Salt Soaking Solution</b><br/>1.36kg<br/>Assorted</p> |  <p><b>INSTANT DISCOUNT</b><br/><b>10<sup>00</sup>* OFF</b><br/>each</p> <p><b>36<sup>95</sup></b><br/><b>WITH CARD</b><br/><b>26<sup>95</sup></b></p> <p><b>Nature's Nourishment Hand &amp; Body Lotion</b><br/>175ml<br/>Assorted</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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

|                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>1 FOR 69<sup>95</sup></b><br/><b>2 FOR 100<sup>00</sup></b><br/><b>SAVE 39<sup>90</sup></b></p> <p><b>NIVEA Shower Gel OR Cream</b><br/>500ml / Assorted</p>                                                                                                                     |  <p><b>1 FOR 19<sup>95</sup></b><br/><b>2 FOR 30<sup>00</sup></b><br/><b>SAVE 9<sup>90</sup></b></p> <p><b>EF-Active Camphor Cream</b><br/>250ml<br/>#326836</p>          |  <p><b>1 FOR 37<sup>95</sup></b><br/><b>2 FOR 60<sup>00</sup></b><br/><b>SAVE 15<sup>90</sup></b></p> <p><b>Skin eFX Foam Bath</b><br/>1 litre / Assorted</p>                             |  <p><b>BUY BOTH FOR 80<sup>00</sup></b><br/><b>SAVE 18<sup>90</sup></b></p> <p><b>Skin eFX Body Wash PLUS Body Lotion</b><br/>750ml / 725ml / Assorted</p> |  <p><b>SAVE 15<sup>00</sup>*</b></p> <p><b>Dove Body Wash</b><br/>500ml / Assorted<br/><b>54<sup>95</sup></b><br/><b>WAS 69<sup>95</sup></b></p>             |  <p><b>SAVE 10<sup>00</sup>*</b></p> <p><b>Dove Men + Care Body Wash</b><br/>400ml / Assorted<br/><b>44<sup>95</sup></b><br/><b>each WAS 54<sup>95</sup></b></p> |
|  <p><b>1 FOR 72<sup>95</sup></b><br/><b>2 FOR 100<sup>00</sup></b><br/><b>SAVE 45<sup>90</sup></b></p> <p><b>NIVEA Body Cream OR Lotion</b><br/>400ml / Assorted*</p>                                                                                                                   |  <p><b>1 FOR 89<sup>95</sup></b><br/><b>2 FOR 150<sup>00</sup></b><br/><b>SAVE 29<sup>90</sup></b></p> <p><b>Sanex Dermo OR Zero Shower Gel</b><br/>750ml / Assorted</p> |  <p><b>1 FOR 15<sup>95</sup></b><br/><b>3 FOR 38<sup>00</sup></b><br/><b>SAVE 9<sup>95</sup></b></p> <p><b>Dettol Soap Bar</b><br/>175g / Assorted</p>                                   |  <p><b>SAVE 3<sup>00</sup>*</b></p> <p><b>Protex Soap Bar</b><br/>150g / Assorted<br/><b>12<sup>95</sup></b><br/><b>each WAS 15<sup>95</sup></b></p>       |  <p><b>SAVE 10<sup>00</sup>*</b></p> <p><b>Epi•max Oatmeal Body Wash</b><br/>450ml<br/>#384354<br/><b>89<sup>95</sup></b><br/><b>WAS 99<sup>95</sup></b></p> |                                                                                                                                                                                                                                                       |
|  <p><b>2+1 CHEAPEST FREE</b><br/>on ANY NIVEA Q10 Body Firming products</p> <p><b>NIVEA Q10 Firming+ Even Oil</b><br/>100ml<br/><b>109<sup>95</sup></b><br/><b>each</b></p> <p><b>NIVEA Firming Q10 Plus Argan Oil Lotion</b><br/>400ml<br/><b>129<sup>95</sup></b><br/><b>each</b></p> |  <p><b>1 FOR 124<sup>95</sup></b><br/><b>2 FOR 180<sup>00</sup></b><br/><b>SAVE 69<sup>90</sup></b></p> <p><b>Savlon Antiseptic Liquid</b><br/>2 litres<br/>#74413</p>   |  <p><b>SAVE 24<sup>00</sup>*</b></p> <p><b>Dettol Disinfectant OR Antiseptic Liquid</b><br/>750ml<br/>#201074/#748002<br/><b>75<sup>95</sup></b><br/><b>each WAS 99<sup>95</sup></b></p> |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                       |

Advertised prices already reflect discounts





**BioNike**  
HEALTH AND BEAUTY

## DEFENCE BODY

Exclusive to  
**Dis-Chem**

Get your body summer ready!

**BioNike Defence Body Reduxcell Gel** removes fatty deposits from the abdomen, hips, thighs and buttocks. Helps improve skin firmness, suppleness and smoothness. First results are already visible after one week of use.

For the sake of sensitive skin  
I NICKEL TESTED  
I ✓ FREE FROM PRESERVATIVES  
· FRAGRANCES · GLUTEN



Anti-Cellulite Cream Gel  
400ml  
#748002

**545<sup>00</sup>**



**FREE**

BioNike Defence Body ReduxCELL Intensive Reshaping Lotion Vials 15 x 10ml vials valued at 350<sup>00</sup> when you purchase BioNike Defence Body Anti-Cellulite Cream Gel 400ml

NICKEL TESTED

Even residual nickel content can trigger allergic reactions or sensitisation, especially in allergy-prone subjects. Therefore, each production batch is analysed to ensure a nickel content lower than 0.00001%. ✓ FREE FROM PRESERVATIVES listed in Annex V of EC Regulation No. 1223/2009; FREE FROM added FRAGRANCES; FREE FROM GLUTEN. Does not contain gluten or its derivatives. This indication allows subjects with "Non-celiac gluten sensitivity" to make an informed decision. See [www.bionike.it/senza](http://www.bionike.it/senza)

**INSTANT DISCOUNT**  
**10<sup>00</sup>\* OFF**

**Nature's Nourishment Body Scrub**  
335g Assorted  
**64<sup>95</sup>**  
**WITH CARD 54<sup>95</sup>**

**Softlips Repair SPF15**  
4.2g / Assorted  
**24<sup>95</sup>**  
**WAS 34<sup>95</sup>**

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

\*Advertised price already reflects discount

**DEAD SEA COLLECTION**

All products available in:  
Hemp & Coconut  
Argan  
Almond Vanilla  
Lavender  
Tea Tree  
Hemp

**Mineral Body Wash**  
1 litre / Assorted  
**93<sup>45</sup>**  
**each WAS 109<sup>95</sup>**

**Bath Salts**  
970g  
**OR Mineral Salt Scrub**  
660g / Assorted  
**93<sup>45</sup>**  
**each WAS 109<sup>95</sup>**

**SAVE 10<sup>00</sup>\* each**

**Good Stuff Crème Foam Bath**  
1.3 litres / Assorted  
**59<sup>95</sup>**  
**WAS 69<sup>95</sup>**

**Good Stuff Hand Wash Refill**  
1 litre / Assorted  
**62<sup>95</sup>**  
**WAS 72<sup>95</sup>**

**Good Stuff Body Lotion OR Wash**  
700ml / Assorted  
**57<sup>95</sup>**  
**each WAS 67<sup>95</sup>**

\*Advertised prices already reflect discount

**1 FOR 46<sup>95</sup>**  
**2 FOR 60<sup>00</sup>**  
**SAVE 33<sup>90</sup>**

**Playboy Shower Gel**  
400ml / Assorted

**15%\* OFF ALL Dead Sea Collection products**

**Mineral Shampoo**  
1 litre  
**OR Conditioner**  
907ml / Assorted  
**84<sup>95</sup>**  
**each WAS 99<sup>95</sup>**

**Men's Face, Body & Hair Wash**  
1 litre  
**93<sup>45</sup>**  
**WAS 109<sup>95</sup>**

**20%\* OFF Bathmate products\*\***

**Bathmate Shower Cap**  
#389767  
**47<sup>96</sup>**  
**each WAS 59<sup>95</sup>**

**Bathmate Hair Turban**  
Assorted colours  
**63<sup>96</sup>**  
**WAS 79<sup>95</sup>**

\*Advertised prices already reflect discount  
\*\*Offer only applicable on the above Bathmate products

**STAND A CHANCE TO WIN\***

1 of 37 Playboy Leather Sports Bags valued at 700<sup>00</sup> each when you purchase ANY TWO Playboy Shower Gels 400ml

\*Enter by swiping your Dis-Chem Benefit Card. Competition excludes Namibia and Botswana. Ts & Cs apply.

## BENEFIT Programme

### GET MORE

- Earn Cashback Benefit rewards in-store & online\*
- A FREE Benefits magazine every quarter
- Automatic entry in competitions
- 60 Plus earn double rewards every Wednesday
- YOU<sup>TH</sup> members earn double rewards every Monday\*

### SAVE MORE

- Get instant cash discounts on selected products
- Pay with your Benefit rewards in-store or online
- Pay with your partner rewards\*

## Dis-Chem babycity™ GIVE MORE

By shopping & swiping your Benefit Card, not only do we reward you, but a percentage of eligible purchases will also be donated to the Dis-Chem Foundation to assist worthy causes.

