





# VACANCIES | VAKANTE POSTE

# VACANCY

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Closing date: 30 January 2023  
Start date: 01 February 2023

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# AR & H SPRINGS

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014 596 5708  
57 Molen Street, Rustenburg

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- Rebuilding, Resetting & Replacing of Leaf Springs

### ALSO:

- Compression Springs
- Tension Springs
- Torsion, Extended & Double Torsions Springs



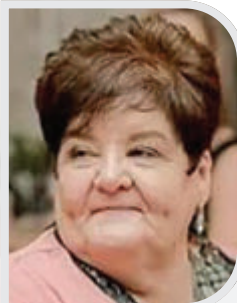
Ons onthou met liefde wyle Danie Strydom (55), oorlede op Maandag 16 Januarie 2023. Die viering van sy lewe vind op Saterdag 28 Januarie 2023 plaas om 11:00 vanuit die NG Kerk

Moedergemeente, Fatima Bhayatstraat, Rustenburg. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo begrafnis en verassingsdienste.



Kom deel in die lewensviering van wyle Freddie le Grange, oorlede op Donderdag 19 Januarie 2023. Ons het hom gegroet op 25 Januarie 2022 vanuit die PPK Wes, Rustenburg. Vir meer navrae skakel

Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo begrafnis en verassingsdienste.



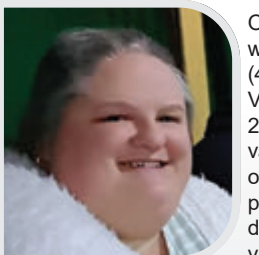
Kom deel in die lewensviering van wyle Susan Smit, oorlede op Vrydag 20 Januarie 2023. Ons groet haar op 27 Januarie 2023 om 11:00 vanuit die PPK, Kiepersollaan 46, Mooiooi. Vir meer navrae skakel Cobus

0813798919 of Wilna 0742002687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo begrafnis en Verassingsdienste.



Ons onthou met liefde wyle Marieka Swanepoel (56), oorlede op Vrydag 20 Januarie 2023. Ons het Marieka gegroet op 25 Januarie 2023 vanuit die Oase Kerk, Brits. Vir meer navrae skakel Cobus op

081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo begrafnis en verassingsdienste.



Ons onthou met liefde wyle Salomé Olivier (44), oorlede op Vrydag 20 Januarie 2023. Die viering van haar lewe vind op 26 Januarie 2023 plaas om 14:00 vanuit die AGS Kerk Oase van Hoop. Vir meer

navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo begrafnis en verassingsdienste.



Kom deel in die lewensviering van wyle Cilie Jones (86), oorlede op Sondag 15 Januarie 2023. Ons het Cilie gegroet op 23 Januarie 2023 vanuit die Kapel by Sonskyn Aftree Oord, Koorsboomstraat, Rustenburg. Vir meer navrae skakel Cobus op

081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo begrafnis en verassingsdienste.

# Drowning incident claims toddler's life



Belle-Ame' Scherman tragically lost her life in a drowning incident.

**Mooiooi** – Belle-Ame' Scherman was only 17 months old when she sadly passed away in a tragic accident on Monday 23 January 2023. The Scherman family were visiting relatives in Mooiooi on 22 January when Bella-Amé somehow ended up in the cordoned-off dam near the house. She was taken to hospital in Johannesburg where she passed away the following morning. Our heartfelt condolences go out the Scherman family on the loss of their beautiful blue-eyed and curly-haired daughter.

# VRY VAN GISTER SE KETTINGS



Grant de la Harpe is op die ouderdom van 34 tragies oorlede op Woensdag 21 Desember 2022. "Dankie Jesus dat Grant nou as geliefde kind van U, vry van die kettings van gister kan voortleef. Jy sal vir ewig voortleef in ons gedagtes en harte," het 'n spesiale boodskap van die naaste aan hom gelui. Ons groet hom op 27 Januarie 2023 om 14:00 vanuit die Kapel by Sonskyn Aftree Oord, Koorsboomstraat, Rustenburg.

# COUPLE KILLED IN ALLEGED MURDER SUICIDE

**Rustenburg** – Two people were killed in what is suspected to be a murder/suicide in Rustenburg North on Saturday 21 January 2023. According to North West police spokesperson captain Aafje Botma, it is alleged that the 36-year-old man shot his 40-year-old wife and then turned the gun on himself. Police are still busy with the investigation and the motive is yet unknown.

Other sources indicated that there where children in the house when the incident occurred.



## FOOD TOWN HYPER TLHABANE

PROMOTION VALID 26 JANUARY - 01 FEBRUARY 2023

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## PRICE LOCK

**ALL FOR 149<sup>99</sup>**

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

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

**69<sup>99</sup>**

**12<sup>99</sup>**

**56<sup>99</sup>**

**20<sup>00</sup>**

**59<sup>99</sup>**

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PUBLIC HOLIDAYS & SUNDAY: 07:30 - 14:00

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PROMOTION VALID 24 - 30 JANUARY 2023

PRICE LOCK

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Power Maize Meal 1kg

BUY 2 FOR 24.99 (R12.50 EACH)

Polana Macaroni Or Spaghetti 500g

BUY 2 FOR 134.99 (R67.50 EACH)

Sunstar Pure Cooking Oil 2lt

BUY 2 FOR 89.99 (R44.99 EACH)

Stork Country Spread (Tub) 1kg

BUY 2 FOR 119.99 (R59.99 EACH)

thokoman Peanut Butter Asst 1kg

BUY BOTH FOR 74.99

Kellogg's Corn Flakes 1kg + Unity Full Cream Milk 1lt

BUY BOTH FOR 64.99

Surf Washing Powder 2kg + Sunlight Laundry Bar 500g

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99.99 p/kg T-BONE/ RUMP

99.99 p/kg OX TAIL

78.99 p/kg BEEF STEW

69.99 p/kg CHICKEN SOSATIES

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299.99 ALL FOR POTATOES L/M 10KG+ BEETROOT 10KG+ CARROTS 10KG

65.00 ALL FOR APPLES ASST 3KG+ YELLOW PEACH PUNNET 500G+ GRAPES PUNNET ASST 500G

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# HIT-AND-RUN CLAIMS ANOTHER LIFE



**Kroondal/ Rustenburg/ Mooinooi** – The Rustenburg Police are investigating a case of culpable homicide after Manie Johnson was tragically killed in a hit-and-run on the R104, near Rainbow Chickens, on Monday 23 January 2023 at approximately 04:30. Johnson left his home in Mooinooi and was travelling by foot for a job interview in Rustenburg when the accident occurred. It is suspected that the motorist was travelling from Mooinooi's direction towards Rustenburg. According to North West police spokesperson colonel Adèle Myburgh, Johnson suffered multiple injuries and was declared deceased at the scene by emergency medical response services. Anyone who is able to provide the police with information is requested to call investigating officer sergeant Tebogo Chidi on 082 772 8658 or Crime Stop on 086 001 0111. Information can also be reported anonymously on the MySAPS app via your smartphone. Alternatively, contact Manie's daughter Monique Johnson at 072 739 1412.

## Rustenburg Post Office still operational

**Rustenburg** – Residents reached out to Platinum Weekly about the Rustenburg Post Office—located at 47 Loop Street in the Central Business District—that has been closed for some time. This raised a few eyebrows as post offices in and around Rustenburg have been closing their doors one after the other. Platinum Weekly reached out to Johan Kruger of the Post Office's corporate communications to find out whether another post office has bitten the dust, and on Wednesday 25 January 2023 Kruger set our minds at ease. "The Rustenburg Post Office is expected to re-open this week. It was closed for the time being owing to electricity problems, which are receiving attention," Kruger confirmed.



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BLUES Rustenburg Cashan

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BUY 2 and pay R182

UNICO CATERING BACON 1KG

77.99 each

BUY 2 for only R140

FREY'S CHEESE RUSSIAN SHORT 800G

57.99 each

BUY 2 and pay R100

UNICO CHICKEN VIENNAS 900G

BUY 2 for only R50

FIRST CHOICE CUSTARD 1LT

BUY 2 and pay R50

SUNDAL ASSORTED DOUBLE GREEK YOGHURT 1L

BUY 4 for only R66

OCEAN TUNA SHREDDED 170G

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a Mylex™ Premium Airfryer

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NOORDWES MED

MOOINOOI



SUMMER  
CARNIVAL

BIGGEST DEALS OF THE SEASON



AS SEEN ON TV

La Belinda Chopped or Peeled Tomatoes 400 g

5 FOR R60



AS SEEN ON TV

Bonnita or First Choice Butter 500 g

ANY 2 FOR R120



AS SEEN ON TV

Epol Adult Dog Food 8 kg

99<sup>99</sup> each



AS SEEN ON TV

Bartlet or Alzu Large Eggs 18s

29<sup>99</sup> each



AS SEEN ON TV

Pepsi Light, Max or 7Up Sugar Free 2 L

6 FOR R60



AS SEEN ON TV

B-well Canola Oil 2 L

69<sup>99</sup> each



AS SEEN ON TV

Nescafé Classic Dawn, Strong, Black Roast or Ivory Coast 200 g

2 FOR R150



AS SEEN ON TV

Ladismith Cheese Assorted 800 g

89<sup>99</sup> each



Albany Superior Sliced or Thick Sliced Brown Bread 700 g

13<sup>99</sup> each



Parmalat Double Cream, Medium Fat or EasyGest Yoghurt Assorted 1 kg

2 FOR R50



Black Cat Peanut Butter Assorted 400 g

ANY 2 FOR R60



Food Lover's Shredded Tuna in Brine 170 g

3 FOR R50



Doritos Chips Assorted 145 g

3 FOR R48



Cadbury 5Star, Crunchie, Lunch Bar, Astros or P.S. (40 g/48 g/48.5 g)

5 FOR R45

BAKERY



Fondant Doughnuts

6 FOR R35

HOT FOODS



Selected Take-Home Pizzas 28 cm

3 FOR R120

SEAFOOD



AS SEEN ON TV

Food Lover's Butterfly Pink Prawns 700 g

199<sup>99</sup> each

SPECIALS VALID UNTIL SUNDAY 29 JANUARY 2023

AVAILABLE AT SELECTED FOOD LOVER'S MARKET STORES IN THE INLAND REGION: GAUTENG, LIMPOPO, NORTH WEST, MPUMALANGA, FREE STATE, AND NORTHERN CAPE. EXCLUDING THE MARC, BRAAMFONTEIN, BANK CITY, AND ROSEBANK EATERIES

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IN FRESH  
GUARANTEED!







AS SEEN ON TV

Red, White or Black Seedless Grape Punnets

3 FOR R50



AS SEEN ON TV

Potato Pockets 7 kg

R50 each



AS SEEN ON TV

Oxtail

79<sup>99</sup> per kg



AS SEEN ON TV

28-Day Matured Rump Steaks

129<sup>99</sup> per kg



AS SEEN ON TV

Blueberry Punnets 125 g

4 FOR R50



AS SEEN ON TV

Nectarine, Dessert Peach or Plum Punnets

3 FOR R50



AS SEEN ON TV

Large Mangoes

4 FOR R50



AS SEEN ON TV

Bananas

14<sup>99</sup> per kg



AS SEEN ON TV

Pineapples

4 FOR R50



AS SEEN ON TV

Sweetcorn Prepaks 4s

2 FOR R39



AS SEEN ON TV

Lettuce Prepaks

2 FOR R25



AS SEEN ON TV

Summer Pear Thriftpacks 1.5 kg

3 FOR R50



AS SEEN ON TV

Golden Delicious Apple Econopacks 1.5 kg

2 FOR R50



AS SEEN ON TV

New Season Royal Gala Apple Econopacks 1.5 kg

2 FOR R50



AS SEEN ON TV

Large Seedless & Seeded Watermelons

R69 each

THRIFTPACK COMBO

1 x Green Bean Thriftpack 1 kg  
1 x Green Pepper Thriftpack 4s  
1 x Carrot Thriftpack 1 kg

R49



POTJIE COMBO

1 x Baby Potato Thriftpack 1 kg  
1 x Pickling Onion Thriftpack 1 kg  
1 x Carrot Thriftpack 1 kg  
1 x Garlic Sock

R59



AS SEEN ON TV

Tomato Thriftpacks 1 kg

3 FOR R50



BIG DEAL

BULK COMBO:  
1 x Potato Pocket 7 kg  
1 x Onion Bag 3 kg  
1 x Butternut Pocket 7 kg  
1 x Carrot Bag 3 kg

R149



BUTCHERY

Chicken Braai Packs

54<sup>99</sup> per kg



Food Lover's Precooked BBQ Belly Ribs 1 kg

109<sup>99</sup> per box



Club & T-Bone Beef Steaks

119<sup>99</sup> per kg



Bulk Stewing Beef & Potjiekos

89<sup>99</sup> per kg



Lamb Forequarter Packs

129<sup>99</sup> per kg



AS SEEN ON TV

Beef Biltong

229<sup>99</sup> per kg



Food Lover's Signature Karan Boerewors Original or Chilli

99<sup>99</sup> per kg



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# WIFE IMPLICATED IN HUSBAND’S MURDER

**Brits** – The wife of a taxi owner who was killed in Lethlabile near Brits is among the four suspects implicated in his murder.

Rebecca Vuelwa Mfolo (57) appeared before the Brits Magistrates’ Court on Wednesday 18 January 2023 on charges of murder, kidnapping, and house robbery. The three other suspects, Lucky Joseph Kudumane (49), Sifiso Manana (43) and Bafana Motisoie (55) also appeared before the same court on Tuesday 17 January where they faced similar charges as well as unlawful possession of firearms and ammunition, and the possession of suspected stolen property. All four, who are expected to apply for bail on 27 January when they appear before the same court, have been linked to the murder of Aubrey Molefe Mfolo.

The body of Mfolo (61) was found dumped at a nearby cemetery in Lethlabile on 10 January.

Police spokesperson captain Aafje Botma said that during investigations, the state made a breakthrough after following up on information about a maroon hatchback vehicle that was seen collecting one of the suspects. The suspect was also spotted driving one of the late taxi owner’s vehicles.

“On 15 January the same maroon vehicle was allegedly involved in a house robbery in Maboloka Village, near Lethlabile. During the robbery the suspects robbed the victims of plasma televisions and cell phones,” Botma said.

“A tactical operation was activated the same night and the maroon vehicle was spotted along a public road in Maboloka Village,” Botma added. During the operation, the vehicle—a maroon Ford Fiesta—was stopped and three suspects were found inside it. “During a search of the vehicle, a silver revolver with four rounds of ammunition and ropes were found hidden underneath the back seat. Further investigations lead to the arrest of the deceased taxi owner’s wife,” Botma concluded.



# Faulty voltage along the R24

**Rustenburg** – For several weeks, some of the plots along the R24 have experienced low and fluctuating voltage. Receiving 200 volts instead of 230/240 is really damaging to appliances. Bed and breakfasts, guest houses, and residents have been feeling the impact and we have been struggling to keep things afloat—especially with the recent heat. What is furthermore concerning is the fact that several areas that were earmarked for residential development along the R24 have already been approved. It’s really disturbing that more developments are

being planned while the power situation for existing properties along the road has been an electrical nightmare for a long time. Residents have faced so many outages and breakdowns—unrelated to load-shedding—and now they want to add more pressure on the already struggling grid!

Feeling a Bit Low

Platinum Weekly reached out to Rustenburg Local Municipality for comment but at the time of going to print, we had not yet received any feedback.

[Letter to the editor]



# Learner transport issues leads to R24 protest

**Rustenburg** – A protest along the R24 caused massive traffic delays after motorists were prevented from using the busy road. Protestors, who blocked the road during the early hours of Monday 23 January 2023, vented out their anger after scores of Naauwpoort Secondary School learners could not attend school because of transport challenges.

“Everyone had to use the Rex/Oorsaak and R104 roads and this caused traffic delays of up to two hours,” said Democratic Alliance (DA) councillor Jean Keyser, “The protesters were upset because approximately 400 school children were being transported to school and back using only three buses. This was not feasible and many of the learners were travelling about 20km to school and back.”

The protestors were eventually dispersed, and traffic flow restored following intervention from the Rustenburg Department of Public Safety.

A meeting between the community, school authorities and other stakeholders was held to find a solution that is still to be confirmed. Keyser mentioned that further discussions with the school’s principal are still underway.



Only three buses were transporting 400 learners to and from Naauwpoort Secondary School.



## Local female-owned business empowered for growth.

Established 10 years ago, Rambait Trading and Enterprises (Pty) Ltd., specialises in waste management, including hazardous waste, general scrap waste, and recycling. Following a rigorous tender process, Rambait was awarded a three-year waste management contract as well as a 7 ton truck and trailer with 12 waste skips.

Through our Enterprise and Supplier Development Programme, we empower entrepreneurs with the relevant technical knowledge and help them aspire towards new possibilities far beyond their current reach. This speaks to our commitment and confidence in businesses that will have a positive impact on the local economy and a cleaner environment.

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## Operation Vala-konke shuts down drug activity



Members of the Police, Derby Buurtwag, CPF and PF took part in operation Vala-konke.

**Derby** – The Koster Police in cooperation with the Derby Buurtwag, Community Policing Forum (CPF) and the Policing Forum (PF) took to the streets of Derby for operation Vala-konke on Thursday 19 January 2023.

The operation was led by Koster Vispol commander warrant officer Boitumelo Mooketsi together with his members warrant officer Molato Montshosi, sergeant Kagiso Mogapi and sergeant Charles Sephaphathi. During operation Vala-konke, which means to 'shut everything down', they arrested four suspects for possession of drugs including nyaope. One suspect who was involved in the stabbing of a PF member was also arrested. "The operation sent a clear message to the criminals in our area. Thank you to Koster Vispol, commander warrant officer Boitumelo Mooketsi and his team who led the operation to make Derby safer," said Peet Els from Derby Buurtwag.

NEW AND USED SPARES

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RUSTENBURG



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RUNNER FOR STRIPPING



BMW E60 PETROL AUTOMATIC FOR STRIPPING



AUDI 1.8 TT FOR STRIPPING



BME 135I PETROL AUTOMATIC  
FOR STRIPPING

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VOLKSWAGEN, AUDI, BMW, OPEL, CHEVROLET





# DO'S AND DON'TS WHEN SOMEONE IS GRIEVING

**Rustenburg** – Finding the right words to console someone who suffered a loss of a loved one can be difficult. A lot of people are scared to say or do something that might offend the bereaved family. Different cultures have different traditions, so *Platinum Weekly* reached out to Leading Light Funerals Services owner Joslyn Geldenhuys for advice on how to assist someone who is grieving. “The best is to take the lead from a family member or friend. In most cases, someone has been appointed, not always officially, but they have taken it on themselves to handle all the correspondences,” she said.

- Finding the right words in these situations can be difficult so a lot of people rather distance themselves. Geldenhuys advises that if you don't know what to say, just tell the person that you are thinking of them. This is the most appropriate thing you can tell someone, people must know that you are there for them.
- If you would like to visit the family but you are not sure when will be a good time, Geldenhuys advises that it depends on your relationship with the family; if it was a close friend or family member, the sooner the better. Support is one of the best things you can give to a grieving family. If you are part of the extended circle, it is better to give the family time to make all the necessary arrangements before going to visit them—a simple message should be sufficient.
- However, in some cultures, there is no appropriate waiting time, so it is always safest to understand the cultural values of the deceased.
- To send the grieving family a gift can also become a challenge because what is an appropriate gift to send? Food is always a good gift as it can be comforting and might save the family some time while they are making funeral arrangements. But it would be a good idea to first speak to the family member or friend making the arrangements/ handling the correspondence because you also don't want to send 20 dishes and overload the family with food.
- After the funeral, most people who weren't that close to the family go on with their lives, so Geldenhuys recommends that people should

remember that the family might still need support even after the funeral service.

- For many cultures giving a financial donation can go a long way as it can help with covering the funeral costs or any other expenses arising from the death of a loved one.
- You can also offer to help take care of their kids, take them to school, or look after them while a spouse or a family member makes all the necessary arrangements. Leading Light has a social worker who works with children and can help talk to the children when they are suffering a loss.
- In some cultures, it is also appropriate to wash your hands in a dish at the door before you enter the house and again when you leave.
- What to wear to a funeral also differs. If you are unsure, consider the religion, culture, and traditions of the deceased. For example, in some cultures, it is a sign of respect for women to cover their heads and for men to wear jackets while visiting the family and attending the funeral. And in others, it is preferred that women wear skirts and stockings.
- If you are unsure about the traditions, don't be scared to ask. It is better to ask and be able to support the family than stay away because you are unsure.
- Geldenhuys added, “We tend not to discuss death, but it is unfortunately something that happens to everyone. Talk to your loved ones about your wishes, and make sure you have a funeral policy as all of this can lessen the burden on your family whom you leave behind.”

**For more information on Leading Light Services, visit them at the corner of Watsonia and Kremetart Ave, Rustenburg, or contact them at 073 903 4862.**



# Get into the Quick Lane and get things done!

**Rustenburg/ Tlhabane** – Quick Lane Tyre and Auto Centre's director Thabo Isaacs announced Quick Lane's official opening in Tlhabane on Monday 23 January 2023. Located at 960 Motsatsi Street, the centre opened its doors to the public with a promise of exciting deals and quality service.

Tlhabane's Quick Lane Tyre and Auto Centre is a one-stop-shop for vehicle owners, offering everything from maintenance services to tyre and brake fitment, and battery replacement. Quick Lane ensures that your vehicle operates at its optimal level with the use of state-of-the-art equipment and advanced technology.

Personnel at Tlhabane's Quick Lane Tyre and Auto Centre are fast, effective, and friendly.

As part of their opening specials, clients are being offered the following until 31 January:

- Free wheel balancing and alignment with every service.
- Free fitting, balancing, and wheel alignment with every tyre purchase.

“Our biggest difference, when you compare us with the others, is that we offer both tyre and auto service,” says Quick Lane Tyre and Auto Centre's director Thabo Isaacs, “We have qualified technicians who are always on hand to help our clients.”

“We are especially excited to offer our services to the people in Tlhabane because they no longer have to travel to the central business district (CBD) to access services.”

For more information visit Quick Lane Tyre and Auto Centre Tlhabane at 960 Motsatsi Street in Tlhabane, contact 014 302 0977 or email [admin@quicklanetlhabane.co.za](mailto:admin@quicklanetlhabane.co.za).



From left: Tlhabane Quick Lane Tyre and Auto Centre co-owner Zethu Isaacs, Tlhabane Quick Lane Tyre and Auto Centre Tlhabane director Thabo Isaacs, and Quick Lane and Collision business manager Louisa Cordier at the official opening.

# A scary closure

[Letter to the editor]

**Rustenburg** – I think we can all remember the almost apocalyptic rainfall we experienced on Friday the 9th of December 2022—along with the water damage that some parts of Rustenburg sustained. But my real question is, when will the damages be repaired?

This week I was driving late at night on Cuckoo Ave—coming from the side of the Agape Church—and unfortunately, I forgot that the road up ahead (just past Rockcliff Estate) was closed. I must admit that it was quite a scary experience coming to that dead end; the left-hand side of the road is overgrown with tall grass, and due to the streetlights which were off at the time, it was basically pitch black (aside from the bit of light coming from Rockcliff estate).

As I made my U-turn, I couldn't help but wonder; 'would this not be the ideal spot for criminals to lie in wait for unsuspecting motorists?' The reason I say 'unsuspecting' is because coming from Agape's side, there aren't any clear signs that the

road up ahead is closed—or at least none that I saw. I was aware that the road had been closed off after the 9th of December's rain damage which caused the barricades of the small bridge to collapse, but because I hadn't frequented it in a while, I made the dangerous mistake of assuming that RLM had already—after more than a month—repaired it.

With the time period in mind, I am concerned that the water damage Rustenburg sustained during December might just become another problem (like our beloved potholes) that is swept under the rug. Main roads might see some activity regarding maintenance, but more often than not, roads in suburban areas are left for weeks and months before they are repaired.

#UnsuspectingMotorist

*Platinum Weekly* reached out to the Rustenburg Local Municipality for more information, but at the time of going to print we did not receive any information.



# Bakwena repairs bridge joints on Dr Moroka

**Rustenburg** – The Bakwena Routine Road Maintenance (RRM) team diverted traffic through the on- and off-ramps on the N4 highway on Dr Moroka Road to repair the bridge joints of the bridge on the Dr Moroka turn-off on Thursday 12 January 2023. It's always nice to see maintenance being done!



Members of the Bakwena RRM team at work



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## Call me inspector Kruger

**Rustenburg** – Marisa Kruger officially earned the title of inspector at the Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) on Thursday 19 January 2023. Marisa has always had a love for animals, but in the past, she vowed to never go to the SPCA because it was just too heart-breaking. But that soon changed after a friend invited her to an SPCA meeting, and in 2019 she became a volunteer, and later moved on to becoming a member of the Rustenburg SPCA committee in 2020. “My need to become an SPCA inspector began at the beginning of lockdown when we were cleaning the kennels; I had a moment where I recognised the dire need of the animals, and my desire to help them grew even stronger,” Marisa said in an interview with *Platinum Weekly*. She was still working a normal office job until May 2022 when a position as manager opened at the Rustenburg SPCA. Marisa immediately grabbed the opportunity to help animals on a full-time basis and started her journey as a trainee inspector. To qualify she had to write an entrance exam. Once she passed the exam she had to go for training and then had to complete assignments which included visits to abattoirs, outreaches in the community, and inspections in various fields. She had to do these assignments while still carrying out her duties as manager of the Rustenburg SPCA.



Rustenburg SPCA manager and inspector Marisa Kruger with Tammy, the two-year-old ridgeback who is up for adoption.

“I worked very long hours and there were times where I was really tested but we have a great committee at the Rustenburg SPCA who really supported me through it all,” says Marisa. There are no easy days for an inspector at the SPCA and seeing all the cruelty that people inflict on animals is the worst part of the job, but for Marisa, the gratifying feeling of a pet being adopted makes all the heartache worth it. “It’s extra special when the adopted animal is one that you rescued. It’s always a relief to know that an animal has found a loving home because of your efforts,” she added. “Appointing Marisa was one of the best decisions we have ever made for the Rustenburg SPCA. Although she’s got a kind heart and is soft-spoken, she is also bold and fearless. She will do whatever it takes to save an animal and get it to safety. Even if it means putting her own life in danger or working long hours—she will do it. Nothing is ever too much for her when it comes to the animals and the Rustenburg SPCA. She always goes the extra mile without expecting anything in return. Marisa is a team player and part of our team. We are very proud of her, and we couldn’t have asked for anyone better to manage the Rustenburg SPCA,” said Rustenburg SPCA committee member Debbie du Toit.

## Repairing the roads one pothole at a time

**Rustenburg** – Tar Paving and Landscaping (Ngara Construction) decided to give back to the community on Thursday 19 January 2023. Potholes have become more than just an eyesore for our city. With material donated by the community, they repaired various potholes free of charge. Waterval Avenue was an especially big problem for motorists in the area as they had become difficult to dodge. But thanks to the Tar Paving and Landscaping team, the road is once again usable.

The Tar Paving and Landscaping team working hard to fill the potholes in Waterval Avenue



## CPF fill potholes PRONTO!

**Rustenburg** – Members of the Community Policing Forum (CPF) sector 5 took to the streets to fill potholes on Saturday 21 January 2023. Thanks to a generous donation by Pronto Panelbeaters, the CPF team managed to fill several potholes in Dawes Street. This is a great initiative to contribute toward the community as it not only ensures that vehicles don’t get damaged, but also that people don’t get injured.



**Before** – Dawes Street was filled with potholes which posed a threat to motorists.



**After** – CPF sector 5 members filled several potholes in Dawes Street.

## Caught with Southern African Rock Python Head



**Rustenburg/ Marikana** – The Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) responded to a report of the illegal possession of the Southern African rock python in Marikana on Friday 20 January 2023. Rustenburg SPCA trainee inspector Khomotso Msiza and manager Marisa Kruger together with the Nature Conservation team and Police attended the scene. Upon arrival they found that the snake was kept in a small container with no ventilation and had signs of dehydration. It is suspected that the culprit wanted to sell the snake to a sangoma, and the python was

confiscated and sent to a wildlife vet for a medical examination. According to South African National Biodiversity Institute (SANBI), the Southern African rock python is protected as a vulnerable species in the South African Red Data Book and may not be captured or killed. The culprit was charged with animal cruelty and the illegal possession of protected species. **If you know anyone in possession of protected animals illegally, please contact the Rustenburg SPCA on 014 592 3181 or the emergency number 072 933 7723.**

The python was kept in a small container without ventilation and showed signs of dehydration.



# RLM mayor applauds outstanding achievements

**Rustenburg** – After the minister of Basic Education, Angelina Motshekga, released the 2022 matric results on Thursday 19 January 2023, the executive mayor of Rustenburg councillor Sheila Mabale-Huma praised Bojanala District’s matric class of 2022 for attaining first place in the North West province. In her congratulatory message, the mayor thanked all Grade 12 learners who helped to put Rustenburg on the map.

“Rustenburg is proud of you, congratulations and thank you!” said Mabale-Huma, “Special mention must go to Safiyyah Wadee of Zinniaville Secondary School for achieving third position nationally, and Pontsho Mbizo, from Marikana High School who obtained eight distinctions out of eight subjects. I would also like to congratulate Lars Penzhorn from Rustenburg High School as well as CA Spagen from HF Tlou High School whom both achieved outstanding marks.”



RLM executive mayor councillor Sheila Mabale-Huma congratulated Bojanala District’s matric class of 2022.

# Ovals ready for action!



**Rustenburg** – Platinum Raceway will be hosting its first race of the year at the Rustenburg showgrounds on Saturday 28 January 2023. Action-packed side bikes and private races promise to keep spectators on the edge of their seats. Food stalls with a variety of options will also be available. **Gates open at 15:00 and the first race will kick off at 18:00. Tickets are R60 per person and R30 for kids. For more info, contact Marietjie Bye at 081 258 8644.**

138 uit 189 = Universiteitvrystelling 73%

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# Matrieks • Matrics 2022

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7 **ONDERSKEIDINGS DISTINCTIONS**  
Duduetsang Dihemo  
Karla Malan

6 **ONDERSKEIDINGS DISTINCTIONS**  
Oreratile Moletsane

5 **ONDERSKEIDINGS DISTINCTIONS**  
Jaco Kriek  
Marianna Lourens

4 **ONDERSKEIDINGS DISTINCTIONS**  
Gillian Do Pinheiro  
Isany Niemandt

3 **ONDERSKEIDINGS DISTINCTIONS**  
Zelrie Gagiano  
Tiffany Heyns  
Jonathan JV Rensburg  
Jason Mulderij  
Gustaf Smit  
Arnaud Strydom  
Zelmarie Joubert

2 **ONDERSKEIDINGS DISTINCTIONS**  
Skye Taljaard  
Minè Stapelberg  
Danyél Bernard  
Minke Claassen  
Veronike Diedericks  
Emelia Hazlewood  
Rezellé JV Rensburg  
Bradine Knock  
Almay Louw  
Tshegofatso Mabuse  
Demi Malan  
Katlego Molshumi  
Nicole Murley  
Jeandré Opperman  
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Joanna Masinge

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**7 Onderskeidings Distinctions**  
Gemiddeld Average 87.1%

Karla Malan

|                                |     |
|--------------------------------|-----|
| Afrikaans Huistaal             | 86% |
| Engels Eerste Addisionele Taal | 90% |
| Wiskunde                       | 81% |
| Lewensoriëntering              | 95% |
| Fisiese Wetenskappe            | 82% |
| Rekeningkunde                  | 87% |
| Besigheidstudies               | 89% |

Matrieks • Matrics 2022

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**7 Onderskeidings Distinctions**  
Gemiddeld Average 86.7%

Duduetsang Dihemo

|                                     |     |
|-------------------------------------|-----|
| English Home Language               | 85% |
| Afrikaans First Additional Language | 85% |
| Mathematics                         | 81% |
| Life Orientation                    | 91% |
| Physical Sciences                   | 84% |
| Life Sciences                       | 93% |
| Accounting                          | 88% |

Matrieks • Matrics 2022

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**6 Onderskeidings Distinctions**  
Gemiddeld Average 84.3%

Oreratile Moletsane

|                                     |     |
|-------------------------------------|-----|
| English Home Language               | 75% |
| Afrikaans First Additional Language | 89% |
| Mathematics                         | 81% |
| Life Orientation                    | 90% |
| Physical Sciences                   | 82% |
| Life Sciences                       | 91% |
| Geography                           | 82% |

Matrieks • Matrics 2022

Een Span - Een Droom  
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**5 Onderskeidings Distinctions**  
Gemiddeld Average 84%

Jaco Kriek

|                                |     |
|--------------------------------|-----|
| Afrikaans Huistaal             | 71% |
| Engels Eerste Addisionele Taal | 88% |
| Wiskunde                       | 88% |
| Lewensoriëntering              | 91% |
| Rekeningkunde                  | 84% |
| Ekonomie                       | 79% |
| Inligtingstechnologie          | 87% |

Matrieks • Matrics 2022

Een Span - Een Droom  
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**5 Onderskeidings Distinctions**  
Gemiddeld Average 81%

Marianna Lourens

|                                 |     |
|---------------------------------|-----|
| Afrikaans Huistaal              | 80% |
| Engels Eerste Addisionele Taal  | 86% |
| Wiskunde                        | 75% |
| Lewensoriëntering               | 82% |
| Fisiese Wetenskappe             | 74% |
| Lewenswetenskappe               | 80% |
| Besigheidstudies                | 60% |
| Rekenaar Toepassings Tegnologie | 90% |

Matrieks • Matrics 2022

Een Span - Een Droom  
One Team - One Dream

**4 Onderskeidings Distinctions**  
Gemiddeld Average 79%

Isany Niemandt

|                                |     |
|--------------------------------|-----|
| Afrikaans Huistaal             | 87% |
| Engels Eerste Addisionele Taal | 96% |
| Wiskunde                       | 68% |
| Lewensoriëntering              | 92% |
| Fisiese Wetenskappe            | 54% |
| Lewenswetenskappe              | 84% |
| Rekeningkunde                  | 74% |

Matrieks • Matrics 2022

Een Span - Een Droom  
One Team - One Dream

**4 Onderskeidings Distinctions**  
Gemiddeld Average 76%

Gillian Do Pinheiro

|                                     |     |
|-------------------------------------|-----|
| English Home Language               | 82% |
| Afrikaans First Additional Language | 91% |
| Mathematics                         | 52% |
| Life Orientation                    | 80% |
| Physical Sciences                   | 64% |
| Life Sciences                       | 84% |
| Geography                           | 76% |

Matrieks • Matrics 2022

## CLASS OF 2022

We wish you all, the best of luck!

“The future belongs to those who believe in the beauty of their dreams”

When dreams become actions, success becomes your reality! Class of ‘22 - well done on your extraordinary success - Mrs. Potgieter



# Wys jy G-Om!

**Rustenburg** – Die G-Om Projek woeker al vir 22 jaar in Rustenburg met die doel om honger kleutertjies van alle rasse te voed en skoolgereed te kry. Jaarliks word ongeveer 40 leerders se lewens verander deur die G-Om Projek se behulpsume hand in hul fondasie jare; baie van die kleuters beweeg voort en voltooi hul skoolloopbane—en word selfs leiers—en ander het al universiteitsopleiding

ontvang. Maar die G-Om vrywilligers het altyd ekstra hande nodig en vra die gemeenskap van Rustenburg om uit te reik en te kom help. By G-Om gee jy slegs wat jy kan. Die afdelings van hul projek is soos volg:

- **Klasgee** elke oggend van die week—skool vakansies uitgesluit—vanaf 08:00 tot 11:00. Jy hoef glad nie 'n onderwys kwalifikasie te hê nie, want 'n volledige opleidingsplan word voorsien en vrywilligers ondersteun mekaar.
- Neem 'n **kosbeurt** om 'n voedsame maaltyd te voorsien aan die honger mondjies. Jy kan self hierdie liefdesgebaar doen of iemand betaal om dit te kom aflewer by ons skool by die NG Suid h/v Kerk, op die hoek van Kerk en Unie Straat.
- **Kospakkies** word ingesamel en word

in Desember na die leerders se huise gestuur met kosvoorraad vir ongeveer 'n maand aangesien die skool ook dan toe is vir vakansie. Hiervoor doen hul fondsinsameling soos die OMGEE FEES wat hierdie jaar weer gaan plaasvind. Hierdie is slegs 'n paar van die ondernemings wat plaasvind ter wille van die G-Om maatjies se welstand. Daar is iets vir elkeen wat betrokke wil raak... kom word asseblief deel van die liefdadige G-Om span!

**Vir navrae, skakel Marieta Herbst op 063 705 0304, Linda Grobler op 083 292 5654, Retha Nel op 083 651 2856 of kom kuier gerus enige weksdag by die skool op die hoek van Kerk en Unie Straat se kerksaal.**



# KARLA SE ARENDSVLERKE SWEEF HOOG!

**Rustenburg** – Karla Malan is aangewys as Bergsig Akademie se top Graad 12 leerder vir 2022. Sy spog met 'n gemiddeld van 87.1% wat sewe onderskeidings insluit. Oor haar uitstekende punte sê Karla: “Ek wou 'n voorbeeld wees vir my klasmaats en my skool trots maak.”

Karla wou al van jongs af 'n dokter word, en verstaan die hoeveelheid harde werk wat aan haar droom verbonde is. Daarom het sy haar moue opgerol en sy het beslis die vrugte van haar arbeid gepluk; sy staan tans op die drumpel van twee universiteite waar sy haar vlerke verder kan spreid—maar die arend beskou haar volgende rigting deeglik.

Karla is ook 'n arend met baie talente; sy was 'n leier gedurende haar matriekjaar, en het aan verskeie aktiwiteite deelgeneem. Karla se skedule het debat, redenaars, sêr, toneel en atletiek ingesluit. Sy was ook deel van die span wat aan die skool se koerant *Uidines* gewerk het. Volgens Karla was die hoogtepunt van haar skoolloopbaan gedurende interhuis atletiek waar die hele skool as 'n eenheid saamgestaan het. “Ons is 'n diverse skool met leerders van verskillende agtergronde maar wanneer dit tel, staan ons saam as een blou span,” vertel sy.

Die *Old Boys* rugby wedstryd wat ook in 2022 plaasgevind het, sal sy ook verewig onthou. “Dit was 'n fantastiese byeenkoms en oral waar jy kyk was dit net blou.”

Karla voeg by: “Ek sal graag wil dankie sê aan my ma wat my altyd ondersteun het. Sy het my altyd gemotiveer om hard te werk, maar my nooit onder druk geplaas nie.” Aan die ander leerders by Bergsig Akademie wil sy graag 'n spesiale boodskap gee: “Droom groot en moenie dat terugslae in die lewe jou onderkry nie. Werk hard om jou drome te bereik.”

Met 'n laaste woord het Karla laggend bygevoeg, “Moenie vra wat jou skool vir jou kan doen nie maar eerder wat jy vir jou skool kan doen!”



Karla Malan is Bergsig Akademie se Graad 12 top presteerder vir 2022.

# LIKE A TRUE EAGLE, KARLA SPREADS HER WINGS!

Karla Malan has been named Bergsig Academy's top Grade 12 achiever for 2022. She boasts an average of 87.1% which includes seven distinctions!

About her excellent grades, Karla said, “I wanted to be an example for my classmates and to make my school proud.”

From a young age, Karla dreamt of becoming a doctor, which is why she rolled up her sleeves and put in the effort to make her dream possible. She has certainly reaped the fruits of her labour and is currently standing at the threshold of two universities where she aims to further spread her wings—but an eagle always carefully calculates its next move.

Karla is also an eagle of many talents. She was a leader during her matric year and participated in various activities. Her schedule included public speaking, debate, serenade, drama, and athletics. She was also part of the team that

worked on the school's newspaper *Uidines*. The highlight of her school career was during the school's inter-house athletics where the whole school stood together as one. “We are a diverse school with learners from different backgrounds, but when it counts, we stand together as one blue team,” she said.

The 2022 Old Boys rugby match will also stay with her forever. “It was a fantastic gathering. Everywhere I looked, it was just blue.”

Karla added, “I would like to thank my mother who always supported me. She always motivated me to work hard but never pressurised me.”

She would like to give a special message to the other learners at Bergsig Academy, “Dream big and don't let life's setbacks get you down. Work hard to achieve your dreams!”

On a final note, Karla laughingly added, “Don't ask what your school can do for you, but rather what you can do for your school.”

# A crown of hope

## Mrs. Rustenburg contender aims for change

**Rustenburg** – Beauty Makganye's need to be involved in community upliftment, along with her desire to empower young girls, prompted her to enter the Mrs. Rustenburg pageant. *Platinum Weekly* caught up with this powerhouse woman on Friday 20 January 2023 to find out what makes her tick.

