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24 MARCH 2023

Toddler trapped 13 metres down uncovered borehole in Phokeng

MIRACULOUSLY RESCUED

Rustenburg – Tensions were at an all-time high on Thursday 16 March 2023 in the Tshwara section of Phokeng after a 15-month-old boy had fallen into a 21-metre deep, uncovered borehole at approximately 11:00 in the morning. The toddler's uncle immediately reached out to Royal Bafokeng Emergency Services (EMRS), where, upon their arrival, the emergency responders discovered that the toddler was stuck roughly 13 metres down the borehole!
Read more on page 4.

The toddler who must have been in shock, did not utter a sound or shed a tear when he was retrieved.

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Placing an obituary

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



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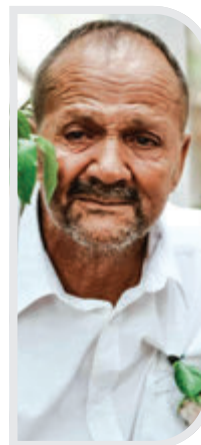
TWO BODIES RECOVERED AT SUSPECTED ILLEGAL MINING OPERATION



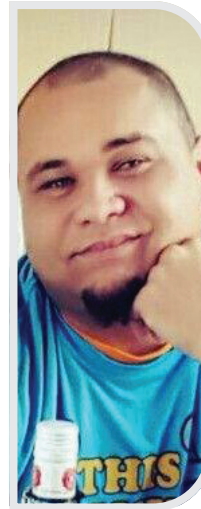
Rustenburg/ Sun City – Two suspected illegal miners died at an open cast chrome mine that is no longer being used during a ‘fall of ground’ accident. According to police spokesperson colonel Adele Myburgh, the accident occurred on Monday 20 March 2023 at around 15:00 at the closed mine in Witrandjie, near Sun City. A community member who spoke to *Platinum Weekly* said that four people, suspected to be conducting illegal mining activities, died during the ‘fall of ground’ accident.

However, police spokesperson colonel Adele Myburgh confirmed that the bodies of two men were recovered from the mine. “We are investigating an inquest and I can confirm that the bodies of two men were discovered on Monday 20 March. When police arrived at the scene, a community member showed them where the accident took place,” Myburgh said. “The two men died after soil fell on top of them. Their identities and ages have not been identified yet,” she added.

In remembrance



Ons onthou met die liefde wyle Pieter Koortzen (59) oorlede op Vrydag 17 Maart 2023. Op versoek van die familie sal hy stil veras word. 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 die wyle Zahn Mouton (37), oorlede Woensdag op 15 Maart 2023. Die viering van sy lewe vind plaas op 25 Maart om 10:00 vanuit die NG Kerk, Karlienpark, 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.

Read the fine print



The fine print on the contract the victim received.

Rustenburg – A Rustenburg resident was shocked after receiving an invoice of R14,400 on Tuesday 7 March 2023, after she signed up for a service that was marketed as free. The victim received a call from the company on Thursday 23 February 2023 asking her if she would like to add her company's details to Telkom's directories (the company in question is not affiliated with Telkom). She was told that it was a free service, and the salesperson never mentioned any fees. She received the contract to complete and sign. In big bold letters on the contract, it stated: “Free Service: FREE TELKOM 1023 entry”. However, almost at the bottom—in the very fine print—the agreement also stated: “I accept the product provided at the full contract cost of R14,400 per year and agree to make the full payment for the yearly advertising on the invoice immediately.” It further stated: “I am fully aware that (the company in question's name) is an independent advertising company.”

Although we would not like to admit it, most of us just scan through the T&Cs when signing documents, and because the word ‘FREE’ was clearly printed on the document the victim didn't hesitate to sign. A few days later the enormous bill arrived. She panicked and immediately requested the company to cancel the contract but was informed that because she had agreed to the terms and conditions, she had to pay or be handed over for debt collection. “They never mentioned any fees, so I was under the impression that it was a free service, and I was terrified when they threatened to take legal action against me. I think that they use this scare tactic to force people to pay,” the victim told *Platinum Weekly*. The victim reached out to her attorneys for legal advice and action and has since then not heard anything from the company. “I have heard of other people who fell for the same trap, so I would like to warn others to make sure to read the fine print,” the victim added.