\*Terms & Conditions apply

**Get more. Save more. Give more.**

Dis-Chem and Dis-Chem Baby City Benefit Cards can be used in both retailers







# MALE GROOMING

## IT STARTS WITH YOU

**STEP 1**  
Cleanse

**STEP 2**  
Shave

**STEP 3**  
Aftershave

**STEP 4**  
Moisturise

**Protect & Care Exfoliating Face Scrub**  
75ml  
**87<sup>95</sup>** each

**Deep Face Wash**  
100ml  
**87<sup>95</sup>** each

**Shaving Gel**  
200ml / Assorted  
**92<sup>95</sup>** each

**Shaving Foam**  
200ml / Assorted  
**47<sup>95</sup>** each

**After Shave Balm OR Splash**  
100ml / Assorted  
**132<sup>95</sup>** each

**Face Fresh Cream**  
150ml  
**79<sup>95</sup>** each

**Anti-Age Hyaluron Face Moisturising Cream SPF15**  
50ml  
**197<sup>95</sup>** each

**2+1 CHEAPEST FREE**  
on ANY NIVEA MEN face care products

## NISH MAN ULTIMATE STYLES NEW GENERATION

All day strong hold  
Perfect for long and short hair  
Special flake free & non-greasy formula  
Apply to damp & dry hair for desired styles

**Beard & Moustache Care Oil**  
75ml  
**199<sup>96</sup>**  
WAS 249<sup>95</sup>

**After Shave Cologne**  
200ml  
OR **Hair Styling Wax**  
100ml / Assorted  
**79<sup>96</sup>** each  
WAS 99<sup>95</sup>

**20% OFF**  
ALL Nish Man products

CREATIVE MEN DESIGN • PROFESSIONAL • ORIGINAL • STYLING GOODS

brought to you by GREAT AFRICA HAIR CO.

\*Advertised prices already reflect discount  
Nishman only available at selected stores AND online at dischem.co.za

## NUTRIMEN

Exclusive to Dis-Chem

**15% OFF**  
ALL Nutrimen products

**Anti-Fatigue Revitalize Eye Gel**  
15ml  
**157<sup>21</sup>**  
WAS 184<sup>95</sup>

**Multi Action Charcoal Wash Deep Clean Face Wash**  
100ml  
**67<sup>96</sup>**  
WAS 79<sup>95</sup>

**Anti-Ageing Moisturiser SPF15**  
50ml  
**114<sup>71</sup>**  
WAS 134<sup>95</sup>

\*Advertised price already reflects discount

**DX SMOOTH**

**BUY ALL 3 FOR 180<sup>00</sup>**  
SAVE 69<sup>85</sup>

**Dark Spot Solution 3 In 1 Face Wash**  
100ml  
#388719  
**PLUS Even Tone Moisturiser**  
50ml  
#388731  
**PLUS Corrective Serum**  
15ml  
#388732

## THE ART OF THE BARBERY — THE LEGENDARY BARBER

**Finger Brush**  
**51<sup>96</sup>**  
WAS 64<sup>95</sup>

**Twist Sponge**  
**79<sup>96</sup>**  
WAS 99<sup>95</sup>

**Beard Oil 60ml OR Pomade Wave Control 125ml**  
**119<sup>96</sup>** each  
WAS 149<sup>95</sup>

**20% OFF**  
ALL The Legendary Barber products

get the style you deserve

brought to you by GREAT AFRICA HAIR CO.

\*Advertised prices already reflect discount  
The Legendary Barber only available at selected stores AND online at dischem.co.za

## WAHL HOME PRODUCTS

**SAVE 70<sup>00</sup>\***

**Home Pro Complete Haircutting Kit**  
22-piece  
#191397

- Corded clipper for continuous power
- Adjustable taper lever makes blending easy
- Precision-ground blades which means smooth cutting

**299<sup>95</sup>**  
WAS 369<sup>95</sup>

\*Advertised price already reflects discount

## DQIP

Exclusive to Dis-Chem

**SAVE 50<sup>00</sup>\***

**HAIR & BEARD TRIMMER**

Rechargeable  
Long Power Motor - 25 Minutes Use

**Hair & Beard Trimmer**  
#144524

- This trimmer is strong and easy to operate
- It has efficient blades and is rechargeable
- Excellent quality

**199<sup>95</sup>**  
WAS 249<sup>95</sup>

\*Advertised price already reflects discount

## PHILIPS

**SAVE 100<sup>00</sup>\***

**OneBlade Replacement Blades Pack**  
2 blades  
#226104

**479<sup>95</sup>**  
WAS 579<sup>95</sup>

**SAVE 240<sup>00</sup>\***

**Series 3000 Body Groomer BG3010/15**  
#209395

- Skin-friendly shaver
- 1 x 3mm click-on comb
- 100% showerproof
- 50-minute cordless use

**659<sup>95</sup>**  
WAS 899<sup>95</sup>

\*Advertised prices already reflect discounts

**60 Plus**

**Double points on all items purchased in-store every Wednesday\***  
Exclusions apply\*

**Get more. Save more. Give more.**

Dis-Chem and Dis-Chem Baby City Benefit cards can be used in both retailers

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

In-store only





# SMOOTH SAVINGS



## INSTANT DISCOUNTS Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.

**MaxShave**  
Tech Edge 3 Blade Cartridges  
4-pack  
**129<sup>95</sup>**  
WITH CARD  
**110<sup>46</sup>**

**MaxShave**  
Aura 5 5 Blade Razor System for Women PLUS  
2 cartridges  
**124<sup>95</sup>**  
WITH CARD  
**106<sup>21</sup>**

**INSTANT DISCOUNT**  
**15%\***  
ALL Max Shave products

**MaxShave**  
Magnum 3 Blade Cross-Over Razor PLUS  
6 cartridges  
**109<sup>95</sup>**  
WITH CARD  
**93<sup>46</sup>**

**MaxShave**  
Bikini Single Blade Disposable Razors  
3-pack  
**24<sup>95</sup>**  
WITH CARD  
**21<sup>21</sup>**

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

**Schick**  
Hydro 5 Cartridges  
4-pack #96254  
**247<sup>96</sup>** per pack  
WAS 309<sup>95</sup>

**Schick**  
Quattro Cartridges for Women  
4-pack #15707  
**159<sup>96</sup>** per pack  
WAS 199<sup>95</sup>

**20%\***  
**OFF**  
Schick products\*\*

**Schick**  
Xtreme3 Eco Disposable Razors  
6-pack #410750/#410752  
**87<sup>96</sup>** per pack  
WAS 109<sup>95</sup>

\*Advertised price already reflects discount  
\*\*Offer only applicable on the above Schick products

**BIC**  
Flex 5 Hybrid Razor PLUS Cartridges 5-pack Value Pack #216431  
**99<sup>95</sup>** per pack  
WAS 149<sup>95</sup>

**BIC**  
3 Hybrid Razor PLUS Cartridges 8-pack Value Pack #72961  
**64<sup>95</sup>** per pack  
WAS 86<sup>95</sup>

\*Advertised prices already reflect discounts

**Gillette**  
A CLOSE SHAVE  
THAT IS GENTLE ON YOUR SKIN

**Gillette**  
Mach3 Turbo 3D Ball Razor  
Contains: Handle PLUS 2 Cartridges #327152  
**143<sup>47</sup>**  
WAS 204<sup>95</sup>

**Gillette**  
Mach3+ Razor  
Contains: Handle PLUS 2 Cartridges #46821  
**111<sup>97</sup>**  
WAS 159<sup>95</sup>

**Gillette**  
Skinguard Sensitive Razor  
Contains: Handle PLUS 2 Cartridges #221185  
**171<sup>47</sup>**  
WAS 244<sup>95</sup>

**Gillette**  
Mach3 Turbo Cartridges 8-pack #46828  
**370<sup>97</sup>** per pack  
WAS 529<sup>95</sup>

**Gillette**  
Mach3+ Cartridges 8-pack #46825  
**307<sup>97</sup>** per pack  
WAS 439<sup>95</sup>

\*Advertised prices already reflect discount

**Gillette**  
Simply Venus Disposable Razors 5-pack #221554  
**49<sup>95</sup>** per pack  
WAS 59<sup>95</sup>

**Gillette**  
Venus Comfortglide Breeze Razor  
Contains: Handle PLUS 2 Cartridges #63059  
**136<sup>47</sup>** each  
WAS 194<sup>95</sup>