Beauty (43) has been married for 17 years and is the proud mother of three. “My family and friends are very special to me; they are also my biggest supporters.”

She is the director of economic development for Bojanala Platinum District Municipality, and in her free time, she likes to read, travel, and spent time in the kitchen where she enjoys cooking and baking. She enjoys traditional African food like a well-cooked hard-body chicken with *mabele-a-ting* and morogo. “Aside from food, I also like to be active and enjoy hiking because it helps me to connect with nature,” she added.

Beauty describes herself as energetic, enthusiastic, empathetic, intelligent and a problem-solver. Her biggest strengths are her ability to adapt to change, great time management, and her innovative spirit. “If I want to do something, I will find a way to do it,” Beauty says.

If she could advise her younger self, it would be to discard self-doubt and to understand that humble beginnings do not determine your destiny.



Beauty sees herself as an empathetic woman whose humble start in life has made her strong and confident.

“I have played my role in various governmental positions and would like to meaningfully contribute to the welfare and upliftment of the Rustenburg community,” says Beauty, “I know that by working together we will be able to achieve more. My drive for change is especially focused on young girls from poor backgrounds. I want to inspire them to be confident within their communities and to believe in themselves so that they can be the change that they want to see in the world. I also want to motivate the women of Rustenburg to take active roles in community upliftment. There are many worthwhile initiatives and organisations in our area that aim to uplift our communities. I will use my role as Mrs. Rustenburg to highlight these initiatives.”

Beauty supports charities that: relate to abused women and children, help less-fortunate children with school uniforms and give educational support. She also likes to get involved with non-governmental organisations that develop the business skills of start-up entrepreneurs in our communities.

Beauty would like to encourage others to make a difference by showing their compassion towards others, and to contribute to making a change in the lives of others.

Beauty Makganye aims to inspire young girls to be the change that they want to see in the world.

# Do you want to enter the Mrs. Rustenburg pageant? Only a few days left to enter!

We are looking for selfless changemakers who are committed to their families and communities, and who consider themselves to be role models.

You don't have to be an expert on the catwalk as this pageant is a platform that celebrates all women. It's about more than having a pretty face as it supports women who want to empower themselves and their communities. Married, divorced, or widowed women aged 18 to 50 can enter. Entry fees are R250, and the closing date has been extended to **Tuesday 31 January 2023**. Participants in the competition must engage in volunteer work, secure sponsors, and generate funds for a good cause. They will also be required to take part in outreach initiatives and team-building activities.

All these actions will contribute toward winning the title and the crown. Everyone is welcome to participate in this community pageant by sponsoring prizes or by showing their support for the competitors.

**For more information, call the event organiser Thelma Coetzee at 073 245 2634**



# EMERGENCY NUMBERS

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My Daddy's number:

My Doctor's number:

Friend/ Family  
member's number:

### WHERE TO REPORT CHILD ABUSE AND NEGLECT:

|                                                       |                                  |
|-------------------------------------------------------|----------------------------------|
| Rustenburg Child Welfare                              | 014 537 2014                     |
| SAVF Rustenburg - 212A Kruger Street                  | 014 592 8568                     |
| RATA Social Services Rustenburg 58 Ridder Street      | 014 000 4804                     |
| <b>Child Protection Hotline</b>                       |                                  |
| Brits                                                 | 072 408 8864                     |
| Hartbeespoort                                         | 072 086 5854                     |
| Rustenburg                                            | 079 169 5340                     |
| Childline                                             | 116                              |
| Department of Social Services Development, Rustenburg | 014 565 3630/1/2<br>014 555 6804 |

### SAPS

|                                          |                          |
|------------------------------------------|--------------------------|
| Rustenburg SAPS Radio Control Centre     | 014 590 4115/ 6/ 7       |
| Rustenburg SAPS Community Service Centre | 014 590 4126/ 27/ 39     |
| SAPS Boitekong                           | 014 593 6001/ 6002/ 6003 |
| SAPS Emergency (cell phones only)        | 112                      |
| SAPS Marikana                            | 014 572 8600/ 8601/ 8602 |
| SAPS Rustenburg                          | 014 590 4115/ 4116/ 4117 |
| SAPS Tlhabane                            | 014 565 9154             |

### AMBULANCE

|                                             |                    |
|---------------------------------------------|--------------------|
| Ambulance / Metro Control Room              | 014 597 6600 10177 |
| Ambulance / Metro Control Room (provincial) | 014 777 3500       |

### MEDICAL EMERGENCY

|                                  |                |
|----------------------------------|----------------|
| Med 24/7 (Private)               | 086 177 7761   |
| ER24                             | 084 124        |
| NetCare 911                      | 082 911        |
| Trauma Rescue                    | 014 594 0689   |
| Ferncrest Hospital (Emergencies) | 014 568 4339/8 |
| Peglerae Hospital (Casualties)   | 014 597 2823   |

### HOSPITALS

|                                                 |                   |
|-------------------------------------------------|-------------------|
| Ferncrest Hospital                              | 014 568 4399      |
| Job Shimankana Tabane (JST) provincial hospital | 014 590 5100      |
| La Femme Clinic                                 | 014 101 0148      |
| RusMed 24                                       | 014 523 9378/9351 |

### PEST CONTROL

|             |              |
|-------------|--------------|
| Bee Removal | 061 657 6085 |
|-------------|--------------|

### CLEANING SERVICES 24/7

|                             |              |
|-----------------------------|--------------|
| CIA Crime Incident Accident | 079 498 7606 |
|-----------------------------|--------------|

### FIRE

|                 |                          |
|-----------------|--------------------------|
| Fire Department | 014 590 3232/ 3333/ 3444 |
|-----------------|--------------------------|

### RTB LOCAL MUNICIPALITY

|                              |                   |
|------------------------------|-------------------|
| RLM Accounts Queries         | 014 590 3111/3090 |
| RLM Emergencies (Fire Dept.) | Press 3           |
| RLM Customer Care Supervisor | Press 2           |

### WATER

|                        |              |
|------------------------|--------------|
| Water Problem Helpline | 014 590 3111 |
|------------------------|--------------|

### ELECTRICITY

|                      |              |
|----------------------|--------------|
| Electricity Helpline | 014 590 3170 |
| Eskom National Line  | 086 003 7566 |

### ROAD AND TRAFFIC

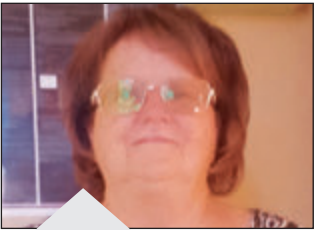
|                                    |                       |
|------------------------------------|-----------------------|
| <b>N4 Emergency Contact Number</b> |                       |
| 24-hour Security                   | 014 569 0394/ 0395 or |
| Control Room:                      | 071 602 7683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



## Have your say / Sê jou sê

### Do you kill spiders?

Spiders play a very important role in our ecosystem. They catch bugs like flies and mosquitos, and because of this, many people consider them to be welcome visitors at home. But for some, it can be a nerve-racking experience to have them around. So, what do you do when you come across one?



Yes. I kill spiders. Spiders can be dangerous, so I do this for safety reasons.

**Thea Steyn**



Yes. I kill spiders of any kind when I see them in the house. I will either hit them with a shoe or spray them with an insecticide—depending on how big they are and where they are located.

**Bontle Tsikwe**



Yes. I kill spiders because I had a very awful and unpleasant encounter with a spider when I was in Grade 3. I got a very painful bite from a poisonous spider, and I had to be rushed to the hospital. To this day, I still have a mark on my body from the healed sore.

**Tebogo Mokobori**

## PUBLIC POLL: THE RESULTS ARE IN!

Do you kill spiders?

NO **28%** YES **72%**



Send your event listing to [news@platinumweekly.co.za](mailto:news@platinumweekly.co.za) \*\* Free Placement!

## PLATINUM EVENT DIARY

|                                                   |               |                                    |              |
|---------------------------------------------------|---------------|------------------------------------|--------------|
| Waterfall Mall Health & Wellness Expo             | 24-29 Jan '23 | Rustenburg: Waterfall Mall         | 014-537-3600 |
| Brendan Peyper                                    | 27 Jan '23    | Rustenburg: Jakkals Dans           | 072-429-6370 |
| Marissa Live @ Friends Restaurant                 | 27 Jan '23    | Koster: Friends Restaurant         | 072-308-1483 |
| Bring and Braai with Desmond                      | 27 Jan '23    | Mooiwool: Ouplaasdorp Pub & Grill  | 079-964-5920 |
| Sip & Plan Rustenburg Edition                     | 28 Jan '23    | Rustenburg: Stook Koffie Roostery  | 073-227-8427 |
| Solidariteit Helpende Hand - Worsbroodjie Verkoop | 28 Jan '23    | Rustenburg: Greystone Crossing     | 083-672-0449 |
| New Years Tournament                              | 28-29 Jan '23 | Rustenburg: Squash Club            | 071-119-9402 |
| Juan Boucher Live Music                           | 3 Feb '23     | Rustenburg: Jakkals Dans           | 073-916-2203 |
| Beer Day at Marlin's Green                        | 4 Feb '23     | Rustenburg: Golf Club              | 082-994-7315 |
| Boere en Kuiermark                                | 4 Feb '23     | Rustenburg: Jabulani Wedding venue | 083-865-9585 |

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

## SUDOKU

### WEATHER REPORT NORTH WEST

## RUSTENBURG

|          |             |             |     |
|----------|-------------|-------------|-----|
| Thursday | 26 JAN 2023 | 32°C - 19°C | 6%  |
| Friday   | 27 JAN 2023 | 32°C - 18°C | 18% |
| Saturday | 28 JAN 2023 | 35°C - 20°C | 6%  |
| Sunday   | 29 JAN 2023 | 35°C - 18°C | 20% |
| Monday   | 30 JAN 2023 | 30°C - 17°C | 53% |

At time of print

## SOULFOOD

### PSALM 126

A Joyful Return to Zion, A Song of Ascents.

When the Lord brought back the captivity of Zion, We were like those who dream.

2 Then our mouth was filled with laughter, And our tongue with singing. Then they said among the nations, "The Lord has done great things for them."

3 The Lord has done great things for us, And we are glad.

4 Bring back our captivity, O Lord, As the streams in the South.

5 Those who sow in tears Shall reap in joy.

6 He who continually goes forth weeping, Bearing seed for sowing, Shall doubtless come again with rejoicing, Bringing his sheaves with him.

NEW KING JAMES VERSION (NKJV)

USD / ZAR  
EUR / ZAR  
GBP / ZAR  
AUD / ZAR  
Yuan / ZAR  
USD / EUR  
USD / GBP  
Bitcoin / USD  
Ethereum / USD  
Gold \$/oz  
Platinum  
Brent  
Palladium  
Silver

17.1875  
18.7213  
21.1677  
12.2215  
2.5328  
0.9173  
0.8115  
22723  
1554.16  
1931.07  
1058.51  
86.43  
1736.06  
23.72

FINANCIAL INDICATORS

At time of print

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## POLL

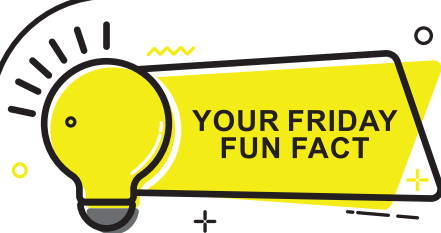
### Have you ever been scammed?

Scammers are getting smarter, and it seems like they are always finding new ways to con people. As soon as you think you've outsmarted them, a new scam is already underway. Some of their tactics are very obvious but there are a few scams out there that can fool even the most vigilant citizen. Have you ever been a victim of a scam? Make yourself heard by sending an email to [news@platinumweekly.co.za](mailto:news@platinumweekly.co.za) or send us a **WhatsApp** at **081 579 7000** with the following information before **17:00** on **Monday 30 January 2023**:

- Yes, I've been scammed.
- No, I've never been scammed.
- The reason for your answer.
- A recent photo of yourself—so we can publish your pic with your answer.
- Your contact details.
- Please also indicate in which town/ city you stay.

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

P.S. You can also give your opinion by commenting on our Facebook post.



### Did you know?

It took at least four decades to complete the Oxford English Dictionary. In 1879 the Philological Society of London made an agreement with the Oxford University Press and James A. H. Murray to begin work on a new English Dictionary. They estimated that it would take about 10 years to complete. However, it took the writers five years just to reach the word 'ant'.



# WE



# KNOCK DROP

## FLYERS AND PAMPHLETS

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SAPS  
combat  
bullying in  
schools



Various forms of bullying were discussed with the learners.

Best photographic compositions



Intense by Anje Smith

Cheetah with cubs by Hannes van Jaarsveld

**Rustenburg** – The Rustenburg Photographic Society continues to make a mark on Rustenburg’s fine arts pallet for photographers to express themselves through their lenses. During their monthly meeting on Wednesday 18 January 2023, the following photographers received honour in the open category for a job well done:

- Senior open winner: *Intense* – Anje Smith
- Junior open winner: *Cheetah with cubs* – Hannes van Jaarsveld

The society meets every third Wednesday of the month. Their next meeting will be on 15 February. **For more information, contact club chairperson Ronel Broderick on 082 451 2999 or deputy chairperson Anje Smith 082 787 4897.**

**Rustenburg** – South African Police Services (SAPS) personnel paid a visit to Tlhage Primary School on Monday 16 January 2023 as part of an anti-bully initiative.

Together with personnel from the Department of Correctional Services and Royal Bafokeng administration protective services, SAPS officers taught the learners to identify various forms of bullying and abuse and reminded learners to report incidents to school authorities.

“As part of the anti-bullying campaign, there will be more visits to other schools as the year progresses,” said Rustenburg police spokesperson Ofentse Mokgadi.

CLASSIFIEDS

CAKES AND CUPCAKES

Cakes and cupcakes for all occasions  
Contact Faith on 078 470 1498 or 065 968 1473.

BUZZ ELECTRICAL

Vir enige werk kontak ons vandag vir flink en vinnige diens. Ons doen die volgende: • Enige elektriese items • Aircons • Yskaste • Koelkamers en Frieskamers • Coc op huise • Hek motors • Garage motors • Bedrading van huise Kontak ons vandag | Beste pryse  
Chris 082 343 2419 | Willem 067 755 9473

CHILD AND FAMILY WELFARE RUSTENBURG

Please assist the organisation to search for the whereabouts of the biological father of two children with the surname Jiyane. The girl child is 14 years of age and the boy child is 11 years of age. Urgently contact the Social Worker, Roseline Mokataka from Child and Family Welfare Rustenburg on 014 537 2014 or roselinemokataka@gmail.com.

CHILD AND FAMILY WELFARE RUSTENBURG

Please assist the organisation to search for the whereabouts of the biological father of a 11 year old girl child with the surname Mafora. Urgently contact the Social Worker, Roseline Mokataka from Child and Family Welfare Rustenburg on 014 537 2014 or roselinemokataka@gmail.com.

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 are available on Savannah Environmental's website (see link below).

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 are 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](http://Ulwazi.datafree.co).

Invitation to Public Meetings: Interested and affected parties (I&APs) are invited to attend any one of the Public Meetings which will take place as follows:

| PROJECT           | DATE             | TIME  | VENUE                                    |
|-------------------|------------------|-------|------------------------------------------|
| SRPM Solar PV     | 02 February 2023 | 10h00 | Rustenburg Platinum Mine Recreation Club |
| Karee Solar PV    | 02 February 2023 | 10h00 |                                          |
|                   | 09 February 2023 | 09h00 | Marikana Community Hall,                 |
| Marikana Solar PV | 09 February 2023 | 13h00 | Sedupe School, Segwaelane                |
|                   |                  | 16h00 | Balebetse Crèche, Wonderkop              |

Attendance can also be joined via MS Teams – please contact Nicolene Venter (details below) to register your attendance and to receive the MS Teams link.

Nicolene Venter 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  
Website: www.savannahsa.com



NOTICE OF ENVIRONMENTAL AUTHORISATION APPLICATION BY: ABLII TRADING (PTY) LTD | NOTICE IS HEREBY GIVEN IN TERMS OF EIA REGULATION 41(2)(C) OF THE REGULATIONS, UNDER THE ENVIRONMENTAL MANAGEMENT ACT, 1998 (ACT NO. 107 OF 1998)

Ablii Trading (Pty) Ltd applied for a prospecting right for mineral chrome, copper, manganese and iron ore in terms of Section 16 of the Minerals and Petroleum Resources Development Act 28 of 2002 as amended. The project will trigger Activity 20 of Listing Notice (LN) 1 of the EIA Regulations “Any activity including the operation of that activity which requires a prospecting right in terms of section 16 of the Mineral and Petroleum Resources Development Act, as well as any other applicable activity as contained in Listing Notice 3 of 2014, required to exercise the prospecting right.”. The applications cover the following farm: **Harteessbeefontein 433 JP | DMRE REFERENCE: NW 30/5/1/1/2/13549 PR**. Located in the magisterial district of Koster Area. You can be involved in the Public Participation Process by:

- Sending a fax, email or mail with your name, contact details and concerns/questions relating to the project.
- Providing us with the names of additional people that can be contacted.

All correspondence, should be received within 30 days from receipt of these notice will be submitted to the Department of Mineral Resources & Energy (DMRE). All issues raised during the public participation process will responded to in writing to the Interested and Affected Parties (I&APs). I&AP include all parties concerned, who will be affected by the project and interested in the prospecting/exploration project. **CORRESPONDANCE MAY BE DIRECTED TO: KJ Maluleke and VM Mafanele**  
**EMAIL:** info@mafanelegeo-enviro.co.za | **Postnet Suite** 210 Private Bag x 5981, Polokwane North 0750 | **OFFICE:** 26 Thabo Street (AL Smit Building), Polokwane, Limpopo | **FAX:** 0865 444 911 | **TEL:** 015 590 0393/015 023 0412 | **CELL:** 072 395 9511  
**DATE OF NOTICE:** 27 JANUARY 2023

NOTICE OF ENVIRONMENTAL IMPACT ASSESSMENT PROCESS

Notice is hereby given in terms of regulation 41(2)(c), 2014 of the National Environmental Management Act 107 of 1998, National Environmental Management Waste Act 59 of 2008 and Section 22 of the Minerals and Petroleum Resource Development Act (MPRDA, Act 28 of 2002) as amended by Section 18 of the of the Minerals and Petroleum Resource Development Act (MPRDA, Act 49 of 2008) for Bokoni Bophirima Vanadium (Pty) Ltd to mine Vanadium, Titanium and Iron Ore with respect to the farms within Moses Kotane Magisterial district (Bojanala District) in North West Province. **DMR Ref: NW 30/5/1/2/2/10206 MR**

Project Description:

The proposed mining of Vanadium, Iron and Titanium will be mined using excavator and front -end-loader to load it into the dumper to stock pile just 100m away from the mining area and then screened and sorted onsite or transported to industries for processing. Bokoni Bophirima Vanadium Mining Method is referred to as dry-pit mining. Dry pit refers to pit excavated on dry ephemeral streambeds and exposed bars with conventional bulldozers/excavators, scrapers and loaders. The project farm is on certain portion of the farm Magazynskraal 3 JQ, certain portion of the farm Haakdoorn 6 JQ, the farm Wildbeeskuil 7 JQ, certain portion of the remaining extent of portion 1, certain portion of the remaining extent of portion 2, certain portion of the remaining extent of portion 5, certain portion of portion 6, portion 11, 12 and 13 (portion of portion 2) and certain portion of the remaining extent of portion the remaining extent of the farm Syferkuil 9 JQ, the remaining extent of portion 1, portion 2, portion 3 (a portion of portion 1) and the remaining extent of the farm Middelkuil 8 JQ, situated in the local municipality of Mosese Kotane. The project will be an opencast mining with a small wash processing plant. Mafanele Geo-enviro consulting and Projects has been appointed as the Environmental Assessment Practitioner (EAP) to undertake the public participation processes as part of Environmental Management Plan for the proposed project. Comments on the proposed project can be submitted in writing to Mafanele Geo-enviro consulting and Projects via email, fax or post. **In this regard please contact Mr Kuhlula Jeff Maluleke and Mr Michael Mafanele at: Contact:** Mr VM Mafanele and Mr. KJ Maluleke | **Cell:** 072 395 9511/071 771 2921 | **Tell:** 015 590 0393/015 023 0412 | **Fax:** 0865 444 911| **Email:** kuhlulamax26@gmail.com | mafanelevm@gmail.com | info@mafanelegeo-enviro.co.za | **Post:** Postnet Suite 210, Private Bag x 5981, Polokwane North, 0750

To ensure that you are identified as an interested and/or affected party (I&AP), only in terms of the EIA process or if you have any comments or objections towards the proposed project, please submit your name, contact information and comments to Mafanele Geo-enviro Consulting and Projects at the above mentioned details, within 30 days from the date of placement of this site notice or advert.  
**Publish Date: 27 January 2023**

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# Kookwater atletiek



**Mooinooi** – Laerskool Elandskraal het op Vrydag 13 Januarie 2023 hul jaarlikse interhuis byeenkoms aangebied. Die leerders het besluit uitgehaal en gesorg vir uitstekende atletiek. Die Graad R en Graad 1 leerders het ook geleentheid gehad om hul atletiek vernuf te wys tydens hul byeenkoms op 17 Januarie 2023. Knap gedaan aan elke atleet wat hul heel beste gegee het op die atletiekveld.

**Die uitblinkers:**

- Senior Victor Ludorum - Janu du Toit
- Senior Victrix Iudorum - Marlienke Engelbrecht
- Junior Victor Ludorum - Landen Tucker
- Junior Victrix Ludorum - Carlien Coetzer

Agter van links: Janu du Toit en Marlienke Engelbrecht. Voor van links: Landen Tucker en Carlien Coetzer.

## FRIENDS COME IN ALL SIZES

At Laerskool Silwerstrand friends come in all sizes. These are our shortest and tallest learners in Grade 7; Noah Jumba and Mukelwe Lukhele.

Noah Jumba and Mukelwe Lukhele might be different in height, but share the same spirit of friendship.

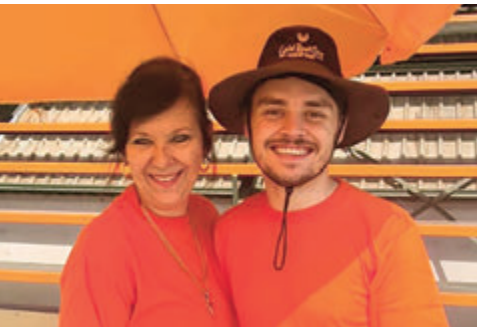


## BGO LEERDERS BEWYS HUL ATLETIESE TALENTE



BGO leerder Dinie Barnes in hoogspring

**Rustenburg** – Die Rustenburg Skool vir Buitengewone Onderwys (BGO) het hul interhuis afgeskop by Hoërskool Rustenburg op Vrydag 20 Januarie 2023. Die spesiale atletiekdag is altyd groot pret vir die leerders wat die geleentheid kry om hulle atletiese talente te bewys. Baie geluk aan elke atleet wat deelgeneem het en hul alles gegee het op die baan. Die volgende atletiek byeenkoms sal op Donderdag 23 Februarie 2023 by Ikalafeng Special School in Potchefstroom plaasvind.



BGO onderwysers Colleen Robbertse en personeellid Anthony Roux

## 2DE BESTE MATRIKULANT IN DIE NOORDWES!

**Rustenburg** – Lars Penzhorn het nie net alleenlik sy matriekloopbaan met nege onderskeidings afgesluit nie, maar was ook op Vrydag 20 Januarie 2023 tydens die Top Achievers-funksie in Mahikeng aangewys as die algehele 2de beste matrikulant in die Noordwes!

Hoërskool Rustenburg word óók aangewys as die skool met die meeste onderskeidings en universiteitsvrystellings in Noordwes. Ons bars uit ons Rustie-nate met TROTS!



Lars Penzhorn blink uit!

## SHOW YOUR SUPPORT FOR THE SPCA

**Rustenburg** – The Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) aims to serve and protect all animals, to uplift their welfare and to ensure that the protection they have under South African law is upheld and respected. Our local SPCA is a non-profit organisation and covers a vast area in and around Rustenburg. They rely on support from the community to ensure that the animals in their kennels receive the love and care that they need. They take in hundreds of animals per month and the aftermath of the festive season usually

means that they received a flood of stray animals. They require various items for the daily needs of the animals, and you can support them through donations. **They have added the following items to their wish list:**

- Dog dip
- Tick and flea powder for cats and dogs
- Spot On for dogs and cats
- Leashes
- Carriers for the animals
- Cat litter
- Black refuse bags
- Steel pot scourers
- Food for cats and dogs

• Tin food for cats and dogs  
**Donations can be dropped off at their office at 11 Eskom Street. For more information contact the Rustenburg SPCA office at 014 592 3181.**



## SHARP SHOOTERS

**Rustenburg** – The Rustenburg Ladies Football Club will be one of the teams to look out for when the 2023 North West provincial women's soccer league kicks off. The team, which finished second in stream B of

the North West Sasol Women's League, scored a whopping 36 goals – the same number scored by winners North West University (NWU) Tawana FC. Only Royal Queens, who finished third on 38 goals, scored more times than the two teams. However, Rustenburg Ladies' preparations for the upcoming season will be focused on making sure they concede less than the 13 goals they let in during last season. The fixtures for the 2023 league are yet to be released.



Rustenburg Ladies Football Club scored the highest number of goals in Stream B of the North West Sasol Women's League.

### NOTICE OF CONSULTATION FOR A PROSPECTING RIGHT APPLICATION, ENVIRONMENTAL AUTHORISATION, IN PORTION 2, 3 AND PART OF PORTION 01 OF THE FARM GOEDGEDACHT 27 IQ: SITUATED IN THE MAGISTERIAL DISTRICT OF VENTERSDORP.

**DMRE REF N.O: NW 30/5/1/3/2/13572 PR**  
Notice is given in terms of section 16 of the Mineral and Petroleum Resources Development Act 2002 (Act 28 of 2002), in terms of Regulation 39 - 44 of the Environmental Impact Assessment Regulations published in Government Notice R 326 of 7 April 2017 as amended, under Section 24(5) of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended, the project triggered Listing Notice 1: Activity 20 (as amended No: 517) and Activity 27.  
**Competent Authority:** Department of Mineral Resources & Energy  
**Applicant:** Gono Africa Mining (Pty) Ltd  
**Commodities:** Iron Ore, Manganese Ore and Gold ore.  
**Size:** 3600,349. In order to participate in this Process, or to obtain further information, please contact **Murara Environmental Consultants** (Nephawe Mbavhalelo). **Address: 58 Bourke Street, Eikehof Building, Pretoria Sunnyside. Cell Number: 064 954 886. E-Mail: muraraec@gmail.com.**  
Kindly note that Draft Basic Assessment & Environmental Management Programmes will be available from 27 January 2023 for comments and registering details as interested and affected parties.

### NOTICE OF CONSULTATION FOR A MINING PERMIT APPLICATION AND ENVIRONMENTAL AUTHORISATION IN RESPECT OF CERTAIN PART OF PORTION 1 OF THE GOEDGEDACHT 27 IQ: SITUATED ON THE MAGISTERIAL DISTRICT OF VENTERSDORP.

**DMRE REFERENCE NUMBER: NW30/5/1/3/2/11143 MP**  
Notice is given in terms of section 27 of Mineral and Petroleum Resources Development Act of 2002 (Act 28 of 2002), Regulation 41-44 of the Environmental Impact Assessment Regulations published in Government Notice R 326 of 07 April 2017, under Section 24(5) of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended. The project triggers Listing Notice 1 (BAR & EMPr): Listed activity 21 (GNR 327) as amended (GNR 517) and activity 27 (GNR 327).  
**Competent Authority:** Department of Mineral Resources & Energy  
**Applicant:** Gono Mining Corporation (Pty) Ltd  
**Commodities:** Iron Ore and Manganese  
**Size:** 4.79 HA. In order to participate in this Process, or to obtain further information, please contact **Murara Environmental Consultants** (Nephawe Mbavhalelo). **Address: 58 Bourke Street, Eikehof Building, Pretoria Sunnyside. Cell Number: 064 954 886. E-Mail: muraraec@gmail.com.** Kindly note that Draft Basic Assessment & Environmental Management Programmes will be available from 27 January 2023 for comments and registering details as interested and affected parties.

### NOTICE OF CONSULTATION FOR A PROSPECTING RIGHT APPLICATION, ENVIRONMENTAL AUTHORISATION, IN RESPECT OF CERTAIN PART OF PORTION 06 OF THE FARM TWEELAAGTE 175 JP: SITUATED ON MOSES KOTANE LOCAL MUNICIPALITY OF BOJANALA DISTRICT MUNICIPALITY OF THE NORTH WEST PROVINCE.

**DMRE REF N.O: NW 30/5/1/1/2/13604 PR**  
Notice is given in terms of section 16 of the Mineral and Petroleum Resources Development Act 2002 (Act 28 of 2002), in terms of Regulation 39 - 44 of the Environmental Impact Assessment Regulations published in Government Notice R 326 of 7 April 2017 as amended, under Section 24(5) of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended, the project triggered Listing Notice 1: Activity 20 (as amended N0 517) and Activity 27.  
**Competent Authority:** Department of Mineral Resources & Energy  
**Applicant:** Gono Mining Corporation (Pty) Ltd  
**Commodities:** Chrome, PGM's, Iron Ore and Manganese Ore  
**Size:** 376 HA . In order to participate in this Process, or to obtain further information, please contact **Murara Environmental Consultants** (Nephawe Mbavhalelo). **Address: 58 Bourke Street, Eikehof Building, Pretoria Sunnyside. Cell Number: 064 954 886. E-Mail: muraraec@gmail.com.**  
Kindly note that Draft Basic Assessment & Environmental Management Programmes will be available from 27 January 2023 for comments and registering details as interested and affected parties.

### NOTICE OF CONSULTATION FOR A MINING PERMIT APPLICATION AND ENVIRONMENTAL AUTHORISATION IN RESPECT OF CERTAIN PART OF PORTION 06 OF THE FARM TWEELAAGTE 175 JP: SITUATED ON MOSES KOTANE LOCAL MUNICIPALITY OF BOJANALA DISTRICT MUNICIPALITY OF THE NORTH WEST PROVINCE.

**DMRE REFERENCE NUMBER: NW30/5/1/3/2/11166 MP**  
Notice is given in terms of section 27 of Mineral and Petroleum Resources Development Act of 2002 (Act 28 of 2002), Regulation 41-44 of the Environmental Impact Assessment Regulations published in Government Notice R 326 of 07 April 2017, under Section 24(5) of the National Environmental Management Act, 1998 (Act No. 107 of 1998) as amended. The project triggers Listing Notice 1 (BAR & EMPr): Listed Activity 21 (GNR 327) as amended (GNR 517) and activity 27 (GNR 327).  
**Competent Authority:** Department of Mineral Resources & Energy  
**Applicant:** Gono Africa Mining (Pty) Ltd  
**Commodities:** Chrome, PGM's, Iron Ore and Manganese. **Size:** 4.90 HA. In order to participate in this Process, or to obtain further information, please contact **Murara Environmental Consultants** (Nephawe Mbavhalelo). **Address: 58 Bourke Street, Eikehof Building, Pretoria Sunnyside. Cell Number: 064 954 886. E-Mail: muraraec@gmail.com.** Kindly note that Draft Basic Assessment & Environmental Management Programmes will be available from 27 January 2023 for comments and registering details as interested and affected parties.



Tinychef.Com owner Rachel Dithale

Melt-in-your-mouth semolina cookies

### Semolina cookies

Born in Rustenburg, Rachel Dithale studied professional cookery at Hospitality Trainers and Associates (HTA) in Randburg. Rachel also studied hospitality management and catering at Tshwane South College. Rachel has been a chef since 2006 and runs a catering company called Tinychef. Com. She loves baking cookies, so she decided to share her semolina cookie recipe with *Platinum Weekly's* readers. Semolina is coarsely milled durum wheat and because of its texture, the cookies will melt in your mouth.

180°C for 15-20 min.

#### Ingredients

- 200 g butter or margarine
- 65 ml castor sugar (55 g)
- 500 ml cake flour (280 g)
- 250 ml semolina (160 g)
- 2 ml salt
- 65 ml milk

#### Method

1. Cream butter and sugar together until thoroughly mixed.
2. Sift the dry ingredients together and knead lightly into the butter mixture. Add milk if necessary.
3. Turn out onto a floured board and roll out to a thickness of 5 mm.
4. Cut into rounds with a cookie cutter and prick with a fork.
5. Place on a greased baking tray and bake in a preheated oven at 180°C for 15-20 minutes.
6. Sprinkle with extra castor sugar after removing them from the oven, while they're hot.
7. Cool the cookies on a cooling rack.

**Tip: You can store these cookies in an airtight container.**

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

## HSBC Sevens New Zealand

Die Blitse stel weer teleur en moes tevrede wees met sewende plek in Wellington. Argentinië verras en klop die Kiwi's in 'n dramatiese *game* om die finaal 14-12 te wen.

Die Blitse beklee nou die vierde plek op die *log* en sal moet sokkies optrek in die oorblywende toernooie om te kwalifiseer vir die 2024 Olimpiese Spele. Die top vier spanne kwalifiseer outomaties om aan die Spele deel te neem.

## Heineken Cup

Die Stormers neem wraak in Kaapstad en klop Clermont om vir 'n tuis kwart-finaal te kwalifiseer. Die Sharks verloor teen Harlequins maar kwalifiseer ook vir 'n tuis kwart-finaal terwyl die Bulls se neerlaag teen Lyon veroorsaak dat hulle in 'n kwart-finaal teen Toulouse in Frankryk sal moet uitdra. Hierdie *games* sal 31 Maart, en 1-2 April plaasvind.

**Uitslae:**

- Leicester Tigers 26-27 Ospreys
- Lyon 31-7 Bulls
- Northampton Saints 13-31 La Rochelle
- Bordeaux-Begles 17-26 Gloucester
- Leinster 36-10 Racing92
- Exeter Chiefs 40-3 Catres
- Stormers 30-16 Clermont
- Ulster 22-11 Sale Sharks
- Montpellier 21-21 London Irish
- Toulouse 20-16 Munster
- Edinburgh 20-16 Saracens

## European Rugby Champions Cup

Die Cheetahs en Lions dring albei deur na die laaste sestien.

Die Cheetahs moes hard veg om Pau 9-6 te klop met die Lions wat met 30-25 die Dragons klop.

## United Rugby Championship

Die URC word weer hervat en die bepalings is as volg:

**Vrydag 27 Januarie**

- Ulster 21:25 Stormers
- Scarlets 21:35 Bulls

**Saterdag 28 Januarie**

- Benetton 16:30 Munster
- Dragons 17:00 Glasgow Warriors
- Leinster 19:05 Cardiff
- Edinburgh 19:15 Sharks
- Connacht 21:35 Lions

**Sondag 29 Januarie**

- Zebre 17:00 Ospreys

Nag ou grote...

## Rustie-krieketspelers bal RHS se naam hoog!

RHS 1ste krieketspan wen Centurion 1ste's met 134 lopies.

**Rustenburg** – Die Rustie-krieketspelers het gewoeker by Hoërskool Centurion die afgelope Saterdag 21 Januarie 2023! RHS se 1ste-span het gewen met 134 lopies. Henré Viljoen en Logan Rossouw was die beste kolwers met 90 uit 95 balle vir Henré, en 74 van 84 balle vir Logan. Reagan Smook is die beste bouler met 3 vir 18 in 6 beurte!

Verder wen RHS se o/15A-span Centurion se o/15A's met 50 lopies. Thian Labuschagne en Cristivan Coetzer is die beste kolwers met 36 van 32 balle vir Thian, en 33 van 26 balle vir Cristivan. Kiefer Wenhold is die beste bouler met 4 vir 34 na 9 beurte.

RHS o/15B wen Centurion o/14A met 51 lopies. Henlo van Rooyen is die beste kolwer met 70 van 80 balle. Augie Behrens is die beste bouler met 3 vir 12 na 5 beurte.

**Ons is #TROTS op ons Rustie-krieketspelers wat die Rusties se naam hoog gehou het!**

## TEAM SPIRIT AT GRENVILLE HIGH SCHOOL

**Rustenburg** – Grenville High School held their annual athletics interhouse on Wednesday 18 January 2023. It was a fun day where athletes got to prove their mettle on the field while being cheered on by the crowd. The team spirit was certainly felt in the air!

The results of the day:

- Spirit Cup Winners – House Gilbert
- Interhouse overall winners – House Fitzgerald
- Senior Victrix Ludorum – Karabo Mokone
- Senior Victor Ludorum – Brimarion Goliath
- Junior Victrix Ludorum – Thato Mokoena
- Junior Victor Ludorum – Bontsi Nyakollo

House Gilbert won the spirit cup at the interhouse athletics.

House Fitzgerald won the overall interhouse trophy. From left: House captain Amogelang Majelanyane, house master Danielle Otto, and house captain Pelonomi Moyo.

## Will Moseamedi help Marumo Gallants out of the relegation zone?

**SA** – Striker Judas Moseamedi signed a six-month contract with the Limpopo-based team Marumo Gallants on Wednesday 18 January 2023.

Moseamedi (28) joins Marumo Gallants at a crucial time as the club is currently fighting the relegation zone. Moseamedi has replaced former striker Junior Sede Dion, who parted ways with the club early this month to join AmaZulu.

Marumon Gallants will face Soweto giants Orlando Pirates on Saturday 28 January at the Royal Bafokeng stadium in Rustenburg, kick-off at 20:00.

**DStv PSL results:**

**Sat 21 Jan**

- Royal AM 1 vs 1 Chippa United
- Golden Arrows 0 vs 1 Maritzburg United
- Kaizer Chiefs 0 vs 1 Mamelodi Sundowns
- AmaZulu 1 vs 1 Marumo Gallants

**Sun 22 Jan**

- Orlando Pirates 4 vs 1 Stellenbosch

**SuperSport United 1 vs 1 Richards Bay**

**DStv PSL fixtures:**

**Fri 27 Jan**

- Stellenbosch vs Cape Town City: kick-off at 19:30

**Sat 28 Jan**

- Mamelodi Sundowns vs Sekhukhune United: kick-off at 15:30
- Swallows vs SuperSport United: kick-off at 17:30

**Sun 29 Jan**

- Richards Bay vs AmaZulu: kick-off at 15:30
- Chippa United vs Maritzburg United: kick-off at 15:30
- Kaizer Chiefs vs Royal AM: kick-off at 17:30
- TS Galaxy vs Golden Arrows: kick-off at 17:30





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# Rusties se sterre

**Rustenburg** – Hoërskool Rustenburg is trots op drie van hul leerders, Simoné Henning, Margot Naudé, en Liza Schoeman, wat hul verskyning maak op die stel van KykNet se *Diepe Waters*. Mag hiêrdie die begin van GROOT dinge wees!



Van links: Simoné Henning, Margot Naudé, en Liza Schoeman op die stel van *Diepe Waters*.

# NEW ADDITION TO RCC SPONSORSHIP BOARD

**Rustenburg** – The Rustenburg Cycling Club (RCC) committee added a new sponsor to its board in a development that will help to grow the sport in the community.

Nortje Buitenweg signed up as an RCC sponsor in September 2022 and is excited by the part Nortje Biokineticist will have in promoting a healthier lifestyle in the community through the RCC. As one of the RCC's newest sponsors, Nortje Biokineticist have committed to paying a yearly fee to the RCC starting from 2022 to 2024. Nortje Buitenweg, the owner of Nortje Biokineticist, said that the decision to support local cycling was based on his love for the sport. A keen cyclist himself, Buitenweg thoroughly enjoyed taking part in the Virgin Active 947 Ride Joburg, which is the world's second-largest timed cycle race, after the Cape Argus Cycle Race.

He believes there are many advantages to taking part in sporting activities. "We have established many relationships with individuals in the cycling community and the friendship that comes along with this makes it an absolute pleasure and honour to be able to join hands with the RCC," said Buitenweg, "We are excited by assisting cyclists to achieve their peak in the sport while also providing a positive influence in the community."

While his routine as a biokineticist takes up most of his time, Buitenweg makes it a point to spend time with his wife and their two children, and in his free time, Buitenweg enjoys quad bike racing and finished 3rd in the Africa Offroad Series regional and club championships in 2022.



Nortje Buitenweg is excited by the part Nortje Biokineticist will have in promoting a healthier lifestyle in the community.