Man arrested for pointing firearm



Rustenburg/ Luka – A 39-year-old man appeared before the Bafokeng Magistrate Court on Wednesday 22 March 2023 on charges of possessing an unlicensed firearm and pointing a firearm at a victim during an argument.

The accused, Ntandazo Marolomba from Luka, was remanded in custody and is expected to apply for bail when he appears again before the same court on Tuesday 28 March.

Police spokesperson sergeant Ofentse Mokgadi said that Marolomba was arrested by the Phokeng K9 unit on 19 March. “On the night of 17 March, the suspect and the victim were dining at a friend's house in Luka. It is alleged that the duo had an argument and the suspect pulled out an unlicensed firearm and pointed it at the victim. Luckily, others who were present managed to diffuse the situation. Two days later, on the 19th of March, police received information regarding the unlicensed firearm and made the arrest,” said Mokgadi. The firearm was discovered in a kitchen drawer during a search by police at the suspect's house. Investigations are still ongoing.

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Toddler trapped 13 metres down uncovered borehole in Phokeng

MIRACULOUSLY RESCUED

Rustenburg – Various emergency responders and rescue services were faced with a difficult and emotional task of rescuing a 15-month-old toddler after the young boy had fallen into a 21-metre deep, uncovered borehole on Thursday 16 March. The incident happened in the Tshwara section of Phokeng. The toddler's uncle immediately sought the help of Royal Bafokeng Emergency Services (EMRS). Emergency responders realised that they were faced with a challenging task after they discovered that the toddler was stuck approximately 13 metres down the borehole.

According to community members, the toddler's mother went grocery shopping and dropped her son in his grandmother's care. Unfortunately, a private construction company who had started on the borehole at the grandmother's house some time ago, neglected to cover or cordon off the hole.

Because the child's safe removal was of paramount importance, EMRS joined forces with the Rustenburg Emergency and Disaster Management, South African Police Service (SAPS), ER24, Impala Mine's rescue service proto B-team, and Igagu Emergency Medical Services (EMS) to ensure the best chance of success. Royal Bafokeng assisted with a tractor loader backhoe (TLB) to dig a trench close to the hole that would help emergency responders to access the child.

The family, along with bystanders, stood in silent anticipation, and every time the TLB stopped, people braced themselves to hear a sign of life coming from the hole.

After two hours, some people started praying aloud. "God have mercy on this child," could be heard from the desperate crowd. The child's whimpers from inside the hole kept the rescue teams motivated.

A second TLB, followed by members from the Royal Bafokeng's proto team arrived just after 14:00. A trench of approximately 11 meters was dug, and it was decided by emergency responders that the best course of action would be to lower a rescuer into the hole to retrieve the toddler.

Rustenburg Local Municipality Emergency and Disaster Management crew member OJ Mataboge, who is small of stature, was slowly lowered down, headfirst, while people called out, "Come small! Come small!" Meanwhile, emergency team members urged Mataboge: "Don't leave him, whatever you don't leave him."

After approximately four hours, the battle to save the toddler was finally won! Silence fell as Mataboge emerged from the hole with the child. It was a joyous moment for everyone present. "Herol" was repeatedly chanted while the boy was handed over to the paramedics. The youngster was visibly confused by all the attention and did not shed a single tear.

Royal Bafokeng EMRS transported the child to the Job Shimankana Tabane (JST) Hospital where he was given a clean bill of health!

"I would sincerely like to thank everyone who assisted, especially the unprecedented bravery and selflessness shown by Olebogeng Mataboge," said Doctor Kebalepile Mokgethi, managing director of the Royal Bafokeng Administration. For safety, the borehole has since been filled up with soil.



The uncovered borehole which became the toddler's four-hour trap.



Rustenburg Local Municipality Emergency and Disaster Management crew member OJ Mataboge's feet are the only thing visible as he is being lowered into the hole.



A trench was dug so that emergency responders could access the child.



The heroes who worked tirelessly to save the young boy.

Heard it through the grapevine

Rustenburg – Were shots fired on Marais Street, Kruger Street, Wildevy Avenue, or Koorsboom Avenue? Did a quiet Human Rights Day suddenly turn violent on Tuesday 21 March 2023? The social media warriors quickly responded: "Two warning shots fired, one burglar dead." On the record, however, no incidents were reported...