\*Advertised price already reflects discount

**No Hair**  
Hair Removal Cream for Men OR Women  
50ml / Assorted  
**53<sup>95</sup>** each

**No Hair**  
Hair Removal Lotion for Men OR Women  
125ml / Assorted  
**68<sup>95</sup>** each

**2+1 CHEAPEST FREE**  
on ANY No Hair products

**No Hair**  
Hair Removal Lotion for Men OR Women Value Pack  
400ml  
**99<sup>95</sup>** each

**HairGo**

**HairGo**  
Hair Removal Body Wax Strips 24-pack  
**49<sup>46</sup>** per pack  
WAS 54<sup>95</sup>

**HairGo**  
Wax Strips Eyebrow & Lip  
12-pack  
**58<sup>46</sup>** per pack  
WAS 64<sup>95</sup>

**HairGo**  
Wax Strips Bikini & Underarm  
12-pack  
**49<sup>46</sup>** per pack  
WAS 54<sup>95</sup>

**HairGo**  
Wax Strips  
80g  
**44<sup>96</sup>** per pack  
WAS 49<sup>95</sup>

\*Advertised prices already reflect discounts

**Dis-Chem**  
PHARMACIES





# HAIR CARE



## INSTANT DISCOUNTS Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.

**NEW**

**Biotin Root Stimulator**  
75ml

**99<sup>95</sup>**  
**WITH CARD**  
**89<sup>96</sup>**

**INSTANT DISCOUNT**

**10%\* OFF**  
ALL Difeel Biotin hair care products

**Biotin Premium Hair Oil**  
75ml

**99<sup>95</sup>**  
**WITH CARD**  
**89<sup>96</sup>**

**Biotin Pro-Growth Hair Mask**  
354ml

**169<sup>95</sup>**  
**WITH CARD**  
**152<sup>96</sup>**

**Biotin Pro-Growth Shampoo OR Conditioner**  
354ml

**139<sup>95</sup> each**  
**WITH CARD**  
**125<sup>96</sup> each**

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

### Exclusive to Dis-Chem

**EXCLUSIVE BRANDS**

**20%\* OFF**  
ALL Noah hair care products

**Regenerating with Argan Oil OR Purifying Green Tea and Basil Shampoo**  
250ml / Assorted

**143<sup>96</sup> each**  
**WAS 179<sup>95</sup>**

**YAL Hyaluronic Acid Shampoo OR Conditioner**  
250ml

**159<sup>96</sup> each**  
**WAS 199<sup>95</sup>**

**BANDED PACK**

**10%\* OFF**  
Supreme Deep Moisture Banded Pack 946ml

**SUPREME**

**DEEP MOISTURE BANDED VALUE**  
1 x 946 ml Moisturising Shampoo  
1 x 946 ml Moisturising Conditioner

**Supreme Deep Moisture Banded Pack**  
Shampoo 1 x 946ml  
Conditioner 1x 946ml

**134<sup>96</sup> each**  
**WAS 149<sup>95</sup>**

**EXCLUSIVE BRANDS**

**20%\* OFF**  
ALL Naobay hair care products

**Color Protect Shampoo Sulfate Free OR Shampoo Sulfate Free**  
250ml / Assorted

**135<sup>96</sup> each**  
**WAS 169<sup>95</sup>**

**30%\* OFF**  
ALL Renew Perfect Colour Permanent Hair Colour products

**Renew Perfect Colour Permanent Hair Colour**  
Assorted colours

**76<sup>97</sup> each**  
**WAS 109<sup>95</sup>**

\*Advertised price already reflects discount

**1 FOR 66<sup>95</sup>**  
**2 FOR 110<sup>00</sup>**  
**SAVE 23<sup>90</sup>**

**Renew Permanent Hair Colour Crème**  
Assorted colours

**REFLECTIONS**  
Abyssinian & Marula Oil

**20%\* OFF**  
Reflections Abyssinian & Marula Oil hair care products\*\*

**Hair Growth Oil**  
125ml

**103<sup>96</sup>**  
**WAS 129<sup>95</sup>**

**Shampoo 250ml OR Serum 50ml OR Hair Food 125ml**

**79<sup>96</sup> each**  
**WAS 99<sup>95</sup>**

**EXCLUSIVE BRANDS**

**20%\* OFF**  
ALL Gerald Wells hair care products

**2 in 1 Conditioning Shampoo 300ml / Assorted OR Hydrating Serum 100ml**

**119<sup>96</sup> each**  
**WAS 149<sup>95</sup>**

**Heat Protection Hair Mist**  
250ml

**159<sup>96</sup>**  
**WAS 199<sup>95</sup>**

**Leave In Detangler Hair Mist**  
250ml

**127<sup>96</sup>**  
**WAS 159<sup>95</sup>**

\*\*Offer only applicable on the above Reflections Abyssinian range

\*Advertised prices already reflect discount

**SAVE 700\* each**

**Revlon Shampoo OR Conditioner**  
650ml / Assorted

**47<sup>95</sup> each**  
**WAS 54<sup>95</sup>**

\*Advertised price already reflects discount

**L'ORÉAL PARIS**

**20%\* OFF**  
ALL L'Oréal Paris Excellence Crème hair care products

**Excellence Crème Hair Colour**  
Assorted shades

**132<sup>76</sup> each**  
**WAS 165<sup>95</sup>**

**20%\* OFF**  
ALL L'Oréal Paris Magic Retouch hair care products

**Magic Retouch Instant Root Concealer Spray**  
75ml / Assorted shades

**95<sup>96</sup> each**  
**WAS 119<sup>95</sup>**

**20%\* OFF**  
ALL L'Oréal Paris Casting Crème Gloss hair care products

**Casting Crème Gloss Conditioning Hair Colour**  
Assorted shades

**127<sup>96</sup> each**  
**WAS 159<sup>95</sup>**

\*Advertised prices already reflect discount

**NUTRISSE**

**20%\*\* OFF**  
ALL Garnier Nutrisse hair care products

**Nourishing Permanent Hair Colour Crème**  
Assorted shades

**103<sup>96</sup> each**  
**WAS 129<sup>95</sup>**

\*\*Advertised price already reflects discount

\*Calculation based in part on data reported by Nielsen through its Retail Index Services for Hair Colourants, for the period ending (FEB 2021), for the South African market. (Copyright © 2021, The Nielsen Company). This information should not be viewed as a basis for investments.



**20%\* OFF**  
ALL Selsun Shampoos AND Conditioners



Selsun 2.5% Shampoo 100ml  
**67<sup>96</sup>**  
WAS 84<sup>95</sup>

Selsun Blue Conditioner 150ml  
**111<sup>96</sup>**  
WAS 139<sup>95</sup>

\*Advertised prices already reflect discount

**20%\* OFF**  
Schwarzkopf Got2b Glued products\*\*



Schwarzkopf Got2b Glued Water Resistant Spiking Glue 150ml  
**118<sup>36</sup>**  
WAS 147<sup>95</sup>

Schwarzkopf Got2b Glued 2in1 Gel for Brows & Edges 16ml  
**119<sup>96</sup>**  
WAS 149<sup>95</sup>

Schwarzkopf Got2b Guardian Angel Heat Protection Spray 200ml  
**74<sup>36</sup>**  
WAS 92<sup>95</sup>

\*Advertised prices already reflect discount  
\*\*Offer only applicable on the above Schwarzkopf products

Take your hair and power back with New free2GRO™ -scientifically proven to grow hair in 6 weeks.\* the breakthrough formula in free2GRO™ Follicle Boosting Growth Tonic can now make that noticeable difference you've been searching for all along.

Through its super-10 formula comprising Actigro7™ and three scalp hydration additives, free2GRO™ Follicle Boosting Growth Tonic enhances hair growth, helps increase hair density, and promotes healthy and hydrated hair and scalp.

**SAVE 50<sup>00</sup>\***

**NEW**



Sofnfree Free2Gro Growth Tonic 250ml #416871  
**249<sup>95</sup>**  
WAS 299<sup>95</sup>

\*Advertised price already reflects discount

**30%\* OFF**  
ALL Mielle hair care products



Mielle Rosemary Mint Strengthening Shampoo 355ml  
**181<sup>97</sup>**  
each WAS 259<sup>95</sup>

Mielle Rosemary Mint Strengthening Hair Masque 340g  
**181<sup>97</sup>**  
each WAS 259<sup>95</sup>

Mielle Pomegranate & Honey Curl Hydrating Smoothie 355ml  
**230<sup>97</sup>**  
WAS 329<sup>95</sup>

Mielle Leave-In Conditioner 52ml  
**41<sup>97</sup>**  
WAS 59<sup>95</sup>

\*Advertised prices already reflect discount

**30%\* OFF**  
ALL Aunt Jackie's hair care products



Aunt Jackie's Don't Shrink Flaxseed Elongating Curling Gel 426ml  
**76<sup>97</sup>**  
WAS 109<sup>95</sup>

Aunt Jackie's Knot On My Watch Instant Detangling Therapy 355ml  
**62<sup>27</sup>**  
WAS 88<sup>95</sup>

Aunt Jackie's Curl La La Defining Curl Custard 430ml  
**87<sup>47</sup>**  
WAS 124<sup>95</sup>

\*Advertised prices already reflect discount

**30%\* OFF**  
ALL Afri Chic, Outre AND Tinkle hair accessories



Styling Bendy Curlers 16mm/20mm  
**69<sup>97</sup>**  
each WAS 99<sup>95</sup>

Afri Chic Shampoo Comb  
**13<sup>97</sup>**  
WAS 19<sup>95</sup>

Afri Chic Small Cutting Comb  
**13<sup>27</sup>**  
WAS 18<sup>95</sup>

\*Advertised prices already reflect discount

**20%\* OFF**  
ALL Dark and Lovely Beautiful Beginnings Relaxer Kits AND Tubs



Dark and Lovely Beautiful Beginnings Comfy Hair food 125ml  
**27<sup>96</sup>**  
WAS 34<sup>95</sup>

Dark and Lovely Beautiful Beginnings Scalp Care Relaxer Kit  
**78<sup>36</sup>**  
WAS 97<sup>95</sup>

Dark and Lovely Beautiful Beginnings Ouchless Detangler Spray 250ml  
**42<sup>36</sup>**  
WAS 52<sup>95</sup>

\*Advertised prices already reflect discount

**20%\* OFF**  
Sofnfree Black Castor Oil products



Sofnfree Black Castor Oil Anti-Dandruff Afro Spray 350ml #404742  
**38<sup>36</sup>**  
WAS 47<sup>95</sup>

Sofnfree Black Castor Oil Anti-Dandruff Moisturizing Hairfood 250ml #404745  
**31<sup>96</sup>**  
WAS 39<sup>95</sup>