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| CHICKEN FEET     | 47 <sup>99</sup> | PORK CUTS     | 69 <sup>99</sup> |
| POTATOES 1kg     | 9 <sup>99</sup>  | POTATOES 10kg | 79 <sup>99</sup> |
| CARROTS          | 9 <sup>99</sup>  | CABBAGE HEAD  | 16 <sup>99</sup> |

### PRICE LOCK SAVINGS

|                                           |                     |                                 |                      |                             |                  |                                |                  |
|-------------------------------------------|---------------------|---------------------------------|----------------------|-----------------------------|------------------|--------------------------------|------------------|
| Marang Large Eggs 60's                    | 94 <sup>99</sup>    | Chubby Chick Mixed Portions 2kg | 150.00 (R75.00 EACH) | Darling Amasi 2lt           | 23 <sup>99</sup> |                                |                  |
| Stork Country Spread Brick 500g           | 34.00 (R17.00 EACH) | Unity UHT Full Cream Milk 6x1lt | 89 <sup>99</sup>     | Bokomo Weet-Bix 900g        | 53 <sup>99</sup> | Brookes Oros Orange Squash 2lt | 36 <sup>99</sup> |
| Sunlight Dishwashing Liquid Regular 750ml | 27 <sup>99</sup>    | Sunlight Laundry Bar 500g       | 19 <sup>99</sup>     | Sunlight Washing Powder 2kg | 55 <sup>99</sup> |                                |                  |

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| <p><b>DANONE</b><br/>Inkomazi Medium Cream Maas</p> <p><b>BUY TWO</b><br/><b>50</b><br/>2 x 2kg</p>                   | <p><b>SUNSHINE D</b><br/>Original 60% Fat Spread Tub</p> <p><b>39<sup>99</sup></b><br/>1kg</p>              | <p><b>DANONE</b><br/>Nutriday Low Fat Fruit Yoghurt Assorted</p> <p><b>29<sup>99</sup></b><br/>1kg</p> | <p><b>DANONE</b><br/>Danup 2 in 1 Assorted</p> <p><b>19<sup>99</sup></b><br/>950g</p>                         | <p><b>CLOVER</b><br/>Tropika Dairy Fruit Mix Assorted</p> <p><b>34<sup>99</sup></b><br/>2L</p> | <p><b>FRUITREE</b><br/>40% Fruit Nectar Blend Assorted</p> <p><b>16<sup>99</sup></b><br/>1L</p> | <p><b>DAIRYMAID</b><br/>Farmhouse Ice Cream Assorted</p> <p><b>99<sup>99</sup></b><br/>5L</p> |
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24

2's



24

2 x (5 x 22g)



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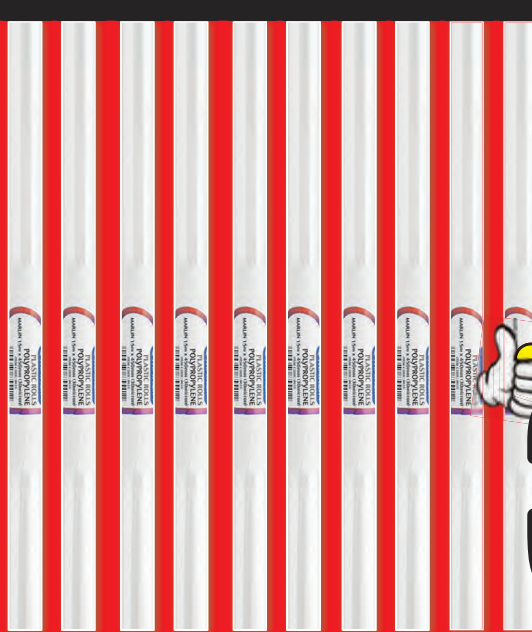
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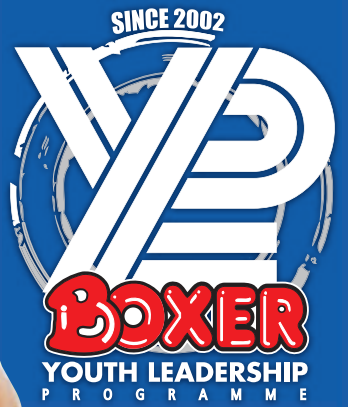
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**500g**

MORVITE Instant Porridge Assorted 1kg & GOLDEN RAY Corn Flakes 500g

**BUY BOTH**

**45**

per combo

# NEVER PAY MORE than the **BOXER** PRICE

**HEIDER'S Corn Flakes**

**SHIBOBO Instant Maize Porridge Assorted**

**FUTURELIFE Smart Food Cereal Assorted**

**Jungle Oats**

**MAGGI 2 Minute Noodles Economy Pack (Unwrapped) Assorted 5's**

**BUY THREE**

**99**

3 x 1kg

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

1kg

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

300g

**33<sup>99</sup>**

1kg

**40**

x 2 packs

**HAPPY VALLEY Rice Puffs Assorted 350g / 400g & BOKOMO Weet-Bix 450g**

**BAKERS Blue Label Marie Biscuits Assorted**

**WHEELS Cream Biscuits Assorted**

**YUMEEZ Chocolate Enrobed Biscuits Assorted**

**BUY BOTH**

**50**

per combo

**13<sup>99</sup>**

200g

**22**

2 x 180g

**15**

5 x 24g

**& GET THIS FREE!**

**ELLIS BROWN Creamer 750g & TRINCO Tagless Teabags 100's**

**FRESHPAK Pure Rooibos Tagless Teabags**

**CRE-MEAR Creamer**

**PARMALAT EverFresh Long Life Milk Assorted**

**BUY BOTH**

**60**

per combo

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

40's

**36<sup>99</sup>**

750g

**49<sup>99</sup>**

400g

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

6 x 1L

**Imitation Cream Black Forest Cake**

**Imitation Cream Doughnuts**

**Dreams Iced Cupcakes**

**Imitation Cream Ready Made Cake**

**Imitation Cream Buns**

**Imitation Cream Rainbow Slab**

**Queen Cakes**

**86<sup>99</sup>**

each

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

4's

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

4's

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

4's

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

each

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

6's

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

each

**22<sup>99</sup>**

10's

**MAMA'S Grilled Whole Chicken & COCA-COLA Original Taste Soft Drink 440ml**

**MAMA'S Grilled Whole Chicken & COCA-COLA Original Taste Soft Drink 1.5L**

**Value Pies Assorted**

**BUY BOTH**

**35**

per combo

**BUY BOTH**

**45**

per combo

**BUY BOTH**

**89**

per combo

**BUY TWO**

**26**

2's





ALL GOLD  
Tomato Sauce  
700ml &  
NOLA  
Mayonnaise  
750g

BUY BOTH  
**60**  
per combo



LUCKY STAR  
Soya Mince &  
Vegetable Stew  
Assorted 400g &  
BEST COOK  
Macaroni  
500g

BUY BOTH  
**20**  
per combo

STAND A CHANCE TO **WIN** your share of **R1.25 Million** in school fees for learners in Grade 1 – 9

COMPETITION VALID: 3<sup>rd</sup> JANUARY to 22<sup>nd</sup> FEBRUARY \*Ts & Cs APPLY Visit [www.boxer.co.za](http://www.boxer.co.za)

|                                     |                                      |                                          |                                   |                                   |                           |
|-------------------------------------|--------------------------------------|------------------------------------------|-----------------------------------|-----------------------------------|---------------------------|
| <br><b>46</b><br>2 x 750g           | <br><b>26<sup>99</sup></b><br>750ml  | <br><b>21<sup>99</sup></b><br>500ml each | <br><b>22</b><br>2 x 500g         | <br><b>11<sup>99</sup></b><br>90g | <br><b>50</b><br>4 x 410g |
| <br><b>16</b><br>2 x 410g           | <br><b>26</b><br>2 x 410g            | <br><b>26</b><br>2 x 410g                | <br><b>30</b><br>2 x 410g         | <br><b>30</b><br>2 x 410g         | <br><b>58</b><br>2 x 300g |
| <br><b>20</b><br>5 x 50g            | <br><b>20</b><br>2 x 100g            | <br><b>30</b><br>2 x 24's                | <br><b>44</b><br>2 x 500g         |                                   |                           |
| <br><b>179<sup>99</sup></b><br>10kg | <br><b>99<sup>99</sup></b><br>12.5kg | <br><b>66</b><br>2 x 2kg                 | <br><b>54<sup>99</sup></b><br>5kg | <br><b>26<sup>99</sup></b><br>2kg |                           |

|                                     |                                     |                                     |                                    |                                    |                                    |
|-------------------------------------|-------------------------------------|-------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| <br><b>159<sup>99</sup></b><br>each | <br><b>159<sup>99</sup></b><br>1.7L | <br><b>979<sup>99</sup></b><br>21L  | <br><b>50</b><br>2's               | <br><b>35</b><br>2's               | <br><b>35</b><br>2's               |
| <br><b>299<sup>99</sup></b><br>each | <br><b>299<sup>99</sup></b><br>1.7L | <br><b>299<sup>99</sup></b><br>each | <br><b>39<sup>99</sup></b><br>each | <br><b>39<sup>99</sup></b><br>each | <br><b>39<sup>99</sup></b><br>each |



# DOUBLE YOUR GRANT



## AT BOXER

ON THE

OLD AGED GRANTS  
**2<sup>nd</sup> FEB**

DISABILITY GRANTS  
**3<sup>rd</sup> FEB**

CHILD SUPPORT GRANTS  
**6<sup>th</sup> FEB**

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

**1** BUY any 2 Advertised  
Combos on This Leaflet

**2** DIAL \*120\*26937\*uniquecode#  
and follow the prompts (20c per 20 seconds)

**3** You could be a  
**WINNER!**

COMPETITION VALID: 2<sup>nd</sup> FEBRUARY to 8<sup>th</sup> FEBRUARY

WINNERS WILL BE ANNOUNCED: 16th FEBRUARY 2023 \*Ts & Cs APPLY. Visit [www.boxer.co.za](http://www.boxer.co.za)

**AS SEEN ON TV**

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

**BUY TWO**  
**138**

2 x 3kg

**DETOL**  
Hygiene Bath Soap Assorted

**AS SEEN ON TV**

**40**

4 x 175g

**BUY FOUR**

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

**BUY TWO**  
**250**

x 2 packs

**Baby Steps**  
Disposable Nappies Value Pack  
40's / 44's / 50's / 60's

**FRESH WAVE**  
Hand Washing Powder

**3kg**

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

**500g**

**Sunlight**

**& GET THIS FREE!**

**FRESH WAVE**  
Laundry Soap

**BUY TWO**  
**32**

2 x 500g

**STA - SOFT**  
Fabric Conditioner  
Refill Assorted

**BUY TWO**  
**50**

2 x 500ml

**DOOM**  
Multi Insect Killer Assorted

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

**FRESH WAVE**  
Dishwashing Liquid

**BUY TWO**  
**50**

2 x 750ml

**BABY SOFT**  
Mini 2 Ply 200 Sheets  
White Toilet Tissue Rolls

**AS SEEN ON TV**

**39<sup>99</sup>**  
9's

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

**BUY TWO**  
**34**

**& GET THIS FREE!**

**INGRAM'S**  
Camphor Cream Assorted

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

**GENTLE MAGIC**  
Skincare Lotion

**BUY TWO**  
**22**

2 x 125ml

**& GET THIS FREE!**

**COMFITEK**  
Pantyliners Assorted

**12<sup>99</sup>**  
20's

**NIVEA**  
Anti-Perspirant Roll On Assorted

**BUY TWO**  
**40**

2 x 50ml

**FRESH WAVE**  
Your Family Hygiene Soap Assorted

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

**EVOLVE**  
Skin Science Foam Bath Assorted 2L & EVOLVE Shower Gel Assorted 400ml

**BUY BOTH**  
**80**

per combo

**JOHNSON'S**  
Baby Jelly Assorted

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

**EVOLVE**  
360° Skin Science Tissue Oil Cream

**44<sup>99</sup>**  
400ml

**EVOLVE**  
For Men Body Lotion Assorted 400ml / Skin Science Body Lotion Assorted 400ml

**BUY TWO**  
**80**

2 x 400ml

**EVOLVE**  
For Men Body Cream

**39<sup>99</sup>**  
400ml

**PURITY**  
Pouches Assorted

**BUY FIVE**  
**45**

5 x 110ml

**JOHNSON'S**  
Baby Wipes 56's / 72's

**BUY TWO**  
**50**

2's

**EVOLVE**  
Skin Science Hydrating Shampoo For Dry & Frizzy Hair

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

**EVOLVE**  
360° Skin Science Vanishing Cream

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

**EVOLVE**  
360° Skin Science Tissue Oil

**34<sup>99</sup>**  
125ml

**PRICES VALID AT BOXER NORTH-WEST & FREE STATE STORES ONLY**

Range May Vary. Prices include 15% VAT where applicable. Boxer will attempt to have sufficient advertised stock available to meet our customers anticipated demand, however if we still run out of stock we will obtain the stock or we will offer you a reasonable alternative. Boxer reserves the right to limit quantities per customer. Boxer takes utmost care to ensure that all promotion leaflets are correct. If, however, in the unlikely occurrence of a mistake, we will display a notice in-store with all the correct details. E.&O.E. Terms & Conditions apply.

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# Your 2023 WELLNESS

*journey covered* BETTER OPTIONS AND RECIPES  
TO HELP YOU REACH YOUR GOALS,  
EVERY STEP OF THE DAY.



WEEKNIGHT DINNER:  
FRESH FIG & CANDIED  
ALMOND SALAD

SCAN  
FOR RECIPE



FRESH FIGS

**19<sup>99</sup>**  
160g pack



NEW  
DAIRY-FREE  
BLUE CHEESE

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

Simple Truth  
Dairy Free Blue Cheese



**14<sup>99</sup>**  
40g bag

Rocket



SAVE R10  
**69<sup>99</sup>**  
370g

WITH CARD  
Simple Truth  
Raw Honey



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

Padkos  
Raw Almonds

# checkers

better and better



# Rise & shine with ready-to-go BREKKIE

CRUSH THE MORNING RUSH WITH THESE EASY BREAKFAST HACKS.

MINI FRITTATAS  
WITH SPINACH &  
SUNDRIED TOMATO



**SAVE R10**  
BUY 2 FOR  
**R34**  
WITH CARD  
Simple Truth Large  
Free-Range Eggs  
2 x 6 per pack

**24<sup>99</sup>**  
50g  
pouch  
Sundried Sliced  
Tomatoes

BERRY &  
PISTACHIO  
YOGHURT  
BARK



**SAVE 18%**  
**32<sup>99</sup>**  
1kg each  
WITH CARD  
Lancewood Double  
Cream Yoghurt  
All Variants



PASSION  
POWER  
SMOOTHIE



**44<sup>99</sup>**  
1L  
Simple Truth  
UHT Almond Milk  
Barista Blend  
VEGAN

**SAVE 15%**  
WITH CARD  
Simple Truth  
Gluten-Free  
Wholegrain Rolled  
Oats 350g

**SAVE R10**  
**69<sup>99</sup>**  
500g  
WITH CARD  
Health Connection  
Wholefoods Gluten  
Free Oats



**GREEN  
MACHINE  
SMOOTHIE**

**103<sup>99</sup>**  
500g  
WITH CARD  
Simple Truth  
Chia Seeds



**34<sup>99</sup>**  
1L  
Simple Truth  
Unsweetened  
Almond/Rice &  
Coconut/Oat  
Milk Each  
VEGAN



BUY ANY 2 &  
**SAVE  
R30**  
WITH CARD  
Fridge & Pantry  
Storage Organiser  
All Variants



BUY ANY 2 &  
**SAVE  
R10**  
WITH CARD  
Hermetico  
Glass Jar Range



**33<sup>99</sup>**  
400g each  
Simple Truth  
Smooth/Crunchy  
Peanut Butter



**SAVE 10%**  
WITH CARD  
Simple Truth Dry  
Roasted Strawberry  
& Beetroot/Currant  
& Almond Muesli  
350g Each



**SAVE 10%**  
WITH CARD  
Health  
Connection  
Wholefoods  
Goji Berries/  
Superfood  
Powders  
All Variants  
100g/150g/200g  
Each



**SAVE 10%**  
WITH CARD  
Forage and Feast  
Canadian Maple  
Syrup 250ml



**SAVE R10**  
ANY 2 FOR  
**R120**  
WITH CARD  
Frūzo Flash Frozen  
Fruit All Variants  
2 x 350g/500g



**SAVE 10%**  
WITH CARD  
Simple Truth  
100% Apple/Orange  
Cold Pressed Juice  
750ml Each



**24<sup>99</sup>**  
1L each  
Simple Truth  
UHT Organic  
Full Cream Milk



**SAVE R14**  
ANY 2 FOR  
**R50**  
WITH CARD  
Youthful Living  
Collagen Bar  
All Variants 2 x 52g  
(Available at  
Selected Stores)



# Prep & pack a power LUNCH

PLAN FOR THE MID-DAY  
SLUMP WITH THESE EASY  
TO PREP LUNCH LEGENDS.

OH MY  
GOODNESS!  
CHOSEN BY KIDS  
APPROVED BY PARENTS

## MOUTHWATERING MEDITERRANEAN



SCAN FOR  
RECIPE



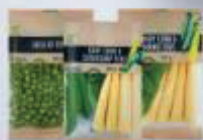
## TAHINI SUGAR SNAP SLAW & GRILLED CHICKEN



SCAN FOR  
RECIPE



## FOR THE LITTLE ONES



BUY ANY 2 &  
**SAVE 20%**

2 x 100g bag Baby Corn & Mangetout/80g bag Mangetout/100g bag Shelled Peas/100g/200g bag Baby Corn/100g bag Baby Corn & Sugar Snaps/100g bag Fine Beans/80g/200g bag Sugar Snaps



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

Simple Truth Chickpeas



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

Monteverde Original Couscous



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

Tastic Nature's Brown Rice



BUY ANY 2 &  
**SAVE R10**

Bake 'n Lock Glass Dish Range All Variants



BUY ANY 2 &  
**SAVE 15%**

Oh My Goodness! Veggie Fritters/Chicken Nuggets Snacks 2 x 150g



BUY ANY 2 &  
**SAVE 20%**

Oh My Goodness! 6g Melts/30g Fruit Gums/25g Nibbles/20g Snack Bars All Variants x 2



BUY ANY 3 &  
**SAVE 20%**

Simple Truth Ancient Grain Rice Chips All Variants 3 x 20g/85g



BUY 3 &  
**SAVE 20%**

Simple Truth Brown Rice Crackers 3 x 100g

## KOREAN CHICKEN & PICKLED CUCUMBER SALAD



SCAN FOR  
RECIPE



## HOMEMADE FALAFEL WRAPS



SCAN FOR  
RECIPE



**SAVE R300**  
**1699<sup>99</sup>** each

NutriBullet Blender 600W



**SAVE R500**  
**2499<sup>99</sup>** each

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



**SAVE 10%**

Simple Truth Organic Apple Cider Vinegar All Variants 500ml Each



**SAVE 20%**

The Bakery Tortillas All Variants 2 x 5 per pack



**16<sup>99</sup>** 300g bag

Seedless Mini Cucumbers



**29<sup>99</sup>** 200g cup each

Veggie Snack Cups All Variants



**SAVE 15%**

Oh My Goodness! Party Snack Range 2 x 200g



**SAVE 20%**

Simple Truth Seed & Nut Loaf 490g/Rolls 2 per pack



Meat or meat-free?

# DINNER

done well

FROM FREE-RANGE, TO PLANT-BASED - WE'VE GOT SUPPER SORTED.

HARISSA & HONEY  
ROAST CHICKEN WITH  
MINT YOGHURT TABOULEH

**SAVE  
20%**

WITH CARD  
Simple Truth  
Fresh Free-Range  
Chicken Range  
per kg

SCAN FOR  
RECIPE



Simple Truth  
FREE-RANGE  
CHICKEN  
FREE-RANGE  
LOCALLY SOURCED

Simple Truth  
CERTIFIED  
NATURAL LAMB

A DIET FREE FROM  
ANIMAL BY-PRODUCTS  
NO ADDED GROWTH  
HORMONES OR  
PROMOTERS

AIR-FRIED LAMB CHOPS  
& SMASHED BABY  
POTATOES

**189<sup>99</sup>**

per kg  
Simple Truth  
Certified Natural  
Lamb Braai Chops



GLUTEN-FREE  
PEA, SPINACH  
& LEEK QUICHE

SCAN FOR  
RECIPE



**22<sup>99</sup>**  
200g  
pack  
Baby Leeks



Gluten-free

CHIPOTLE  
CAULIFLOWER  
TACOS

**SAVE  
R5**  
WITH CARD  
Simple Truth  
Chipotle Sauce  
375ml



SCAN FOR  
RECIPE



**SAVE  
R5**

WITH CARD  
Simple Truth  
Spice Rub  
All Variants Each



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

Forage and Feast  
Ricotta  
Soft Cheese



**16<sup>99</sup>**  
300g bag

Rainbow  
Coleslaw



**SAVE 16%**  
**34<sup>99</sup>**  
400g

WITH CARD  
Truefood  
Bulgur Wheat (Available  
at Selected Stores)



**SAVE 10%**  
**44<sup>99</sup>**  
250g

WITH CARD  
Santa Anna's Organic  
Tortilla Corn Chips  
(Available at Selected Stores)



**SAVE R10**  
**59<sup>99</sup>**  
350g/  
400g each

WITH CARD  
Simple Truth  
Ready Meal Range



**SAVE R20  
ANY 2 FOR  
R80**

WITH CARD  
Oh My Goodness!  
Ready Meal Range  
2 x 200g



# Step up your plant-based SIDES

EASY-PEASY SIDE DISHES THAT STEAL THE SHOW.

## CHARRED SUGAR SNAPS WITH PARMESAN

SCAN FOR RECIPE



BUY ANY 2 &  
**SAVE 20%**

**Sugar Snap Peas**  
2 x 200g



## THE ULTIMATE VEG SKEWERS

SCAN FOR RECIPE



**52<sup>99</sup>**

320g  
**Simple Truth Plant-Based Sausages**



## DOUBLE ROASTED LOADED BUTTERNUT

SCAN FOR RECIPE



**44<sup>99</sup>**

100g each  
**Fairview Chevin Goat's Cheese**  
All Variants



## HOT CHARRED TOMATOES & COLD YOGHURT DIP

SCAN FOR RECIPE



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

250g pack  
**Exotic Tomato Medley**



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

180g pack  
**Exotic Forest Mushroom Mix**



BUY ANY 2 &  
**SAVE R10**

**Cooked Baby Beetroots**  
Infused with Vinegar/Cape Malay Spice  
2 x 400g



FROM **34<sup>99</sup>**

10 per pack  
**Simple Truth Dinner Plates**  
180mm/Side Plates 230mm

## A REFRESHING TWIST ON DRINKS

New & Exclusive

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

1L each  
**Simple Truth Mango/Granadilla/Very Berry Sorbet**



## SUMMER SORBET FLOATS

Sorbet and sparkling water are a lighter alternative to ice cream.

## SIP ON BETTER

Organic



**SAVE 20% ANY 3 FOR**

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

330ml  
**Happy Culture Water Kefir Health Drink**  
All Variants  
Each (Available at Selected Stores)

**R65**

**Happy Culture Kombucha Health Drink**  
All Variants  
3 x 340ml  
(Available at Selected Stores)



**56<sup>99</sup>**

1L  
**Simple Truth Coconut Water**



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

1.5L  
**Simple Truth Sparkling Water**  
All Variants Each



# Discover the Simple Truth about SALADS



SIMPLY A BETTER WAY  
TO ELEVATE ANY KIND  
OF SUMMER SALAD.



**GREEN GODDESS SALAD**

SCAN FOR RECIPE





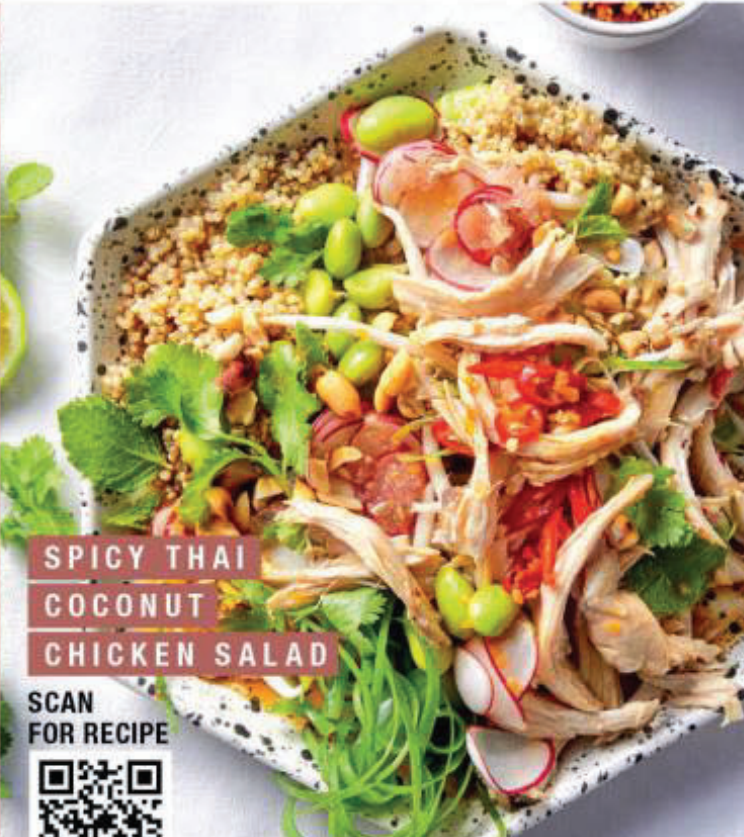
**74<sup>99</sup>** 300g  
Simple Truth Pumpkin Seeds

**BUY ANY 2 & SAVE R10** WITH CARD

Living Herbs Basil/Mint/Coriander/Parsley x 2



**26<sup>99</sup>** 200g bag  
Baby Spinach



**SPICY THAI COCONUT CHICKEN SALAD**

SCAN FOR RECIPE





**SAVE 20%** WITH CARD

Simple Truth Fresh Free-Range 4-Piece Chicken Breast Fillets per kg



**74<sup>99</sup>** 400g  
Simple Truth White Quinoa

GMO FREE



**ROASTED VEG & RED PEPPER PESTO PASTA SALAD**

SCAN FOR RECIPE



Organic

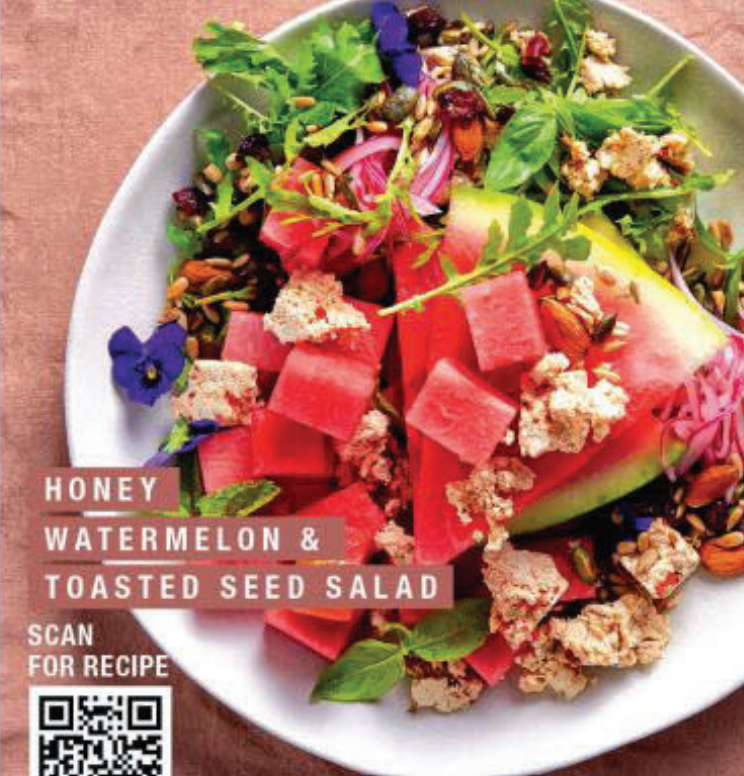


**SAVE 10%** WITH CARD

Simple Truth Organic Spelt Macaroni Pasta 500g



**24<sup>99</sup>** 2 per bag  
Mixed Peppers



**HONEY WATERMELON & TOASTED SEED SALAD**

SCAN FOR RECIPE





**64<sup>99</sup>** 500g  
Simple Truth Seed Mix

**SAVE R10** WITH CARD

**44<sup>99</sup>** 4x100g per pack  
Fairview Feta Cheese Value Pack



**29<sup>99</sup>** 400g bag  
Green Veg Mix



**49<sup>99</sup>** 500g  
Simple Truth Sunflower Seeds



**79<sup>99</sup>** 150ml  
Kikkoman Soy Sauce All Variants Each

## GRAB AND GO

**SAVE 15%** WITH CARD

Simply Great Fresh Asian Slaw 260g/Caprese Side Salad 500g Each



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

Simply Great Basil Pesto & Bulgur Wheat/Halloumi & Butternut/Everything Green Salad Meals 2 x 250g





# Make it a guilt-free WEEKEND

STICK TO YOUR GOALS 7 DAYS A WEEK.

## ENTERTAINING DONE BETTER



New

44<sup>99</sup>  
200g each

Simple Truth  
Dairy Free Cheese  
All Variants

New

44<sup>99</sup>  
255g each

Simple Truth  
Dairy Free Spring  
Onion/Sweet Chilli  
Cream Cheese

BUY ANY 2 &  
**SAVE  
R10**

Class 1 Red/White  
Seedless Grapes  
2 x 500g pack

**SAVE  
20%**

Forage and Feast  
Smoked Fish  
All Variants  
100g/200g Each

44<sup>99</sup>  
255g each

Simple Truth  
Dairy Free Plain  
Cream Cheese

### WHIPPED CREAM CHEESE BOARD

A deliciously easy  
dairy-free vegan snack.

## WEEKEND SNACKING



BUY ANY 3 &  
**SAVE  
20%**

Simple Truth Rusks/  
Biscuits 3 x 150g/250g



**SAVE 10%**  
**24<sup>99</sup>**  
75g each

Bakali Lentil Chips  
All Variants



**SAVE 25%**  
**14<sup>99</sup>**  
125g each

Tait's Corn/Rye  
Crackerbread



**SAVE  
20%**

Simple Truth  
Pecan Brownie  
5 per pack

## BAKING THE WELLNESS WAY



OLIVE OIL  
& LEMON  
POLENTA  
CAKE

SCAN FOR  
RECIPE



New

24<sup>99</sup>  
400g

Simple Truth  
Polenta  
VEGAN



19<sup>99</sup>  
1.5kg bag

Class 1  
Lemons



**SAVE R15**  
**69<sup>99</sup>**  
500g

Health Connection  
Wholefoods Gluten-Free  
Self Raising Flour



129<sup>99</sup>  
300g

Health Connection  
Wholefoods  
Almond Flour



# Make your wellness journey FARM FRESH

**FARM FRESH  
PROMISE**  
**100%  
GUARANTEED**  
If you're not totally  
satisfied, neither are we.  
WE'LL REPLACE IT.  
NO QUESTIONS ASKED.

GET YOUR 5-A-DAY WITH FARM-TO-TABLE  
FRESHNESS FROM OVER 450 LOCAL GROWERS.



**BUY ANY 2 &  
SAVE  
R10**  
X WITH CARD  
Export Quality  
Blueberries/  
Raspberries/  
Blackberries/  
Mixed Berries  
2 x 125g cup

**SAVE  
R10**  
X WITH CARD  
Red Seedless  
Watermelon



**16<sup>99</sup>**  
10g pack  
Edible Flowers



**24<sup>99</sup>**  
180g cup  
Baby Figs



**24<sup>99</sup>**  
1,5kg bag  
Choice Golden  
Delicious Apples



**29<sup>99</sup>**  
1,5kg bag  
Choice Cripps  
Red Apples



**49<sup>99</sup>**  
200g  
pack  
Fresh Edamame  
Beans

**BUY ANY 2 &  
SAVE  
R10**  
X WITH CARD  
Class 1 White Flesh  
Nectarines/Class 1  
Large Plums/Class 1  
Yellow-Cling Peaches  
2 x 6-cavity pack



**29<sup>99</sup>**  
500g  
carry-bag  
Granadillas



**49<sup>99</sup>**  
120g  
pack  
Finger Limes

**FINGER LIMES**  
Finger limes are filled with  
caviar-like beads that release  
a bubbly pop of tart, citrusy  
flavour in the mouth. They are  
rich in vitamin C and potassium.

## EAT THE RAINBOW

Different colour produce  
contain different nutrients  
to benefit your health.



**Better living delivered  
in 60 minutes.**

Download the app



# Checkers

better and better

also at  
**Checkers  
Hyper**

OFFERS VALID FROM MONDAY 23/01/2023 UNTIL SUNDAY 05/02/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. FOODS SHOWN AS SERVING SUGGESTIONS, ACCESSORIES NOT INCLUDED. 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).



# BRING ON 2023

## WITH SA'S NO.1 IN VALUE\*

23 JANUARY - 5 FEBRUARY 2023



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



**AS SEEN ON TV**  
**SAVE R33**  
**119<sup>99</sup>** 200g each  
WITH CARD

Douwe Egberts  
Instant Coffee  
All Variants



**AS SEEN ON TV**  
**SAVE R30**  
**229<sup>99</sup>** per pack  
WITH CARD

Huggies Gold/  
Extra Care  
Disposable Nappies



**AS SEEN ON TV**  
**SAVE R20**  
**89<sup>99</sup>** 6x1L per pack  
WITH CARD

Parmalat Long Life  
Full Cream/Low Fat  
Milk

Stationery at supermarket prices



**SAVE R9**  
**22<sup>99</sup>** each  
WITH CARD

A4 Hardcover  
Counter Book  
288 Pages - FM



**SAVE R32**  
**42<sup>99</sup>** per pack  
WITH CARD

Staedtler  
Retractable  
Wax Crayons  
14-Pack



**SAVE R12**  
**24<sup>99</sup>** each  
WITH CARD

Butterfly A4  
Display  
File 30-Pocket



**AS SEEN ON TV**  
**SAVE R30**  
**99<sup>99</sup>** 900g each  
WITH CARD

Lancewood Cheddar/  
White Cheddar/  
Gouda/White Gouda  
Cheese



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



**SAVE R15**  
**254<sup>99</sup>** 700g each  
WITH CARD

Cape Point  
Frozen King Prawns



- ✓ Voted SA's No.1
- ✓ Endorsed by the SA Chefs Association
- ✓ Contains a minimum of 90% meat and traditional spices

**99<sup>99</sup>** per kg  
Championship  
Boerie Bites

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

# Checkers

better and better

also at **Checkers Hyper**

Checkers **SIXTY 60**



download the app

OFFERS VALID FROM MONDAY 23/01/2023 UNTIL SUNDAY 05/02/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MARKING, 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. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (EBOE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE), XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).



## A WIDE SELECTION OF OUR EXPERT BUTCHERS' BEST CUTS

**99¢ GNEP/CLUCK/VE**

**STEAKHOUSE CLASSIC**

VOTED FAVORITE STEAK BRAND

28 cuts perfectly prepared for maximum flavor and succulence. Hand-selected and packed up to our expert butchers' standards. You will be pleased for the best butchery.

**75<sup>99</sup>** per kg  
Roaster Comp Prego Chicken Fillet

**R34** per 200g  
Steakhouse Classic Ladies' Rump Steak (Equivalent to R17 per 100g)

**79<sup>99</sup>** per kg  
Pork Braai Chops

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

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

### QUALITY SEAFOOD AT HARBOUR PRICES

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

**84<sup>99</sup>** 700g each  
Cape Point Frozen Seafood Mix

**89<sup>99</sup>** 400g each  
Fisherman's Deli Frozen Plain Calamari Rings

**99<sup>99</sup>** 400g  
Fisherman's Deli Frozen Peeled Prawns

**SAVE R15 BOTH FOR R155** WITH CARD  
Cape Point Frozen Large Prawn Meat 400g & Frozen Calamari Strips 500g

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

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

**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

**64<sup>99</sup>** per kg  
Festive Fresh 6/8-Piece Chicken Thighs/Drumsticks/Wings

**74<sup>99</sup>** per kg  
Festive Fresh 5-Piece Chicken Fillets

**38<sup>99</sup>** 380g each  
Eskort Smoked Gourmet American/Chili Cheese Hot Dogs

**SAVE R16 ANY 2 FOR R50** WITH CARD  
Tirolean Meats Cubes/Shoulder Bacon 2 x 200g

**64<sup>99</sup>** 700g/kg each  
Rainbow Simply Chicken Polony All Variants

**42<sup>99</sup>** 400g  
County Fair Frozen Crumbed Chicken Strips

**42<sup>99</sup>** 400g each  
County Fair Frozen Chicken Steaklets All Variants

**59<sup>99</sup>** 600g each  
I&J Frozen Beefers Mega Beef Patties All Variants

**17<sup>99</sup>** 85g  
Cape Point Smoked Mussels in Oil

**52<sup>99</sup>** 600g  
Sea Harvest Frozen Fish Fingers

**69<sup>99</sup>** 500g each  
I&J Light & Crispy Crumbed Fish Fillet Portions All Variants

**79<sup>99</sup>** 600g  
Sea Harvest Frozen Plain Hake Fillets

### DELI

**24<sup>99</sup>** 25g each  
Farmer's Deli Salami Sticks All Variants

**27<sup>99</sup>** per 100g  
Feinschmecker Salami All Variants

**SAVE 17% R12** WITH CARD  
Gudness Plant-Based Vegan Cold Cut Sandwich Slices All Variants 3 x 100g

**SAVE R15** WITH CARD  
Tirolean Meats Sliced Pastrami Sliced Silverside Beef Sliced Roast Beef 2 x 125g

**Fry's**

Scan here for 101 recipes and loads of prizes!