Sofnfree Black Castor Oil Anti-Dandruff Hi-Sheen Spray 475ml #404745  
**46<sup>36</sup>**  
WAS 57<sup>95</sup>

\*Advertised prices already reflect discounts

**1 FOR 35<sup>95</sup>**  
**2 FOR 60<sup>00</sup>**  
**SAVE 11<sup>90</sup>**



Inecto Hair Colour Crème 50ml Assorted colours

Inecto SuperBlack Naturals Sachet 28ml  
**9<sup>95</sup>**  
WAS 16<sup>95</sup>

\*Advertised price already reflects discount

**20%\* OFF**  
ORS hair care products\*\*



ORS Texture's Leave-In Conditioner 250ml  
**92<sup>76</sup>**  
WAS 115<sup>95</sup>

ORS Texture's Gentle Shampoo 250ml  
**93<sup>56</sup>**  
WAS 116<sup>95</sup>

ORS Olive Oil Wrap/Set Mousse 207ml / Assorted  
**75<sup>96</sup>**  
WAS 94<sup>95</sup>

\*Advertised prices already reflect discount  
\*\*Offer only applicable on the above ORS products

**20%\* OFF**  
ALL Hair Studio hair gel products



Hair Studio Hair Gel 500ml / Assorted  
**31<sup>96</sup>**  
WAS 39<sup>95</sup>

Hair Studio Hair Gel 1litre / Assorted  
**43<sup>96</sup>**  
WAS 54<sup>95</sup>

Hair Studio Edgetamer Styling Gelé 250ml / Assorted  
**34<sup>36</sup>**  
WAS 42<sup>95</sup>

\*Advertised prices already reflect discount

**SAVE 10<sup>00</sup>\***  
each



Creme of Nature Pure Honey Knot Away Leave-In Detangler 236.5ml #226816/#293812  
**129<sup>95</sup>**  
each WAS 139<sup>95</sup>

Creme of Nature Pure Honey Moisturizing Dry Defense Shampoo 355ml #229538 / #226817  
**139<sup>95</sup>**  
each WAS 149<sup>95</sup>

Creme of Nature Pure Honey Moisturizing Dry Defense Conditioner 355ml #229538 / #226817  
**139<sup>95</sup>**  
each WAS 149<sup>95</sup>

\*Advertised prices already reflect discount

**Dis-Chem**  
PHARMACIES



Stand a chance to  
**WIN\***

Your share of  
**R150 000**



**Vaseline**

**SAVE 500\***  
each

**Dry Skin Repair**  
With pure oat extract  
72h Deep Moisturisation  
625ml

**Body Lotion**  
625ml / Assorted  
**69<sup>95</sup>**  
each  
**WAS 74<sup>95</sup>**



**SAVE 2000\***  
each

**Clinical Care Body Lotion OR Cream**  
400ml / Assorted  
**64<sup>95</sup>**  
each  
**WAS 84<sup>95</sup>**



**SAVE 1300\*\***  
each

**Body Lotion OR Cream**  
400ml / Assorted\*\*  
**46<sup>95</sup>**  
each  
**WAS 59<sup>95</sup>**



**1 FOR 29<sup>95</sup>**  
**2 FOR 42<sup>00</sup>**  
**SAVE 17<sup>90</sup>**

**Lip Therapy**  
20g / Assorted



**1 FOR 39<sup>95</sup>**  
**2 FOR 62<sup>00</sup>**  
**SAVE 17<sup>90</sup>**

**Petroleum Jelly**  
250ml / Assorted

\*Advertised prices already reflect discounts \*\*Offer excludes Vaseline Clinical Care range



**RADOX**  
UPLIFT YOUR MOOD WITH FRESH SUMMER SENSATIONS

**1 FOR 39<sup>95</sup>**  
**2 FOR 46<sup>00</sup>**  
**SAVE 33<sup>90</sup>**

**Bodywash**  
250ml / Assorted



**1 FOR 74<sup>95</sup>**  
**2 FOR 92<sup>00</sup>**  
**SAVE 57<sup>90</sup>**

**Bodywash**  
750ml / Assorted



**1 FOR 41<sup>95</sup>**  
**2 FOR 50<sup>00</sup>**  
**SAVE 33<sup>90</sup>**

**Handwash**  
300ml / Assorted

Infused with 100% Natural Extracts

**LUX BOTANICALS**

**1 FOR 75<sup>95</sup>**  
**2 FOR 98<sup>00</sup>**  
**SAVE 53<sup>90</sup>**

**Body Wash**  
750ml / Assorted





**1 FOR 36<sup>95</sup>**  
**2 FOR 42<sup>00</sup>**  
**SAVE 31<sup>90</sup>**

**Handwash**  
200ml / Assorted



**1 FOR 48<sup>95</sup>**  
**2 FOR 42<sup>00</sup>**  
**SAVE 55<sup>90</sup>**

**Hygiene Bodywash**  
400ml / Assorted



**1 FOR 65<sup>95</sup>**  
**2 FOR 92<sup>00</sup>**  
**SAVE 39<sup>90</sup>**

**Hygiene Bodywash**  
750ml / Assorted



**Dis-Chem**  
**YOUTH CARD**

**In-store only**

Swipe your **Dis-Chem FOR YOU<sup>TH</sup>** card in-store and enjoy **double points every Monday\***

\*exclusions apply

**Get more. Save more. Give more.**

**Dis-Chem** and Dis-Chem Baby City Benefit cards can be used in both retailers






# in Dis-Chem BENEFIT rewards



Spend R150<sup>00</sup> OR more on ANY Unilever beauty & personal care products. Enter by swiping your **Dis-Chem Benefit Card**.

\*Ts & Cs apply. Competition excludes Namibia and Botswana.

Flawless Radiance

POND'S

Age Miracle

Pimple Clear

## Glowing skin all year round with POND'S

Mineral Clay Cleanser  
81ml / Assorted  
OR Even Tone Facial Foam  
100ml  
**69<sup>97</sup>**  
each  
WAS 99<sup>95</sup>



BB+ Cream SPF30 PA+  
25ml  
Assorted shades  
**83<sup>97</sup>**  
WAS 119<sup>95</sup>  
  
Perfecting Serum  
30ml  
**90<sup>97</sup>**  
WAS 129<sup>95</sup>

**30%\* OFF**  
ALL Pond's face care products



Intensive Wrinkle Correcting Cream  
50ml  
**132<sup>97</sup>**  
WAS 189<sup>95</sup>

Micellar Water  
400ml  
**58<sup>07</sup>**  
WAS 82<sup>95</sup>

\*Advertised prices already reflect discount



Unilever

**2+1 CHEAPEST FREE**  
on ANY Shield Deodorant AND Roll-On products

Anti-Perspirant Roll-On for Teens  
50ml / Assorted  
**24<sup>95</sup>** each

Anti-Perspirant Spray for Men OR Women  
150ml / Assorted  
**35<sup>95</sup>** each

Anti-Perspirant Roll-On for Men OR Women  
50ml / Assorted  
**19<sup>95</sup>** each

**72H NONSTOP SWEAT PROTECTION ALL SUMMER**

**Shield**  
UPGRADE TODAY

**BRUT** THE ESSENCE OF MAN

**1 FOR 25<sup>95</sup>**  
**2 FOR 40<sup>00</sup>**  
SAVE 11<sup>90</sup>

Anti-Perspirant Roll-On  
50ml Assorted

**1 FOR 49<sup>95</sup>**  
**2 FOR 80<sup>00</sup>**  
SAVE 19<sup>90</sup>

Deodorant Body Spray  
200ml Assorted

**BRUT** PARIS 1905

**MUSK** TIMELESS COLOGNE FOR MEN

**ORIGINAL** TIMELESS COLOGNE FOR MEN

**THE NEW AXE EFFECT**

**STAY FRESH**

**SMELL IRRESISTIBLE**

**1 FOR 38<sup>95</sup>**  
**2 FOR 42<sup>00</sup>**  
SAVE 35<sup>90</sup>

Deodorant Body Spray  
150ml / Assorted

**AXE** BLACK  
48 HRS NON STOP FRESH

**AXE** DARK TEMPTATION  
48 HRS NON STOP FRESH

**1 FOR 26<sup>95</sup>**  
**3 FOR 55<sup>00</sup>**  
SAVE 25<sup>85</sup>

Impulse Perfumed Body Spray  
90ml Assorted

**SAVE 4<sup>00</sup>\***  
each

**extra**

Dove Anti-Perspirant Roll-On for Men OR Women  
50ml / Assorted  
**23<sup>95</sup>** each  
WAS 27<sup>95</sup>

**1 FOR 42<sup>95</sup>**  
**2 FOR 65<sup>00</sup>**  
SAVE 20<sup>90</sup>

Dove Anti-Perspirant Deodorant Spray for Men OR Women  
150ml Assorted

**Dove** MEN + CARE  
CLEAN COMFORT  
48h POWERFUL PROTECTION

**Dove** go fresh  
48h

\*Advertised price already reflects discount





Stand a chance to

**WIN\***

Your share of  
**R150 000<sup>00</sup>** in  
**Dis-Chem**  
**BENEFIT**  
rewards



Spend R150<sup>00</sup>

**OR** more on  
**ANY** Unilever  
beauty &  
personal care  
products.

Enter by swiping  
your  
**Dis-Chem**  
Benefit Card.

\*Ts & Cs apply.  
Competition excludes  
Namibia and  
Botswana.