**101 WAYS TO AMPLIFY YOUR VEGGIE MEALS!**

**46<sup>99</sup>** 330g each  
Fry's Frozen Spiced/Traditional Vegetarian Burgers

**54<sup>99</sup>** 330g each  
Fry's Frozen Meat Free Original/Chicken-Style Burgers

OFFERS VALID FROM 23 JANUARY 2023 UNTIL 5 FEBRUARY 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



## A WIDE RANGE OF CHEESES

**SAVE 17%**  
**32<sup>99</sup>**  
140g each  
WITH CARD  
The Laughing Cow Cheese Dippers

**SAVE 13%**  
**32<sup>99</sup>**  
100g each  
WITH CARD  
Kiri Cream Cheese

**SAVE 14%**  
**42<sup>99</sup>**  
125g each  
WITH CARD  
The Laughing Cow Cream Cheese Cubes

**SAVE 14%**  
**47<sup>99</sup>**  
400g each  
WITH CARD  
President Feta Cheese All Variants

**SAVE R10**  
**69<sup>99</sup>**  
150g  
WITH CARD  
Mezzé Parmesan Cheese

**BUY ANY 2 & SAVE 15%**  
WITH CARD  
Fairview Cheese Range x 2

**MELROSE**  
24 individually wrapped  
12 wedges  
sweetmilk flavoured full cream process cheese  
200g

**MELROSE**  
24 individually wrapped  
12 wedges  
sweetmilk flavoured full cream process cheese spread  
200g

**AS SEEN ON TV**

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

**Melrose Cheese**  
• Wedges 200g  
• Spread 250g  
• Spread 400g  
• Cheese Slices 200g/400g/900g  
All Variants x 2

## FRESH BAKERY DELIGHTS

**BUY ANY & SAVE FROM 10%**  
WITH CARD  
The Bakery Rye & Spelt/ Sliced 100% Rye Bread

**SELECTED STORES**

**39<sup>99</sup>**  
9 per pack  
The Bakery Cupcakes All Variants

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

**24<sup>99</sup>**  
500ml  
The Menu Vanilla Flavoured Custard

**39<sup>99</sup>**  
1L  
The Menu Chocolate Mousse Dessert

**SAVE R21 ANY 2 FOR R75**  
WITH CARD  
Blue Shirt Bakery Specialty Bread Or Wraps All Variants 2 x 8 per pack

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

## MEAL SOLUTIONS

**SAVE 10%**  
**52<sup>99</sup>**  
300g each  
WITH CARD  
Spice Chicken Korma/ Butter Chicken Ready Meal

**BUY ANY & SAVE 10%**  
WITH CARD  
Café Culture Fresh Lorraine/Spinach & Feta/ Butternut & Beetroot Quiche 400g

**SAVE R15 ALL 4 FOR R250**  
WITH CARD  
Ready to Braai Cheese Twisters 360g & Braai Cones 6 per pack & Pork Medallions 300g & Simply Great Greek Pasta Salad 450g

**BUY ANY & SAVE R10**  
WITH CARD  
Ready to Braai Beef Oxtail/Chicken Steaklets/BBQ Pork Ribs 700g/750g

**SAVE R10 ALL 3 FOR R260**  
WITH CARD  
Café Culture Roast Chicken Pie 1kg & Simply Great Fresh Asian Crunch Slaw 250g & The Menu Strawberry Cheesecake Dessert 450g

**SAVE R15 ALL 3 FOR R265**  
WITH CARD  
Café Culture Roast Chicken Pie 1kg & Simply Great Potato Salad 500g & The Menu Chocolate & Caramel Dessert 450g

**BUY ANY 2 & SAVE R10**  
WITH CARD  
Deli Chimichurri/ Sundried Tomato Pesto 2 x 125g

**BUY ANY 2 & SAVE R12**  
WITH CARD  
Ready to Braai Sweet Chilli Garlic Bread/Garlic Baguette/Cheese & Onion Baguette 2 x 250g

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**SAVE 20%**  
**ANY 2 FOR R35**  
WITH CARD

Lay's Potato Chips All Variants 2 x 120g

**SAVE R20**  
**ANY 2 FOR R60**  
WITH CARD

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

AS SEEN ON TV

**SAVE R32**  
**ANY 2 FOR R80**  
WITH CARD

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

**SAVE 16%**  
**36<sup>99</sup>**  
each  
WITH CARD

Brookes Oros Squash Concentrate All Variants

# BEST LOYALTY PROGRAM, AGAIN



**SAVE R24**  
**ANY 2 FOR R50**  
WITH CARD

Bakers Kips Crackers All Variants 2 x 200g

**SAVE R12**  
**ANY 3 FOR R42**  
WITH CARD

Beacon Marshmallows All Variants 3 x 150g

**SAVE R19**  
**ANY 3 FOR R50**  
WITH CARD

Sweets From Heaven Sweets All Variants 3 x 125g

**SAVE R22**  
**ANY 3 FOR R50**  
WITH CARD

Amajoya Creamy Toffee All Variants 3 x 100g

**SAVE 25%**  
**ANY 2 FOR R27**  
WITH CARD

Monster Energy Drink All Variants 2 x 500ml

**SAVE R10**  
**44<sup>99</sup>**  
each  
WITH CARD

Magalies Nectar Blend Concentrate All Variants

**SAVE R16**  
**ANY 4 FOR R40**  
WITH CARD

Thirsti Sports Drink All Variants 4 x 500ml

**SAVE 14%**  
**22<sup>99</sup>**  
each  
WITH CARD

Bakers Eet-Sum-Mor Biscuits All Variants

**SAVE 17%**  
**ANY 2 FOR R28**  
WITH CARD

Oreo Biscuits All Variants 2 x 133g

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

Tasty Treats Trisk Savoury Crackers All Variants 3 x 100g

**SAVE R18**  
**ANY 2 FOR R70**  
WITH CARD

Bakers Good Morning Breakfast Biscuits All Variants 2 x 300g

**SAVE R40**  
**ANY 2 FOR R100**  
WITH CARD

Cape Cookies Romeo/Delicious Biscuits 2 x 500g

**SAVE R13**  
**48<sup>99</sup>**  
each  
WITH CARD

Bonaqua Pump Flavoured Still Water All Variants

**BUY ANY & SAVE 33%**  
WITH CARD

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

**SAVE R10**  
**27<sup>99</sup>**  
each  
WITH CARD

Cadbury Dairy Milk Wholenut Slab All Variants

**SAVE R36**  
**ANY 3 FOR R99**  
WITH CARD

Nestlé Mini Chocolate Fun Bags All Variants 3 x 135g/152g/200g/210g

**SAVE R56**  
**ANY 2 FOR R110**  
WITH CARD

Sally Williams Nougat All Variants 2 x 150g/170g

**SAVE 25%**  
**BUY 3 & GET 1 FREE**  
WITH CARD

BUY 3 x Webbzy Full Joyz Chocolate Snack 5x25g & GET one FREE!

**SAVE R14**  
**ANY 2 FOR R30**  
WITH CARD

Wild Island Dairy Blend Concentrate All Variants 2 x 1l

**SAVE R34**  
**ANY 2 FOR R70**  
WITH CARD

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

**ANY 2 FOR R22**  
WITH CARD

Hoppity Poppity Popcorn All Variants 2 x 90g

**ANY 2 FOR R34**  
WITH CARD

Doritos Corn Chips All Variants 2 x 145g

**ANY 3 FOR R75**  
WITH CARD

Pringles Potato Chips All Variants 3 x 100g

**SAVE 24%**  
**18<sup>99</sup>**  
each  
WITH CARD

Lipton Ice Tea All Variants

**ANY 2 FOR R20**  
WITH CARD

Pepsi Light/Max/7Up Sugar Free Cold Drink All Variants 2 x 2l

**ANY 3 FOR R33**  
WITH CARD

Popz! Cold Drink All Variants 3 x 2l

OFFERS VALID FROM 23 JANUARY 2023 UNTIL 05 FEBRUARY 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDOOP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



**SAVE R15**  
**64<sup>99</sup>**  
1kg  
WITH CARD

**SAVE 13%**  
**46<sup>99</sup>**  
100 per pack  
WITH CARD

**SAVE 16%**  
**44<sup>99</sup>**  
2.5kg  
WITH CARD

**BUY ANY 2 & SAVE 25%**  
WITH CARD  
**L'Or Coffee Capsules/ Jacobs Coffee Capsules All Variants 2 x 10 per pack**

**GET INSTANT CASH SAVINGS**

**SAVE 20%**  
**29<sup>99</sup>**  
80 per pack  
WITH CARD

**SAVE 19%**  
**34<sup>99</sup>**  
8 per pack  
WITH CARD

**SAVE R14**  
**49<sup>99</sup>**  
300g each  
WITH CARD

**SAVE 17%**  
**49<sup>99</sup>**  
400g  
WITH CARD

**SAVE R13**  
**54<sup>99</sup>**  
300g  
WITH CARD

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

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

**SAVE R13**  
**59<sup>99</sup>**  
1kg each  
WITH CARD

**SAVE 18%**  
**32<sup>99</sup>**  
300g  
WITH CARD

**SAVE 13%**  
**24<sup>99</sup>**  
300g  
WITH CARD

**SAVE 26%**  
**16<sup>99</sup>**  
400g each  
WITH CARD

**SAVE R15**  
**59<sup>99</sup>**  
500g  
WITH CARD

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

**SAVE 38%**  
**14<sup>99</sup>**  
300g each  
WITH CARD

**SAVE 24%**  
**18<sup>99</sup>**  
1kg  
WITH CARD

**SAVE UP TO 44%**  
**ANY 4 FOR R29**  
WITH CARD

**SAVE 13%**  
**34<sup>99</sup>**  
2kg  
WITH CARD

**SAVE 36%**  
**ANY 2 FOR R45**  
WITH CARD  
**Maggi Instant 2 Minute Noodles All Variants 2 x 5x73g**

**SAVE 14%**  
**36<sup>99</sup>**  
320g  
WITH CARD

**BOTH FOR R45**  
WITH CARD  
**Bokomo ProNutro Cereal All Variants 500g Each & Protein Bar All Variants 50g Each**

**BUY ANY 3 & SAVE 25%**  
WITH CARD  
**FutureLife Product Range x 3**

**SAVE 17%**  
**56<sup>99</sup>**  
2kg  
WITH CARD

**SAVE 15%**  
**74<sup>99</sup>**  
1kg  
WITH CARD

**BOTH FOR R99**  
WITH CARD  
**Bokomo Weet-Bix 900g & Corn Flakes Cereal 1kg**

**SAVE R26**

**AS SEEN ON TV**

**NEW LOOK TASTE**

**AS SEEN ON TV**

**AS SEEN ON TV**  
**SAVE R33**

OFFERS VALID FROM 23 JANUARY 2023 UNTIL 05 FEBRUARY 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDOOP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



**SAVE 19%**

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

WITH CARD

All Gold Tomato Sauce

**SAVE 18%**

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

WITH CARD

Housebrand Sweet Chilli Sauce

AS SEEN ON TV

**SAVE 27%**

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

WITH CARD

Tastic Long Grain Parboiled Rice

**SAVE R30**

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

WITH CARD

B-well Canola Oil

**OVER 1000 DEALS EVERY WEEK**

EXTRA SAVINGS  
Checkers

**SAVE R10**

**19<sup>99</sup>**  
460g each

WITH CARD

The Kitchen Mild/Hot Fruit Chutney

**SAVE R11**

**24<sup>99</sup>**  
340ml each

WITH CARD

Knorr Salad Dressing All Variants

**SAVE R14**

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

WITH CARD

Lappies Brasi Marinade All Variants

**SAVE 19%**

**34<sup>99</sup>**  
250ml each

WITH CARD

Nando's Peri-Peri Sauce 250ml All Variants

**SAVE R10**

**34<sup>99</sup>**  
750g each

WITH CARD

Crosse & Blackwell Tangy/Creamy Mayonnaise

**SAVE 17%**

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

WITH CARD

Miami Tomato & Onion Mix

**SAVE 24%**

**18<sup>99</sup>**  
400g/450g each

WITH CARD

Koo Sweetcorn/Whole Kernel Corn

**SAVE 16%**

**BUY 2 FOR R25**

WITH CARD

Koo Baked Beans in Tomato Sauce 2 x 410g

**SAVE 21%**

**29<sup>99</sup>**  
300g each

WITH CARD

Bull Brand Corned Meat

**SAVE 17%**

**BUY 2 FOR R34**

WITH CARD

Housebrand Shredded Tuna in Water 2 x 170g

**SAVE 17%**

**14<sup>99</sup>**  
300g each

WITH CARD

Buffet Olives Green/Queen Olives

**SAVE R10**

**19<sup>99</sup>**  
100g/150g each

WITH CARD

Robertson's Medium Brown Spice Refill All Variants

**SAVE R14**

**ANY 2 FOR R30**

WITH CARD

I Love Popcorn Seasoning All Variants 2 x 100ml

**SAVE R10**

**ANY 2 FOR R60**

WITH CARD

Ina Paarman's Seasoning/Spice All Variants 2 x 200ml

**SAVE 24%**

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

WITH CARD

Hinds Southern Coating All Variants

**SAVE 26%**

**ANY 4 FOR R19**

WITH CARD

Knorr Packet Soup All Variants 4 x 50g

**SAVE 21%**

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

WITH CARD

Ina Paarman's Sauce All Variants

**SAVE R12**

**34<sup>99</sup>**  
200g/100g each

WITH CARD

Ina Paarman's Stock Powder/Stock Cubes

**SAVE R50**

**BUY 2 FOR R120**

WITH CARD

B-well Canola & Extra Virgin Olive Oil Blend 2 x 1L

**ANY 2 FOR R38**

WITH CARD

Nando's Bag & Bake All Variants 2 x 20g

**SAVE R12**

**SAVE R40**

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

WITH CARD

B-well Pure Extra Virgin Olive Oil

**SAVE 25%**

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

WITH CARD

Fatti's & Moni's Macaroni/Spaghetti

**SAVE 32%**

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

WITH CARD

Spekko Jasmine Long Grain White Rice

**SAVE 31%**

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

WITH CARD

Spekko India Basmati Long Grain White Rice

**BOTH FOR R59**

WITH CARD

Spekko Long Grain Parboiled Rice 2kg & Sasko Cake Wheat Flour 2.5kg

**SAVE 28%**

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**SAVE R15**

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

X WITH CARD

**Vaseline Body Lotion/Cream All Variants**

**SAVE FROM R17**

**52<sup>99</sup>**  
500ml each

X WITH CARD

**NIVEA Shower Gel/Cream All Variants**

**SAVE R20**

**64<sup>99</sup>**  
1l each

X WITH CARD

**Organics Shampoo/Conditioner All Variants**

**BUY ANY & SAVE 20%**

X WITH CARD

**Marc Anthony Shampoo/Conditioner All Variants 250ml Each**

SELECTED STORES

GET DEALS DELIVERED IN 60 MINUTES

**SAVE R15**

**54<sup>99</sup>**  
75ml each

X WITH CARD

**Colgate Pro/Optic/Naturals Toothpaste All Variants**

**SAVE R15**

**ANY 3 FOR R57**

X WITH CARD

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

**SAVE 20%**

**ANY 2 FOR R25**

X WITH CARD

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

**SAVE R18**

**ANY 2 FOR R98**

X WITH CARD

**Dove Bath Soap Value Pack Selected Variants 2 x 4x100g**

**SAVE R10**

**34<sup>99</sup>**  
300ml each

X WITH CARD

**Protex Liquid Hand Soap Selected Variants**

**BUY ANY & SAVE 20%**

X WITH CARD

**Nivea Facial Scrub/Cleanser/Blomish Gel 75ml/150ml/15ml/ Nivea Perfect & Matte Cream/Face Wash 50ml Each**

**SAVE R10**

**19<sup>99</sup>**  
50ml each

X WITH CARD

**Nivea Roll-On for Ladies/Men All Variants**

**SAVE R14**

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

X WITH CARD

**Dove Deodorant for Ladies/Men All Variants**

**SAVE R66**

**R99**

X WITH CARD

**Gillette Mach3 2Up Razor**

**SAVE 26%**

**18<sup>99</sup>**  
17x10 per pack

X WITH CARD

**Kotex Ultra Thin Sanitary Pads All Variants**

**SAVE 21%**

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

X WITH CARD

**Lil-Jets Tampons All Variants**

**SAVE UP TO R48**

**ANY 2 FOR R70**

X WITH CARD

**Always Sanitary Pads/Pantyliners All Variants 2 x 12/14/16/18/20/40 per pack**

**SAVE R6**

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

X WITH CARD

**Vaseline Blue Seal Petroleum Jelly All Variants**

**SAVE R10**

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

X WITH CARD

**Johnson's Baby Oil All Variants**

**SAVE R24**

**ANY 2 FOR R70**

X WITH CARD

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

**SAVE R10**

**59<sup>99</sup>**  
500ml each

X WITH CARD

**Johnson's Baby Shampoo All Variants**

**SAVE 16%**

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

X WITH CARD

**Colgate Kids Character Toothbrush All Variants**

**SAVE R14**

**ANY 2 FOR R30**

X WITH CARD

**Colgate Kids Character Toothpaste All Variants 2 x 50ml**

Health

**SAVE 18%**

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

X WITH CARD

**Panado Pain Relief Tablets 500mg Blister 24 per pack**

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

**Savlon Antiseptic Liquid**

**84<sup>99</sup>**  
100ml

**Bio-Strath Bare Necessities Syrup**

**SAVE 30%**

**139<sup>99</sup>**  
300ml

X WITH CARD

**Iberogast 9 Herb Treatment Supplement Solution**

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

**Berocca Orange/Mango/Tropical Effervescent Tablets**

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

**Medirite Joint & Bone Magnesium Powder**

Affordable Healthcare Made Easy

**ANY 5 FOR R45**

X WITH CARD

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

**SAVE R15**

**ANY 5 FOR R48**

X WITH CARD

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

**SAVE R22**

**ANY 5 FOR R59**

X WITH CARD

**Purity 2nd Foods Baby Food All Variants 5 x 125ml**

**SAVE R16**

**SAVE R11**

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

X WITH CARD

**Nestle Cerelac Baby Cereal All Variants**

**SAVE R24**

**109<sup>99</sup>**  
4x56/64 per pack

X WITH CARD

**Pampers Baby Wipes All Variants**

**SAVE UP TO R75**

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

X WITH CARD

**Pampers Pants/Premium Care Nappies All Variants 35/44/48/52/62/66/76/82/96**

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**SAVE 25%**  
**19<sup>99</sup>**  
750ml each  
WITH CARD

Omo Bleach All Variants

**SAVE 26%**  
**24<sup>99</sup>**  
750ml each  
WITH CARD

Handy Andy Cleaning Agent All Variants

**SAVE R12**  
**ANY 2 FOR R56**  
WITH CARD

Domestos Disinfectant All Variants 2 x 750ml

**SAVE R19**  
**77<sup>99</sup>**  
each  
WITH CARD

Omo Washing Powder 2kg/Liquid Detergent 1.5l/Capsules 17 per pack

# NEW DEALS IN EVERY AISLE

EXTRA SAVINGS Checkers

**SAVE R40**  
**ANY 2 FOR R50**  
WITH CARD

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

**SAVE R30**  
**BUY 2 FOR R90**  
WITH CARD

Mr. Sheen Oxi Ultra Wash Stain Remover 2 x 520g

**SAVE 20%**  
**19<sup>99</sup>**  
2 per pack  
WITH CARD

Dinu White Kitchen Roller Towels

**SAVE 18%**  
**29<sup>99</sup>**  
700ml each  
WITH CARD

Sunlight Regular Dishwashing Liquid

**SAVE R70**  
**179<sup>99</sup>**  
50 per pack  
WITH CARD

Finish All in One Dishwasher Tablets All Variants

**SAVE R18**  
**29<sup>99</sup>**  
70ml each  
WITH CARD

Plush Liquid Shoe Polish All Variants

**SAVE 21%**  
**32<sup>99</sup>**  
1l  
WITH CARD

Mr. Sheen ClearView Window Cleaner

**SAVE R15**  
**59<sup>99</sup>**  
1.5l each  
WITH CARD

Cobra Tile Cleaner All Variants

**SAVE R10**  
**44<sup>99</sup>**  
300ml each  
WITH CARD

Plush Supreme Cooktop/Granite/Metal and Stainless Steel/Air Fryer Cleaner All Variants

**SAVE R10**  
**44<sup>99</sup>**  
275ml each  
WITH CARD

Plush Supreme Oven Cleaner All Variants

**SAVE 14%**  
**29<sup>99</sup>**  
300ml each  
WITH CARD

Air Scents Air Freshener All Variants

**SAVE R15**  
**34<sup>99</sup>**  
300ml each  
WITH CARD

Mr Min Multi Surface Cleaner All Variants

**SAVE R15**  
**24<sup>99</sup>**  
30 per pack  
WITH CARD

Supa Mama Value Refuse Bags

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

Tuffy Light Foil 2 x 5m

**SAVE R10**  
**54<sup>99</sup>**  
50m each  
WITH CARD

Glad Perforated Plastic Wrap

**SAVE 21%**  
**32<sup>99</sup>**  
300ml each  
WITH CARD

Doom Insecticide All Variants

**SAVE R40**  
**99<sup>99</sup>**  
per pack  
WITH CARD

Mortein Insecticide NaturGard/Citronella

**ANY 3 FOR R50**  
WITH CARD

Marltons Dog Treats All Variants 3 x 120g

**SAVE R40**

**ANY 3 FOR R80**  
WITH CARD

Husky Dog Food All Variants 3 x 775g

**SAVE R25**

**SAVE R20**  
**79<sup>99</sup>**  
900g/1kg  
WITH CARD

Whiskas Meaty Nuggets All Variants Each

**SAVE R20**  
**89<sup>99</sup>**  
12x85g per pack  
WITH CARD

Pamper Cat Food Pouches All Variants

**SAVE R60**  
**149<sup>99</sup>**  
6kg/8kg each  
WITH CARD

Vitagen Dog Food All Variants

AS SEEN ON TV

**SAVE R50**  
**239<sup>99</sup>**  
4kg/5.5kg/6kg each  
WITH CARD

Canine Cuisine Dog Food All Variants

**24%**  
SPECIALISED DIET WEIGHT MANAGEMENT



**BRING ON 2023**

**192 PAGES**

**SCHOLAR**  
COUNTER BOOK  
A4  
Sections Sewn for Extra St

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Subject: \_\_\_\_\_  
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1 Quire + Point & Margin

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192 Pages

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**34<sup>99</sup>** each  
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**SAVE 40% ON BACK-TO-SCHOOL**

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Pentflex Ballpoint Pens - 5-Pack  
All Variants

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**18<sup>99</sup>** each  
X WITH CARD

Flip File A4 Display File - 20-Pocket

**SAVE R11**  
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X WITH CARD

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**HELP US SUPPORT LEARNERS, TEACHERS & SCHOOLS WITH ESSENTIAL STATIONERY**

**100 PAGES**

TOGETHER WE HAVE DONATED  
**BUY BIC**  
MAKE A DIFFERENCE  
14 MILLION PENS

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**23<sup>99</sup>** per pack  
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X WITH CARD

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**BREAKTIME BASICS**

**SAVE R10**  
**39<sup>99</sup>** each  
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Lunch To Go Division Lunch Box - 1x

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

Lunch To Go Fork & Knife Lunch Box Set - All Variants - 1x

**SAVE R10**  
**89<sup>99</sup>** each  
X WITH CARD

Lunch To Go Double Wall Bottle with Gel - 500ml - All Variants

**BACKPACKS & SCHOOL BAGS**

Mesh side pockets  
Reflective strips for better visibility  
17L  
Top Opening  
Multiple Pockets  
37cm x 28cm x 16cm

**Fullmarks**

**6 MONTH GUARANTEE**

**SAVE R50**  
**449<sup>99</sup>** each  
X WITH CARD

Fullmarks Moulded Backpack

**ISLAND STYLE**

48cm x 38cm x 26cm

**SAVE R50**  
**279<sup>99</sup>** each  
X WITH CARD

Island Style Multi-Pocket/Functional Backpack - All Variants

**ONLY AVAILABLE AT Checkers Hyper**

Mesh side pockets  
Multiple pockets & compartments for personal items  
Reflective detail for better visibility

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

Island Style S22 4-Wheel Trolley Backpack

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1,7ℓ

**SAVE R50**

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

WITH CARD

**Russell Hobbs**  
Black/White  
Cordless Kettle  
· 1,7ℓ



**SAVE R50**

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

WITH CARD

**Russell Hobbs**  
Ceraglide Iron  
· 2000W

CERAMIC  
2000W

- ✓ Fat-reduced cooking
- ✓ Airflow technology for efficient heat distribution
- ✓ Heating, frying, roasting, grilling, baking and keeping hot
- ✓ Dishwasher-safe accessories



6,2ℓ

**PHILIPS**

**SAVE R500**

**2499<sup>99</sup>** each

WITH CARD

**Philips Essential**  
XL Air Fryer  
· 1,2kg/6,2ℓ



20ℓ

**1199<sup>99</sup>** each

**Platinum**  
Mirror Finish Microwave  
· 20ℓ

**KEEP SWIPING, KEEP SAVING**



**SAVE R50**

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

WITH CARD

**Cook & Love**  
Non-Stick Frying  
Pan Set - 24cm &  
28cm



**SAVE R50**

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

WITH CARD

**Qusimo** Stainless  
Steel Double  
Roaster



**SAVE R50**

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

WITH CARD

**Starter Dinner Set**  
Assorted Variants  
· 32-Piece



**SAVE R10**

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

WITH CARD

**LAV** Coral Cocktail/  
Wine Glasses  
· 3-Pack



**SAVE R10**

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

WITH CARD

**LAV** Coral Hi-Ball/  
Whisky Glasses  
· 6-Pack



**SAVE R100**

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

WITH CARD

**Majore** Stainless  
Steel Cookware Set  
· 12-Piece



**SAVE R200**

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

WITH CARD

**Aluminium**  
Cookware Set  
· 7-Piece



**SAVE R30**

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

WITH CARD

**Geo Block**  
Dinner Set  
· 12-Piece



**SAVE R30**

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

WITH CARD

**Heart** Dinner Set  
· 12-Piece



**SAVE R30**

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

WITH CARD

**Maison Forine**  
Marta Glassware  
Range - 4-Pack



**SAVE R20**

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

WITH CARD

**Pyrex** Glass  
Roaster Set  
· 1,8ℓ & 2,5ℓ  
· 2-Piece



**SAVE R20**

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

WITH CARD

**Pyrex** Glass  
Roaster Set  
· 2,5ℓ & 3,7ℓ  
· 2-Piece



5W

**SAVE R10**

**ANY 2 FOR 39<sup>99</sup>**

WITH CARD

**Lumaglo** CLA/LED  
Globe - WW/CW  
· ES/BC - 5W



9W

**SAVE R10**

**ANY 2 FOR 49<sup>99</sup>**

WITH CARD

**Lumaglo** CLA/LED  
Globe - WW/CW  
· ES/BC - 9W



**SAVE R20**

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

WITH CARD

**Duracell** Plus  
Alkaline Batteries  
AA/AAA - 12-Pack



**SAVE R20**

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

WITH CARD

**SCE** Electrical  
Socket & Adapter  
Set - 3-Piece



**SAVE R10**

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

WITH CARD

**HTH** Shock It  
Medium To Large  
Pool Treatment  
· 500g  
(Reg. No. L7286 Act 36  
of 1947)



**SAVE R20**

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

WITH CARD

**Poolbrite**  
Regular/Pink Drive  
Month Mate Floater  
· 1,5kg  
(Reg. No. L7286 Act 36  
of 1947)



**SAVE R20**

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

WITH CARD

**Aqua Cure**  
Brilliant Floater  
· 1,5kg  
(Reg. No. L7286 Act 36  
of 1947)



**SAVE R50**

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

WITH CARD

**Blu52**  
All-in-One Pool  
Solution - 2x1,2kg  
(Reg. No. L7748 Act 36  
of 1947)



**SAVE R20**

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

WITH CARD

**BushBaby**  
Cooler Bag



**SAVE R70**

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

WITH CARD

**BushBaby**  
Captain's Chair



**SAVE R50**

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

WITH CARD

**Tavola**  
Folding Table



**SAVE R30**

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

WITH CARD

**BushBaby/LK's**  
Braai Box



**SAVE R150**

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

WITH CARD

**BushBaby**  
Small Kettle Braai  
· 45cm



**SAVE R150**

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

WITH CARD

**BushBaby**  
Mushroom Chair

· 6-can Cooler Bag - 149,99 SAVE R20  
· 12-can Cooler Bag - 209,99 SAVE R20  
· 30-can Cooler Bag - 249,99 SAVE R20  
· 48-can Cooler Bag - 329,99 SAVE R20

· Max Weight - 120kg  
· Product Weight - 3,9kg  
· Dimensions - 84cm x 70cm x 80cm

· Mini Braai Box - 199,99 SAVE R30  
· Large Braai Box - 229,99 SAVE R20

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we bring the wine route to you  
**wine route**



**BUY ANY 2 &  
SAVE 25%**  
WITH CARD  
Spier Wine  
All Variants 2 x 750ml



**SAVE 14%  
59<sup>99</sup>**  
WITH CARD  
Backsberg - Dry Red  
- Rosé - Chenin Blanc



**SAVE 13%  
64<sup>99</sup>**  
WITH CARD  
KWV  
- Sauvignon Blanc  
- Chardonnay - Chenin  
Blanc



**SAVE R10  
94<sup>99</sup>**  
WITH CARD  
Alto  
Rouge Red Blend



**BUY ANY 2 &  
SAVE 20%**  
WITH CARD  
Laborie - Sauvignon Blanc  
- Chardonnay  
- Chenin Blanc 2 x 750ml



**BUY 2 &  
SAVE 20%**  
WITH CARD  
La Motte Cabernet  
Sauvignon 2 x 750ml



**SAVE 15%  
84<sup>99</sup>**  
WITH CARD  
Boschendal  
- Chardonnay Pinot Noir  
- 1685 Sauvignon Blanc  
Grande Cuvée



**SAVE 23%  
BUY 2 FOR  
R100**  
WITH CARD  
Waterside  
Chardonnay  
2 x 750ml



**SAVE R20  
94<sup>99</sup>**  
WITH CARD  
Tokara  
Sauvignon Blanc



**BUY ANY 2 &  
SAVE 20%**  
WITH CARD  
Warwick The First Lady  
- Chardonnay  
- Sauvignon Blanc  
- Pinotage - Rosé  
2 x 750ml



**SAVE R20  
119<sup>99</sup>**  
WITH CARD  
KWV Classic Collection  
- Sauvignon Blanc  
- Cabernet Sauvignon  
Shiraz - 139,99 SAVE R20



**SAVE R25  
144<sup>99</sup>**  
WITH CARD  
Pierre Jourdan  
Cap Classique - Brut  
- Rosé - Belle Nectar

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**LiquorShop**

OR SHOP  
ONLINE  
WWW.LIQUORSHOP.CO.ZA



**FREE!**  
**SAVE R40  
FREE DEAL  
149<sup>99</sup>**  
WITH CARD  
BUY Southern Comfort  
Original/Lime Liqueur  
750ml Each & GET Coca-  
Cola Original/Zero Cold  
Drink 1/ Each FREE!



**FREE!**  
**SAVE R30  
FREE DEAL  
154<sup>99</sup>**  
WITH CARD  
BUY KWV 3-Year-Old  
Brandy 750ml  
& GET Coca-Cola  
Original/No Sugar  
Cold Drink 1/ Each FREE!



**FREE!**  
**SAVE R75  
FREE DEAL  
199<sup>99</sup>**  
WITH CARD  
BUY Paddy Triple Distilled  
Irish Whiskey 750ml  
& GET Schweppes  
All Variants 1/ Each FREE!



**SAVE R45  
2 FOR  
R125**  
WITH CARD  
Castle Lite Beer NRB  
2 x 6x330ml



**ANY 2 FOR  
R145**  
Hunter's Premium Dry/Gold  
Cider NRB/Cans  
2 x 6x330ml/300ml



**SAVE R55  
2 FOR  
R145**  
WITH CARD  
Flying Fish Premium  
Lemon Flavoured Beer  
NRB 2 x 6x330ml



**SAVE R45  
ANY 2 FOR  
R145**  
WITH CARD  
Heineken Premium  
Lager/0.0% Non-  
Alcoholic Beer NRB  
2 x 6x330ml



**SAVE R30  
139<sup>99</sup>**  
WITH CARD  
Stretton's  
London Dry Gin  
All Variants



**209<sup>99</sup>**  
750ml  
Bell's Blended Scotch  
Whisky



**419<sup>99</sup>**  
750ml  
The Glenlivet  
Founder's Reserve Single  
Malt Scotch Whisky



**679<sup>99</sup>**  
750ml  
Bisquit & Dubouché  
VSOP Cognac

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

**#N18** aware.org  
www.aware.org.za

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

**checkers**

better and better

also at  
**checkers  
Hyper**

checkers  
**SIXTY  
60**



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OFFERS VALID FROM MONDAY 23/01/2023 UNTIL SUNDAY 05/02/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES: GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MARKING, 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. 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). EXTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).



# SUMMER OF SAVINGS

**154<sup>99</sup>**  
750ml  
Gordon's  
London Dry Gin



**FREE DEAL**  
**SAVE R65**  
**249<sup>99</sup>**  
750ml  
X WITH CARD  
BUY 750ml Absolut Vodka All Variants Each & GET 1/2 Liqueur Fruit Berry Blazer/ Cranberry Cooler/ Orange 100% Fruit Juice Blend Each FREE!



**239<sup>99</sup>**  
750ml  
Olmea  
Silver/Reposado Tequila Each



**FREE DEAL**  
**SAVE R45**  
**249<sup>99</sup>**  
750ml  
X WITH CARD  
BUY 750ml Johnnie Walker Red Label Blended Scotch Whisky & GET 1/2 Schweppes All Variants Each FREE!



**279<sup>99</sup>**  
750ml  
KVV  
10-Year-Old Brandy & GET 1.25L Appletiser Sparkling Juice FREE!



**FREE DEAL**  
**SAVE R65**  
**279<sup>99</sup>**  
750ml  
X WITH CARD  
BUY 750ml Bombay Sapphire/Bramble Gin Each & GET 1/2 Schweppes All Variants Each FREE!



**429<sup>99</sup>**  
750ml  
Jameson  
Select Reserve Triple Distilled Irish Whiskey



## WHISKY

## BRANDY & COGNAC

**SAVE R45**  
**154<sup>99</sup>**  
750ml  
X WITH CARD  
Clansman Blended Scotch Whisky



**159<sup>99</sup>**  
750ml  
Vat 69  
Blended Scotch Whisky



**FREE DEAL**  
**SAVE R40**  
**189<sup>99</sup>**  
750ml  
X WITH CARD  
Grant's Triple Wood Blended Scotch Whisky



**329<sup>99</sup>**  
750ml  
Jack Daniel's  
Gentleman Jack Double Mellowed Tennessee Whiskey



**499<sup>99</sup>**  
750ml  
Glenmorangie  
10-Year-Old Single Malt Scotch Whisky



**169<sup>99</sup>**  
750ml  
Richelieu  
Brandy



**FREE DEAL**  
**SAVE R115**  
**459<sup>99</sup>**  
750ml  
X WITH CARD  
BUY 750ml Courvoisier VS Cognac & GET 1.25L Appletiser Sparkling Juice FREE!



## GIN

## SPIRITS

**144<sup>99</sup>**  
750ml  
Henkes  
Imported Gin



**169<sup>99</sup>**  
750ml  
Gin Society  
Handcrafted Gin All Variants Each



**FREE DEAL**  
**SAVE R80**  
**359<sup>99</sup>**  
750ml  
X WITH CARD  
BUY 750ml Malfy Gin All Variants Each & GET 1/2 Fitch & Leedes Tonic All Variants Each FREE!



**399<sup>99</sup>**  
750ml  
Hendrick's  
Small Batch Handcrafted Gin



**119<sup>99</sup>**  
750ml  
Cape Velvet  
Original Cream Liqueur



**139<sup>99</sup>**  
750ml  
Red Square  
Vodka All Variants Each



**FREE DEAL**  
**SAVE R40**  
**174<sup>99</sup>**  
750ml  
X WITH CARD  
BUY 750ml Captain Morgan Black Jamaica Rum & GET 1/2 Coca-Cola Original Cold Drink NRB FREE!



# LiquorShop

Checkers

OR HAVE IT DELIVERED

NOW AVAILABLE  
**ONLINE**  
www.liquorshop.co.za



DRINK RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18. **#NO18** aware.org



## KEEP IT COOL WITH ICE-COLD CIDERS & BEERS

**2 FOR R100**  
2 x 6x330ml Castle Lager Beer NRB

**ANY 2 FOR R130**  
2 x 6x275ml Bernini Sparkling Grape Classic/Amber Spirit Cooler NRB

**2 FOR R140**  
2 x 6x330ml Windhoek Premium Lager Beer NRB

**59<sup>99</sup>** 6x500ml  
Cintra Pilsener Beer Cans

**64<sup>99</sup>** 6x340ml  
Castle Double Malt Pure Lager Beer NRB

**BUY 2 & SAVE R45 R125**  
X WITH CARD  
2 x 6x330ml Amstel Premium Lager Beer NRB

**BUY ANY 2 & SAVE R45 R155**  
X WITH CARD  
2 x 6x330ml Strongbow Red Berries/Gold Apple Cider NRB

**BUY ANY 2 & SAVE R40 R150**  
X WITH CARD  
2 x 6x275ml Bacardi Breezer Spirit Cooler All Variants NRB

**ANY 2 FOR R140**  
2 x 6x275ml Black Crown Gin & Dry Lemon with Marula/Gin & Tonic Spirit Cooler NRB

## WINE-DOWN WITH GREAT DEALS

**SAVE R15 84<sup>99</sup>** 750ml  
X WITH CARD  
La Motte Sauvignon Blanc White Wine

**SAVE R20 94<sup>99</sup>** 750ml  
X WITH CARD  
Tokara Sauvignon Blanc White Wine

**SAVE R15 94<sup>99</sup>** 750ml  
X WITH CARD  
De Grendel Sauvignon Blanc White Wine

**SAVE R15 79<sup>99</sup>** 750ml  
X WITH CARD  
Diemersdal Cabernet Sauvignon Merlot Red Blend Wine

**SAVE R15 94<sup>99</sup>** 750ml  
X WITH CARD  
Alto Rouge Dry Red Wine

**BUY 2 & SAVE 20%**  
X WITH CARD  
2 x 750ml La Motte Cabernet Sauvignon Red Wine

**SAVE R20 109<sup>99</sup>** 750ml  
X WITH CARD  
Cederberg Merlot Shiraz Red Blend Wine

**SAVE R25 154<sup>99</sup>** 750ml  
X WITH CARD  
Bayerskloof Pinotage Reserve Red Wine

**SAVE R30 119<sup>99</sup>** 750ml  
X WITH CARD  
Vilarnau Cava Barcelona - Rosé Delicat - Brut Reserva - Semi Seco Sparkling Wine Each

**SAVE R25 144<sup>99</sup>** 750ml  
X WITH CARD  
Pierre Jourdan Cap Classique - Belle Rosé - Demi-Sec Rosé - Brut Wine Each

**BUY ANY 2 & SAVE 20%**  
X WITH CARD  
2 x 750ml Fat Bastard Wine All Variants

**BUY ANY 2 & SAVE 20%**  
X WITH CARD  
2 x 750ml Warwick The First Lady Wine All Variants

**SAVE R15 124<sup>99</sup>** 750ml  
X WITH CARD  
KWV Classic Collection Sauvignon Blanc White Wine

**SAVE R15 144<sup>99</sup>** 750ml  
X WITH CARD  
KWV Classic Collection Cabernet Sauvignon/Shiraz Red Blend Wine

**BUY ANY 2 & SAVE 25%**  
X WITH CARD  
2 x 750ml Spier Classic Range Wine All Variants

# LiquorShop

Checkers

OR HAVE IT DELIVERED

NOW AVAILABLE  
**ONLINE**  
www.liquorshop.co.za



OFFERS VALID FROM TUESDAY 24/01/2023 UNTIL WEDNESDAY 08/02/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER LIQUORSHOPS GAUTENG. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. ALL WINE OFFERS ALSO AVAILABLE AT LIQUORSHOP STORES. LIQUOR TRADING HOURS ARE SUBJECT TO GOVERNMENT REGULATIONS. PLEASE VISIT WWW.CHECKERS.CO.ZA/LIQUORSHOP FOR THE LATEST TRADING HOURS. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. ERRORS & OMISSIONS EXCEPTED (E&OE). WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).

DRINK RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18. **#NO18** aware.org









# DAILY SUPPLEMENTS & MULTIVITAMINS

## 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**

**20% OFF**



**FatigueAway**  
20 sachets  
#142862

**109<sup>95</sup>**  
**WITH CARD**  
**89<sup>95</sup>**

**INSTANT DISCOUNT**

**30% OFF**



**ActiveVite Complete Multivitamin & Mineral**  
30 caplets  
#93684

**129<sup>95</sup>**  
**WITH CARD**  
**99<sup>95</sup>**

**VALUE PACK**

**INSTANT DISCOUNT**

**50% OFF per pack**



**Biogen Multivitamin 50+ Advanced Value Pack**  
60 PLUS FREE  
30 tablets  
#333626

**229<sup>95</sup> per pack**  
**WITH CARD**  
**179<sup>95</sup> per pack**

**INSTANT DISCOUNT**

**50% OFF per pack**



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

**229<sup>95</sup> per pack**  
**WITH CARD**  
**179<sup>95</sup> per pack**

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

**25% OFF**

**ALL ReVite Super B products**



**ReVite Super B**  
60 capsules  
#142862

\*Discount to be deducted at tills

**30% OFF**

**ReVite Vit-T-Go Feel Good Energy Vitality & Rehydration**  
20 sachets  
#49762

**90<sup>97</sup>**  
**WAS 129<sup>95</sup>**

**SAVE 15<sup>00</sup>\***

**SAVE 20<sup>00</sup>\***



**Bio-Strath Daily Nutritional Supplement Syrup**  
200ml  
#14390

**Bio-Strath Daily Nutritional Supplement**  
100 tablets  
#14387

**159<sup>95</sup>**  
**WAS 174<sup>95</sup>**

**189<sup>95</sup>**  
**WAS 209<sup>95</sup>**

\*Advertised prices already reflect discounts

**2+1 CHEAPEST FREE**  
on ANY BioPlus Vit-Ality products



**BioPlus Vit-Ality Vitamin C 1000mg OR Magnesium Plus**  
10 effervescent fizzies  
**72<sup>95</sup> each**

**BioPlus Vit-Ality Omega 3 1000mg**  
30 softgel capsules  
**64<sup>95</sup> each**

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



**DS-Boost**  
60 tablets  
**179<sup>95</sup> each**

**DS-24 Daily Supplement Multivitamin & Mineral**  
30 capsules  
**139<sup>95</sup> each**

**1+1 FREE**  
on Go! Man AND Go! Woman  
30 tablets



**GO! Multivitamin Man**  
#227578  
**OR**  
**GO! Multivitamin Woman**  
#227586  
30 tablets  
**157<sup>95</sup> each**

**1 FOR 109<sup>95</sup>**  
**2 FOR 150<sup>00</sup>**  
**SAVE 69<sup>90</sup>**



**Proanthodin**  
60 capsules  
#3245

**20% OFF**

**ALL NutriPure Gummies**



**NutriPure Multi Vitamin Complete**  
60 Gummies  
#142862

**NutriPure Kids Multi Vitamin Complete**  
60 Gummies  
#142863

\*Discount to be deducted at tills

**SAVE 30<sup>00</sup>\***

**SAVE 60<sup>00</sup>\***



**Cal-C-Vita Immune Support**  
30 effervescent tablets  
#4076  
**199<sup>95</sup>**  
**WAS 229<sup>95</sup>**

**Cellfood Oxygen Mineral Supplement**  
29ml  
#44989  
**329<sup>95</sup>**  
**WAS 389<sup>95</sup>**

\*Advertised prices already reflect discounts



Getting a cancer diagnosis often leads to a lot of changes in your life, including your hopes, dreams, emotional health, plans for the future, and family dynamics.