Dove Shampoo  
250ml **OR**  
Conditioner  
200ml / Assorted



Dove Shampoo  
400ml  
**OR** Conditioner  
350ml  
**OR** Treatment  
Mask  
200ml / Assorted  
**64<sup>95</sup>**  
each  
**WAS 84<sup>95</sup>**



Dove Soap  
4 x 100g  
**OR**  
4 x 90g  
Assorted  
**47<sup>95</sup>**  
each  
**WAS 58<sup>95</sup>**



Dove  
Body Wash  
500ml / Assorted  
**54<sup>95</sup>**  
**WAS 69<sup>95</sup>**

\*Advertised prices already reflect discounts



Shampoo  
**OR**  
Conditioner  
1 litre / Assorted



**NATURAL NOURISHMENT  
FROM ROOT TO TIP**  
FOR HEALTHY HAIR THAT SHINES

**OUR RANGE**

Our range consists of products that cater  
for all hair types and needs, as well as  
your little ones.

**TRESemmé**  
USED BY PROFESSIONALS

**Professional Quality  
Hair Styling At Home**

**20%\***  
**OFF**  
TRESemmé Shampoo,  
Conditioner AND  
styling products\*\*



Shampoo  
**OR** Conditioner  
750ml/900ml  
Assorted  
**87<sup>96</sup>**  
each  
**WAS 109<sup>95</sup>**



Heat Defence  
Care & Protect  
Spray  
300ml  
**OR**  
Extra Hold  
Hairspray  
400ml  
**OR**  
Styling Firm  
Hold Hairspray  
400ml / Assorted  
**91<sup>96</sup>**  
each  
**WAS 114<sup>95</sup>**



\*Advertised prices already reflect discount

\*\*Offer excludes TRESemmé hair  
brushes AND appliances



Stand a chance to

**WIN**

**1 of 3  
Chery Tiggo 4 Pros.  
1 CAR PER WEEK,**  
over a period of 3 weeks.  
Enter by swiping your **Dis-Chem**  
**OR** **Dis-Chem** Baby City Benefit Card\*

\*To enter, simply purchase ANY products  
at **Dis-Chem** to the value of R250<sup>00</sup> **OR** more.  
Every R250<sup>00</sup> spent (per till slip) = 1 entry

**PLUS FREE  
FUEL for ONE YEAR**  
worth R24 000<sup>00</sup>  
per car



Colours of the vehicles are for illustrative purposes only, includes 5-year/60 000km service plan. Competition valid 5 Dec to 24 Dec 2022. Competition is not applicable in Botswana and Namibia. Ts and Cs apply. Full details at dischem.co.za



OMO Auto Washing Powder  
2kg / Assorted

**1 FOR 87<sup>95</sup>**  
**2 FOR 120<sup>00</sup>**  
**SAVE 55<sup>90</sup>**



UNBEATABLE STAIN REMOVAL  
14 DAYS OF FRESHNESS

OMO auto washing powder

2 kg = 20 loads

DIRT IS GOOD

**extra**

**SAVE 1300\***

OMO Auto Power Capsules  
17-pack #205700

**74<sup>95</sup>** per pack  
**WAS 87<sup>95</sup>**



100% stain removal  
3x auto power capsules

DIRT IS GOOD

\*Advertised price already reflects discount

**1 FOR 24<sup>95</sup>**  
**2 FOR 42<sup>00</sup>**  
**SAVE 7<sup>90</sup>**

OMO Multi-Purpose Bleach  
750ml #84492



REMOVES STAINS AND WHITENS  
ORIGINAL

**1 FOR 39<sup>95</sup>**  
**2 FOR 60<sup>00</sup>**  
**SAVE 19<sup>90</sup>**

Domestos Thick Bleach  
750ml / Assorted



UNSTOPPABLE  
EXTENDED POWER

HELP PROVIDE SAFER TOILETS  
KILLS ALL KNOWN GERMS DEAD

**Sunlight 2in1**

2022 VOTED PRODUCT OF THE YEAR  
Consumer Survey of Product Innovation

FRAGRANCE  
Sunlight is giving you more

Unilever

**SAVE 900\***

**2in1 Hand Wash Powder 56<sup>95</sup>**  
2kg / Assorted **WAS 65<sup>95</sup>**

\*Advertised price already reflects discount

**extra**

**1 FOR 22<sup>95</sup>**  
**3 FOR 60<sup>00</sup>**  
**SAVE 8<sup>85</sup>**

Original Soap 500g

**BUY BOTH FOR 199<sup>95</sup>**  
**SAVE 76<sup>99</sup>**

**5-in-1 Automatic Dishwashing Tablets**  
56 tablets #223644  
**PLUS Extra Nature Dishwashing Liquid**  
750ml #205769001

**Regular Dishwashing Liquid PLUS Refill**  
750ml\*\* #287051 / #76595

**BUY BOTH FOR 50<sup>00</sup>**  
**SAVE 12<sup>90</sup>**

**\*\*Excludes Sunlight Extra Nature Dishwashing Liquid 750ml**






**1 FOR 76<sup>95</sup>**  
**2 FOR 120<sup>00</sup>**  
**SAVE 33<sup>90</sup>**

Sunlight Baby Auto & Handwash Liquid  
1.5 litres



**1 FOR 57<sup>95</sup>**  
**2 FOR 95<sup>00</sup>**  
**SAVE 20<sup>90</sup>**

Comfort Concentrated Fabric Conditioner Bottle  
800ml Assorted



PURE  
gentle on skin  
concentrated fabric conditioner

UPLIFTING  
long lasting fragrance and softness  
concentrated fabric conditioner

**1 FOR 30<sup>95</sup>**  
**2 FOR 45<sup>00</sup>**  
**SAVE 16<sup>90</sup>**

Handy Andy Cream  
750ml / Assorted



HANDY ANDY CREAM  
100% EUCALYPTUS  
100% STRENGTH  
DIET & GREASE REMOVER

**1 FOR 43<sup>95</sup>**  
**2 FOR 70<sup>00</sup>**  
**SAVE 17<sup>90</sup>**

Handy Andy Spray  
500ml / Assorted



HANDY ANDY BATHROOM  
ULTRAFAST  
KILLS ALL KNOWN GERMS DEAD

HANDY ANDY KITCHEN  
ULTRAFAST  
KILLS ALL KNOWN GERMS DEAD

**SHOP ONLINE**

**24/7**  
365

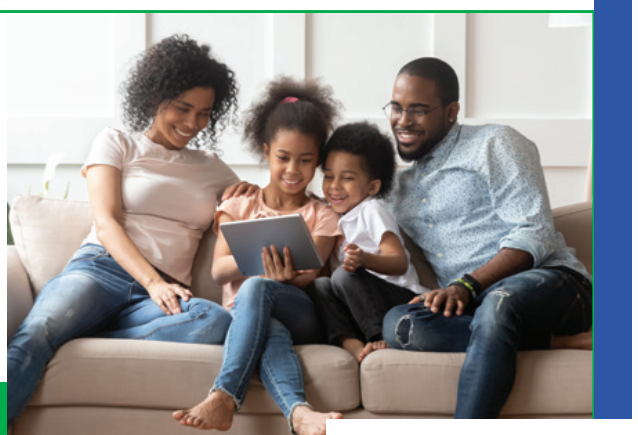
**FREE**

**click&collect**

**Delivered to your door OR collect from any Dis-Chem store nationwide - dischem.co.za**

**FREE** delivery on orders of 600<sup>00</sup> or more in major metropolitan areas.  
No charge for collection in-store.

**15** Promotional offers valid 13 December 2022 to 8 January 2023 - while stocks last. May only be available at selected stores OR online at dischem.co.za. E&OE.



**Dis-Chem**  
PHARMACIES





# DEODORANTS

**STATUS**

RESPECT IS EARNED



Cologne  
Deodorant  
Body Spray  
130ml / Assorted  
**30<sup>95</sup>**  
each

Anti-Perspirant  
Roll-On  
50ml / Assorted  
**20<sup>95</sup>**  
each

**2+1  
CHEAPEST  
FREE**

on ANY Status Deodorant  
Spray 130ml  
AND Roll-Ons  
50ml

**Mitchum**

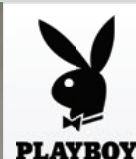


Anti-Perspirant  
Gel Stick  
for Men  
OR  
Women  
63g / Assorted  
**59<sup>95</sup>**  
each  
**WAS 77<sup>95</sup>**

Anti-Perspirant  
Roll-On  
for Men  
OR  
Women  
50ml / Assorted  
**32<sup>95</sup>**  
each  
**WAS 43<sup>95</sup>**

Anti-Perspirant  
Deodorant  
Spray for  
Men OR  
Women  
120ml / Assorted  
**32<sup>95</sup>**  
each  
**WAS 43<sup>95</sup>**

\*Advertised prices already reflect discount



VIP Ibiza  
Cologne  
EDT 100ml / Assorted  
**175<sup>96</sup>**  
**WAS 219<sup>95</sup>**

VIP Cologne  
EDT 50ml  
Assorted  
**175<sup>96</sup>**  
**WAS 219<sup>95</sup>**

**20%  
OFF**

ALL Playgirl VIP EDT 50ml  
AND Playboy VIP EDT  
100ml fragrances

\*Advertised prices already reflect discount



Yardley  
English Blazer  
Anti-Perspirant  
Roll-On  
50ml / Assorted

**1 FOR 24<sup>95</sup>  
2 FOR 30<sup>00</sup>  
SAVE 19<sup>90</sup>**



Yardley  
Bond<sup>ST</sup>  
Deodorant Body  
Spray  
125ml  
**OR** Perfume  
Body Spray  
90ml / Assorted