### PROSTATE CANCER

Prostate cancer is cancer that occurs in the prostate. It is possible for it to grow slowly and require minimal or no treatment, but there are also aggressive types of prostate cancer that can spread rapidly.

### CERVICAL CANCER

Cervical cancer is a cancer of the cervix, which is the opening from the vagina into the womb. It often has no symptoms in its early stages. It is for this reason that cervical cancer screening can help detect early cases and save thousands of lives.

The best chance for successful treatment of cancer is when it is detected early! Get to the nearest Dis-Chem Wellness Centre now and get screened.

Dis-Chem supports the Department of Health HPV vaccine school programme to prevent cervical cancer. Call 086 111 7427 or book via our app. Also ask your Dis-Chem nursing practitioner for more information.





# 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  
**25<sup>00</sup>\* OFF**

Gold Vitamin B12  
60 chew tablets  
#332850

**94<sup>95</sup>**  
WITH CARD  
**69<sup>95</sup>**



INSTANT DISCOUNT  
**25%\* OFF**

Gold Non-Acidic Vitamin C 1000mg  
100 tablets  
#387201

**119<sup>95</sup>**  
WITH CARD  
**89<sup>96</sup>**



INSTANT DISCOUNT  
**60<sup>00</sup>\* OFF**

Gold L-Glutathione Melt 500mg  
30 sublingual tablets  
#323941

**409<sup>95</sup>**  
WITH CARD  
**349<sup>95</sup>**



INSTANT DISCOUNT  
**85<sup>00</sup>\* OFF**

Lifestyle Nutrition Buffered Vitamin C 1000mg Powder  
300g  
#119735

**264<sup>95</sup>**  
WITH CARD  
**179<sup>95</sup>**

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



**25%\* OFF**  
ALL Nativa Complex products



**20%\* OFF**  
ALL Vital products



**20%\* OFF**  
ALL Tibb Septoguard products



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

VALUE PACK

VALUE PACK



**1 FOR 69<sup>95</sup>**  
**2 FOR 100<sup>00</sup>**  
SAVE 39<sup>90</sup>

Lifestyle Health Multivit for Women  
30 tablets  
#64184



**SAVE 30<sup>00</sup>\***

Insolyn IR Metabolism Support  
60 tablets  
#331399

**229<sup>95</sup>**  
WAS 259<sup>95</sup>



**SAVE 10<sup>00</sup>\***

Procydin Nutritional Supplement  
60 capsules  
#5905

**125<sup>95</sup>**  
WAS 135<sup>95</sup>



**SAVE 30<sup>00</sup>\***



**SAVE 20<sup>00</sup>\***

Gold Vitamin D3 1000IU  
60 tablets  
#189705

**79<sup>95</sup>**  
WAS 109<sup>95</sup>

Gold Multivitamin for Diabetics  
60 tablets  
#25430

**89<sup>95</sup>**  
WAS 109<sup>95</sup>



**SAVE 55<sup>00</sup>\***

Biogen Vitamin D3 Oral Spray  
30ml  
#328368

**99<sup>95</sup>**  
WAS 154<sup>95</sup>



**SAVE 30<sup>00</sup>\* each**

Biogen Vitamin K2  
30 vegicaps  
#188924

**169<sup>95</sup> each**  
WAS 199<sup>95</sup>

\*Discounts to be deducted at tills

\*Advertised prices already reflect discounts

Dis-Chem PHARMACIES

**BANK ON YOUR HEALTH WITH UP TO 50% BACK ON PERSONAL CARE ITEMS WITH VITALITY**

Your percentage back is dependent on completing your Vitality Age and Vitality Health Check, and being financially healthier with Discovery Bank.

Discovery Vitality (Pty) Ltd. Limits, Ts & Cs apply. Discovery Bank Ltd. Auth FSP: FSP 48657, NCRCP9997. Limits, Ts & Cs apply.

Discovery Bank







# DAILY SUPPLEMENTS & MULTIVITAMINS

## 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**

**Dis-Chem Spectrum Multivitamin**  
300 tablets  
#142140  
**579<sup>95</sup> each**

**Dis-Chem Spectrum Senior**  
300 tablets  
#142141  
**479<sup>95</sup> each**

**WITH CARD**  
**479<sup>95</sup> each**

**INSTANT DISCOUNT**  
**50<sup>00</sup>\* OFF**

**InsuMax-Q**  
30 day pack  
#194831  
**449<sup>95</sup> each**

**WITH CARD**  
**399<sup>95</sup> each**

**INSTANT DISCOUNT**  
**30<sup>00</sup>\* OFF**

**Biogen B-Complex Super Potency**  
60 tablets  
#110679  
**199<sup>95</sup> each**

**WITH CARD**  
**169<sup>95</sup> each**

**INSTANT DISCOUNT**  
**30<sup>00</sup>\* OFF**

**Dis-Chem Gold Multivitamin Supreme Active**  
60 softgel capsules  
#387475  
**149<sup>95</sup> each**

**WITH CARD**  
**119<sup>95</sup> each**

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

### ProbiFlora™



**20%\* OFF**  
ProbiFlora products\*\*

### Bring the good Bac.

GOOD BACTERIA is essential for gut health, immune support and general well-being\*.



\*Discount to be deducted at tills \*\*Excludes ProbiFlora 9-strain 60+30 Value Packs

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

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

50 ProbiFlora™ Adult Intensive Rescue. Each capsule contains total probiotics 5 billion CFU (colony forming units), probiotic blend consisting of *Lactobacillus acidophilus* NCFM®, *Bifidobacterium lactis* HN019, *Bifidobacterium lactis* BL-04, *Lactobacillus rhamnosus* HN001, *Lactobacillus casei* Lc-11, *Lactobacillus plantarum* Lp-115, *Lactococcus lactis* LI-23, *Bifidobacterium longum* BL-05, *Streptococcus thermophilus* St-21 and prebiotic: prebiotic FOS fibre 50 mg. Health Supplement. Category D: Complementary Medicine. 34-9: Probiotics. These unregistered medicines have not been evaluated by the South African Health Products Regulatory Authority for quality safety or intended use. Adcock Ingram Limited Co. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Customer Care: 0860 ADCOCK/232625. www.adcock.com 2022080210218585 August 2022



### VIRAL GUARD™

**2+1 CHEAPEST FREE**  
on Viral Guard products\*



**Adult Daily Anti-Oxidant Immune Protection**  
60 capsules  
**114<sup>95</sup> each**



**Colds & Flu Immune Protection**  
30 tablets  
**124<sup>95</sup> each**



**Junior Syrup Immune Protection**  
200ml  
**158<sup>95</sup> each**

\*Offer excludes Viral Guard 60+30 Value Packs

### zyora™

**2+1 CHEAPEST FREE**  
on ANY Zyora™ products



**Zyfer**  
30 capsules  
**226<sup>95</sup> each**

**zyB+**  
60 capsules  
**229<sup>95</sup> each**

**zykrill**  
30 softgel capsules  
**244<sup>95</sup> each**

### ViralChoice®

**VALUE PACK**

**20%\* OFF**  
ALL ViralChoice products



**ViralChoice C Value Pack**  
120 capsules  
**231<sup>96</sup> per pack**  
**WAS 289<sup>95</sup>**



**ViralChoice Effervescent**  
30 effervescent tablets  
**159<sup>16</sup>**  
**WAS 198<sup>95</sup>**

\*Advertised prices already reflect discount



## WELLNESS CLINIC

Get to your nearest **Dis-Chem Wellness Clinic**, get your child vaccinated and get reminders for their next immunisation.

### Did you know...?

According to the World Health Organisation, an estimated **25 million** children under the age of **1 year** did not receive basic vaccines, which is the highest number since 2009.

**Helps:**



Produce antibodies to defend against infections



Build and boost their immunity



Protect your child's health and the people around them









# WOMEN'S HEALTH

## 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.

|                                                                                                                                                                                          |                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                                                                                  |                                                                                                                                                                      |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>INSTANT DISCOUNT</b><br><b>8000* OFF</b><br><br><b>Antistax Active Leg Tablets</b><br>60 tablets<br>#125951<br><b>479<sup>95</sup></b><br><b>WITH CARD</b><br><b>399<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>5000* OFF</b><br><br><b>Gold Collagen</b><br>90 capsules<br>#330623<br><b>199<sup>95</sup></b><br><b>WITH CARD</b><br><b>149<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>5000* OFF</b><br><br><b>Biogen Collagen with Peptan</b><br>280g/320g Assorted<br><b>349<sup>95</sup></b><br><b>WITH CARD</b><br><b>299<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>3600* OFF</b><br><br><b>A.Vogel Menoforce Hot Flush &amp; Night Sweat Remedy</b><br>30 tablets<br>#63857<br><b>325<sup>95</sup></b><br><b>WITH CARD</b><br><b>289<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>2500* OFF</b><br><br><b>Uri-Kleer</b><br>6 vegecaps<br>#5848<br><b>144<sup>95</sup></b><br><b>WITH CARD</b><br><b>119<sup>95</sup></b> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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



**SAVE 3000\***

**Gold Cranberry**  
60 softgel capsules  
#25859  
**89<sup>95</sup>**  
**WAS 119<sup>95</sup>**



**SAVE 3500\***

**Solal Collagen Plus Skin Essentials**  
30 capsules  
#107922  
**329<sup>95</sup>**  
**WAS 364<sup>95</sup>**



**SAVE 1700\***

**African 100% Cranberry Concentrate**  
500ml  
#17020  
**109<sup>95</sup>**  
**WAS 126<sup>95</sup>**



**SAVE 2000\***

**Preg-Omega Plus**  
30 day pack  
#69000  
**269<sup>95</sup>**  
**WAS 289<sup>95</sup>**



**30%\* OFF**  
**Lifestyle Health Pregnancy Pack**  
30 Day Pack  
**174<sup>97</sup>**  
**WAS 249<sup>95</sup>**



**25%\* OFF**  
**Lifestyle Health B12 + Folic Acid**  
120 tablets  
#218332  
**79<sup>46</sup>**  
**WAS 105<sup>95</sup>**



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

**Venavine Leg Vein Health Cream**  
125ml  
**129<sup>95</sup>**  
each



**SAVE 3000\***

**Stellar Activ-Folate**  
120 tablets  
#187522  
**224<sup>95</sup>**  
**WAS 254<sup>95</sup>**



**SAVE 2000\***

**Vigro Plus Bio Capsules**  
60 capsules  
#47724  
**199<sup>95</sup>**  
**WAS 219<sup>95</sup>**



**SAVE 1500\***

**Lifestyle Health Hair, Skin & Nails**  
60 capsules  
#25545  
**79<sup>95</sup>**  
**WAS 94<sup>95</sup>**

## CHILDREN'S HEALTH



**SAVE 1500\***

**Reuterina Junior**  
30 chew tablets  
#77794  
**179<sup>95</sup>**  
**WAS 194<sup>95</sup>**

\*Advertised price already reflects discount



**25%\* OFF**  
**ALL Crèche Guard products**



**20%\* OFF**  
**ALL JungleVites products**

\*Discounts to be deducted at tills



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

**Centrum Kids**  
60 chewable tablets  
**234<sup>95</sup>**  
each



**25%\* OFF**  
**ALL Zinium products**



**20%\* OFF**  
**ALL Brain Child products**

\*Discounts to be deducted at tills



**2+1 CHEAPEST FREE**  
on ANY Gummy Vites products

**Gummy Vites Multi Vitamin**  
60 jelly bears  
**129<sup>95</sup>**  
each

**Gummy Vites Immuno Support Vitamin C**  
60 jelly bears  
**132<sup>95</sup>**  
each



**SAVE 3000\***

**Airmune Kids Immune System Supporter** 60 gummies  
#410953  
**149<sup>95</sup>**  
**WAS 179<sup>95</sup>**

**Bio-Strath Bare Necessities Syrup** 100ml  
#14388  
**89<sup>95</sup>**  
**WAS 106<sup>95</sup>**

\*Advertised prices already reflect discounts



**INSTANT DISCOUNT**  
**7000\* OFF**

**Equazen**  
180 capsules  
#17529  
**459<sup>95</sup>**  
**WITH CARD**  
**389<sup>95</sup>**

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







# GUT HEALTH

## 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.

|                                                                                                                                                                                 |                                                                                                                                                            |                                                                                                                                                                |                                                                                                                                                               |                                                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>INSTANT DISCOUNT</b><br><b>5000* OFF</b><br><b>Probiotic Xtensiflora9 9 Strain</b><br>60 vegicaps<br>#107218<br><b>279<sup>95</sup></b><br><b>WITH CARD 229<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>3900* OFF</b><br><b>A. Vogel Molkosan</b><br>200ml<br>#15171<br><b>158<sup>95</sup></b><br><b>WITH CARD 119<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>4000* OFF</b><br><b>Lp299v Capsules</b><br>60 capsules<br>#10375<br><b>339<sup>95</sup></b><br><b>WITH CARD 299<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>8000* OFF</b><br><b>Iberogast Oral Liquid</b><br>50ml<br>#56952<br><b>299<sup>95</sup></b><br><b>WITH CARD 219<sup>95</sup></b> | <b>INSTANT DISCOUNT</b><br><b>3700* OFF</b><br><b>Biogen Supreme Omega 3</b><br>60 PLUS 10 softgel capsules<br>#229306<br><b>194<sup>95</sup></b><br><b>WITH CARD 157<sup>95</sup></b> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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

**Tasectan Adult 500mg**  
8 capsules  
#120039  
OR **Paed 250mg**  
10 sachets  
#118060  
**99<sup>95</sup>**  
WAS 129<sup>95</sup>

**SAVE 3000\***

**Biogen Supreme Probiotic 9-Strain**  
60 PLUS 10 vegicapsules  
#213679  
**199<sup>95</sup>**  
WAS 249<sup>95</sup>

**SAVE 5000\***

**Biogen Supreme Probiotic for Her**  
30 vegicapsules  
#411770  
**189<sup>95</sup>**  
WAS 229<sup>95</sup>

**SAVE 4000\***

**NEW**

\*Advertised prices already reflect discounts

**20% OFF**  
Enterogermina Infant and Family products

**Enterogermina Infants**  
20 vials  
#334395  
**183<sup>96</sup>**  
WAS 229<sup>95</sup>

**Enterogermina Family**  
20 vials  
#334396  
**199<sup>96</sup>**  
WAS 249<sup>95</sup>

**20% OFF**  
Buscomint 24 capsules

**Buscomint**  
24 capsules  
#334391  
**143<sup>96</sup>**  
WAS 179<sup>95</sup>

**20% OFF**  
Gold Probiotic 9 Strain 60 vegicaps

**Gold Probiotic 9 Strain**  
60 vegicaps  
#196756  
**191<sup>96</sup>**  
WAS 239<sup>95</sup>

\*Advertised prices already reflect discounts

**INSTANT DISCOUNT**  
**3000\* OFF**

**Cipla Entiro Probiotic Drops**  
10ml  
#329260  
**179<sup>95</sup>**  
WITH CARD **149<sup>95</sup>**

**SAVE 3000\***

**Lifestyle Health Fibre Supplement**  
300g  
#410348  
OR **Inulin Prebiotic Powder**  
300g  
#410350  
**99<sup>95</sup>**  
each  
WAS 129<sup>95</sup>

\*Advertised price already reflects discount

## OMEGAS & HEART HEALTH

**SAVE 5000\***

**PHYTOLIPID**  
CHOLESTEROL SUPPORT  
60 tablets  
#328169  
**249<sup>95</sup>**  
WAS 299<sup>95</sup>

**SAVE 3000\***

**CholesterolEase Health Supplement**  
30 powder sachets  
#74633  
**209<sup>95</sup>**  
WAS 239<sup>95</sup>

**SAVE 4000\***

**Gold Co-Enzyme Q10 160mg**  
60 capsules  
#197515  
**239<sup>95</sup>**  
WAS 279<sup>95</sup>

\*Advertised prices already reflect discounts

**2+1 CHEAPEST FREE**  
on Gold Omega 3 Salmon Oil AND Cold-Pressed Flaxseed Oil 1000mg 90 softgel capsules

**Gold Omega 3 Salmon Oil 1000mg**  
90 softgel capsules  
#26510  
**115<sup>95</sup>**  
each

**Gold Cold-Pressed Flaxseed Oil 1000mg**  
90 softgel capsules  
#25523  
**119<sup>95</sup>**  
each

**25% OFF**  
ReVite Phenomin-Oil OMEGA-3 90 softgels

**ReVite Phenomin-Oil OMEGA-3**  
90 softgels  
#49895  
**107<sup>21</sup>**  
WAS 142<sup>95</sup>

\*Advertised price already reflects discount

## 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**  
**10000\* OFF**

**Biogen Ubiquinol Co-Enzyme Q10**  
60 capsules  
#186866  
**499<sup>95</sup>**  
WITH CARD **399<sup>95</sup>**

**INSTANT DISCOUNT**  
**2000\* OFF**

**VasQ10**  
30 day pack  
#198056  
**189<sup>95</sup>**  
WITH CARD **169<sup>95</sup>**

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

**Dis-Chem PHARMACIES**





# BONE & JOINT HEALTH

## 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**

**50% OFF**

**Flexi Cal**  
30 day pack  
#174434

**349<sup>95</sup>**  
**WITH CARD**  
**299<sup>95</sup>**

**INSTANT DISCOUNT**

**35% OFF**

**PIASCLEDINE**  
30 capsules  
#141286

**314<sup>95</sup>**  
**WITH CARD**  
**279<sup>95</sup>**

**INSTANT DISCOUNT**

**30% OFF each**

**CrampEase**  
#78637 OR  
**CrampEase Night**  
#78638  
30 capsules

**162<sup>95</sup>**  
**WITH CARD**  
**132<sup>95</sup> each**

**INSTANT DISCOUNT**

**30% OFF**

**Lifestyle Health Calcium+**  
90 tablets  
#25392

**219<sup>95</sup>**  
**WITH CARD**  
**153<sup>97</sup>**

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

**2+1 CHEAPEST FREE**  
on ANY Caltrate Plus products

**Caltrate Plus**  
60 tablets

**Caltrate Plus**  
60 Chewables

**20% OFF**  
ALL OsteoEze products

**VALUE PACK**

**OsteoEze MSM**  
Joint Pain Support  
90 capsules  
#32204

**PLUS FREE**  
30 capsules  
#32204

**215<sup>96</sup>**  
**per pack**  
**WAS 269<sup>95</sup>**

**INSTANT DISCOUNT**

**25% OFF**

**Lifestyle Nutrition Joint Aid**  
30 vegecapsules  
#224526

**309<sup>95</sup>**  
**WITH CARD**  
**232<sup>46</sup>**

**SAVE 60<sup>00</sup>\***

**Lifestyle Health MSM 1000mg**  
120 coated tablets  
#387494

**189<sup>95</sup>**  
**WAS 249<sup>95</sup>**

**SAVE 35<sup>00</sup>\***

**THRESHHold Real MSM**  
120 tablets  
#54007

**249<sup>95</sup>**  
**WAS 284<sup>95</sup>**

**VALUE PACK**

**MenaCal.7**  
90 tablets  
#191440

**299<sup>95</sup>**  
**WAS 344<sup>95</sup>**

**SAVE 40<sup>00</sup>\***

**ArthAway Chronic**  
Joint Therapy Value Pack  
180 tablets  
#107211

**249<sup>95</sup>**  
**per pack**  
**WAS 289<sup>95</sup>**

\*Advertised prices already reflect discounts

## STRESS, ANXIETY & SLEEPLESSNESS

**20% OFF**  
Natura Rescue products\*\*

**Natura Rescue**  
Spray, Drops, Tablets

\*Discount to be deducted at tills  
\*\*Offer only applicable on above Natura Rescue products

**SAVE 25<sup>00</sup>\***

**stress-away**  
Anxiety & Stress  
60 tablets  
#5865

**154<sup>95</sup>**  
**WAS 179<sup>95</sup>**

**SAVE 15<sup>00</sup>\***

**Novanight Phyto+**  
16 tablets  
#336609

**124<sup>95</sup>**  
**WAS 139<sup>95</sup>**

\*Advertised prices already reflect discounts

**SAVE 35<sup>00</sup>\***

**Dis-Chem GOLD GABA**  
60 tablets  
#25546

**109<sup>95</sup>**  
**WAS 144<sup>95</sup>**

**SAVE 50<sup>00</sup>\***

**TensAway**  
Stress Relief  
40 tablets  
#4101

**129<sup>95</sup>**  
**WAS 179<sup>95</sup>**

**SAVE 30<sup>00</sup>\***

**NeuroXCEL**  
30 day pack  
#334580

**279<sup>95</sup>**  
**WAS 309<sup>95</sup>**

\*Advertised prices already reflect discounts

**SAVE 40<sup>00</sup>\***

**SOLAL Ashwagandha Extract**  
60 capsules  
#50856

**229<sup>95</sup>**  
**WAS 269<sup>95</sup>**

**SAVE 27<sup>00</sup>\***

**SOLAL Sleep Naturally**  
30 sachets  
#104263

**319<sup>95</sup>**  
**WAS 346<sup>95</sup>**

**SAVE 45<sup>00</sup>\***

**Biogen 5-HTP Neuro**  
60 vegicaps  
#212472

**199<sup>95</sup>**  
**WAS 244<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**

**50% OFF**

**SOLAL Burnout**  
60 capsules  
#50902

**399<sup>95</sup>**  
**WITH CARD**  
**349<sup>95</sup>**

**INSTANT DISCOUNT**

**34% OFF**

**Biogen Sure Sleep**  
60 capsules  
#20043

**163<sup>95</sup>**  
**WITH CARD**  
**129<sup>95</sup>**

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



# 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



# WELLNESS CLINIC

## ALL ABOUT DEWORMING

### WHAT IS DEWORMING?

Deworming is the process of removing parasitic worms or intestinal worms from the body by using an anthelmintic medicine which kill worms.

### BENEFITS OF DEWORMING?

Deworming improves your family's immunity, thereby protecting them from chronic illnesses caused by worms.



It improves attendance and concentration, making them more productive in school



It controls infections that can cause loose bowels and anaemia



It improves your livelihood and potential work opportunity



It helps reduce worm infections in the whole community

## Vermox®

**Vermox®** is a type of over-the-counter deworming medicine that can be used for children over the age of 1 year and adults. It treats most types of intestinal worm infestations and is available in different formulations for either 3-day treatments or single does treatments.



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.







# SPORTS SUPPLEMENTS

**Biogen**  
FOR THE RESULTS YOU WANT  
#BIOGENRAMPAGE

**RAGE UNLEASH**  
YOUR INNER RAMPAGE FOR THE ULTIMATE WORKOUT

**TESTO ARMOUR**  
120 capsules  
#410190  
**299<sup>95</sup>**  
WAS 349<sup>95</sup> **SAVE 50<sup>00</sup>\***

**COMPLETE WHEY**  
SUPREME PROTEIN BLEND  
1.75kg  
#412969  
**599<sup>95</sup>**  
WAS 679<sup>95</sup> **SAVE 80<sup>00</sup>\***

**TONGKAT ALI TESTO+**  
30 capsules  
#412108  
**269<sup>95</sup>**  
WAS 299<sup>95</sup> **SAVE 30<sup>00</sup>\***

**RAGE RAMPAGE**  
400g / Assorted  
**449<sup>95</sup>**  
each  
WAS 499<sup>95</sup> **SAVE 50<sup>00</sup>\***

\*Advertised prices already reflect discounts

**NPL**  
**Body rev.** Now is your chance to Win!  
Entries open in January 2023  
BODY TRANSFORMATION CHALLENGE

**HALO BURN**  
120 capsules  
#412969  
**429<sup>95</sup>**  
WAS 499<sup>95</sup> **SAVE 70<sup>00</sup>\***

**HALO TEST**  
180 capsules  
#412970  
**679<sup>95</sup>**  
WAS 749<sup>95</sup> **SAVE 70<sup>00</sup>\***

**BCAA AMINO PRO**  
360g / Assorted  
**319<sup>95</sup>**  
WAS 364<sup>95</sup> **SAVE 45<sup>00</sup>\***

**HYPER PUMP II**  
500g / Assorted  
**499<sup>95</sup>**  
WAS 549<sup>95</sup> **SAVE 50<sup>00</sup>\***

\*Advertised prices already reflect discounts

**USN**

**DIETFUEL ULTRALEAN**  
1.8kg / Assorted  
**599<sup>95</sup>**  
WAS 649<sup>95</sup> **SAVE 50<sup>00</sup>\***

**BLUELAB WHEY**  
100% Whey Premium Protein  
2kg / Assorted  
**1099<sup>95</sup>**  
WAS 1199<sup>95</sup> **SAVE 100<sup>00</sup>\***

**Lipo X Platinum 8-in-1 Fat Burner**  
80 capsules  
#382866  
**499<sup>95</sup>**  
WAS 599<sup>95</sup> **SAVE 100<sup>00</sup>\***

**Fat Burning Amino X Ener-G**  
300g / Assorted  
**279<sup>95</sup>**  
WAS 319<sup>95</sup> **SAVE 40<sup>00</sup>\***

\*Advertised prices already reflect discounts

**PRIMAL**  
SPORTS NUTRITION  
PUSH HARDER • GO FURTHER  
FOLLOW YOUR INSTINCT  
#GoPrimal

**BCAA 12:1:1**  
384g / Assorted  
**279<sup>95</sup>**  
WAS 319<sup>95</sup> **SAVE 40<sup>00</sup>\***

**CREATINE CHARGE**  
860g / Assorted  
**164<sup>95</sup>**  
WAS 184<sup>95</sup> **SAVE 20<sup>00</sup>\***

**MASS GAIN**  
4kg / Assorted  
**399<sup>95</sup>**  
WAS 449<sup>95</sup> **SAVE 50<sup>00</sup>\***

**WHEY PROTEIN**  
2kg / Assorted  
**799<sup>95</sup>**  
WAS 869<sup>95</sup> **SAVE 70<sup>00</sup>\***

\*Advertised prices already reflect discounts



**1 FOR 11<sup>95</sup>**  
**2 FOR 19<sup>95</sup>**  
SAVE 3<sup>95</sup>

**Switch Energy Drink**  
500ml / Assorted

**1 FOR 19<sup>95</sup>**  
**2 FOR 34<sup>95</sup>**  
SAVE 4<sup>95</sup>

**Monster Energy Drink**  
500ml / Assorted

**1 FOR 16<sup>95</sup>**  
**2 FOR 29<sup>95</sup>**  
SAVE 3<sup>95</sup>

**USN Qhush Energy Drink**  
500ml / Assorted

**1 FOR 11<sup>95</sup>**  
**2 FOR 19<sup>95</sup>**  
SAVE 3<sup>95</sup>

**Score Energy Drink**  
500ml / Assorted

**1 FOR 19<sup>95</sup>**  
**2 FOR 29<sup>95</sup>**  
SAVE 9<sup>95</sup>

**NPL Hustle BCAA Drink**  
440ml / Assorted

**1 FOR 16<sup>95</sup>**  
**2 FOR 25<sup>00</sup>**  
SAVE 8<sup>90</sup>

**Red Bull Energy Drink**  
250ml Assorted

**TRUE STRENGTH™**  
WWW.OPTIMUMNUTRITION.CO.ZA

**SAVE 70<sup>00</sup>\***

**Essential Amino Energy**  
270g / Assorted  
**499<sup>95</sup>**  
WAS 569<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**Gold Standard Pre-Workout**  
330g / Assorted  
**599<sup>95</sup>**  
WAS 649<sup>95</sup>

**SAVE 100<sup>00</sup>\***

**Gold Standard 100% Whey**  
2.26kg / Assorted  
**1799<sup>95</sup>**  
WAS 1899<sup>95</sup>

\*Advertised prices already reflect discounts

**INTERNATIONALLY VOTED SUPPLEMENT OF THE YEAR & BEST OVERALL PROTEIN POWDER OF THE YEAR 14 YEARS IN A ROW**

@ optimum\_nutrition\_sa f facebook.com/OptimumNutritionSA T: +27 11 234 9890 sales@optimumnutrition.co.za

**ALPHA**

**SAVE 40<sup>00</sup>\***

**Alpha Super Test**  
80 capsules #220333  
**249<sup>95</sup>**  
WAS 289<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**Alpha 5XL Formidable Ultra-Mass**  
4.2kg / Assorted  
**599<sup>95</sup>**  
WAS 649<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**Synergy 100% Plant Protein**  
700g / Assorted  
**249<sup>95</sup>**  
WAS 299<sup>95</sup>

\*Advertised prices already reflect discounts

**SAVE 50<sup>00</sup>\***

**Endure**  
900g / Assorted  
**319<sup>95</sup>**  
WAS 369<sup>95</sup>

**SAVE 35<sup>00</sup>\***

**Pre-Race Meal**  
1kg / Assorted  
**349<sup>95</sup>**  
WAS 384<sup>95</sup>

**1 FOR 159<sup>95</sup>**  
**2 FOR 259<sup>95</sup>**  
SAVE 59<sup>95</sup>

**Hydrate**  
20 effervescent tablets

\*Advertised prices already reflect discounts

FOR THE RESULTS YOU WANT

**SAVE 50<sup>00</sup>\***

**CytoGen Racing Mix**  
800g / Assorted  
**249<sup>95</sup>**  
WAS 299<sup>95</sup>

**SAVE 40<sup>00</sup>\***

**Carbogen Carbo Loader**  
900g / Assorted  
**249<sup>95</sup>**  
WAS 289<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**RecoverGen Recovery Drink**  
855g / Assorted  
**299<sup>95</sup>**  
WAS 349<sup>95</sup>

**2+1 CHEAPEST FREE**  
on ANY Biogen Real Energy Gel 36g, Oat Bar 35g/45g, Energy Bar 45g/50g AND Liquid Gel 60ml

\*Advertised prices already reflect discounts





# FITNESS GEAR

**BIOGEN**  
FOR THE RESULTS YOU WANT

**SAVE 40<sup>00</sup>\***

**Thermo Burn!**  
80 vegicapsules  
#412103  
**279<sup>95</sup>**  
WAS 319<sup>95</sup>

**SAVE 80<sup>00</sup>\***

**Lean Whey**  
640g / Assorted  
**399<sup>95</sup>**  
WAS 479<sup>95</sup>

**VALUE PACK**

**CLA 3000 Value Pack**  
270 softgels  
#91547  
**299<sup>95</sup>**  
WAS 339<sup>95</sup>

**SAVE 40<sup>00</sup>\***

**BULK VALUE PACK**

\*Advertised prices already reflect discounts

**Dis-Chem LIVING FIT**

**SAVE 100<sup>00</sup>\***

**Suspension Training System**  
#293998  
**499<sup>95</sup>**  
WAS 599<sup>95</sup>

**SAVE 50<sup>00</sup>\***

**AB Wheel**  
#293992  
**199<sup>95</sup>**  
WAS 249<sup>95</sup>

**SAVE 20<sup>00</sup>\***

**Yoga Mat**  
6m  
Assorted colours  
**139<sup>95</sup>**  
WAS 159<sup>95</sup>

\*Advertised prices already reflect discounts

**Tekkieties**  
NO TIE SILICONE LACES

**3+1 CHEAPEST FREE**  
on ANY Tekkie Ties products

**NEW AND IMPROVED DESIGN | NEVER TIE YOUR LACES AGAIN**

**FALKE** HIDDEN COOL & HIDDEN COMFORT

**3+1 CHEAPEST FREE**  
on ANY Falke Socks

**Falke Comfort OR Hidden Cool Socks**  
Assorted sizes and colours



## WEIGHT MANAGEMENT

**PRIMAL**  
SPORTS NUTRITION

**SAVE 70<sup>00</sup>\***

**Skinny Whey**  
900g Assorted  
**399<sup>95</sup>**  
WAS 469<sup>95</sup>

**SAVE 45<sup>00</sup>\***

**Amino Energy**  
390g Assorted  
**219<sup>95</sup>**  
WAS 264<sup>95</sup>

**CHROMIUM L-CARNITINE**

**SAVE 100<sup>00</sup>\***

**CLA 270**  
270 softgel capsules  
#194365  
**279<sup>95</sup>**  
WAS 379<sup>95</sup>

**CLA 270**  
270 softgel capsules  
#194365  
**279<sup>95</sup>**  
WAS 379<sup>95</sup>

**CLA 270**  
270 softgel capsules  
#194365  
**279<sup>95</sup>**  
WAS 379<sup>95</sup>

\*Advertised prices already reflect discounts

**NPL** **Body rev** Now is your chance to Win! Entries open in January 2023

**ALL-IN-ONE FAT METABOLISM DRINK**

**SAVE 30<sup>00</sup>\***

**Amino Burn**  
200g / Assorted  
**279<sup>95</sup>**  
WAS 309<sup>95</sup>

**NEW! ALL-IN-ONE THERMOGENIC WEIGHT MANAGEMENT SYSTEM**

**SAVE 45<sup>00</sup>\***

**Thermo Cuts**  
120 capsules  
#185973  
**319<sup>95</sup>**  
WAS 364<sup>95</sup>

**ALL-IN-ONE HIGH PROTEIN WEIGHT MANAGEMENT SHAKE**

**SAVE 50<sup>00</sup>\***

**Diet Pro**  
1.8kg / Assorted  
**579<sup>95</sup>**  
WAS 629<sup>95</sup>

\*Advertised prices already reflect discounts





# WEIGHT MANAGEMENT

**YOUTHFUL LIVING • YOUNG LIVING • YL • YOUNG LIVING •**

**BODY FIT™**

**GET READY GET BODY FIT™**

**2+1 CHEAPEST FREE on ANY Body Fit products**

**SHAKE & SLIM**  
DIET PROTEIN  
HIGH PROTEIN THERMOGENIC SHAKE  
NO ADDED SUGAR  
WITH FAT BURNING  
99g

**COLLAGEN**  
SLIM SMOOTHIE  
SUGAR FREE ADVANCE & COCAINE  
10.5g 20g

**L-CARNITINE**  
BURN  
PROMOTES HEALTHY ANTICATABOLISM  
300g

**THERMO LEAN**  
PROTEIN SNACK  
44g

**NOUGAT**  
PROTEIN SNACK  
44g

**SUPER SLIM**  
BOOST  
WEIGHT LOSS AND  
ENERGY SUPPORT  
20g

**LIPOTHERM**  
LIPOLYTIC  
THERMOGENIC  
AND SUGAR SUPPORT  
20g

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

**GET SLIMMER**

**GET HEALTHIER**

**GET STRONGER**

**We had a makeover. Now it's your turn.**

**Tony Ferguson**  
health made easy

**1 FOR 41<sup>95</sup>  
3 FOR 80<sup>00</sup>  
SAVE 45<sup>85</sup>**

**Slender Tea**  
20 teabags  
#326035

**Water Infusions Drops**  
50ml  
Assorted

**SAVE 20<sup>00</sup>\***

**SAVE 7<sup>00</sup>\***

**SAVE 30<sup>00</sup>\***

**Multivitamin Mineral Complex**  
60 tablets  
#68528  
**129<sup>95</sup>  
WAS 149<sup>95</sup>**

**Unsweetened Lemon Juice**  
500ml  
#206074  
**24<sup>95</sup>  
WAS 31<sup>95</sup>**

**Plant Based Protein Vegan Shake**  
420g / Assorted  
**169<sup>95</sup>  
WAS 199<sup>95</sup>**

**\*Advertised prices already reflect discounts**

**herbex**

**NO TIME FOR THE GYM?**

**HERBEX FAT BURN RANGE**

**BOOST METABOLISM  
BURN CALORIES AND FAT  
INCREASE ENERGY  
CONTROL APPETITE**

**HERBEX GET SLIM, START TODAY!**

**SAVE 45<sup>00</sup>\***

**SAVE 30<sup>00</sup>\***

**Fat Burn Concentrate**  
400ml / Assorted  
**149<sup>95</sup>  
WAS 194<sup>95</sup>**

**Fat Burn 60 tablets Assorted**  
**169<sup>95</sup>  
WAS 199<sup>95</sup>**

**WEIGHT LOSS IN A BOTTLE!**

**BUY ANY 2 FOR 159<sup>95</sup>  
SAVE 29<sup>95</sup>**

**Fat Burn Booster Drops**  
50ml / Assorted

**IT'S HLASELA AMAFUTHA FOR EVERYONE!**

**Hlasela Amafutha Muthi**  
500ml  
**OR**  
**Hlasela Amafutha Endoda Muthi**  
500ml  
**PLUS**  
**Hlasela Amafutha Tea**  
20 teabags / Assorted

**BUY BOTH FOR 119<sup>95</sup>  
SAVE 30<sup>00</sup>**

**\*Advertised prices already reflect discounts**





# HEALTH FOODS

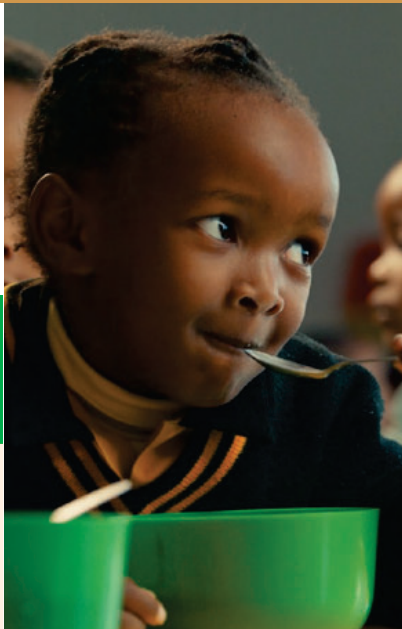
## CEREALS & MUESLIS



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.



FUTURELIFE® is South Africa's only functional food scientifically formulated with immune modulating moducare under licence from Aspen Pharmacare.



1 FOR 47<sup>95</sup>  
2 FOR 80<sup>00</sup>  
SAVE 15<sup>90</sup>

Bran+ Flakes  
PLUS Probiotic  
Capsules  
460g  
OR  
Kids Cereal  
375g / Assorted

Crunch  
425g  
OR Smart+  
Food  
500g / Assorted

20%\*  
**OFF**  
ALL Lifestyle  
Food Oats  
products



1 FOR 64<sup>99</sup>  
2 FOR 100<sup>00</sup>  
SAVE 29<sup>98</sup>

Lifestyle Food  
Granola Crunch  
750g / Assorted

\*Discount to be deducted at tills



25%\*  
**OFF**  
ALL Jungle  
products

\*Discount to be deducted at tills



SAVE  
6<sup>00</sup>\*

Special K  
Classic Cereal  
375g  
#173488  
**41<sup>95</sup>**  
WAS 47<sup>95</sup>

\*Advertised price already reflects discount



INSTANT  
DISCOUNT  
25%\*  
**OFF**

All Bran  
Flakes  
750g  
#389836

69<sup>95</sup> each  
WITH CARD  
**52<sup>46</sup>** each

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



20%\*  
**OFF**  
Tia's Granola 1kg  
AND Rice Cakes  
240g

\*Discount to be deducted at tills



1 FOR 34<sup>95</sup>  
2 FOR 60<sup>00</sup>  
SAVE 9<sup>90</sup>

Weet-Bix  
450g  
#162155



1 FOR 65<sup>95</sup>  
2 FOR 110<sup>00</sup>  
SAVE 21<sup>90</sup>

Weet-Bix  
900g  
#388293



Dis-Chem  
PHARMACIES

## EARN AND REDEEM UCOUNT REWARDS POINTS AT Dis-Chem when using your qualifying Standard Bank Card.

UCOUNT  
REWARDS



Standard Bank **IT CAN BE.**

\*Benefits relative to UCount tier. Ts&Cs apply. Auth FSP NCRCP15.