**1 FOR 39<sup>95</sup>  
2 FOR 65<sup>00</sup>  
SAVE 14<sup>90</sup>**



Old Spice  
Deodorant  
Body Spray  
150ml / Assorted

**1 FOR 38<sup>95</sup>  
2 FOR 65<sup>00</sup>  
SAVE 12<sup>90</sup>**



SuperDry  
Body Spray  
200ml  
Assorted  
**79<sup>95</sup>**



Hummer  
Deodorant  
Body Spray  
200ml  
Assorted  
**149<sup>00</sup>**



Dunhill  
Desire  
Deodorant  
Spray  
226ml  
Assorted  
**175<sup>00</sup>**



Good Stuff  
Fragrance  
Body Mist  
100ml / Assorted  
**24<sup>95</sup>**  
each  
**WAS 29<sup>95</sup>**



Perspirex  
Extra-Effective  
Anti-Perspirant  
Roll-On  
20ml  
#207267003  
**129<sup>95</sup>**  
**WAS 158<sup>95</sup>**



**1 FOR 24<sup>95</sup>  
3 FOR 58<sup>00</sup>  
SAVE 16<sup>85</sup>**

NIVEA  
Anti-Perspirant Roll-On  
for Men **OR** Women  
50ml / Assorted\*

\*Offer excludes NIVEA Naturally Good Roll-Ons



**1 FOR 51<sup>95</sup>  
2 FOR 78<sup>00</sup>  
SAVE 25<sup>90</sup>**

NIVEA  
Anti-Perspirant  
Deodorant  
Spray for Men  
**OR** Women  
200ml / Assorted



**1 FOR 26<sup>95</sup>  
3 FOR 75<sup>00</sup>  
SAVE 5<sup>85</sup>**

Sanex  
Anti-Perspirant  
Roll-On for Men  
**OR** Women  
50ml / Assorted



**1 FOR 54<sup>95</sup>  
2 FOR 75<sup>00</sup>  
SAVE 34<sup>90</sup>**

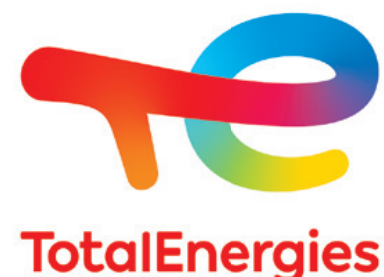
Coty  
eX'clama'tion  
Perfumed  
Deodorant  
Body Spray  
150ml / Assorted

**Dis-Chem  
PHARMACIES**

SWIPE your  
**Dis-Chem**  
or Dis-Chem Baby City  
BENEFIT CARD TO  
EARN TODAY.



FILL UP  
+ EARN







# DENTAL CARE

**Oral-B**

**2+1 CHEAPEST FREE**  
on ANY Oral-B Floss, Toothbrush AND Junior Toothpaste 75ml

**All Rounder Black Toothbrushes 3-pack**  
**76<sup>95</sup>** each

**Satin Floss 25m / Assorted**  
**99<sup>95</sup>** each

**Junior 6+ years Toothpaste 75ml / Assorted**  
**29<sup>95</sup>** each

**meridol**

Discover meridol® gum protection

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

**Soft Toothbrush**  
**82<sup>95</sup>** each

**Gentle Toothpaste 75ml**  
**82<sup>95</sup>** each

**Mouthwash 400ml**  
**94<sup>95</sup>** each

Available in selected stores

1: Dental Plaque accumulation  
2: Tartar  
3: Gum Problems  
4: Germs

**Colgate**

**2+1 CHEAPEST FREE**  
on Colgate products\*

**Slim Soft Charcoal Toothbrush Assorted OR Dental Floss 50m / Assorted**  
**67<sup>95</sup>** each

**Total 12 Mouthwash 500ml**  
**82<sup>95</sup>** each

**Total 12 Toothpaste 75ml / Assorted**  
**47<sup>95</sup>** each

\*Offer excludes Colgate Value Packs, Banded Packs AND Optic White Expert products

**20%\* OFF**  
Corsodyl Original Mouthwash 200ml

**Corsodyl Original Mouthwash 200ml**  
#152774002  
**103<sup>16</sup>** each  
WAS 128<sup>95</sup>

\*Advertised price already reflects discount

**NEW**  
**elmex**  
SENSITIVE PROFESSIONAL

Pro-Argin technology for Instant\* and Lasting\*\* Sensitivity Relief.

**20%\* OFF**  
ALL Elmex products

**Professional Toothpaste 75ml / Assorted**  
**63<sup>96</sup>**  
WAS 79<sup>95</sup>

**Toothbrush 2-pack Assorted OR Mouthwash 400ml**  
**77<sup>56</sup>** each  
WAS 96<sup>95</sup>

\*Advertised prices already reflect discount  
\*\*For instant sensitivity relief, gently massage directly on the sensitive tooth area with the fingertip for 1 minute, twice daily.  
\*\*\*For long-lasting sensitivity relief, apply on a soft toothbrush and brush twice daily.

**dentalmate**

Exclusive to Dis-Chem

**2+1 CHEAPEST FREE**  
on ANY Dentalmate Toothbrushes 3-pack Value Pack

**TOOTHBRUSHES VALUE PACK 3-pack**  
#106887  
**26<sup>95</sup>** per pack

**Mouthwash 1litre / Assorted**  
**54<sup>95</sup>** each  
WAS 59<sup>95</sup>

\*Advertised price already reflects discount

**SENSODYNE**

**1 FOR 67<sup>95</sup>**  
**2 FOR 105<sup>00</sup>**  
SAVE 30<sup>90</sup>

**1 FOR 59<sup>95</sup>**  
**2 FOR 80<sup>00</sup>**  
SAVE 39<sup>90</sup>

**Repair & Protect OR Sensitivity & Gum Toothbrush 75ml**  
#191130/#387438

**1 FOR 67<sup>95</sup>**  
**2 FOR 100<sup>00</sup>**  
SAVE 35<sup>90</sup>

**Toothpaste 75ml**  
• Complete Protection  
• Repair & Protect  
• Sensitivity & Gum  
• Rapid Relief

**Pronamel Toothpaste 75ml / Assorted**

**SAVE 15<sup>00</sup>\***

**REACH**  
EXPANSION PLUS  
50m  
#39184  
**54<sup>95</sup>**  
WAS 69<sup>95</sup>

**SAVE 10<sup>00</sup>\***

**LISTERINE Mouthwash OR Smart Rinse 500ml / Assorted**  
• Cool Mint  
• Fresh Burst  
• Kids Berry  
• Kids Mint  
• Zero  
**59<sup>95</sup>**  
WAS 69<sup>95</sup>

\*Advertised price already reflects discount

**Dis-Chem DeliverD**

From US to YOU On Demand

**Meet all your dental needs!**

**DELIVERED IN 60 MINUTES**





# ALL ABOUT BABIES & TOTS



## FEEDING BABY

1 FOR 12<sup>99</sup>  
**6 FOR 61<sup>00</sup>**  
SAVE 16<sup>94</sup>



6 Months  
80ml  
Assorted\*\*

1 FOR 13<sup>99</sup>  
**6 FOR 71<sup>00</sup>**  
SAVE 12<sup>94</sup>



7 Months  
125ml  
Assorted\*\*

**PURITY**

1 FOR 17<sup>99</sup>  
**6 FOR 84<sup>00</sup>**  
SAVE 23<sup>94</sup>



8 Months  
200ml  
Assorted\*\*

1 FOR 19<sup>99</sup>  
**6 FOR 95<sup>00</sup>**  
SAVE 24<sup>94</sup>



10 Months  
250ml  
Assorted\*\*

\*\*Offer excludes Purity Organic range



1 FOR 12<sup>99</sup>  
**6 FOR 71<sup>00</sup>**  
SAVE 6<sup>94</sup>

Pouches  
110ml  
Assorted



Cream of Maize  
Baby's Soft Porridge  
400g / Assorted

**18<sup>99</sup>**  
WAS 24<sup>99</sup>

Baby Cereal  
(Just Add Milk)  
200g / Assorted

**19<sup>99</sup>**  
WAS 21<sup>50</sup>

\*Advertised price already reflects discount

**Nestlé**



SAVE  
**700\***  
each

Nestum  
Baby Cereal  
(Just Add  
Milk)  
500g / Assorted  
**41<sup>99</sup>**  
each  
WAS 48<sup>99</sup>



SAVE  
**900\***  
each

Cerelac  
Baby Cereal  
with Milk  
(Just Add  
Water)  
500g / Assorted  
**67<sup>99</sup>**  
each  
WAS 76<sup>99</sup>

\*Advertised prices already reflect discounts



## CHANGING BABY



ALL SIZES  
AVAILABLE IN  
100-PACK

Nappies  
100-pack  
Sizes S - XL  
**209<sup>95</sup>**  
per pack



ALL SIZES  
AVAILABLE IN  
50-PACK

Nappies  
50-pack  
Sizes S - XL  
**109<sup>95</sup>**  
per pack



SAVE  
**1000\***  
per pack

\*Advertised price already reflects discount



Disposable  
Baby  
Nappy Bags  
150 bags  
#101569  
**34<sup>95</sup>**

Value Pack  
Fresh Wipes  
6 x 80 wipes  
#215839  
**109<sup>95</sup>**  
per pack  
WAS 119<sup>99</sup>



Value Pack  
Premium  
Nappies  
S - XL  
**189<sup>95</sup>**  
per pack



Jumbo Pack  
Active  
Baby-Dry Pants  
Sizes 3 - 7  
**224<sup>99</sup>**  
per pack



Value Pack  
Premium Care  
Nappies  
Sizes 1 - 6  
**224<sup>99</sup>**  
per pack



Carry Pack  
Pants  
Sizes 3 - 6  
**79<sup>99</sup>**  
per pack



SAVE  
**1500\***  
per pack

Value Pack  
Baby Wipes  
Sensitive Protect  
4 x 56 wipes  
OR Complete Clean  
4 x 64 wipes  
**104<sup>99</sup>**  
per pack  
WAS 119<sup>99</sup>



Value Pack  
Premium  
Care Pants  
Sizes 3 - 6  
**224<sup>99</sup>**  
per pack

Jumbo Pack  
Active Baby-Dry  
Nappies  
Sizes 1 - 6  
**224<sup>99</sup>**  
per pack

\*Advertised price already reflects discount



Jumbo Pack  
Gold Nappies  
Sizes 2 - 5  
**209<sup>99</sup>**  
per pack



Little Swimmers  
Swim Nappies  
Sizes 2 - 6  
**89<sup>99</sup>**  
per pack



Jumbo Pack  
Gold Pants  
Sizes 3 - 6  
**199<sup>99</sup>**  
per pack



Extra Care  
Nappies  
Sizes 0 - 25  
**72<sup>99</sup>**  
per pack



Extra Care  
Nappies  
Sizes 1 - 42  
**99<sup>99</sup>**  
per pack



Pure OR Natural  
Care Baby Wipes  
4 x 56 wipes  
**79<sup>99</sup>**  
per pack  
WAS 99<sup>99</sup>

\*Advertised price already reflects discount





## MOM & BABY ESSENTIALS



### Natural Electric Breast Pump

#145131

- Intuitive assembly
- Easy virtual matching of parts
- Easy cleaning due to small number of separate parts

**1699<sup>99</sup>**  
WAS 2899<sup>99</sup>

**PHILIPS  
AVENT**



### Natural Manual Breast Pump

#76938

- Natural shaped teat for easy feeding
- BPA free
- Soft, warm stimulating massage cushion

**799<sup>99</sup>**  
WAS 1199<sup>99</sup>

\*Advertised prices already reflect discounts



**Nuby**

### Lots-a-Loops Teether

#213176

**139<sup>99</sup>**  
WAS 159<sup>95</sup>



### Chewbies Teether

#203111

**89<sup>99</sup>**  
WAS 109<sup>99</sup>



### Kool Soothing Teether

Assorted

**79<sup>99</sup>**  
WAS 89<sup>99</sup>



### IcyBite Teether

Assorted

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

\*Advertised prices already reflect discounts



### Closer to Nature Bottle Handles

2-pack

#161233

**119<sup>99</sup>**  
per pack  
WAS 139<sup>99</sup>



### Made for Me Nipple Shields

2-pack

#146436

**89<sup>99</sup>**  
per pack  
WAS 149<sup>99</sup>



### Heat Sense Weaning Spoons

4-pack

#328057

**119<sup>99</sup>**  
per pack  
WAS 149<sup>99</sup>



### Closer to Nature Perfect Prep Machine

#213106

- Makes a fresh bottle in less than 2 minutes
- Filter system removes impurities present in water

**2399<sup>99</sup>**  
WAS 3299<sup>99</sup>



### Quick-Cook Baby Food Maker

#290089

- Steams and blends homemade baby food in minutes
- Automatic timer to set steam and blend times
- Suitable for fruit, vegetables, meat and fish

**1999<sup>99</sup>**  
WAS 2499<sup>99</sup>

\*Advertised prices already reflect discounts  
Tommee Tippee products only available at selected stores or online at dischem.co.za



## BATHING BABY



### Bennetts Baby Bum Crème

300g

#19177

**89<sup>99</sup>**  
WAS 99<sup>99</sup>



### Bennetts Baby Aqueous Cream

500ml / Assorted

**34<sup>99</sup>**  
WAS 44<sup>99</sup>



### Cetaphil Baby Daily Lotion

300ml

#174038

**89<sup>99</sup>**  
WAS 104<sup>99</sup>



### Cetaphil Baby Gentle Wash & Shampoo

300ml

#174036

**99<sup>99</sup>**  
WAS 104<sup>99</sup>



### Epi-Max Baby & Junior Body Wash

450ml

#386182

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



### Textured Teething Rattle

#216859

**79<sup>99</sup>**  
WAS 99<sup>99</sup>



### Roundabout Rattle

#216899

**89<sup>99</sup>**  
WAS 109<sup>99</sup>



### Musical Pullstring Bunny OR Tiger

Assorted

**209<sup>99</sup>**  
each  
WAS 269<sup>99</sup>

\*Advertised prices already reflect discounts



### Baby Things Baby Lotion

500ml

#73387

**44<sup>99</sup>**

### Baby Things Baby Powder

750g

#84962

**54<sup>99</sup>**



### Baby Things Bum Repair Cream

250g

#25666

**46<sup>99</sup>**

### Baby Things Baby Oil

400ml

#85588

**59<sup>99</sup>**



1 FOR 32<sup>95</sup>

2 FOR 54<sup>00</sup>

SAVE 11<sup>90</sup>

Dove 100% Pure Organic Cotton Wool Rounds

80-pack

#16831



**Dis-Chem  
PHARMACIES**





# FEMININE HYGIENE

**SAVE WITH LIBRESSE PADS AND ABSORBENT LINERS**

**WE'VE GOT YOU COVERED DAY & NIGHT. CHOOSE THE RIGHT SIZE FOR YOUR FLOW.**



**REGULAR FLOW** **REGULAR** **DAY TIME**



**HEAVY FLOW** **LONG** **DAY TIME**



**SUPER HEAVY FLOW** **GOODNIGHT+** **NIGHT TIME**

- |                                                                                                                                                         |                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1 Ultra Pads</b><br/>10 Ultra+<br/>8 Ultra Long+<br/>8 Ultra Large+</p> <p><b>21<sup>95</sup></b><br/>per pack<br/><b>WAS 26<sup>95</sup></b></p> | <p><b>2 Ultra OR Goodnight Pads Duo Packs</b><br/>20 Maxi + Regular<br/>20 Ultra+<br/>18 Maxi + Long<br/>16 Ultra Long+<br/>16 Maxi Goodnight+<br/>16 Ultra Large+</p> <p><b>39<sup>95</sup></b><br/>per pack<br/><b>WAS 46<sup>95</sup></b></p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**TRY OUR THIN AND SUPER ABSORBENT LINERS**



- |                                                                                                                                           |                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Dailies Style Pantyliners</b><br/>30-pack<br/>#169611</p> <p><b>24<sup>95</sup></b><br/>per pack<br/><b>WAS 34<sup>95</sup></b></p> | <p><b>Dailies Fresh Long Pantyliners</b><br/>28-pack<br/>#169593<br/><b>OR Dailies Style String Pantyliners</b><br/>30-pack<br/>#169594</p> <p><b>29<sup>95</sup></b><br/>per pack<br/><b>WAS 34<sup>95</sup></b></p> |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



\*Advertised prices already reflect discounts

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

**Gynaguard pH Balanced Foam Bath**  
475ml / Assorted  
**89<sup>99</sup>** each

**Gynaguard Essential OR Ultimate Intimate Wash**  
140ml  
**79<sup>99</sup>** each

**2+1 CHEAPEST FREE**  
on ANY Feminat AND Moshinz products

**Feminat Essential Intimate Cleanser with Cranberry**  
140ml  
**59<sup>95</sup>** each

**Moshinz Lubricating Gel**  
75ml  
**109<sup>95</sup>** each

**Moshinz Male Sensitive Wash**  
140ml  
**79<sup>95</sup>** each

**2+1 CHEAPEST FREE**  
on ANY Femagene Wash 150ml products

**Femagene Daily Care Intimate Wash OR Cream Wash OR Foam Wash**  
150ml  
**79<sup>95</sup>** each

**1 FOR 57<sup>95</sup>**  
**2 FOR 100<sup>00</sup>**  
**SAVE 15<sup>90</sup>**

**Lil-Lets Intimate Care Gel OR Crème Wash**  
150ml / Assorted

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

**Intima Soothing Wipes**  
40 wipes #215878  
**44<sup>95</sup>** per pack

**Intima Intimate Wash OR Liquid Soap**  
220ml / Assorted  
**79<sup>95</sup>** each

**kotex**

**Everyday Freshness Scented OR Unscented Pantyliners**  
20-pack  
#326307/#379522  
**15<sup>95</sup>** per pack  
**WAS 18<sup>95</sup>**

**Maxi Pads**  
8 All Nighter  
8 Young Super  
8 Super  
10 Young Normal  
10 Normal  
**15<sup>95</sup>** per pack  
**WAS 18<sup>99</sup>**

**Everyday Long Pantyliners**  
16-pack / Assorted  
**15<sup>95</sup>** per pack  
**WAS 19<sup>99</sup>**

**Daily Protect Slim Pantyliner**  
18-pack  
#379522  
**15<sup>95</sup>** per pack  
**WAS 17<sup>99</sup>**

## SEXUAL HEALTH

**Intimate Touch Flavoured OR Dotted Condoms**  
3-pack Assorted  
**23<sup>95</sup>** per pack  
**WAS 29<sup>95</sup>**