## Free From Sugar SUGAR-FREE ALTERNATIVES

**INSTANT DISCOUNT**  
**28.00\* OFF**

Lifestyle Food Xylitol Sweetener 1kg #87852

**162.95**  
**WITH CARD 134.95**

**1 FOR 16.99**  
**6 FOR 80.00**  
**SAVE 21.94**

Lifestyle Food Rooibos Ice Tea 300ml / Assorted

**1 FOR 30.95**  
**2 FOR 50.00**  
**SAVE 11.90**

Lifestyle Food Sugar Free Cookies 130g / Assorted

**29.95**  
**WAS 35.95**

Gullón Choco Chip Biscuits 125g #108730

**2+1 CHEAPEST FREE**  
on ANY Lifestyle Food Stevia, Sucralose AND Sweetener products

**20%\* OFF**  
**ALL Canderel products**

## Free From Lactose MILK ALTERNATIVES

**INSTANT DISCOUNT**  
**20%\* OFF**

Lifestyle Food Almond Breeze 1L

**BUY ANY 3 FOR 100.00**

Lifestyle Food Unsweetened Almond Milk 1 litre

OR

Lifestyle Food Sweetened Almond Milk 1 litre

**39.95**  
each

Lifestyle Food Unsweetened Rice Milk 1 litre

**47.95**

Lifestyle Food Barista Blend Oat Milk 1 litre

**46.95**

## Free From Gluten GLUTEN FREE

**1 FOR 21.99**  
**3 FOR 50.00**  
**SAVE 15.97**

Lifestyle Food Gluten Free Instant Noodles 65g / Assorted

**1 FOR 45.95**  
**2 FOR 70.00**  
**SAVE 21.90**

Lifestyle Food Gluten Free Macaroni Pasta OR Spaghetti Pasta 250g / Assorted

**1 FOR 46.95**  
**2 FOR 70.00**  
**SAVE 23.90**

Lifestyle Food Gluten Free Cake Flour 500g #331902

**1 FOR 19.95**  
**3 FOR 50.00**  
**SAVE 9.85**

Trigz Crunchy Popped Corn Chips 85g / Assorted

**SAVE 38.00\***

Lifestyle Food White Quinoa 1kg #201105

**151.96**  
**WAS 189.99**

**SAVE 40.00\***

Lifestyle Food Almond Flour 300g #185474

**99.95**  
**WAS 139.95**

**20%\* OFF**  
**ALL Wholesome Earth products**

Gaby's™ earth Foods

+27 11 397 4685

www.gabysearthfoods.co.za

**20%\* OFF**  
**ALL Gaby's products**

\*Discount to be deducted at tills

At Gaby's Earth Foods we are NUTS ABOUT HEALTH and pride ourselves on supplying our clients with a diverse range of quality dried fruit and nuts.

Gaby's core value, from inception of the brand, is to provide our loyal consumers with the best possible products sourced from our suppliers around the world.

This value is driven by the fact that the entire Gaby's range uses NO OIL!

All of our nuts are DRY ROASTED, crisp and scrumptiously tasty.

Our delicious snacks are enjoyed throughout the country by every person who has come to know and trust the Gaby's name.

We're NUTS ABOUT HEALTH, and that's our promise from the Gaby's family to you.





# 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.

|                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>Choice Grade Honey</b><br/>375g<br/>#185477</p> <p><b>64<sup>95</sup></b><br/>WITH CARD<br/><b>51<sup>96</sup></b></p> <p><b>Choice Grade Honey</b><br/>500g<br/>#185478</p> <p><b>89<sup>95</sup></b><br/>WITH CARD<br/><b>71<sup>96</sup></b></p> |  <p><b>Little Bee Raw Honey</b><br/>500g<br/>#90262</p> <p><b>78<sup>95</sup></b><br/>WITH CARD<br/><b>63<sup>16</sup></b></p> <p><b>Little Bee Choice Grade Honey</b><br/>375g<br/>#89847</p> <p><b>48<sup>95</sup></b><br/>WITH CARD<br/><b>39<sup>16</sup></b></p> <p><b>Little Bee Choice Grade Honey</b><br/>1kg<br/>#104968</p> <p><b>128<sup>95</sup></b><br/>WITH CARD<br/><b>103<sup>16</sup></b></p> |  <p><b>Goldcrest Choice Grade Pure Honey</b><br/>1kg<br/>#383314</p> <p><b>149<sup>95</sup></b><br/>WITH CARD<br/><b>119<sup>96</sup></b></p> <p><b>Goldcrest Choice Grade Pure Honey</b><br/>500g<br/>#383313</p> <p><b>78<sup>95</sup></b><br/>WITH CARD<br/><b>63<sup>16</sup></b></p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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

## JAMS



**20%\* OFF**  
ALL St. Dalfour Jam products

St. Dalfour Jam contains no added sugar and is made with 100% natural ingredients. They sweeten their jam with vineyard-ripened grape must and fruit juice concentrates. The brand is fashioned on old traditional French jam making processes with focus on a quality and healthier option.

\*Discount to be deducted at tills

## SPREADS



**20%\* OFF**  
ALL OhMega products

**1 FOR 66<sup>95</sup>**  
**2 FOR 100<sup>00</sup>**  
SAVE 33<sup>90</sup>

**SAVE 37<sup>00</sup>\***

**The Original PB2 Peanut Powder**  
184g / Assorted  
**139<sup>95</sup>**  
WAS 176<sup>95</sup>

\*Advertised price already reflects discount

Lifestyle Food Peanut Butter Smooth OR Crunchy 800g / Assorted

\*Discount to be deducted at tills

## RICE CAKES & RUSKS



**2+1 CHEAPEST FREE**  
on ANY Lifestyle Food Rusks, Rice Cakes AND Corn Cakes 130g

Lifestyle Food products shown include: Rusks (Muesli, Double Bran, Buttermilk), White Rice Cakes (Unsalted, Salted), Brown Rice Cakes (Salted), White Corn Cakes (Salted), and Yellow Corn Cakes (Plain).







\*Swipe your **Dls-Chem** Benefit Card to claim your Instant Discounts

\*Advertised prices already reflect discounts

\*Discount to be deducted at tills

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# Dis-Chem

## PHARMACIES

12 JANUARY TO  
12 FEBRUARY 2023

# SAVE

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

**OLAY Luminous Whip Cream SPF30**  
50ml  
**OR Regenerist Retinol 24 Night Moisturiser**  
50g  
**479<sup>95</sup> each**

**OLAY EYES**  
THREE DEHYDRATED EYES  
OLAY EYES DEEP HYDRATING EYE GEL  
15ml  
**429<sup>95</sup> each**

**OLAY Regenerist Anti-Ageing Micro-Sculpting Super Firming Serum**  
50ml  
**429<sup>95</sup> each**

**VALUE PACK**

**1L LISTERINE ZERO MOUTHWASH**  
#156452  
**76<sup>95</sup>**  
WAS 106<sup>95</sup>

**SAVE 30<sup>00</sup>\***

**extra**

\*Advertised price already reflects discount

**1 FOR 44<sup>95</sup>**  
**3 FOR 80<sup>00</sup>**  
**SAVE 54<sup>85</sup>**

**Sta-Soft Fabric Conditioner Dilutable Refill**  
500ml / Assorted\*

\*Offer excludes Sta-Soft Doy 500ml Concentrate Refill Pack

**OFFERS EXCLUSIVE TO babycity**

**SAVE 200<sup>00</sup>\***

**Baby Things Side By Side Travel Cot**  
• Co-sleeper mode for side-by-side sleeping  
• A full size bassinet with mesh sides for ventilation  
• 2 wheels for easy manoeuvrability  
• Travel bag & mosquito net included  
#410170  
**1399<sup>99</sup>**  
WAS 1599<sup>99</sup>

\*Advertised price already reflects discount

**VALUE PACK**

**Pampers premium care Nappies**  
Sizes 1 - 6  
#82  
**219<sup>99</sup> per pack**

**extra**

**Value Pack Pampers Premium Care Nappies**  
Sizes 1 - 6  
**219<sup>99</sup> per pack**

**SAVE 20<sup>00</sup>\***

**afri'pure**  
**VITAMINE E BODYWASH**  
**COCOA BUTTER BODYWASH**  
**EA BUTTER BODYWASH**  
500ml  
Assorted  
**49<sup>95</sup> each**  
WAS 69<sup>95</sup>

**VALUE PACK**

**Pure Soap**  
6 x 150g  
#172254  
**79<sup>95</sup> per pack**  
WAS 96<sup>95</sup>

**SAVE 17<sup>00</sup>\***

**Super Value Pack Pure Soap**

**SAVE 50<sup>00</sup>\***

**E45 Cream**  
500g  
**219<sup>95</sup> each**  
WAS 269<sup>95</sup>

**DERMATOLOGICAL**

**E45 Cream**  
500g  
**219<sup>95</sup> each**  
WAS 269<sup>95</sup>

\*Advertised prices already reflect discounts

**L'ORÉAL PARIS**

**SAVE 20%\***  
ON SELECT\*\* L'ORÉAL PARIS MAKEUP PRODUCTS

**FROM 75<sup>95</sup> each**

\*\*OFFER APPLICABLE ON TRUE MATCH RANGE, COLOR RICHE LIPSTICKS, VOLUME MILLION LASHES RANGE, PARADISE RANGE.  
\*Advertised price already reflects discount

**BUY 1 LIP PRODUCT GET 50%\* OFF THE SECOND LIP PRODUCT**

**FROM 129<sup>95</sup> each**

\*Offer only applicable on the cheapest Rimmel lip products

**RIMMEL LONDON**

**MORE COLOUR FOR LESS**

**LIVE THE LONDON LOOK**

**YARDLEY LONDON**

**BUY 1 LIP PRODUCT GET 50%\* OFF THE SECOND LIP PRODUCT\*\***

**FROM 119<sup>95</sup> each**

\*Offer only applicable on the cheapest Yardley lip products  
\*\*Excludes Yardley Intense Shine Lipstick

**MAYBELLINE NEW YORK**

**SAVE 20%\***  
ON ALL MAYBELLINE FOUNDATIONS

**Superstay 30HR Foundation**  
**185<sup>00</sup> each**  
WAS 231<sup>25</sup>

**Fit Me Foundations**  
**115<sup>00</sup> each**  
WAS 193<sup>75</sup>

\*Advertised prices already reflect discount





# SUN CARE

**NIVEA  
SUN**

**30%\*  
OFF**  
ALL NIVEA  
SUN  
products

TRUST THE  
**NO. 1**  
SUN CARE  
BRAND\*

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

|                                                       |                                                          |                                                                     |                                                      |                                                  |                                                              |                                                                                  |                                                                 |
|-------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------|
|                                                       |                                                          |                                                                     |                                                      |                                                  |                                                              |                                                                                  |                                                                 |
| <b>Protect &amp; Moisture Sun Lotion SPF50+ 200ml</b> | <b>Protect &amp; Moisture Trigger Spray SPF50+ 270ml</b> | <b>Protect &amp; Dry Touch Refresh Cooling Sun Mist SPF50 200ml</b> | <b>Protect &amp; Moisture Sun Spray SPF50+ 200ml</b> | <b>UV Face Q10 Anti-Age Sun Spray SPF50 50ml</b> | <b>Kids Ultra Protect &amp; Play Sun Lotion SPF50+ 150ml</b> | <b>Babies &amp; Kids 5 in 1 Sensitive Protect Trigger Sun Spray SPF50+ 270ml</b> | <b>Kids Sensitive Protect &amp; Care Sun Spray SPF50+ 200ml</b> |
| <b>150<sup>47</sup></b><br>WAS 214 <sup>95</sup>      | <b>146<sup>97</sup></b><br>WAS 209 <sup>95</sup>         | <b>139<sup>97</sup></b><br>WAS 199 <sup>95</sup>                    | <b>139<sup>97</sup></b><br>WAS 199 <sup>95</sup>     | <b>111<sup>99</sup></b><br>WAS 159 <sup>95</sup> | <b>139<sup>97</sup></b><br>WAS 199 <sup>95</sup>             | <b>150<sup>47</sup></b><br>WAS 214 <sup>95</sup>                                 | <b>139<sup>97</sup></b><br>WAS 199 <sup>95</sup>                |

\*Advertised prices already reflect discount

**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.

**Sun Lab** Exclusive to Dis-Chem

**INSTANT DISCOUNT 20%\* OFF** ALL Sun Lab products

|                                                             |                                                              |                                                            |
|-------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|
|                                                             |                                                              |                                                            |
| <b>Wet Skin Beach &amp; Pool Sun Spray SPF50 200ml</b>      | <b>Family Size Express Spray SPF50 500ml</b>                 | <b>After Sun Tan Maximiser 150ml</b>                       |
| <b>119<sup>95</sup></b><br>WITH CARD <b>95<sup>96</sup></b> | <b>204<sup>95</sup></b><br>WITH CARD <b>163<sup>96</sup></b> | <b>99<sup>95</sup></b><br>WITH CARD <b>79<sup>96</sup></b> |
|                                                             |                                                              |                                                            |
| <b>Kids Sunscreen Lotion SPF50 150ml Assorted</b>           | <b>Kids Protect Lotion Spray SPF50 200ml Assorted</b>        |                                                            |
| <b>109<sup>95</sup></b><br>WITH CARD <b>87<sup>96</sup></b> | <b>129<sup>95</sup></b><br>WITH CARD <b>103<sup>96</sup></b> |                                                            |

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

**Everysun** 30%\* OFF Everysun sun care products

|                                                  |                                                 |                                                |                                                   |
|--------------------------------------------------|-------------------------------------------------|------------------------------------------------|---------------------------------------------------|
|                                                  |                                                 |                                                |                                                   |
| <b>Sunscreen Lotion SPF30 200ml</b>              | <b>After Sun Cooling Gel Spray 200ml</b>        | <b>Sport Sunscreen Invisi Spray SPF50 75ml</b> | <b>Sunscreen Invisi Trigger Spray SPF50 300ml</b> |
| <b>104<sup>97</sup></b><br>WAS 149 <sup>95</sup> | <b>73<sup>47</sup></b><br>WAS 104 <sup>95</sup> | <b>69<sup>97</sup></b><br>WAS 99 <sup>95</sup> | <b>143<sup>47</sup></b><br>WAS 204 <sup>95</sup>  |

\*Advertised prices already reflect discount

**island Tribe** 2+1 CHEAPEST FREE on Island Tribe products\*

|                                                           |                                        |                                         |
|-----------------------------------------------------------|----------------------------------------|-----------------------------------------|
|                                                           |                                        |                                         |
| <b>Kids Light Lotion Sun Protection Spray SPF50 300ml</b> | <b>Kids Stick Clear Gel SPF50 30ml</b> | <b>Tame the Sun After Sun Gel 125ml</b> |
| <b>229<sup>95</sup></b> each                              | <b>64<sup>95</sup></b> each            | <b>74<sup>95</sup></b> each             |

\*Offer excludes Island Tribe Banded Packs

Exclusive to Dis-Chem

**BioNike** HEALTH AND BEAUTY DEFENCE SUN

**20%\* OFF** ALL BioNike Defence Sun products

LOVE YOUR SKIN SAVE THE SEA  
BioNike supports the protection of the marine habitat.

|                                                       |                                                       |                                                  |
|-------------------------------------------------------|-------------------------------------------------------|--------------------------------------------------|
|                                                       |                                                       |                                                  |
| <b>Very High Protection Fluid Lotion SPF50+ 200ml</b> | <b>High Protection No-Shine Face Fluid SPF30 50ml</b> | <b>High Protection Mineral Cream SPF30 100ml</b> |
| <b>236<sup>00</sup></b><br>WAS 295 <sup>00</sup>      | <b>188<sup>00</sup></b><br>WAS 235 <sup>00</sup>      | <b>172<sup>00</sup></b><br>WAS 215 <sup>00</sup> |
|                                                       |                                                       |                                                  |
| <b>Very High Protection Spray SPF50+ 200ml</b>        |                                                       |                                                  |
| <b>239<sup>99</sup></b><br>WAS 299 <sup>99</sup>      |                                                       |                                                  |

\*Advertised prices already reflect discount

\*\*Also residual nickel content can lead, especially in allergy-prone subjects, to allergic reactions or skin sensitisations. Hence, every production lot is analysed to ensure the nickel content in products is lower than 0.00001%.





# FACE CARE

**NIVEA**

VISIBLY YOUNGER LOOKING SKIN  
IN 7 DAYS

TRUST IN THE Care OF NIVEA

**NIVEA**  
Cellular Filler  
Range Assorted

**30%\*  
OFF**  
ALL NIVEA Ladies'  
face care  
products



**NEW BAKUCHIOL**

REDUCES SIGNS OF DEEP WRINKLES  
AND VISIBLY RESTORES STRUCTURE.

**NIVEA** Cellular Lift Expert  
Range Assorted



**Q10**  
Anti-Wrinkle  
Power Firming  
Day Cream  
SPF15  
50ml  
**153<sup>99</sup>**  
WAS 219<sup>95</sup>

RESMOOTH,  
REFIRM,  
REPLUMP



Hyaluron  
Cellular Filler  
Serum  
30ml  
**209<sup>99</sup>**  
WAS 299<sup>99</sup>



Hyaluron  
Cellular Filler  
Anti-Age  
Day Cream  
50ml  
**213<sup>47</sup>**  
WAS 304<sup>95</sup>



Hyaluron  
Cellular Filler  
Anti-Age  
Night Cream  
50ml  
**213<sup>47</sup>**  
WAS 329<sup>95</sup>



Lift Expert  
Cellular Advanced  
Anti-Age  
Day Cream SPF15  
50ml  
**237<sup>96</sup>**  
WAS 339<sup>95</sup>



Lift Expert  
Cellular  
Advanced  
Anti-Age  
Night Cream  
50ml  
**237<sup>96</sup>**  
WAS 339<sup>95</sup>

\*Advertised prices already reflect discount



**Charcoal**  
3-in-1 Wash,  
Scrub & Mask  
150ml  
**99<sup>95</sup>**  
each

**2+1  
CHEAPEST  
FREE**  
on ANY IQ  
face care  
products



**10% Vitamin C**  
Brightening  
Antioxidant  
Serum  
Radiance Shot  
30ml  
**239<sup>95</sup>**  
each



**UltraRich**  
Advanced  
Anti-Ageing  
Night Cream  
50ml  
**249<sup>99</sup>**  
each



**Bright Healthy  
Radiance  
Brightening Night  
Comfort Cream**  
50g  
#333109  
**339<sup>95</sup>**  
WAS 404<sup>95</sup>

**SAVE  
41<sup>00</sup>\***



**Pro Redness  
Prone Skin  
Daily  
Moisturiser  
Cream**  
50ml  
#388341  
**229<sup>95</sup>**  
WAS 270<sup>95</sup>

**SAVE  
30<sup>00</sup>\***



**Pro Redness  
Prone Skin  
Foam  
Face Wash**  
236ml  
#388278  
**219<sup>95</sup>**  
WAS 249<sup>95</sup>

\*Advertised prices already reflect discounts



**Cleansing  
Soap Bar**  
75g / Assorted  
**16<sup>95</sup>**  
each

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



**Daily  
Face Wash**  
150ml / Assorted  
**49<sup>95</sup>**  
each



**Vitamin C  
Booster  
Serum**  
30ml  
**147<sup>96</sup>**  
WAS 184<sup>95</sup>

**20%\*  
OFF**  
ALL Garnier  
face care  
products

**NEW  
VITAMIN C\*\*  
BOOSTER  
SERUM**

**3.5%**

**NIACINAMIDE  
+  
VITAMIN C\*\*  
+  
SALICYLIC  
ACID**

IT'S CLINICALLY PROVEN:  
REDUCES DARK MARKS BY 43%\*\*\*

\*Advertised price already reflect discount

\*\*Vitamin C derivative. \*\*\*Clinical test on 74 women, average results on colour intensity of dark spot after 8 weeks of product use, results may vary. The information provided should not be used as a sole basis for the purchase of the product.



**Flawless Radiance  
Derma+ Hydrating  
Day Gel  
SPF15 PA++**  
50ml  
**103<sup>96</sup>**  
WAS 129<sup>95</sup>

**20%\*  
OFF**  
ALL Pond's  
face care  
products



**Age Miracle  
Micellar  
Water**  
400ml  
**71<sup>96</sup>**  
WAS 89<sup>95</sup>

**Age Miracle  
Cell ReGen  
Facial Foam**  
100ml  
**111<sup>96</sup>**  
WAS 139<sup>95</sup>

**Pimple Clear  
Mineral Clay  
Cleanser**  
81ml  
**79<sup>96</sup>**  
WAS 99<sup>95</sup>

**Serum  
Face Mask**  
1-piece / Assorted  
**39<sup>96</sup>**  
WAS 49<sup>95</sup>

\*Advertised prices already reflect discount



Exclusive to  
Dis-Chem



**Rosehip Oil & Hyaluronic  
Acid Beauty  
Serum**  
30ml  
**79<sup>96</sup>**  
WAS 99<sup>95</sup>



**Aloe & Cucumber  
Exfoliating  
Wash**  
150ml  
**76<sup>00</sup>**  
WAS 95<sup>00</sup>



**Rooibos & Vitamin C  
Cleansing  
Wash**  
150ml  
**103<sup>96</sup>**  
WAS 129<sup>95</sup>



**Rosehip Oil & Hyaluronic  
Acid Toning  
Mist**  
200ml  
**71<sup>96</sup>**  
WAS 89<sup>95</sup>

\*Advertised prices already reflect discount



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>



**GLOW  
INSIDE  
AND  
OUT!**

**ANTI-SAGGING**



**NEW  
AGE PERFECT  
CELL RENEW**  
ILLUMINATES  
REVITALISES  
REGENERATES

**20%\*  
OFF**  
ALL L'Oréal Paris  
face care  
products



[WITH BLACK TRUFFLE & FERMENTED BLACK TEA]

**FIRMING**

\*Advertised prices already reflect discount

**Cell Renew  
Day Cream  
SPF30**  
50ml  
**279<sup>96</sup>**  
WAS 349<sup>95</sup>



**Cell Renew  
Midnight Serum**  
30ml  
**319<sup>96</sup>**  
WAS 399<sup>95</sup>



YOU'RE WORTH IT.

Viola Davis



\*\*Clinical study on 156 Women in South Africa 2022

\*\*\*NielsenIQ confirms that the information reported to L'Oréal ("Client") on "Anti-Aging Female Face Care" category for the 12-month period ending February 2022, in 31 countries (1), total retail market (Copyright © 2022, NielsenIQ), representing 80.3% of World GNI (2), shows that Revitalift brand ranked first in value and volume sales on the "Anti-Aging Female Face Care" category (see Annex A for Anti-Aging references). Our Retail Index report covers mass market channels listed in Annex B, and product ranking is available in Annex C.

**Dis-Chem  
PHARMACIES**





# BATH AND BODY CARE

## Exclusive to Dis-Chem



BioNike strives to enhance the beauty of each person's unique body with a range of BODY CARE treatments designed to offer effectiveness, tolerability and a true treat.

BioNike have products to suit all body care needs. These products are also suitable for very sensitive skin.

### DEFENCE BODY



Scan to learn more about BioNike

**20%\***  
**OFF**  
ALL BioNike Defence Body products



#BioNikeSouthAfrica

\*Discount to be deducted at tills

EST 1970  
**BAYLIS & HARDING**  
ENGLAND

INSTANT DISCOUNT

**20%\***  
ALL Baylis & Harding single products



Royal Garden Hand Wash  
500ml  
Assorted

**89<sup>95</sup>**  
each  
WITH CARD  
**71<sup>96</sup>**  
each

Goodness Hand Cream  
75ml  
Assorted

**109<sup>95</sup>**  
WITH CARD  
**87<sup>96</sup>**

Goodness Body Wash  
500ml  
Assorted

**129<sup>95</sup>**  
WITH CARD  
**103<sup>96</sup>**

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



Bio-Oil Skincare Oil  
200ml  
#54655  
**149<sup>95</sup>**  
WAS 249<sup>95</sup>

Bio-Oil Skincare Oil (Natural)  
200ml  
#293161  
**219<sup>95</sup>**  
WAS 319<sup>95</sup>



**2+1**  
CHEAPEST  
**FREE**  
on ANY Johnson's Vita-Rich OR Deep Clean products

Johnson's Vita-Rich OR Deep Clean Body Wash  
400ml / Assorted  
**44<sup>95</sup>**  
each



Skin eFX Body Lotion  
400ml / Assorted  
**29<sup>95</sup>**  
WAS 34<sup>95</sup>



Radox Body Wash  
750ml / Assorted  
**62<sup>95</sup>**  
WAS 74<sup>95</sup>



Good Stuff Tissue Oil  
100ml / Assorted  
**67<sup>95</sup>**  
WAS 77<sup>95</sup>



Good Stuff Tissue Oil  
50ml / Assorted  
**39<sup>95</sup>**  
WAS 44<sup>95</sup>



NIVEA Body Lotion  
625ml / Assorted  
**78<sup>95</sup>**  
WAS 104<sup>95</sup>

NIVEA Repair & Care Body Cream  
400ml  
**74<sup>95</sup>**  
WAS 99<sup>95</sup>



**SAVE 45<sup>00</sup>\***



**SAVE 35<sup>00</sup>\***

Cetaphil Bright Healthy Radiance Brightening Lotion  
245ml  
#333824  
**249<sup>95</sup>**  
WAS 294<sup>95</sup>

Cetaphil Bright Healthy Radiance Brightness Reveal Body Wash  
245ml  
#333825  
**249<sup>95</sup>**  
WAS 284<sup>95</sup>

\*Advertised prices already reflect discounts

\*Advertised prices already reflect discounts

\*Advertised prices already reflect discounts

**SAVE 10<sup>00</sup>\***

Disinfectant Spray  
400ml / Assorted  
**69<sup>95</sup>**  
WAS 79<sup>95</sup>

**2+1 FREE**  
on ANY Dettol Hygiene Liquid Hand Washes AND Sanitizer 200ml

Hand Sanitizer  
200ml / Assorted  
**50<sup>00</sup>**  
each

Hygiene Liquid Hand Wash  
200ml / Assorted  
**36<sup>99</sup>**  
each

**SAVE 300\***

Hygiene Wet Wipes  
10-pack  
**16<sup>95</sup>**  
per pack  
WAS 19<sup>95</sup>

**1 FOR 15<sup>99</sup>**  
**3 FOR 38<sup>00</sup>**  
**SAVE 9<sup>97</sup>**

**25g EXTRA\***

Hygiene Soap  
175g / Assorted  
**69<sup>95</sup>**  
WAS 99<sup>95</sup>

**SAVE 30<sup>00</sup>\***

Hygiene Body Wash  
600ml  
**53<sup>95</sup>**  
WAS 70<sup>00</sup>

**SAVE 16<sup>05</sup>\***

Disinfectant Liquid  
750ml  
Assorted  
**69<sup>95</sup>**  
WAS 99<sup>95</sup>

\*Advertised prices already reflect discounts





# INSTANT DISCOUNTS Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 0860 347 243 and follow the easy steps.

|                                                                                                                                                                                            |                                                                                                                                                                                            |                                                                                                                                                                                                                |                                                                                                                                                                                                               |                                                                                                                                                                                                        |                                                                                                                                                                                                 |                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Hand Wash</b><br>500ml / Assorted<br><b>49<sup>95</sup></b><br>WITH CARD<br><b>42<sup>46</sup></b> | <br><b>Body Wash</b><br>750ml / Assorted<br><b>59<sup>95</sup></b><br>WITH CARD<br><b>50<sup>96</sup></b> | <br><b>Nutriskin Moisturising Lotion</b><br>450ml / Assorted<br><b>56<sup>95</sup></b><br>WITH CARD<br><b>48<sup>41</sup></b> | <br><b>Nutriskin Moisturising Cream</b><br>400g / Assorted<br><b>56<sup>95</sup></b><br>WITH CARD<br><b>48<sup>41</sup></b> | <br><b>Luxury Foam Bath</b><br>2 litres / Assorted<br><b>56<sup>95</sup></b><br>WITH CARD<br><b>48<sup>41</sup></b> | <br><b>Hygiene Wash</b><br>1 litre Assorted<br><b>56<sup>95</sup></b><br>WITH CARD<br><b>48<sup>41</sup></b> | <br><b>Hygiene Wash</b><br>1 litre Assorted<br><b>56<sup>95</sup></b><br>WITH CARD<br><b>48<sup>41</sup></b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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

|                                                                                                                                                                                                                            |                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Radox Body Wash</b><br>250ml / Assorted<br><b>1 FOR 39<sup>99</sup></b><br><b>2 FOR 68<sup>00</sup></b><br>SAVE 11 <sup>98</sup> | <br><b>Protex Soap Bar</b><br>150g Assorted<br><b>1 FOR 15<sup>95</sup></b><br><b>3 FOR 39<sup>00</sup></b><br>SAVE 8 <sup>85</sup> | <br><b>ef-active Moisturising Hand Sanitizer Refill Pack</b><br>1 litre #289917<br><b>1 FOR 84<sup>95</sup></b><br><b>2 FOR 100<sup>00</sup></b><br>SAVE 69 <sup>90</sup> | <br><b>ef-active 70% Alcohol Wipes</b><br>50-pack #328761<br><b>1 FOR 49<sup>95</sup></b><br><b>2 FOR 70<sup>00</sup></b><br>SAVE 29 <sup>90</sup> | <br><b>Cetaphil Bright Healthy Radiance Reveal Soap Bar</b><br>100g #333826<br><b>149<sup>00</sup></b><br>WAS 174 <sup>00</sup><br>SAVE 25 <sup>00</sup> * |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

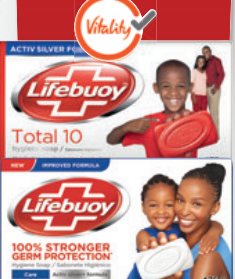
\*Advertised price already reflects discount

  
**Hand Sanitizer**  
100ml  
**20<sup>00</sup>** each

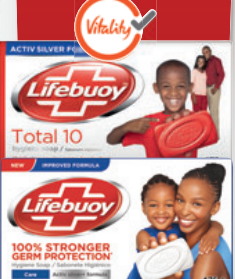
  
**Hand Sanitizer**  
120ml  
**36<sup>95</sup>** each

  
**Hand Wash**  
200ml / Assorted  
**36<sup>95</sup>** each

  
**Bodywash**  
400ml / Assorted  
**49<sup>00</sup>** each

  
**Soap Bar**  
175g / Assorted  
**16<sup>95</sup>** each

  
**Bodywash**  
750ml / Assorted  
**66<sup>00</sup>** each

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

  
**Epi-Max Cream**  
400g #16763  
**74<sup>95</sup>**  
WAS 104<sup>95</sup>  
SAVE 17<sup>00</sup>\*

  
**ef-active HygienE Clean Hand Wash**  
500ml Assorted  
**34<sup>95</sup>** each  
WAS 51<sup>95</sup>  
SAVE 30<sup>00</sup>\*

  
**epi-max cream**  
400g  
WAS 104<sup>95</sup>  
SAVE 30<sup>00</sup>\*

\*Advertised prices already reflect discounts

|                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>Vaseline Body Cream OR Lotion</b><br>400ml / Assorted*<br><b>1 FOR 59<sup>95</sup></b><br><b>2 FOR 85<sup>00</sup></b><br>SAVE 34 <sup>90</sup> | <br><b>Vaseline Petroleum Jelly</b><br>450ml / Assorted<br><b>1 FOR 59<sup>95</sup></b><br><b>2 FOR 90<sup>00</sup></b><br>SAVE 29 <sup>90</sup> |
| <br><b>NIVEA Shower Gel</b><br>250ml / Assorted<br><b>1 FOR 42<sup>95</sup></b><br><b>2 FOR 58<sup>00</sup></b><br>SAVE 27 <sup>90</sup>               | <br><b>Sanex Shower Gel</b><br>500ml / Assorted<br><b>1 FOR 79<sup>95</sup></b><br><b>2 FOR 100<sup>00</sup></b><br>SAVE 59 <sup>90</sup>        |
| <br><b>Dove Body Wash</b><br>250ml Assorted<br><b>1 FOR 49<sup>99</sup></b><br><b>2 FOR 70<sup>00</sup></b><br>SAVE 29 <sup>98</sup>                   | <br><b>Lux Body Wash</b><br>400ml Assorted<br><b>1 FOR 54<sup>95</sup></b><br><b>2 FOR 80<sup>00</sup></b><br>SAVE 29 <sup>90</sup>              |

\*Offer excludes Vaseline Clinical Care range





# HAIR CARE

**PANTENE PRO-V**

**30%\* OFF**  
ALL Pantene Shampoos, Conditioners AND Treatments

Shampoo OR Conditioner 360ml/400ml Assorted **61<sup>57</sup>** each **WAS 87<sup>95</sup>**

3 Minute Miracle Treatment 200ml/300ml Assorted **69<sup>97</sup>** **WAS 99<sup>95</sup>**

**extra**

\*Advertised prices already reflect discount

**head & shoulders**

**30%\* OFF**  
Head & Shoulders\*\* Shampoos OR Conditioners

Shampoo OR Conditioner 275ml/360ml/400ml Assorted **73<sup>47</sup>** each **WAS 104<sup>95</sup>**

**extra**

\*Advertised price already reflects discount  
\*\*Offer excludes Head & Shoulders Suprême range

**ZERO** **NEW**

**20%\* OFF**  
ALL Zero hair care products

Caffeine Rejuve Regain Tonic Lotion 250ml **55<sup>96</sup>** **WAS 69<sup>95</sup>**

Silver Conditioner 250ml **61<sup>56</sup>** **WAS 76<sup>95</sup>**

\*Advertised prices already reflect discount

**JANE SEYMOUR**  
TRUSTED IN HAIRCARE

**20%\* OFF**  
Jane Seymour Wonder Set Hairsprays 300ml

Wonder Set Hairspray 300ml Assorted **36<sup>76</sup>** **WAS 45<sup>95</sup>**

**gill**  
Anti-dandruff Shampoos

**20%\* OFF**  
ALL Gill Anti-Dandruff Shampoos 200ml

Anti-Dandruff Shampoo 200ml / Assorted **42<sup>36</sup>** each **WAS 52<sup>95</sup>**

**extra**

\*Advertised prices already reflect discount

**GREENER LIVING**

**10%\* OFF**  
ALL Eco Style hair care products

Argan Oil Styling Gel 236ml **71<sup>96</sup>** **WAS 89<sup>95</sup>**

Coconut Oil Styling Gel 473ml **127<sup>96</sup>** **WAS 159<sup>95</sup>**

Super Olive 10X Styling Gel 473ml **183<sup>96</sup>** **WAS 229<sup>95</sup>**

Cannabis Styling Gel 473ml **207<sup>96</sup>** **WAS 259<sup>95</sup>**

\*Advertised prices already reflect discount

**MIELLE**

**20%\* OFF**  
ALL Mielle hair care products

Pomegranate & Honey Leave-In Conditioner 355ml **239<sup>96</sup>** **WAS 299<sup>95</sup>**

Babassu & Mint Deep Conditioner 227g **239<sup>96</sup>** **WAS 299<sup>95</sup>**

Pomegranate & Honey Curl Smoothie 355ml **263<sup>96</sup>** **WAS 329<sup>95</sup>**

**SALON SELECTIVES**

**10%\* OFF**  
ALL Salon Selectives hair care products

Shampoo OR Conditioner 400ml Assorted **53<sup>96</sup>** each **WAS 59<sup>95</sup>**

\*Advertised prices already reflect discounts

**TRESemmé**  
USED BY PROFESSIONALS

**20%\* OFF**  
ALL TRESemmé Shampoos, Conditioners AND Styling products\*\*

Heat Defence Care & Protect Styling Spray 300ml **87<sup>96</sup>** each **WAS 109<sup>95</sup>**

Extra Hold OR Firm Hair Spray 400ml **87<sup>96</sup>** each **WAS 109<sup>95</sup>**

Shampoo OR Conditioner 750ml/900ml Assorted **87<sup>96</sup>** each **WAS 109<sup>95</sup>**

\*Advertised prices already reflect discount  
\*\*Offer excludes TRESemmé Hair Brushes AND Hair Appliances

**GOOD STUFF**  
THE NUTRITIONAL COMPANY

**SAVE 9<sup>00</sup>\*** each

Shampoo OR Conditioner 500ml Assorted **59<sup>95</sup>** each **WAS 68<sup>95</sup>**

**SAVE 10<sup>00</sup>\***

Hair Serum 100ml Assorted **79<sup>95</sup>** **WAS 89<sup>95</sup>**

**Exclusive to Dis-Chem**

**BANDED PACK** **SAVE 10<sup>00</sup>\*** per pack

Protein Plus Shampoo PLUS Conditioner Banded Pack 2 x 500ml / Assorted **49<sup>95</sup>** per pack **WAS 59<sup>95</sup>**

\*Advertised prices already reflect discounts

**PERFECT TOUCH**

**SAVE 15<sup>00</sup>\***

Freezing Gel 500g / Assorted **69<sup>95</sup>** **WAS 84<sup>95</sup>**

Hairspray 350ml / Assorted **67<sup>95</sup>** **WAS 84<sup>95</sup>**

**SAVE 17<sup>00</sup>\***

**Controlice**

**20%\* OFF**  
Controlice products\*\*

Defence Shampoo 125ml **93<sup>56</sup>** **WAS 116<sup>95</sup>**

Head Rinse 100ml **115<sup>96</sup>** **WAS 144<sup>95</sup>**

\*Advertised prices already reflect discounts  
\*\*Offer excludes Controlice Value Pack



## GREENER LIVING

NATUR VITAL

SAVE 10<sup>00</sup>\*  
each

Exclusive to  
Dis-Chem



SAVE 10<sup>00</sup>\*  
each



Shampoo  
OR Hair  
Mask  
300ml  
Assorted  
**89<sup>95</sup>**  
each  
WAS 99<sup>95</sup>



Coloursafe  
Permanent  
Hair Colour  
Assorted shades  
**139<sup>95</sup>**  
each  
WAS 149<sup>95</sup>

\*Advertised prices already reflect discount

Schwarzkopf  
YOU got2b YOU

20%\*  
OFF  
Schwarzkopf  
Got2b  
products\*\*



Glued  
2in1 Gel for  
Brows & Edges  
16ml  
**119<sup>96</sup>**  
WAS 149<sup>95</sup>



Glued  
Blasting  
Freeze Spray  
300ml  
**127<sup>96</sup>**  
WAS 159<sup>95</sup>



Glued  
Water  
Resistant  
Spiking Glue  
150ml  
**118<sup>36</sup>**  
WAS 147<sup>95</sup>

\*Advertised prices already reflect discount

\*\*Offer excludes Schwarzkopf Got2b 50ml Gel AND Hairspray 100ml

L'ORÉAL  
PARIS

DISCOVER  
THE POWER OF  
HYALURONIC  
ACID

Elvive  
Shampoo OR  
Conditioner  
400ml / Assorted

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

\*Instrumental test after application of shampoo + conditioner



1 FOR 89<sup>95</sup>  
2 FOR 125<sup>00</sup>  
SAVE 54<sup>90</sup>

Organics™

1 FOR 54<sup>95</sup>  
2 FOR 80<sup>00</sup>  
SAVE 29<sup>95</sup>

Shampoo  
OR  
Conditioner  
400ml  
Assorted



ORS  
FORMULY ORGANIC READY STIMULATOR

20%\*  
OFF  
ORS hair care  
products\*\*



Texture's  
for Naturals  
Gentle  
Shampoo 250ml  
**93<sup>56</sup>**  
WAS 116<sup>95</sup>



Texture's  
Leave-In  
Lotion 250ml  
**76<sup>76</sup>**  
WAS 95<sup>95</sup>



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 ORS Texture's range  
AND Wrap/Set Mousse

Rosemary

20%\*  
OFF  
ALL Rosemary  
hair care products



Scalp  
Stimulating  
Hair Masque  
250ml  
**39<sup>96</sup>**  
WAS 49<sup>95</sup>



Anti-Fungal  
Shampoo OR  
Conditioner  
200ml  
**49<sup>96</sup>**  
each  
WAS 59<sup>95</sup>



Hair-Feeding  
Oil Moisture  
Lotion  
250ml  
**43<sup>96</sup>**  
WAS 54<sup>95</sup>



Scalp  
Stimulating  
Hair Feeding  
Cream  
125ml  
**39<sup>96</sup>**  
WAS 49<sup>95</sup>

\*Advertised prices already reflect discount

INECTO

1 FOR 22<sup>95</sup>  
2 FOR 35<sup>00</sup>  
SAVE 10<sup>90</sup>

Super Black  
Permanent Hair  
Colour Crème  
28ml  
Assorted shades



renew

SAVE 10<sup>00</sup>\*  
each



Permanent Hair  
Colour Crème  
Assorted shades  
**56<sup>95</sup>**  
each  
WAS 66<sup>95</sup>

REFLECTIONS

SAVE 10<sup>00</sup>\*  
each



Premium Fashion  
Permanent Hair  
Colour Cream  
Assorted shades  
**69<sup>95</sup>**  
WAS 79<sup>95</sup>



High Gloss  
Ammonia Free  
Hair Colour Cream  
Assorted shades  
**74<sup>95</sup>**  
WAS 84<sup>95</sup>

\*Advertised prices already reflect discount

Originals  
by Afters BEST

SAVE 7<sup>00</sup>\*  
each



Jamaican  
Black Castor Oil  
118ml  
#186841  
**59<sup>95</sup>**  
each  
WAS 66<sup>95</sup>