**Intimate Touch Ribbed OR Dotted Condoms**  
12-pack Assorted  
**83<sup>95</sup>** per pack  
**WAS 104<sup>95</sup>**

**2+1 CHEAPEST FREE**  
on Durex products\*

**Durex Play Feel Lube**  
50ml #208044002  
**134<sup>95</sup>** each

**Durex Fetherlite Condoms**  
12-pack #206743002  
**OR Massage 2 in 1 Lube**  
200ml #153148001  
**189<sup>95</sup>** each

\*Offer only applicable on the above Durex products





# HOUSEHOLD ESSENTIALS

## INSECT REPELLENT DEALS

**Tabard**

Insect Repellent Lotion  
150ml  
#53690

**78<sup>26</sup>**  
WAS 86<sup>95</sup>

Insect Repellent Stick  
30ml  
#53689

**44<sup>96</sup>**  
WAS 49<sup>95</sup>

**10% OFF**  
Tabard AND Bite & Sting products\*\*

**BITE & STING™**

Citronella Candle  
240g  
#53696

**73<sup>76</sup>**  
WAS 81<sup>95</sup>

Dual Action Relief Spray OR Cream  
25ml  
#390613/#390615

**98<sup>96</sup>**  
each  
WAS 109<sup>95</sup>

\*Advertised prices already reflect discount

\*\*Offer applicable on the above Tabard AND Bite & Sting products

**Raid**

**20% OFF**  
Raid Liquid Electric Mosquito Unit Refill Value Pack

**VALUE PACK**

Liquid Electric Mosquito Unit Refill Value Pack  
2 x 33ml

**51<sup>96</sup>**  
per pack  
WAS 64<sup>95</sup>

\*Advertised price already reflects discount

**1 FOR 36<sup>95</sup>**  
**2 FOR 55<sup>00</sup>**  
SAVE 18<sup>90</sup>



Dual Purpose Multi-Insect Killer Aerosol  
300ml Assorted

**Peaceful Sleep**

Family Care Spritzer  
Kid friendly (6 months +)  
200ml

**109<sup>95</sup>**  
each

Liquid Refill Value Pack  
2 x 35ml

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

**DOOM**

**2+1 CHEAPEST FREE**  
on ANY Peaceful Sleep AND Doom products



Mosquito Room Spray  
180ml

**42<sup>95</sup>**  
each

Dual Action Fogger  
350ml

**52<sup>95</sup>**  
each

Multi-Insect Odourless Aerosol  
300ml

**39<sup>95</sup>**  
each

Mosquito Room Spray  
300ml

**69<sup>95</sup>**  
each

Insect Repellent Aerosol  
150g

**92<sup>95</sup>**  
each

Insect Repellent Cream  
100ml

**83<sup>95</sup>**  
each

**MEDIC+**

**1 FOR 29<sup>95</sup>**  
**3 FOR 55<sup>00</sup>**  
SAVE 34<sup>85</sup>



Medic+ Self Care Insect Repellent Cream  
60ml  
#85724



Mortein Insect Killer Aerosol  
300ml / Assorted

**32<sup>95</sup>**  
each  
WAS 39<sup>95</sup>

\*Advertised price already reflects discount



**1 FOR 39<sup>95</sup>**  
**3 FOR 80<sup>00</sup>**  
SAVE 39<sup>85</sup>

Makes 2L

**SAVE 700\***  
each

\*Advertised prices already reflect discount

Sta-Soft Fabric Conditioner Refill  
500ml Assorted

Harpic Fresh Power 6 Toilet Block  
6-pack / Assorted

**27<sup>95</sup>**  
per pack  
WAS 34<sup>95</sup>

Harpic Thick Bleach  
750ml / Assorted

**27<sup>95</sup>**  
WAS 34<sup>95</sup>



**SAVE 2000\***  
per pack



**SAVE 2000\***  
per pack

\*Advertised prices already reflect discount

Energizer Max AA OR AAA Batteries  
16-pack  
#166228/#206507

**154<sup>95</sup>**  
per pack  
WAS 174<sup>95</sup>

Duracell Plus AA OR AAA Batteries  
12-pack  
#149948/#149947

**129<sup>95</sup>**  
per pack  
WAS 149<sup>95</sup>



**SAVE 500\***  
per pack

Mr. Sheen Multi Surface Daily Cleaner  
300ml PLUS Air Scents Fresh Linen  
200ml Value Pack  
#297640

**39<sup>95</sup>**  
per pack  
WAS 44<sup>95</sup>



**SAVE 2000\***

Sopure Vanilla Essence Mosquito Mist PLUS Fragrance-Free Shower Balm  
100ml  
#416202

**109<sup>95</sup>**  
WAS 129<sup>95</sup>

\*Advertised prices already reflect discounts



**SAVE 600\***  
per pack

Baby Soft 2 Ply Toilet Paper  
18-pack  
#39756

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

**Dis-Chem**  
PHARMACIES





# INCONTINENCE CARE



**Ultra Absorbent Pull-Ups for Adults**  
10 Medium  
9 Large  
8 Extra Large

**SAVE 2000\***  
per pack

**119<sup>95</sup>**  
per pack  
**WAS 139<sup>95</sup>**



**Adult Incontinence Diapers**  
10 Medium  
10 Large  
10 Extra Large

**SAVE 2300\***  
per pack

**109<sup>95</sup>**  
per pack  
**WAS 132<sup>95</sup>**

\*Advertised prices already reflect discounts



**SAVE 2500\***  
per pack

**Men Absorbent Protector**  
20-pack  
#43223  
**99<sup>95</sup>**  
per pack  
**WAS 124<sup>95</sup>**



**SAVE 1000\***  
per pack

**Lady Slim Ultra Mini Pantyliners**  
14-pack  
#43224  
**34<sup>95</sup>**  
per pack  
**WAS 44<sup>95</sup>**



**Lady Slim Mini Plus Pads**  
16-pack  
#193433  
**44<sup>95</sup>**  
per pack  
**WAS 54<sup>95</sup>**



**SAVE 1000\***  
per pack

**Lady Extra Pads**  
10-pack  
#43228  
**48<sup>95</sup>**  
per pack  
**WAS 58<sup>95</sup>**



**SAVE 1300\***  
per pack

**Lady Slim Normal Pads**  
12-pack  
#43227  
**34<sup>95</sup>**  
per pack  
**WAS 47<sup>95</sup>**

\*Advertised prices already reflect discounts

## SOFTI



**Premium Adult Slips**  
18 Small  
14 Medium  
12 Large  
10 Extra Large  
**129<sup>95</sup>**  
per pack

**Premium Adult Linen Savers**  
20-pack  
60cm x 60cm  
Standard  
#120162  
**64<sup>95</sup>**  
per pack

**Premium Adult Linen Savers**  
20-pack  
60cm x 90cm  
Extra Large  
#144995  
**109<sup>95</sup>**  
per pack

**Premium Adult Pants**  
14 Small  
#98468  
**169<sup>95</sup>**  
per pack



**Premium Adult Pants**  
14 Medium  
#85047  
**179<sup>95</sup>**  
per pack



**Premium Adult Pants**  
14 Large  
#85048  
**189<sup>95</sup>**  
per pack



**Premium Adult Pants**  
14 Extra Large  
#86089  
**234<sup>95</sup>**  
per pack



**Premium Adult Pads**  
14 Maxi  
#72110  
**56<sup>95</sup>**  
per pack



**Premium Adult Pads**  
14 Mini  
#72109  
**26<sup>95</sup>**  
per pack



**Premium Adult Pads**  
14 Midi  
#72111  
**36<sup>95</sup>**  
per pack



**Disposable Washcloths**  
48 wipes  
#182382  
**39<sup>95</sup>**  
per pack

## INSTANT DISCOUNTS

Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za)  
or WhatsApp "Hi" to 086 034 7243  
and follow the easy steps.



**INSTANT DISCOUNT**

**10%\***  
OFF



**Medic Shower Chair with Back Rest**  
#85504

- Special features: Sturdy aluminium frame, anti-slip surface
- Weight Capacity: 100 kg

**745<sup>95</sup>**  
WITH CARD  
**671<sup>36</sup>**

**Medic Elbow Crutch**

- #16973
- Aluminum frame lightweight
- Handle with foam is more comfortable
- Rubber tip anti-slip

**279<sup>00</sup>**  
WITH CARD  
**251<sup>10</sup>**

**Medic Hiking Stick with Compass**

- #37702
- Black walking stick, with adjustable length
- Has a compass for assisted navigation

**145<sup>00</sup>**  
WITH CARD  
**130<sup>50</sup>**



**Dis-Chem Aluminium Wheelchair with No Handbrake**  
#84961

- Special Feature: Flip up armrest, fixed footrest, drop back handle, solid castor, pneumatic rear wheel, with extra foam mat
- Frame Type & Finish: Aluminum frame powder coated
- Arm & Footrest: PVC arm with soft foam, plastic footrest

**3500<sup>00</sup>**  
WITH CARD  
**3150<sup>00</sup>**



**Dis-Chem Standard Nylon Wheelchair with Plastic Foot Rest**  
#82710

- Special features: Standard and economical wheelchair, with solid rear wheel
- Frame type & finish: Steel frame powder coated
- Arm & footrest: Polyester arm with soft foam, plastic footrest

**1999<sup>00</sup>**  
WITH CARD  
**1799<sup>10</sup>**

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