SAVE 9<sup>00</sup>\*  
each

Hair  
Mayonnaise  
425g  
#161294  
**49<sup>95</sup>**  
each  
WAS 58<sup>95</sup>

\*Advertised prices already reflect discounts

Dark  
and  
Lovely  
PROFESSIONAL EXPERTISE

SAVE 16<sup>00</sup>\*  
each



Au Naturelle  
Leave-in  
Afro  
Moisturising  
Butter  
250ml  
**84<sup>96</sup>**  
WAS 104<sup>95</sup>

Waterless  
Cleanser  
250ml  
**59<sup>95</sup>**  
WAS 75<sup>95</sup>

SAVE 20<sup>00</sup>\*  
each



Aloe Vera  
Hair Treat  
390ml / Assorted  
**79<sup>95</sup>**  
WAS 99<sup>95</sup>

\*Advertised prices already reflect discounts

Dis-Chem  
PHARMACIES





# DEODORANTS

**2+1 CHEAPEST FREE**  
on ANY Female Yardley, Lenthéric AND Coty Body Sprays 90ml AND 150ml

**Lenthéric**  
Perfume Body Spray 90ml Assorted  
**24<sup>95</sup>** each

**Coty**  
Whisper Body Spray 90ml Assorted  
**27<sup>95</sup>** each

**Yardley**  
Lace Perfume Body Spray 90ml Assorted  
**39<sup>95</sup>** each

**SAVE 6<sup>00</sup>\***

**PLAYBOY**  
Deodorant Body Spray 150ml / Assorted  
**24<sup>95</sup>** each  
WAS 30<sup>95</sup>

**PLAYBOY**  
BLACK GOLD

**PLAYGIRL**  
Deodorant Body Spray 90ml / Assorted  
**21<sup>95</sup>**  
WAS 27<sup>95</sup>

**SAVE 6<sup>00</sup>\***

\*Advertised prices already reflect discounts

**SAVE 7<sup>00</sup>\***

**STATUS**  
Cologne Deodorant Body Spray 130ml / Assorted  
**24<sup>95</sup>** each  
WAS 31<sup>95</sup>

**STATUS**  
PURE

\*Advertised price already reflects discount

**SAVE 6<sup>00</sup>\***

**Shower to Shower**  
Deodorant for Men OR Women 150ml Assorted  
**24<sup>95</sup>** each  
WAS 30<sup>95</sup>

**Shower to Shower**  
MEN

**Shower to Shower**  
ALL DAY FRESHNESS

**Shower to Shower**  
EXTREME FRESH

**Shower to Shower**  
Fresh Powder

\*Advertised price already reflects discount

**1 FOR 35<sup>95</sup>**  
**2 FOR 55<sup>00</sup>**  
**SAVE 16<sup>90</sup>**

**Shield**  
Anti-Perspirant Deodorant Spray for Men OR Women 150ml / Assorted

**1 FOR 24<sup>95</sup>**  
**3 FOR 57<sup>00</sup>**  
**SAVE 17<sup>85</sup>**

**Shield**  
Anti-Perspirant Roll-On for Men OR Women 50ml / Assorted

**1 FOR 42<sup>95</sup>**  
**2 FOR 55<sup>00</sup>**  
**SAVE 30<sup>90</sup>**

**Dove**  
Anti-Perspirant Deodorant Spray for Men OR Women 150ml Assorted

**1 FOR 27<sup>95</sup>**  
**2 FOR 44<sup>00</sup>**  
**SAVE 11<sup>90</sup>**

**Dove**  
Anti-Perspirant Roll-On for Men OR Women 50ml / Assorted

**1 FOR 38<sup>95</sup>**  
**2 FOR 56<sup>00</sup>**  
**SAVE 21<sup>90</sup>**

**Axe**  
Deodorant Body Spray 150ml Assorted

**1 FOR 21<sup>95</sup>**  
**2 FOR 30<sup>00</sup>**  
**SAVE 13<sup>90</sup>**

**Status**  
Anti-Perspirant Roll-On 50ml / Assorted

**1 FOR 49<sup>95</sup>**  
**2 FOR 80<sup>00</sup>**  
**SAVE 19<sup>90</sup>**

**Brut**  
Deodorant Body Spray 200ml Assorted

**1 FOR 35<sup>95</sup>**  
**2 FOR 60<sup>00</sup>**  
**SAVE 31<sup>80</sup>**

**NIVEA**  
Anti-Perspirant Deodorant for Men OR Women 150ml Assorted\*

\*Excludes NIVEA Beauty Essence range

**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**  
**15%\***  
ALL Nature's Nourishment Crystal Rock products

**NATURE'S NOURISHMENT**  
Make Everyday a self-care day

**Crystal Rock**  
Body Roll-On 66ml  
OR Deodorant Stick 120g  
OR Deodorant Body Spray 118ml  
**79<sup>95</sup>** each  
WITH CARD **67<sup>96</sup>** each

**INSTANT DISCOUNT**  
**5<sup>00</sup>\***

**BLADE**  
Deodorant Body Spray 300ml / Assorted  
**39<sup>95</sup>** each  
WITH CARD **34<sup>95</sup>** each

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

**1 FOR 22<sup>95</sup>**  
**4 FOR 60<sup>00</sup>**  
**SAVE 31<sup>80</sup>**

**Garnier**  
Anti-Perspirant Roll-On for Men OR Women 50ml / Assorted

**1 FOR 26<sup>95</sup>**  
**3 FOR 75<sup>00</sup>**  
**SAVE 5<sup>95</sup>**

**Sanex**  
Anti-Perspirant Roll-On for Men OR Women 50ml / Assorted

**SAVE 5<sup>00</sup>\***

**Good Stuff**  
Fragrance Body Mist 100ml Assorted  
**24<sup>95</sup>**  
WAS 29<sup>95</sup>

**Good Stuff**  
Perfumed Deodorant Spray 90ml Assorted  
**28<sup>95</sup>**  
WAS 33<sup>95</sup>

\*Advertised prices already reflect discount



Swipe your **Dis-Chem FOR YOU<sup>TH</sup>** card in-store and enjoy double points every Monday\*

\*exclusions apply

In-store only

**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





# DENTAL CARE



## 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**  
**1500\* OFF**

**VALUE PACK**

**denal-mate**

**MOUTHWASH**

1.5 litres Assorted

**84<sup>95</sup>**

**WITH CARD**

**69<sup>95</sup>**

**INSTANT DISCOUNT**  
**20%\* OFF**

**denal-mate**

**TOOTHBRUSHES**

5-pack

**29<sup>95</sup>**

**WITH CARD**

**23<sup>96</sup>**

**INSTANT DISCOUNT**  
**500\* OFF**

**Dental Floss**

Regular 50m

#72871

**19<sup>95</sup>**

**WITH CARD**

**14<sup>95</sup>**

**INSTANT DISCOUNT**  
**1000\* OFF**

**Mint Flossers**

90-pack

**59<sup>95</sup>**

**WITH CARD**

**49<sup>95</sup>**

**elmex**

SENSITIVE PROFESSIONAL

**Pro-Argin technology**  
for **Instant and Lasting Sensitivity Relief.**

**INSTANT DISCOUNT**  
**20%\* OFF**

**extra**

**TOOTH PASTE**

OR Whitening Toothpaste 75ml

#384294/#384300

**86<sup>95</sup>**

**WITH CARD**

**69<sup>56</sup>**

**TOOTHBRUSH**

2-pack

#384310/#384293

**104<sup>95</sup>**

**WITH CARD**

**83<sup>96</sup>**

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

**Colgate**

**Dental Floss**

50m / Assorted

**69<sup>95</sup>** each

**Plax**

**Mouthwash**

White + Charcoal 500ml

**86<sup>95</sup>** each

**2+1 CHEAPEST FREE**  
on Colgate dental products\*\*

**Slim Soft Charcoal Toothbrush**

**67<sup>95</sup>** each

**Optic White Charcoal Toothpaste**

75ml

**67<sup>95</sup>** each

**Maximum Cavity Protection OR Triple Action Toothpaste**

100ml

**22<sup>95</sup>** each

\*\*Offer excludes Colgate Banded AND Value Packs

**Plackers**

**MICRO MINT**

FRESH BREATH FOR MILLS OF SM

36 DENTAL FLOS

**Plackers**

**TWIN-LINE**

CLIMATE PROTECTS ALL BRUSHES

35 DENTAL FLOSSERS

**BUY 1 PLACKERS GET 30%\* OFF SECOND PLACKERS PRODUCT**

**Plackers Micro Mint**

36-pack

**OR Twin-Line Flossers**

35-pack

#32859/#328597

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

\*Offer only applicable on the cheapest Plackers product

**SAVE 1000\***

**LISTERINE**

**SMART RINSE**

500ml

**59<sup>95</sup>** each

**WAS 69<sup>95</sup>**

**FRESHBURST LISTERINE**

500ml

**59<sup>95</sup>** each

**WAS 69<sup>95</sup>**

**COOL MINT LISTERINE**

500ml

**59<sup>95</sup>** each

**WAS 69<sup>95</sup>**

**extra**

**Listerine Mouthwash**

500ml

- Kids Smart Rinse
- Freshburst
- Cool Mint
- Antiseptic
- Zero

\*Advertised price already reflects discount

**Oral-B**

**2+1 CHEAPEST FREE**  
on ANY Oral-B Manual Toothbrushes, Flosses AND Toothpastes 75ml

**Essential Floss**

50m

**82<sup>95</sup>** each

**Gum & Enamel Care Toothbrush**

**39<sup>95</sup>** each

**Pro-Expert Toothpaste**

75ml / Assorted

**42<sup>95</sup>** each

**Parodontax**

**20%\* OFF**  
ALL Parodontax products

**Expert Gum Care Toothpaste**

75ml / Assorted

**33<sup>56</sup>** each

**WAS 41<sup>95</sup>**

\*Advertised price already reflects discount

**4x MORE EFFECTIVE VS REGULAR TOOTH PASTE**

AT REMOVING THE MAIN CAUSE\* OF BLEEDING GUMS

\*removal of plaque

Parodontax Expert Gum Care Original Toothpaste  
Parodontax Daily Gum Care Extra Fresh Mouthwash  
Parodontax Gums & Teeth Toothbrush

GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd, 57 Sloane Street, Bryanston, 2021. Reg. No: 2014/173930/07. For any further information, including safety information, please contact the GSK Hotline on +27 11 745 6001 or 0800118274. Trademarks are owned by or licensed to GSK group of companies. Always read the carton for full use instructions before use. PM-ZA-PAD-22-00004

**Aquafresh**

**2+1 CHEAPEST FREE**  
on Aquafresh Toothbrush AND Toothpaste 75ml/50ml\*

**Extreme Clean Power Toothbrush**

**74<sup>95</sup>** each

**Complete Care Toothpaste**

75ml / Assorted

**26<sup>95</sup>** each

**Little Teeth Kids Toothpaste**

50ml

**18<sup>95</sup>** each

\*Offer excludes Colgate 100ml Toothpaste AND Value Packs

Dis-Chem  
PHARMACIES

## BANK ON YOUR HEALTH WITH UP TO 50% BACK ON PERSONAL CARE ITEMS WITH VITALITY

Your percentage back is dependent on completing your Vitality Age and Vitality Health Check, and being financially healthier with Discovery Bank.

Discovery Vitality (Pty) Ltd. Limits, Ts & Cs apply. Discovery Bank Ltd. Auth PSP, FSP 48657, NCRCP9997. Limits, Ts & Cs apply.



Discovery  
Bank







# 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.



**Schick**

**INSTANT DISCOUNT**  
**20%\* OFF**  
ALL Schick Replacement Blades

|                                                                                          |                                                                                          |                                                                                          |                                                                                          |
|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| <b>Hydro 5 Groomer &amp; Power Select Cartridges</b><br>4-pack                           | <b>Intuition Naturals Sensitive Care Cartridges</b><br>3-pack                            | <b>Quattro for Women Cartridges</b><br>4-pack                                            | <b>Hydro 5 Cartridges</b><br>4-pack                                                      |
| <b>309<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>247<sup>95</sup></b> per pack | <b>199<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>159<sup>96</sup></b> per pack | <b>199<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>159<sup>96</sup></b> per pack | <b>339<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>271<sup>96</sup></b> per pack |

**MaxShave**

**INSTANT DISCOUNT**  
**15%\* OFF**  
MaxShave products\*\*

|                                                                                |                                                                                |                                                                                 |                                                                               |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>Magnum 3 Three Blade Crossover System PLUS</b><br>6 Cartridges              | <b>Eva 3 Essence Three Blade Crossover System PLUS</b><br>6 Cartridges         | <b>Aura 5 Five Blade Razor System for Women PLUS</b><br>2 Cartridges            | <b>Matrix 2 Twin Blade Disposable Razors</b><br>18-pack                       |
| <b>109<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>93<sup>46</sup></b> | <b>109<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>93<sup>46</sup></b> | <b>124<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>106<sup>21</sup></b> | <b>89<sup>95</sup></b> per pack<br><b>WITH CARD</b><br><b>76<sup>46</sup></b> |

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

\*\*Offer only applicable on the above Max Shave products

**20%\* OFF**  
ANY Gillette Venus 2UP Razors AND 4-pack Cartridges

**Deluxe Smooth Platinum 2UP Razor**  
Contains:  
• 1 Handle  
• 2 Cartridges  
**271<sup>96</sup>**  
**WAS 339<sup>95</sup>**

**Sensitive Smooth Cartridges**  
4-pack  
**239<sup>96</sup>**  
**WAS 299<sup>95</sup>**

\*Advertised prices already reflect discount

**DGQUIP**

**SAVE 100<sup>00</sup>\***

**T-Blade Hair Clipper**  
#386929

- Waterproof IPX7
- Rechargeable
- Removable & washable blades
- Corded & cordless function

**449<sup>95</sup>**  
**WAS 549<sup>95</sup>**

\*Advertised price already reflects discount

**WAHL**

**SAVE 140<sup>00</sup>\***

**Extreme Grip Trimmer Kit**  
#328148

- 2-hour run-time
- Total body grooming
- 5-minute quick recharge
- 25-piece

**449<sup>95</sup>**  
**WAS 589<sup>95</sup>**

\*Advertised price already reflects discount

**Gillette**

**extra**

**A CLOSE SHAVE THAT IS GENTLE ON YOUR SKIN**

**SAVE 60<sup>00</sup>\***

**Mach3 Turbo Cartridges**  
4-pack #46827  
**239<sup>95</sup>** per pack  
**WAS 299<sup>95</sup>**

**BUY 1 GILLETTE PROGLIDE5 CARTRIDGES 4-PACK GET 60%\* OFF YOUR SECOND PRODUCT**

**Fusion ProGlide5 Cartridges**  
4-pack #101666  
**399<sup>99</sup>**

**30%\* OFF**  
Gillette Fusion5 2-Blade 2UP Razor  
#203507  
**171<sup>65</sup>**  
**WAS 244<sup>95</sup>**

**20%\* OFF**  
Gillette Fusion ProGlide5 FlexBall Power 1UP Razor  
#159975  
**195<sup>96</sup>**  
**WAS 244<sup>95</sup>**

\*\*Offer only applicable on the cheapest Gillette Fusion ProGlide5 cartridge products

\*Advertised prices already reflect discounts



**EARN AND REDEEM**  
**UCOUNT**  
**REWARDS POINTS AT Dis-Chem**  
when using your qualifying Standard Bank Card.

**UCOUNT**  
REWARDS



**Dis-Chem**  
PHARMACIES

\*Benefits relative to UCount tier. Ts&Cs apply. Auth FSP NCRCP15.

Standard Bank **IT CAN BE.**



# 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.

HairGo

INSTANT DISCOUNT

**15%\* OFF**  
ALL HairGo products



**Hard Wax Beans**  
400g / Assorted

**179<sup>95</sup>**  
WITH CARD  
**152<sup>96</sup>**



**Microwaveable Cup**

**29<sup>95</sup>**  
WITH CARD  
**25<sup>56</sup>**



**Sensitive Skin Hair Removal Cream**  
125ml

**64<sup>95</sup>**  
WITH CARD  
**55<sup>21</sup>**

Mandy's

INSTANT DISCOUNT

**20%\* OFF**  
ALL Mandy's products



**Microwaveable Hot Wax**  
300g  
OR  
**Hot Wax Mug**  
200g

**109<sup>95</sup>**  
each  
WITH CARD  
**87<sup>96</sup>**  
each



**Hair Removal Lotion**  
200ml

**104<sup>95</sup>**  
WITH CARD  
**83<sup>96</sup>**



**Hair Removal Lotion**  
100ml

**56<sup>95</sup>**  
WITH CARD  
**45<sup>56</sup>**

Veet

INSTANT DISCOUNT

**15%\* OFF**  
ALL Veet Creams



**Sensitive Hair Removal Cream**  
100ml

**89<sup>95</sup>**  
WITH CARD  
**76<sup>46</sup>**



**In-Shower Hair Removal Cream**  
150ml

**136<sup>95</sup>**  
WITH CARD  
**116<sup>41</sup>**



**Men Sensitive Skin Hair Removal Cream**  
200ml

**154<sup>95</sup>**  
WITH CARD  
**131<sup>71</sup>**

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



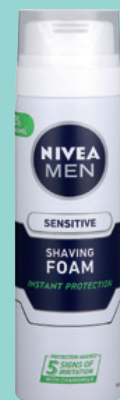
**Super-Max Stimulating Shave Gel**  
200ml  
#274234

**15<sup>68</sup>**  
WAS 19<sup>60</sup>



**Lion for Men Duel Sensitive Shaving Foam**  
200ml Assorted

**27<sup>96</sup>**  
WAS 34<sup>95</sup>



**NIVEA MEN Sensitive Shaving Foam**  
200ml

**38<sup>36</sup>**  
WAS 47<sup>95</sup>

**20%\* OFF**  
ALL Male Shaving Gels



**Blade Sensitive Shave Gel**  
260ml

**43<sup>96</sup>**  
WAS 54<sup>95</sup>



**Bic Comfort Sensitive Shaving Gel**  
200ml

**54<sup>36</sup>**  
WAS 67<sup>95</sup>



**Schick Shave Guard Sensitive Shave Gel**  
200ml  
#223633

**61<sup>56</sup>**  
WAS 76<sup>95</sup>



**Gillette Mach3 Shaving Gel Sensitive**  
200ml  
#92770

**74<sup>36</sup>**  
WAS 92<sup>95</sup>

\*Advertised prices already reflect discount

PHILIPS



Scan to shop Philips products



**Series 3000 Wet & Dry Electric Shaver**  
#327252  
• Comfortable close shave  
• Follow the curves of your face  
• Self-sharpening blades

**1499<sup>95</sup>**  
WAS 1849<sup>95</sup>



**Wet & Dry Aqua Touch Shaver S1300**  
#292061  
• Affordable, smooth and refreshing wet or dry shave

**899<sup>95</sup>**  
WAS 1249<sup>95</sup>



**Nose Trimmer NT3000**  
#335805  
• Trim nose, ears & eyebrows with total comfort  
• Our protective skin guard provides an easy and safe trim  
• Effortlessly trim hair with fast-moving dual-sided cutter

**349<sup>95</sup>**  
WAS 419<sup>95</sup>



**Hair Clipper S3000**  
#298025  
• Trim-n-Flow technology for continuous cutting  
• Double-sharpened blades for 2 times faster clipping  
• Self-sharpening stainless steel blades

**679<sup>95</sup>**  
WAS 899<sup>95</sup>



**OneBlade Click-on Shaver**  
#228102  
• Unique OneBlade Technology  
• Contour following

**789<sup>95</sup>**  
WAS 989<sup>95</sup>



**Wet & Dry Epilator Series 8000**  
#298024  
• For legs and body  
• Gentle epilation for smooth skin up to 4 weeks  
• Extra wide epilator head  
• Delicate area cap to remove unwanted hairs

**1199<sup>95</sup>**  
WAS 1449<sup>95</sup>



**Body Groomer Series 3000**  
#209395  
• Skin friendly shaver  
• 1 click-on comb, 3mm  
• 50-min cordless use/ 8-hour charge

**679<sup>95</sup>**  
WAS 899<sup>95</sup>



**OneBlade Replaceable Blades**  
2-pack  
#226104

**449<sup>95</sup>**  
WAS 579<sup>95</sup>

\*Advertised prices already reflect discounts



Available to Dis-Chem Health policyholders

**20% OFF**  
over 2500 products



Look out for the extra icon to identify qualifying products\*

\*Get access to lifestyle benefits and extra by including Value-Added Services at an additional fee. Ts & Cs apply.





# FEMININE HYGIENE

**Libresse** SAVE WITH LIBRESSE PADS AND ABSORBENT LINERS

**WE'VE GOT YOU COVERED DAY & NIGHT. CHOOSE THE RIGHT SIZE FOR YOUR FLOW.**

**SAVE 15.96\*** per pack

**Ultra+ Duo Pack with Wings Pads Assorted** **33.99** per pack **WAS 49.95**

\*Advertised price already reflects discount

**SUPER HEAVY FLOW** **GOODNIGHT+** **NIGHT TIME**

**always** **extra**

**Comfort Protect Daily Liners** 20-pack Scented **OR** Unscented **18.36** per pack **WAS 22.95**

**20%\* OFF** ALL Always Maxi, Ultra Pads AND Pantyliners

**VALUE PACK** **Maxi Thick Long Duo Pads Value Pack** 18 Normal **37.56** per pack **WAS 46.95**

**always dreamZzz XXL** **up to 100% night stain protection** **VALUE PACK** **DreamZzz Maxi XXL Pads Value Pack** 12 Normal **41.59** per pack **WAS 51.99**

\*Advertised prices already reflect discount

**Stayfree**

**VALUE PACK 2x10=20** **Stayfree MAXI REGULAR** 20 Regular Unscented **OR** 10 Scented **FROM 17.95** per pack

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

**VALUE PACK** **Stayfree Everyday Pantyliners COTTON TOUCH UNSCENTED** 76 Normal Pantyliners **43.95** per pack

**Body Fit Ultra Pads** 7-pack / Assorted **20.95** per pack

**NEW** **Stayfree ProComfort Tampons** 32-pack / Assorted **44.95** per pack

**Stayfree Everyday Pantyliners** 40-pack / Assorted **28.65** per pack

**lil-lets** **extra** **SAVE 7.96\*** per pack

**Smartfit Everyday Freshness Pantyliners** 100-pack / Assorted **34.99** per pack **WAS 42.95**

\*Advertised price already reflects discount

**Kotex** **extra** **25%\* OFF** ALL Kotex products

**Ultra Thin Pads with Wings** 10 Normal **19.49** **WAS 25.99**

**Young Maxi Pads with Wings** 10 Normal **14.96** **WAS 19.95**

**Everyday Pantyliners** 20 Normal / Assorted **14.21** **WAS 18.95**

**Everyday Pantyliners** 16 Long Unscented **15.99** **WAS 19.99**

\*Advertised prices already reflect discount

**INCONTINENCE CARE**

**TENA** **SAVE 100.00\*** per pack **Proskin Pants** 15 Small #397061 **134.99** **WAS 234.95**

**Proskin Pants** 10 Large #161397 **129.99** **WAS 179.95**

**SAVE 50.00\*** per pack **Proskin Pants** 10 Medium #161413 **134.99** **WAS 184.95**

**Proskin Pants** 15 Extra Large #397063 **219.99** **WAS 279.99**

\*Advertised prices already reflect discounts

**SOFTI** **SAVE 100.00\*** per pack

**Premium Adult Linen Savers** 20-pack 60cm x 90cm Extra Large #144995 **99.95** per pack **WAS 109.95**

**Premium Adult Linen Savers** 20-pack 60cm x 60cm Standard #120162 **54.95** per pack **WAS 64.95**

**Premium Adult Slips** 10 Extra Large 12 Large 14 Medium 18 Small **119.95** per pack **WAS 129.95**

**Premium Adult Pants** 14 Small #98468 **159.95** per pack **WAS 169.95**

\*Advertised prices already reflect discount





# HOUSEHOLD ESSENTIALS

**2+1  
CHEAPEST  
FREE**  
on ANY Handy Andy  
750ml Cream AND  
500ml Trigger Spray

Handy Andy  
Cream  
750ml / Assorted

**30<sup>95</sup>**  
each

Handy Andy  
Trigger Spray  
500ml / Assorted

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



**1 FOR 78<sup>95</sup>  
2 FOR 110<sup>00</sup>**  
SAVE 47<sup>90</sup>



Sta-Soft  
Ultra Concentrate  
Fabric Conditioner  
1 litre / Assorted

**1 FOR 94<sup>95</sup>  
2 FOR 110<sup>00</sup>**  
SAVE 79<sup>90</sup>

OMO  
Auto Washing  
Liquid 1.5 litres  
OR Power Capsules  
17 capsules  
#205700



**1 FOR 22<sup>95</sup>  
2 FOR 40<sup>00</sup>**  
SAVE 5<sup>90</sup>

Sunlight  
Laundry  
Soap  
500g  
#160247



**1 FOR 35<sup>95</sup>  
3 FOR 80<sup>00</sup>**  
SAVE 27<sup>85</sup>

Sunlight  
Regular  
Dishwashing  
Liquid  
750ml  
#76595



**1 FOR 44<sup>95</sup>  
2 FOR 55<sup>00</sup>**  
SAVE 34<sup>90</sup>

Home Butler  
Dishwashing  
Liquid  
1.5 litres  
#205494003



Comfort  
Fabric  
Conditioner  
800ml  
**PLUS**  
Comfort  
Fabric  
Conditioner  
Refill  
Value Pack  
800ml  
Assorted



**BUY BOTH  
FOR 85<sup>00</sup>**  
SAVE 22<sup>90</sup>



**VALUE  
PACK**

**1 FOR 34<sup>95</sup>  
2 FOR 55<sup>00</sup>**  
SAVE 14<sup>90</sup>

Air Scents  
Moisture  
Absorber  
500ml / Assorted



**BUY BOTH  
FOR 75<sup>00</sup>**  
SAVE 15<sup>90</sup>

Harpic  
Freshmatic  
Toilet Cleaner  
Block  
3 x 50g / Assorted  
**PLUS**  
Jik Bleach  
1.5 litres  
#294336002



**1 FOR 32<sup>95</sup>  
3 FOR 69<sup>00</sup>**  
SAVE 29<sup>85</sup>

Domestos  
Power 5  
Rim Block  
55g / Assorted



**SAVE  
25<sup>00</sup>\***



Ariel  
Auto Liquid  
3 litres  
OR 3in1  
Auto Pods  
30 capsules

**144<sup>95</sup>**  
each  
WAS 169<sup>95</sup>

**SAVE  
150<sup>00</sup>\***



Finish  
All In 1 Max  
Powerball  
56 tablets  
• 0% Green  
• Lemon  
• Regular

**139<sup>95</sup>**  
each  
WAS 289<sup>95</sup>



\*Advertised prices already reflect discounts



## INSECT REPELLENTS

**1 FOR 39<sup>95</sup>  
2 FOR 65<sup>00</sup>**  
SAVE 14<sup>90</sup>



Doom  
Insect Repellent  
300ml / Assorted\*\*

\*\*Offer excludes Doom  
Mosquito Room Spray 300ml

**SAVE  
99<sup>90</sup>\***



Mortein  
NaturGard  
Super Value Pack  
2 x 236ml  
#177956

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

**VALUE  
PACK**

Peaceful Sleep  
Insect Repellent  
Aerosol  
150ml  
#3978

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



**SAVE  
35<sup>00</sup>\***

Home Quip  
Fly Repeller  
#299422  
• Chemical free  
insect repellent  
safe for use  
around food,  
drink, children  
and pets

**154<sup>95</sup>**  
WAS 189<sup>95</sup>

\*Advertised prices already reflect discounts



Baby Soft  
2 Ply Toilet Rolls  
9-pack  
#151763003

**67<sup>95</sup>**  
per pack  
WAS 74<sup>95</sup>

\*Advertised prices  
already reflect discounts

**VALUE  
PACK**



Air Scents  
Value Pack  
3 x 200ml / Assorted

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

**SAVE  
700\***

Airoma  
Air Freshener  
150ml / Assorted

**24<sup>95</sup>**  
WAS 31<sup>95</sup>

**Dis-Chem  
PHARMACIES**





# ALL ABOUT BABIES & TOTS

Dis-Chem  
**babycity**

**HUGGIES** **HUGGIES**

**Jumbo Pack**  
Extra Care  
Nappies  
Sizes 1 – 5  
**234<sup>99</sup>**  
per pack



**Jumbo Pack**  
Gold Pants  
Sizes 3 – 6  
**199<sup>99</sup>**  
per pack



**Jumbo Pack**  
Gold Nappies  
Sizes 2 – 5  
**234<sup>99</sup>**  
per pack



**Jumbo Pack**  
Dry Comfort Nappies  
Sizes 2 – 5  
**199<sup>99</sup>**  
per pack



**Value Pack**  
Natural Care  
OR Pure Baby Wipes  
4 x 56 wipes  
**84<sup>99</sup>**  
per pack



\*Advertised price already reflects discount

**BabyThings**



Nappies  
100-pack  
Sizes S – XL  
**209<sup>99</sup>**  
per pack

**VALUE PACKS**



**Value Pack**  
Premium  
Nappies  
Sizes S – XL  
**189<sup>95</sup>**  
per pack



Nappies  
50-pack  
Sizes S – XL  
**109<sup>99</sup>**  
per pack



**Value Pack**  
Fresh Wipes  
6 x 80 wipes  
#411905  
**109<sup>99</sup>**  
per pack

**Pampers**



**Jumbo Pack**  
Active Baby-Dry  
Pants  
Sizes 3 – 6  
**224<sup>99</sup>**  
per pack



**Value Pack**  
Premium Care  
Pants  
Sizes 3 – 6  
**224<sup>99</sup>**  
per pack



**Jumbo Pack**  
Newborn Nappies  
Sizes 1 – 2  
**224<sup>99</sup>**  
per pack

**SAVE 1500\***



**Value Pack**  
Baby Wipes  
Sensitive  
4 x 56 wipes  
#89657  
**104<sup>99</sup>**  
per pack  
**WAS 119<sup>99</sup>**

\*Advertised price already reflects discount

**SAVE 3800\***



**Sudocrem**  
Skin and Baby  
Care Cream  
250g  
#115746  
**126<sup>99</sup>**  
**WAS 164<sup>99</sup>**

\*Advertised prices already reflect discounts

**SAVE 6000\***



**Bepanthen**  
Baby Nappy  
Care Ointment  
100g  
#4085  
**184<sup>99</sup>**  
**WAS 244<sup>99</sup>**



**Rich Moisture**  
Lotion  
200ml  
Assorted  
**OR** Head to  
Toe Wash  
200ml  
Assorted  
**32<sup>99</sup>**  
each



**Rich Moisture**  
Baby Bar Soap  
75g  
#187005  
**11<sup>99</sup>**



**Sensitive**  
Skin Care  
Head to Toe  
Wash  
400ml  
Assorted  
**59<sup>99</sup>**

**Sensitive**  
Moisture Wipes  
50-pack  
Assorted  
**26<sup>99</sup>**

\*Advertised prices already reflect discounts

**Johnson's**  
**baby**

**2+1**  
**FREE**  
on Johnson's  
Baby Soap  
175g



**Baby Soap**  
175g / Assorted  
**18<sup>99</sup>**  
each



**Value Pack**  
Baby Wipes  
Extra Sensitive  
6 x 56 wipes  
**OR** Gentle All Over  
6 x 72 wipes  
**119<sup>95</sup>**  
per pack

\*Advertised price already reflects discount

**bobini**



**Shampoo**  
200ml  
#295963  
**OR** Bubble  
Bath  
330ml  
#295964  
**49<sup>95</sup>**  
each



**Body Wash**  
200ml  
#295892  
**34<sup>95</sup>**  
each

**Foam Wash**  
300ml  
#295891  
**49<sup>95</sup>**  
each



# OFFERS ALSO AVAILABLE AT **Dis-Chem babycity**

**Nuby**



**Suction Bowl & Spoon Set for Boys OR Girls**  
Assorted colours  
**84<sup>99</sup>** per set  
WAS 129<sup>99</sup>



**Spoons**  
3-pack  
**69<sup>99</sup>** per set  
WAS 89<sup>99</sup>

**SAVE 20<sup>00</sup>\***



**Bandana Teether Bib for Boys OR Girls**  
#213178

**74<sup>99</sup>** each  
WAS 99<sup>99</sup>

**SAVE 25<sup>00</sup>\***

**SAVE 15<sup>00</sup>\***

**KIDDYLICIOUS**  
it's delicious

**SAVE 11<sup>00</sup>\***



**Veggie Straws**  
4 x 22g Assorted

**61<sup>99</sup>** per pack  
WAS 76<sup>99</sup>

**Mini Coconut Rolls**  
8 x 6g Assorted

**61<sup>99</sup>** per pack  
WAS 72<sup>99</sup>

\*Advertised prices already reflect discounts

**JungleVites**



**Daily Multi V and Minerals**  
60 tablets  
#2696

**103<sup>16</sup>**  
WAS 128<sup>95</sup>



**Daily Chewy C**  
60 tablets  
125ml / Assorted

**107<sup>96</sup>**  
WAS 134<sup>95</sup>

**20%\* OFF**  
ALL JungleVites products



**Daily Multi V and Minerals Syrup**  
150ml  
#2697

**117<sup>56</sup>**  
WAS 146<sup>95</sup>

\*Advertised prices already reflect discount

**munchkin**



**Miracle 360° Colour Changing Cup**  
Assorted colours

**109<sup>99</sup>** each  
WAS 179<sup>99</sup>

**SAVE 70<sup>00</sup>\***

\*Advertised price already reflects discount

**Safety 1st**



**Baby Care Basics Set**  
4-pack  
#143343

**84<sup>99</sup>** per pack  
WAS 99<sup>95</sup>

**SAVE 19<sup>96</sup>\***



**SAVE 12<sup>96</sup>\***

**Easy Grip Brush & Comb Set**  
Assorted colours

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

**SAVE 20<sup>00</sup>\***



**Fold Up Nail Clipper**  
#51824

**32<sup>99</sup>**  
WAS 52<sup>99</sup>

\*Advertised prices already reflect discounts

**Happy Event**



**Antenatal Massage Lotion**  
#188516

**OR Antenatal Massage Lotion for Stretch Marks**  
#34125  
200ml

**87<sup>49</sup>** each  
WAS 124<sup>99</sup>

**30%\* OFF**  
Happy Event products\*\*



**Firming Cream for Stretch Marks**  
#209741

**OR Antenatal Massage Cream for Stretch Marks**  
#34124  
125ml

**69<sup>99</sup>** each  
WAS 99<sup>99</sup>

\*Advertised prices already reflect discount

\*\*Offer applicable on the above Happy Event products only



**Teethe'n' Feed Fresh Food Feeder**  
#290356

**109<sup>99</sup>**  
WAS 149<sup>99</sup>

**SAVE 40<sup>00</sup>\***



**Made for Me Single Silicone Breast Pump**  
#295496

- 3-in-1 use as a pump, as a let-down catcher or to provide relief to engorged breasts
- Gentle on mom – low pressure suction pump helps draw milk from breasts without discomfort
- Made from 100% food grade silicone – BPA, PVC and phthalate-free

**199<sup>99</sup>**  
WAS 299<sup>99</sup>

\*Advertised prices already reflect discounts

**SAVE 20<sup>00</sup>\***



**Made for Me Disposable Breast Pads**  
40-pack  
Available in medium or large

**144<sup>99</sup>** per pack  
WAS 164<sup>99</sup>

**baby**  
PROGRAMME



ARE YOU EXPECTING? WELL EXPECT MORE!

**THE BABY BAG IS BACK!**

Register for the Baby Programme:  
• In-store • WhatsApp • Online

Shop your baby essentials at **Dis-Chem** or **Dis-Chem Baby City** to qualify for a **FREE Baby Bag\***

**Dis-Chem Baby City** and **Dis-Chem Benefit Cards** can be used in both retailers.

\*Ts and Cs apply.



**Dis-Chem**  
PHARMACIES



**fisher-price**

## Activity Giraffe

#328439

- Soft legs and cord tail for sensory play
- Giraffe activity toy for home or take-along play
- Colourful clacker rings to grasp, spin and clack together
- Cute swivel ears
- For babies ages 6 months and older

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

**SAVE 45<sup>00</sup>\***



## Laugh & Learn Puppy's Remote

#217301

- Helps improve baby's fine motor skills
- Light-up screen
- 35+ sing-along songs, tunes & phrases
- Click to hear numbers, ABCs, colours, opposites, greetings and more
- Lights, fun music, phrases & bright colours grab baby's attention and help develop all-important senses

**259<sup>99</sup>**

**SAVE 65<sup>00</sup>\***



## Story Book Rhymes

#200683

- Teaches counting, first words, letters, numbers, shapes and more
- Easy-to-turn pages help develop fine motor skills
- Features familiar favourite Laugh & Learn characters
- 3 light-up buttons for letters, numbers and shapes
- Top handle makes it easy to take along

**364<sup>99</sup>**

## First Words Sis Puppy

#200680

- 50+ sing-along songs, tunes & phrases
- Paws, tummy, ears and light-up heart responds to baby's touch (7 activations in all)
- Includes Smart Stages technology & learning changes as baby grows with 3 levels of play
- Introduces body parts, letters, colours, counting and more
- Helps develop sensory and fine motor skills

**554<sup>99</sup>**



\*Advertised prices already reflect discounts

**bright starts**

**SAVE 70<sup>00</sup>\***



## Rock and Glow Unicorn

#190990

- Touch unicorn's magic horn to activate lights, music and fun galloping action
- Play to Learn mode includes colours, shapes and numbers
- Unicorn changes directions with baby's touch

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

**SAVE 15<sup>00</sup>\***



## Lots of Links

#190960

- A playful way to introduce cause and effect learning and motor skills
- Entertains baby with fun sounds, melodies and lights

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



**SAVE 45<sup>00</sup>\***

## Press and Glow Spinner

#209419

- A playful way to introduce cause and effect learning and motor skills
- Entertains baby with fun sounds, melodies and lights

**254<sup>99</sup>**



**SAVE 25<sup>00</sup>\***



## Market Playcase Backpack

#417615

- It increases motor skills and knowledge of building
- This playcase backpack can be played with indoors and outdoors
- The market backpack comes in a nifty case that doubles as a backpack

**144<sup>99</sup>**

**CRYSTAL GROWING**

**SAVE 60<sup>00</sup>\***



4M

## Crystal Growing Colour Changing Crystal Light

#336372

- Use this simple kit to grow your crystals and create a stunning display with the colour changing LED base
- Conduct a number of crystal growing experiments
- It's fun to watch the sparkling crystals grow and glow

**339<sup>99</sup>**

\*Advertised prices already reflect discounts



**SAVE 39<sup>96</sup>\***



## My Pet Cage Food

#410476

- Develops your child's imagination, hand-eye co-ordination and social skills
- Teaches responsibility, caring for others and organising

**229<sup>99</sup>**

**SAVE 29<sup>96</sup>\***



## Backpack Kitchen

#417726

- It increases motor skills
- Doubles up as a backpack so that your budding little chef can cook on the go
- The 24-piece set includes kitchen essentials with musical effects

**189<sup>99</sup>**

**SAVE 39<sup>16</sup>\***



## Backpack Puppy

#417614

- It's a wonderful way for your child to engage in imaginative role-play
- This brightly coloured toy set doubles up as a backpack and has everything you need to look after your pet puppy
- Everything can be neatly stored and carried by the handle

**229<sup>99</sup>**

**SAVE 24<sup>96</sup>\***



## Bubble Camera

#417616

Assorted colours

- Experience hours of fun and excitement with this toy to keep everyone happy
- This fun bubble blowing camera is lighter and can generate many bubbles
- It is portable and can be easily carried even when travelling outdoors

**144<sup>99</sup>**

## Play Case Doctor 3-in-1

#417611

- A great toy for imaginative play and helps refine motor skills
- Versatile and handy
- Has everything you need to sort out your sick patients

**229<sup>99</sup>**

\*Advertised prices already reflect discounts

**Dis-Chem babycity**



Dis-Chem  
**baby  
city**  
ONLY!

# OFFERS EXCLUSIVE TO

Dis-Chem  
**babycity**

**FREE WIPEs**  
valued at 29<sup>95</sup>

**Banded Pack**  
Premium Care Nappies  
Sizes 1 – 2  
**419<sup>99</sup>**  
per pack

**FREE WIPEs**  
valued at 29<sup>95</sup>

**Mega Box**  
Active Baby-Dry Pants  
Sizes 3 – 6  
**419<sup>95</sup>**  
per box

**SAVE 2000\***  
per pack

**Value Pack**  
Baby Sensitive Wipes  
9 x 56 wipes  
**219<sup>99</sup>**  
per pack  
~~WAS 239<sup>99</sup>~~

**FREE WIPEs**  
valued at 29<sup>95</sup>

**Mega Box**  
Premium Care Nappies  
Sizes 1 – 5  
**419<sup>99</sup>**  
per box

\*Advertised price already reflects discount

**FREE WIPEs**  
valued at 29<sup>95</sup>

**Banded Pack**  
Gold Nappies  
Sizes 2 – 5  
**429<sup>99</sup>**  
per pack

**FREE WIPEs**  
valued at 29<sup>95</sup>

**Banded Pack**  
Extra Care Nappies  
Sizes 2 – 5  
**429<sup>99</sup>**  
per pack

**Mega Box**  
Gold Pants  
Sizes 3 – 6  
**359<sup>99</sup>**  
per box

**BabyThings**

### Bath Changing Unit

- The 5 in 1 Baby Bathing Tub brings the bath up to a parent's height and prevents a sore back from constant bending
- Waterproof changing station, making changing time as easy as possible
- It has a fabric shelf below, handy for holding towels
- Make baby's bath time a little easier and a lot safer with a fun and comfortable baby bath from our selection

#324962

**1889<sup>99</sup>**



**Titaniumbaby**

### Travel System Apache

# 410126

- Suitable from birth to 18kg
- Compatible car seat suitable from 0 to 13kg
- Large sun canopy
- Three wheels for moving
- Multiple position reclining seat
- Shopping basket
- 5-point adjustable safety harness
- Front-locking system

**4499<sup>99</sup>**



**Snugglytime**

### Quilt Set

4-piece / Assorted colours

- A quality nursery linen set that includes a beautiful quilt and a pillow with a plain white pillow case that measures 24cm x 34cm
- Reversible Quilt: 80cm x 110cm
- Pillow and Pillow Case: 24cm x 34cm
- Suitable for Camp Cots and Cots

**549<sup>99</sup>**

~~WAS 699<sup>99</sup>~~



**Snugglytime**

### Grow-with-Me Teepee

- Play gym and fun teepee tent for baby up to pre-schooler
- Fun vibrant colours and shapes
- Musical hanging mobile
- Soft, flexible teepee tent poles

#300602

**699<sup>99</sup>**

~~WAS 999<sup>99</sup>~~



\*Advertised prices already reflect discounts

**SAVE 120<sup>00</sup>\***

**Sangenic Twist & Click Cassette Advanced Nappy Disposal Refill**  
3-pack  
#290655  
**249<sup>99</sup>**  
~~WAS 369<sup>99</sup>~~

**SAVE 180<sup>00</sup>\***

**Mini Toilet Potty**  
• Easy to clean  
• Lid drops down to cover potty when not in use  
• Can be used from 18+ months and up to 20kg  
#323576  
**479<sup>99</sup>**  
~~WAS 659<sup>99</sup>~~

**SAVE 200<sup>00</sup>\***

**Sangenic Twist & Click Bin**  
• Multi-layer, antibacterial, GREENFILM™ kills 99% of germs and locks in odours  
• System made with over 98% recycled and fully recyclable plastic Includes sustainably sourced GREENFILM™  
• Holds up to 28\*\* nappies for fewer trips to the outside bin  
• Available in assorted colours  
**219<sup>99</sup>**  
~~WAS 419<sup>99</sup>~~

**SAVE 239<sup>96</sup>\***

**Snooze Cocoon**  
• A safe and comfortable sleep space for baby anywhere  
• Ideal for co-sleeping with mom and dad  
• Soft tummy time support cushion when baby is awake  
• Doubles up as a convenient nappy changing area  
• Perfect support when learning to sit  
#307384  
**649<sup>99</sup>**  
~~WAS 889<sup>95</sup>~~

\*Advertised prices already reflect discounts \*\*Ts & Cs apply





# CONFECTIONERY



1 FOR 12<sup>95</sup>  
2 FOR 20<sup>00</sup>  
SAVE 5<sup>90</sup>

Pringles  
42g / Assorted

SAVE  
5<sup>00</sup>\*  
each



Amajoya  
Flavoured  
Candy  
125g / Assorted  
**17<sup>95</sup>**  
each  
WAS 22<sup>95</sup>



Clorets  
Sugarfree  
Chewing Gum  
52 pieces  
**39<sup>95</sup>**  
WAS 49<sup>95</sup>

SAVE  
11<sup>00</sup>\*  
per pack



Baker's  
Good  
Morning  
Breakfast  
Biscuits  
500g  
Assorted  
**33<sup>95</sup>**  
per pack  
WAS 44<sup>95</sup>

\*Advertised prices already reflect discounts



Nestlé  
Chocolate Bars  
Aero 40g OR Tex 40g OR  
KitKat 40g OR Bar One 52g

1 FOR 12<sup>95</sup>  
3 FOR 29<sup>00</sup>  
SAVE 9<sup>85</sup>



Cadbury  
Chocolate  
Slab  
80g / Assorted  
**16<sup>95</sup>**  
each  
WAS 18<sup>95</sup>



Lindt  
Les Grandes  
150g / Assorted  
**79<sup>95</sup>**  
each  
WAS 99<sup>95</sup>

SAVE  
20<sup>00</sup>\*  
each



Lindt Lindor  
Cornet  
200g / Assorted  
**99<sup>95</sup>**  
WAS 129<sup>95</sup>

SAVE  
30<sup>00</sup>\*  
each



Lindt  
Chocolate Bar  
35g / Assorted  
**19<sup>95</sup>**  
each  
WAS 25<sup>95</sup>

SAVE  
6<sup>00</sup>\*  
each

SAVE  
4<sup>00</sup>\*  
each



Lindt  
Milk  
Sticks  
38g / Assorted  
**14<sup>95</sup>**  
each  
WAS 18<sup>95</sup>

\*Advertised prices already reflect discounts



Includes  
Sugar-Free  
Variants

1 FOR 12<sup>95</sup>  
2 FOR 18<sup>00</sup>  
SAVE 8<sup>90</sup>

Fanta  
OR Coca Cola  
440ml/500ml  
Assorted

SAVE  
4<sup>00</sup>\*  
each



Ceres  
100% Fruit  
Juice Blend  
200ml / Assorted  
**10<sup>95</sup>**  
each  
WAS 14<sup>95</sup>



Liqui-Fruit  
Juice  
200ml / Assorted  
**7<sup>95</sup>**  
each  
WAS 9<sup>95</sup>



Kit Kat Mini  
32 x 180g  
Bar One Mini  
32 x 189g  
Tex Mini Bag  
32 x 182g  
Smarties Mini  
32 x 152g  
Assorted  
**34<sup>95</sup>**  
per pack  
WAS 42<sup>95</sup>

SAVE  
8<sup>00</sup>\*  
per pack

\*Advertised prices already reflect discounts

## 2+1

# CHEAPEST FREE

on selected  
Sports Supplements\*

\*Excludes ALL advertised products  
AND USN Range  
Friday 27 to Sunday  
29 January 2023

FLIP CATALOGUE OVER FOR YOUR BIG HEALTHY 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 R600<sup>00</sup> or more  
in major metropolitan areas. No charge for  
collection in-store.

[dischem.co.za](http://dischem.co.za)

**Dis-Chem**  
PHARMACIES

Pharmacists who care



PROMOTION VALID 24 JANUARY TO 06 FEBRUARY 2023

Start School

WITH A

SMILE

at SPAR



From sandwiches to stationery, we've got all your **BACK to SCHOOL** needs sorted!



AS SEEN ON TV

Coca-Cola

ORIGINAL TASTE

LESS SUGAR

BUY 2 FOR

30<sup>00</sup>

Coca-Cola

Original Only

1.5 litre



Bokomo

Weet-bix

450 g

27<sup>99</sup>

each



AS SEEN ON TV

NESCAFÉ

CLASSIC

Nescafé

Classic Coffee

(Excl. Decaf and Doy)

200 g

Assorted

Get

R5 off

Rewards Customers Pay

79<sup>99</sup>

each



SPAR

Large Eggs

30s

57<sup>99</sup>

per tray



SPAR

Sunflower Oil

2 litre

69<sup>99</sup>

each



Sunlight

Auto

2in1

Washing Powder

Sunlight

Auto

2in1 Washing Powder

2 kg or Auto Liquid 1.5 litre

Assorted

59<sup>99</sup>

each



JUMBO PACK

Pampers

baby-dry

Pants Jumbo Pack

Size 3 66s

Size 4 60s

Size 5 50s

Size 6 44s



Pampers

premium care

Pampers

Active Baby Dry

Nappies Jumbo Pack,

Nappy Pants Jumbo Pack

or Premium Value Pack

219<sup>99</sup>

per pack



SPAR

Select

SPAR

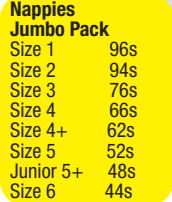
Select

Rooiberg

Boerewors

99<sup>99</sup>

per kg



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

Premium Value Pack

Junior 44s

Maxi 52s

Midi 60s

Mini 76s

New Born 82s

Extra Large 36s

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 24 JANUARY up to and including 06 FEBRUARY 2023 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).





PERFECTLY  
PREPPED  
*prego*  
steaks

COUNT ON US FOR THE  
**FRESH FLAVOURS**  
*of summer*



**15<sup>99</sup>**  
per bag  
SPAR freshline  
Bananas  
750 g



**19<sup>99</sup>**  
per pack  
SPAR freshline  
Season's  
Value Salad  
220 g



**16<sup>99</sup>**  
each  
SPAR freshline  
Aqualeaf  
Lettuce  
Head



**89<sup>99</sup>**  
per kg  
SPAR  
Select  
Tenderised  
Steak



**14<sup>99</sup>**  
each  
SPAR Bakery  
White  
Bread  
700 g



Buy any 2 for  
**30<sup>00</sup>**  
SPAR Bakery  
Hamburger  
& Hot Dog  
Rolls Brown  
or White  
6s



**59<sup>99</sup>**  
per pack  
SPAR Bakery  
Croissants  
Value Pack  
8s



**45<sup>99</sup>**  
each  
SPAR Bakery  
Muffins  
Assorted  
6s



**149<sup>99</sup>**  
per kg  
SPAR  
Tender and Tasty  
Beef Espatada







READY  
TO ENJOY  
*favourites*

**Fancy a fresh and tasty looking dish on this page?** Recipes can be found at [www.spar.co.za/recipes](http://www.spar.co.za/recipes)  
Frozen Yoghurt Berry Bark | Nectarine, Peaches and Plum Platter | Coconut Mango Chicken | Make your own burger and prego | Mushroom, Feta, Mint Bruschetta | Papaya Breakfast Bowls | Bean and Potato Salad | Mackerel Pate on Stackers | Beef Fillet with Salsa Verde



**129<sup>99</sup>**  
per kg  
SPAR  
Tender and Tasty  
Beef Prego  
Steak



**149<sup>99</sup>**  
per kg  
SPAR  
Steak Co.  
Rump Tail  
Medallions



**89<sup>99</sup>**  
per kg  
SPAR  
Select  
Skin Pack  
Chicken Breast  
Filletts  
4s / 8s



**159<sup>99</sup>**  
per kg  
SPAR  
Steak Co.  
Sirloin on  
the Bone



**MULTI-BUY**  
Buy any 2 and get  
**R10 off**

The FOOD STALL  
at SPAR  
Ready To Eat  
Sliders  
Assorted



**MULTI-BUY**  
Buy any 2 and get  
**R8 off**

The FOOD STALL  
at SPAR  
Ready To Eat  
Filled Rolls  
Assorted



**MULTI-BUY**  
Buy any 2 and get  
**R8 off**

The FOOD STALL  
at SPAR  
Ready To Eat  
Sandwiches  
Assorted



**MULTI-BUY**  
Buy any 2 and get  
**R8 off**

The FOOD STALL  
at SPAR  
Ready To Eat  
Wraps  
Assorted

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

SSpecials available at all SUPERSPAR, SPAR and KWIKSPAR stores (excluding SPAR Express stores) from 24 January up to and including 6 February 2023, 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.



YOUR LOCAL GROCER

SPAR freshline Red Apples 1.5kg

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

SPAR freshline Dessert Peaches 750 g, Plums 750 g or Nectarines 750 g

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

SPAR freshline Potatoes 2kg + SPAR freshline Onions 1kg

BUY BOTH FOR **48<sup>00</sup>**

YOUR LOCAL KITCHEN

PIEMANS Pie or Sausage Roll 1s

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

SPAR McCoy Pie or Sausage Roll (Excl. Burger Pie) Assorted

BUY ANY 2 FOR **50<sup>00</sup>**

FREEZER

WE'RE FOR LONG-LASTING GOODNESS

SPAR Crumbed Chicken Nuggets, Burgers or Strips 750 g

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

I&J Crumbed Hake Fish Fingers 800 g

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

I&J Light & Crispy Crumbed Hake or Haddock Fillet Portions 500 g Assorted

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

SPAR Braai Snoek with Apricot Marinade 1.1 kg

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

SPAR Frozen Cut Green Beans 1 kg

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

SPAR Frozen Country Crop Vegetable Mix 1 kg

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

McCain Frozen Vegetables or Stirfry 250 g Assorted

BUY ANY 4 FOR **50<sup>00</sup>**

McCain Garden Peas

McCain Cut Sweet Corn

SPAR Frozen Mixed Chicken Portions 5 kg

**179<sup>99</sup>**

SPAR tender and tasty Par-Cooked Pork Spare Ribs 1 kg Assorted

**189<sup>99</sup>** per box

I&J Burger Patties Assorted 800 g

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

Ola Rich 'n Creamy Ice Cream 1.8 litre Assorted

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

Ola Magnum Mini Multi Pack Ice Cream 6s Assorted

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

WE'RE FOR MEAT FREE OPTIONS

VEGETARIAN

Simply Veg 100% Vegetarian Burgers 320 g Assorted

Get **R5 off** Rewards Customers Pay **44<sup>99</sup>** each

Simply Veg 100% Vegetarian Crumbed Chicken Style Schnitzel 300 g - 350 g Assorted

Get **R5 off** Rewards Customers Pay **39<sup>99</sup>** each

Fry's Meat Free Braai Sausages 380 g Assorted

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

Fry's Meat Free Polony 380 g

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





Start School WITH

**1 OF 75**

BURSARIES!

We're giving away cash bursaries to the value of

**R750 000!**

Visit [www.SPAR.co.za](http://www.SPAR.co.za) to enter or scan



COMPETITION RUNS FROM 22 NOVEMBER 2022 - 6 FEBRUARY 2023  
Ts and Cs apply

FRIDGES

WE'RE FOR COOL OFFERINGS



Stork Country Spread Tub 1 kg

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



Rama 70% Fat Spread Original Brick 500 g

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



SPAR Choice Butter Salted 500 g

**57<sup>99</sup>**



Blossom Epic Spread Tub 1 kg

Get **R6 off** each



Albany Best of Both Bread 700 g

Get **R2 off**  
Rewards Customers Pay **15<sup>99</sup>**



The Laughing Cow Cheese Wedges 120 g Assorted

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



SPAR Processed Cheddar or Gouda Cheese Slices 24s

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



Lancewood Cheddar, Gouda, White Cheddar or White Gouda 900 g

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



SPAR South African Feta Cheese 400 g Assorted

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



Sasko Premium Slices or More Slices Brown Bread 700 g

Get **R2 off** each



Number 1 Mageu 1 litre Assorted

Get **R1 off**  
Rewards Customers Pay **13<sup>99</sup>**



SPAR Full Cream Maas 4 kg

**48<sup>99</sup>**



Clover Classic Smooth Low Fat Yoghurt 6 x 100 ml Assorted

BUY ANY **2** FOR **35<sup>00</sup>**



SPAR Bacon Assorted or Chicken Rashers 200 g

Get **R2 off**  
Rewards Customers Pay **27<sup>99</sup>** per pack



Lancewood Cottage Cheese 250 g Assorted

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



SPAR Almond Milk Unsweetened or Oat Milk Unsweetened 1 litre

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



SPAR Low Fat Strawberry Yoghurt 1 kg Assorted

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



SPAR French Polony 2 kg

Get **R5 off**  
Rewards Customers Pay **49<sup>99</sup>**



Rainbow Simply Chicken Polony 700 g / 1 kg Assorted

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



SPAR Pork Sausages 375 g Assorted

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



SPAR Hot Doggers Smoked, Red or Chicken Viennas 1 kg

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





## PANTRY WE'RE FOR EVERYDAY SAVINGS



Five Roses  
Ceylon Blend  
Tagless Teabags  
100s

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



Laager  
Rooibos  
Tagless  
Tea Bags  
80s

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



Nescafé  
Ricoffy  
Coffee Granules  
(Excl. Decaf)  
750 g

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



Ellis Brown  
Tea or Coffee  
Creamer  
750 g

**41<sup>99</sup>**



Nestlé  
Milo Tin  
500 g

Get  
**R5 off**  
each



Black Cat  
Peanut Butter  
400 g  
Assorted

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



Rhodes  
Smooth  
Apricot Jam  
900 g

Get  
**R3 off**  
each



All Gold  
Apricot or  
Peach & Apricot  
Jam  
900 g

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



SPAR  
Long Life  
Full Cream,  
Low Fat or  
Fat Free Milk  
6 x 1 litre

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



SPAR  
Super  
Maize Meal  
5 kg

**47<sup>99</sup>**



Jungle  
Oatso Easy  
500 g  
Assorted

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



Kellogg's  
Coco Pops, Chocos, Big 5,  
Strawberry Pops,  
Crunch or Fruit Loops  
Cereal  
340 g/ 350 g/375 g

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



Nestlé  
Nespray  
Forti Grow  
850 g

Get  
**R10 off**

Rewards Customers Pay

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



Clover  
Olive Pride  
Seed Oils &  
Extra Virgin  
Olive Oil Blend  
1 litre

**87<sup>99</sup>**



Kellogg's  
Noodles  
5 x 70 g  
Assorted

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



Tastic  
Long Grain  
Parboiled Rice  
2 kg  
Assorted

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



Fattis & Monis  
Macaroni or  
Spaghetti  
500 g

BUY  
ANY  
**2**  
FOR

**33<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



24 JANUARY TO 06 FEBRUARY 2023



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



Promotion valid from 17 October 2022 to 30 January 2023. Completed collector cards can be redeemed until 12 February 2023. Stickers can be collected at any SPAR, SUPERSPAR, KWIKSPAR, SPAR Express, SAVEMOR and TOPS at SPAR store. MasterChef Cookware may only be redeemed at SPAR, SUPERSPAR, KWIKSPAR, SPAR Express and SAVEMOR stores. Excludes stores in KZN, Western Cape, Eastern Cape, Upington and Keimoes area. ©2022 Shine TV Limited. MasterChef and the MasterChef logo are registered trademarks of Shine TV Limited and its affiliates. Licensed by Banijay Group. All Rights Reserved.

**PANTRY**

**WE'RE FOR EVERYDAY SAVINGS**



Knorr Aromat Seasoning Refill Trio Pack 200 g Assorted

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



Knorr Dry Cook-in-Sauce 35 g - 64 g Assorted

**MULTI-BUY**  
Buy any 2 and get **R8 off**



Knorrox Flavoured Stock Cubes 24s Assorted

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



Miami Atchar 380 g / 400 g Assorted

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



Crosse & Blackwell Tangy or Creamy Mayonnaise (Excl. Squeeze Bottle) 750 g

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



SPAR Corned Meat (Excl. Corned Beef) 300 g

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



Royco Packet Soup 45 g / 50 g Assorted

**BUY ANY 5 FOR 20<sup>00</sup>**



All Gold Tomato Sauce 700 ml

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



Mrs Ball's Chutney 450 g / 470 g Assorted

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



Knorr Salad Dressing 340 ml Assorted

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



SPAR Light Meat Shredded Tuna in Oil or Water 170 g

**BUY ANY 2 FOR 35<sup>00</sup>**



Koo Chakalaka 410 g Assorted

**BUY ANY 2 FOR 35<sup>00</sup>**



Lucky Star Pilchards in Tomato, Chilli or Sweet Chilli Sauce 400 g

**BUY ANY 2 FOR 50<sup>00</sup>**



Koo Baked Beans in Tomato Sauce 410 g

**BUY 2 FOR 24<sup>00</sup>**



Rhodes Baked Beans in Tomato Sauce 410 g

**MULTI-BUY**  
Buy 2 and get **R3 off**

**SPAR Rewards**  
Instant Savings

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

**SPAR**

**SUPERSPAR**

24 JANUARY TO 06 FEBRUARY 2023

SSR14157





# Low, low PRICES

## TREATS

## WE'RE FOR SWEET DEALS



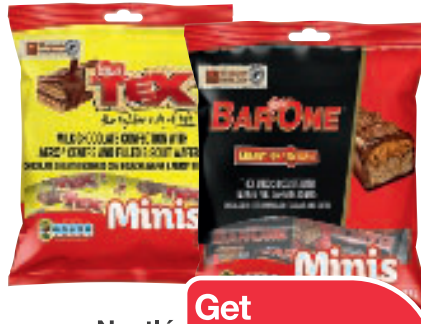
**Cadbury**  
Crunchie 40 g,  
Lunch Bar 48 g,  
PS 48 g,  
5 Star 48.5 g,  
Caramel Slab 39 g,  
Astros 40 g,  
Top Deck 36 g or  
Cadbury Dairy  
Milk Original 37 g

BUY  
ANY  
**2**  
FOR **20<sup>00</sup>**



**Cadbury**  
Selected  
Chocolate Slabs  
(Excl. Oreo or Bubbly)  
80 g  
Assorted

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



**Nestlé**  
Fun Bag Minis  
152 g - 250 g  
Assorted

Get  
**R5** off  
each



**Brookes**  
Oros Squash  
(Excl. Light)  
2 litre  
Assorted

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



BUY  
ANY  
**2**  
FOR **15<sup>00</sup>**

**Oreo**  
Cadbury Coated  
Chocolate Cookie  
32.9 g / 34 g  
Assorted



**Simba**  
Potato Chips  
120 g  
Assorted

BUY  
ANY  
**2**  
FOR **30<sup>00</sup>**



**Willards**  
Cheese Curls  
or Flings  
150 g  
Assorted

BUY  
ANY  
**2**  
FOR **35<sup>00</sup>**



**Simba**  
NikNaks  
135 g  
Assorted

BUY  
ANY  
**2**  
FOR **22<sup>00</sup>**



**Bakers**  
Provita  
250 g  
Assorted

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



**Bakers**  
Blue Label  
Marie Biscuits  
200 g  
Assorted

BUY  
ANY  
**2**  
FOR **27<sup>00</sup>**



**SPAR**  
Vanilla Flavoured  
Custard  
1 litre

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



**Rhodes**  
100% Fruit  
Juice Blend  
6 x 200 ml  
Assorted

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



**Cappy**  
100% Fruit  
Juice Blend  
1.5 litre  
Assorted

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



**Appletiser,  
Grapetiser or  
Peartiser**  
1,25 litre  
Assorted

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



**aQuellè**  
Flavoured Still or  
Sparkling Water  
500 ml  
Assorted

BUY  
ANY  
**2**  
FOR **13<sup>00</sup>**



**Monster**  
Energy Drink  
(Incl. Zero)  
500 ml  
Assorted

BUY  
ANY  
**2**  
FOR **30<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**



24 JANUARY TO 06 FEBRUARY 2023



Great  
meals  
start  
with

# QUALITY COOKWARE

**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.



MasterChef  
The TV Series

Creating smiles around the table



SCAN THE QR CODE  
OR USE THE LINK TO ENTER THE  
COMPETITION. SPAR VOUCHERS  
AND MASTERCHEF STICKERS  
TO BE WON!  
TS & CS APPLY.  
[WWW.SPARGAME.CO.ZA](http://WWW.SPARGAME.CO.ZA)



Promotion valid from 17 October 2022 to 30 January 2023. Completed collector cards can be redeemed until 12 February 2023. Stickers can be collected at any SPAR, SUPERSPAR, KWIKSPAR, SPAR Express, SAVEMOR and TOPS at SPAR store. MasterChef Cookware may only be redeemed at SPAR, SUPERSPAR, KWIKSPAR, SPAR Express and SAVEMOR stores. Excludes stores in KZN, Western Cape, Eastern Cape, Upington and Keimoes area. ©2022 Shine TV Limited. MasterChef and the MasterChef logo are registered trademarks of Shine TV Limited and its affiliates. Licensed by Banijay Group. All Rights Reserved.





# Super SAVINGS

BABY CARE

WE'RE FOR PRECIOUS SAVINGS



Nestlé  
Cerelac  
No. 1 or 3  
Baby Cereal  
500 g  
Assorted

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



Purity  
3rd Baby Food  
200 ml  
Assorted

BUY ANY  
2 FOR  
**27<sup>00</sup>**



Vaseline  
Petroleum  
Jelly  
250 ml  
Assorted

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



Johnson's  
Baby Aqueous Cream  
Assorted  
350 ml

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



Johnson's  
Gentle or Sensitive  
Baby Wipes  
56s / 72s

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

WE'RE FOR HEALTHY SAVINGS

MEDI  
CARE



Savlon  
Antiseptic  
Liquid  
750 ml

**59<sup>99</sup>**



Scott's  
Emulsion  
200 ml  
Assorted

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



Grand-Pa  
Headache  
Powder Sticks 38s  
or Tablets 76s

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



Compral  
Pain Tablets  
50s

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

WE'RE FOR SUPER SAVINGS

PET  
CARE



SPAR  
Pro-Balance  
Dog Food  
8 kg  
Assorted

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



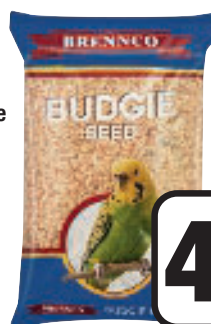
Feline Cuisine  
Dry Cat Food  
2 kg  
Assorted

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



Pamper  
Fine Cuts  
in Gravy  
Multi Pack  
12s  
Assorted

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



Brennco  
Budgie Food  
2 kg

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



Bobtail  
Dog Food  
5.5 kg - 8 kg  
Assorted

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



Husky  
Dog Food  
775 g  
Assorted

BUY ANY  
2 FOR  
**37<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



24 JANUARY TO 06 FEBRUARY 2023





# Top-class VALUE

HOME  
ESSENTIALS

WE'RE FOR  
HOME-MUST HAVES



Sunlight  
2in1  
Hand  
Washing  
Powder  
2 kg  
Assorted

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



Prowash  
Auto  
Washing Powder  
2 kg or  
Auto Liquid  
1 litre  
Assorted

Get  
**R4 off**  
each



Sunlight  
Laundry Bar  
400 g / 500 g  
Assorted

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



Domestos  
Thick Bleach  
750 ml  
Assorted

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



Twinsaver  
Luxury  
Toilet Tissue  
2 ply  
18s

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



Sta-Soft  
Ultra  
Concentrate  
Fabric Softener  
1 litre  
Assorted

Get  
**R20 off**  
each



Sta-soft  
Fabric Conditioner  
Refill Pouch  
(Excl. Ultra  
Concentrate Doy Pack)  
500 ml  
Assorted

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



Finish  
Quantum  
Dishwasher  
Tablets  
50s  
Assorted

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



Sunlight  
Dishwashing  
Liquid Refill  
Pouch  
750 ml

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



Mr Min  
Multi Surface  
Wood Cleaner  
300 ml  
Assorted

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



Airwick  
Air Freshener  
280 ml  
Assorted

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



Doom  
Insecticide Spray  
300 ml  
Assorted

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



Doom  
Automatic Indoor  
Insect Control  
System  
1s

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



Tuffy  
Heavy  
Duty  
Bags  
10s

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



Kiwi  
Quality  
Shoe Polish  
50 ml  
Assorted

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



Pineware  
Double  
Spiral  
Hot Plate

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



Pineware  
Automatic  
Kettle

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



SPAR  
Charcoal  
Briquettes  
5 kg  
+  
Firelighters  
12s

BUY  
BOTH  
FOR  
**80<sup>00</sup>**



Poolbrite  
Month Mate  
Super Plus Floater  
1.5 kg

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



hth  
Granular  
Pool Chlorine  
8 kg

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

SPAR  
Rewards  
Instant Savings

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

SPAR



SUPERSPAR



24 JANUARY TO 06 FEBRUARY 2023

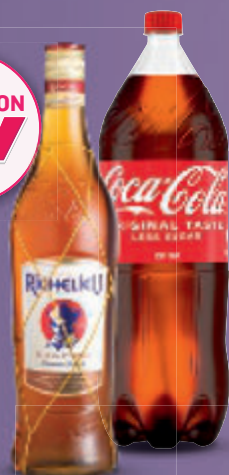


**RINGA NE  
CHOMI  
IS BACK!**

**WIN YOUR SHARE OF  
R4 MILLION**  
IN INSTANT AIRTIME AND CASH

200 000 ENTRIES WILL WIN R10 INSTANT AIRTIME  
AND 200 LUCKY ENTRIES WILL WIN R10 000 IN CASH!  
SEE IN-STORE FOR DETAILS. T'S & C'S APPLY.

AS SEEN ON  
TV



**COMBO**  
Promotional Price  
**205<sup>00</sup>**  
per Combo  
Get an extra  
**R15 off**  
Rewards Customers Pay  
**190<sup>00</sup>**  
per Combo

Richelieu  
International Premium  
Brandy  
750ml and  
Coca-Cola  
2.25L

AS SEEN ON  
TV



**FREE**

**COMBO**  
Promotional Price  
**455<sup>00</sup>**  
per Combo  
Get an extra  
**R115 off**  
Rewards Customers Pay  
**340<sup>00</sup>**  
per Combo

Miller  
Genuine Draft  
Cans  
24 x 440ml and  
Get a **FREE**  
Miller  
Genuine Draft  
Cans  
6 x 440ml

AS SEEN ON  
TV



**BUY 2 FOR**

**200<sup>00</sup>**

Belgravia  
Gin & Dry Lemon  
(All Variants)  
Cans  
6 x 440ml

AS SEEN ON  
TV

Gordon's  
London Dry Gin  
750ml with  
Bernini  
Blush or Classic  
(Excluding Amber)  
Handies  
6 x 275ml and  
SPAR  
Tonic Water  
(All Variants)  
1L



**COMBO**  
Promotional Price  
**245<sup>00</sup>**  
per Combo  
Get an extra  
**R25 off**  
Rewards Customers Pay  
**220<sup>00</sup>**  
per Combo

Specials available at all TOPS at SPAR stores from 24 January up to and including 6 February 2023.

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 10 January 2023 up to and  
including 6 February 2023.  
While stocks last. T's & C's Apply.

tops!  
at SPAR



Grant's  
Triple Wood  
12 Year Old  
Blended  
Scotch Whisky  
750ml

Get  
**R100 off**



Absolut Vodka  
(Including Flavours)  
750ml

Get  
**R20 off**



Heineken  
Premium  
Lager 0,0%  
Non-Alcoholic  
Handies  
6 x 330ml

Get  
**R10 off**



Castle Lite  
Cans  
6 x 410ml

**MULTI-BUY**  
Buy 2 and get  
**R10 off**



Van Loveren  
River Red  
Shiraz Pinotage  
750ml

**MULTI-BUY**  
Buy 2 and get  
**R15 off**



Robertson Winery  
Non-Alcoholic  
Sparkling Range  
750ml

**MULTI-BUY**  
Buy any 2 and get  
**R10 off**



Chateau Del Rei  
Sweet White,  
Red or Rosé  
Sparkling Wine  
Cans  
6 x 250ml

**MULTI-BUY**  
Buy any 2 and get  
**R15 off**



Ginologist  
Spirit Cooler  
(All Variants)  
Handies  
6 x 275ml

**MULTI-BUY**  
Buy any 2 and get  
**R20 off**

Additional Rewards exclusively  
available to our Inland  
SPAR Rewards customers!  
(Excl. Lowveld)



Promotional Price  
**169<sup>99</sup>**  
Get an extra  
**R10 off**  
Rewards Customers Pay  
**159<sup>99</sup>**

Kensington  
London Dry  
Gin  
750ml



Promotional Price  
**174<sup>99</sup>**  
Get an extra  
**R10 off**  
Rewards Customers Pay  
**164<sup>99</sup>**

Montego  
The Original  
Fine Dark  
Rum  
750ml

**#NO 18**

aware!org  
www.aware.org.za

Not For Persons Under The Age Of 18.



## PREMIUM OPTIONS FOR PREMIUM TASTES



**COMBO**  
Promotional Price  
**450<sup>00</sup>** per combo  
Get an extra  
**R30 off**  
Rewards Customers Pay  
**420<sup>00</sup>** per combo

Courvoisier VS  
Cognac  
750ml and  
Appletiser  
Sparkling Juice  
1.25L



**419<sup>99</sup>**

The Glenlivet  
Founder's Reserve  
Single Malt  
Scotch Whisky  
750ml

\*The Premium Selection is available at selected stores only.



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

Jameson  
Caskmates  
IPA or Stout Edition  
Irish Whiskey  
750ml



**239<sup>99</sup>**

Johnnie Walker  
Red Label  
Blended Scotch Whisky  
750ml



**154<sup>99</sup>**

Harrier  
Finest Matured  
Whisky  
750ml

GET MORE  
FO SHO!



J&B  
RARE  
Blended Scotch Whisky  
750ml

PROMOTIONAL PRICE  
**199<sup>99</sup>**  
Get an extra  
**R10 off**  
Rewards Customers Pay  
**189<sup>99</sup>**

GET MORE  
FO SHO!



**COMBO**  
**330<sup>00</sup>** per combo

Gentleman Jack  
Double Mellowed  
Tennessee Whiskey  
750ml and  
Schweppes  
Tonic Water  
(All Variants)  
1L



**COMBO**

**180<sup>00</sup>** per combo

Red Square  
Vodka  
750ml and  
Red Square  
Reload  
(Non-Alcoholic)  
Handies  
6 x 275ml

GET MORE  
FO SHO!



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

Bulldog  
London Dry  
Gin  
750ml

GET MORE  
FO SHO!



**COMBO**  
Promotional Price  
**190<sup>00</sup>** per combo  
Get an extra  
**R15 off**  
Rewards Customers Pay  
**175<sup>00</sup>** per combo

Captain Morgan  
Black Jamaica  
Rum  
750ml and  
Coca-Cola  
1.5L



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

Jägermeister  
The Herbal Liqueur  
750ml



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

Wild Africa  
Premium  
Cream Liqueur  
(All Variants)  
750ml



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

Stretton's  
Original London  
Dry Gin,  
Triple Berry or  
Wild Berries  
Flavoured Gin  
750ml



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

Royal Flush  
Five Times Distilled  
Gin  
750ml

**#NO18** aware!org  
www.aware.org.za

Not For Persons Under The Age Of 18.



# WINE Kulcha

WITH **tops!**

pairs well  
with sizoba-  
right **chomi**



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

**Du Toitskloof**  
Pinotage/Merlot/  
Ruby Cabernet,  
Cabernet Shiraz,  
Sauvignon Blanc,  
Chenin Blanc or  
Pinotage Rosé  
3L



**BUY 2 FOR**  
**100<sup>00</sup>**

**Tall Horse**  
Cabernet Sauvignon,  
Merlot Pinotage  
or Shiraz  
750ml



**Kleine Zalze**  
Cellar Select  
Merlot, Cabernet  
Sauvignon Blanc,  
Cabernet/Merlot  
or Pinotage  
750ml

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



**KWV**  
Roodeberg Red  
750ml

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



**Warwick**  
The First Lady  
Pinotage  
750ml

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



**Four Cousins**  
Natural  
Sweet Red  
750ml

**44<sup>99</sup>**



**Leopard's Leap**  
Sauvignon Blanc,  
Chardonnay,  
Chenin Blanc or  
Chardonnay Pinot Noir  
750ml

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



**Warwick**  
The First Lady  
Sauvignon Blanc  
750ml

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



**Kleine Zalze**  
Cellar Select  
Sauvignon Blanc,  
Chardonnay  
or Chenin Blanc  
750ml

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



**Four Cousins**  
Natural Sweet White  
or Natural Sweet Rosé  
750ml

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



**Durbanville Hills**  
Sauvignon Blanc,  
Chardonnay,  
Chenin Blanc or  
Chenin Blanc Light  
750ml

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



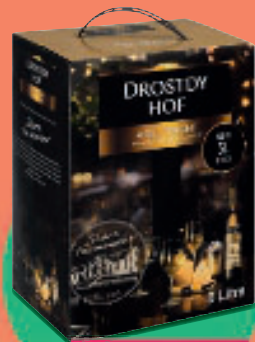
**Tall Horse**  
Sauvignon Blanc,  
Chenin Blanc  
or Chardonnay  
750ml

**BUY 2 FOR**  
**100<sup>00</sup>**



**Fat Bastard**  
Sauvignon Blanc,  
Rosé or  
Chardonnay  
750ml

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



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

**Drosty Hof**  
Adelpracht  
5L



**Bon Courage**  
Blush Vin Doux  
Sparkling Wine  
750ml

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



**Pongrácz**  
Méthode Cap Classique  
Brut, Noble Nectar  
Demi Sec or  
Nectar Rosé  
750ml

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



SCAN HERE  
TO GET WINE  
KULCHA'D

## INclusive vino

OUR EXCLUSIVE WINES ONLY AVAILABLE AT **tops!** AND NOWHERE ELSE



**OLIVE BROOK**

Great local wines that are great for your wallet



**Olive Brook**  
Chenin Blanc  
750ml

**44<sup>99</sup>**



**Olive Brook**  
Sauvignon  
Blanc  
750ml

**44<sup>99</sup>**



**Olive Brook**  
Chardonnay  
750ml

**44<sup>99</sup>**



**Olive Brook**  
Moscato  
White  
750ml

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



**Olive Brook**  
Moscato  
Rosé  
750ml

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



**Olive Brook**  
Cabernet  
Sauvignon/  
Merlot  
750ml

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



**Olive Brook**  
Pinotage  
750ml

**49<sup>99</sup>**



**Olive Brook**  
Merlot  
750ml

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



**Olive Brook**  
Shiraz/  
Cabernet  
Red Blend  
750ml

**49<sup>99</sup>**

**SHORTWOOD**  
WHERE LESS IS MORE

For our Shortwood range, we take our time to carefully prune each vine, leaving only two to three buds. This cutting technique, coincidentally also called short wood, not only controls the harvest, but vastly enhances the quality of the grapes that create our elegant and outstanding wines.



**Shortwood**  
Red  
750ml

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



**Shortwood**  
Chenin Blanc  
750ml

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



**Shortwood**  
Rosé  
750ml

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



**OLIVE BROOK**  
TERROIR SELECTION

goes great with  
the weekend



**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.



# DEALS FOR YOU AND YOUR CHOMMIES!



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

Savanna  
Premium Cider  
Angry Lemon  
Handies  
6 x 500ml

GET MORE  
FO SHO!



**269<sup>99</sup>**  
per case

Amstel Lager  
Handies  
24 x 330ml



BUY 2 FOR

**145<sup>00</sup>**

Budweiser  
Handies  
6 x 330ml



BUY 2 FOR

**195<sup>00</sup>**

Smirnoff Storm  
Pine Twist or Berry Twist  
Cans  
6 x 440ml



BUY 2 FOR

**140<sup>00</sup>**

Brutal Fruit  
Ruby Apple  
Handies  
6 x 275ml



BUY 2 FOR

**140<sup>00</sup>**

Castle Lite  
Handies  
6 x 330ml



BUY 2 FOR

**155<sup>00</sup>**

Carling Black Label  
Cans  
6 x 500ml

## ENJOY THESE LOW-ALCOHOL ALTERNATIVES!



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

Savanna  
Lemon  
Non-Alcoholic  
Handies  
6 x 330ml



BUY 2 FOR

**130<sup>00</sup>**

Belgravia  
Gin & Dry Lemon  
Non-Alcoholic  
(All Variants)  
Handies  
6 x 275ml



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

Strongbow  
Red Berries  
Cider  
Alcohol-Free  
6 x 330ml

# THIS MONTH'S BEST LOCAL DEALS



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

Aerstone  
Single Malt  
Scotch Whisky  
Land or Sea Cask  
750ml



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

Belgravia  
Pink, Blackberry  
or Blood Orange  
Gin  
750ml



**189<sup>99</sup>**

Firewater  
Whisky  
Cinnamon Flavoured  
750ml



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

Fireball No. 6  
Spiced Liqueur  
750ml



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

Windhoek  
Premium Lager  
Handies  
6 x 330ml

**SPAR**  
Rewards  
Instant Savings

\*Maximum of 12 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

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Not For Persons Under The Age Of 18.