WHO

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Target exceeded!

Rustenburg/ Brits – The South African National Blood Service (SANBS) hosted a successful blood drive on Tuesday 21 March 2023 from 09:00 to 16:00.

The team took to the Waterfall Mall's Nedbank Court, Platinum Lifestyle Donor Centre, and the Brits Donor Centre.

The drive exceeded its planned target of 120 units as it managed

to procure 129 units of blood! Every unit of blood can save a minimum of three lives, so you do the math!

There was also a special donor's badge for bikers who donated, and they did not disappoint in showing their support.

For more information on blood drives and how you can get involved contact SANBS on 012 391 2621 or 014 594 2771.



From left: SANBS medical technologist Dineo Mosidi assisted Mara Schoeman to donate blood.



From left: SANBS registered nurse Jacky Monoto and Sello Legodi saving lives.

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A captain with a heart of gold retires

Rustenburg - Captain Elsabé Augoustides, who has served the South African Police Service (SAPS) for forty years—which includes 17 years as captain in the Rustenburg community—will officially hand in her badge on Friday 31 March 2023. Elsabé's retirement from SAPS will certainly be a loss for the Rustenburg community, but at the same time, she will fondly be remembered as 'the woman in blue with a heart of gold'. *Platinum Weekly* interviewed Elsabé on Thursday 16 March 2023 to find out more about her life and her time in the South African Police Service.

From an early start, Elsabé had a calling to help people, and as a child, she had dreams of becoming a social worker. But because Elsabé didn't want to place financial pressure on her parents with tertiary studies, she opted to discard some of her initial dreams.

Fortunately, in a serendipitous moment at the end of her matric year, Elsabé found a flyer in the post box which read: "Do you want to become a police officer?" Her father was a reservist for the police, and had always held the force in high esteem, so he encouraged his daughter to join.

In 1981—at barely 18—Elsabé travelled from Welkom by train to join the police college in Pretoria. "Many of the women who were travelling with me to the college were sad to leave their mothers behind, but when we arrived in Pretoria the commanding officer yelled once and all of them quickly forgot about their moms," she laughingly said.

After completing her six-month basic training in 1981 she was placed as a shift commander at the radio room in Welkom. Here she displayed remarkable control room skills during a difficult time as Welkom was under siege by mining turmoil and the Zama Zama's. As a young constable, Elsabé effectively took command of her post as she dealt with receiving and sending correct messages to different units such as the riot squad, dog unit, and flying squad.

Elsabé married her husband, Timoleon Augoustides, in

1984, shortly afterwards she was transferred to the district offices in Welkom in an administrative capacity where she was promoted to the rank of sergeant. During this time, she was an investigating officer responsible for investigating police dockets and other general investigations.

The family was later blessed with two daughters, Timonette and Charlotte. Elsabé had to juggle between being a police officer, a community leader, and a mother.

Elsabé started climbing the ranks and became lieutenant in 1995, and shortly afterwards she received the rank of captain. After her husband was retrenched from the gold fields, the family moved to Klerksdorp where she was again deployed in the communications department. Here she spearheaded a project named Project Nexus; Reject and Report Stolen Goods in collaboration with the Community Policing Forum (CPF), schools, and other departments this project became a great success and was selected by the office of the member of the executive council (MEC) as the most valued project of the year in North West! She was also studying and completed her B. Tech policing degree through the University of South Africa (UNISA) in 2004.

In 2005 Elsabé became part of the Rustenburg police force and was stationed at the crime intelligence office. When she was later requested to join the communications office, she jumped at the opportunity to help.

Elsabé recalled an incident that she will never forget which involved an eight-year-old girl who had been abducted and raped by her biological father. The mother of the child stopped Elsabé in a street and pleaded for her assistance. Elsabé immediately alerted the radio room and rushed to the conference room where the Family Violence, Child Protection, and Sexual Offences commander at the time, captain Annalette Nortje, was attending a meeting. She promptly

called her from the meeting and the surrounding stations were mobilised and alerted to be on the lookout for the suspect. Eventually, the little girl was found with the suspect near a river in



Captain Elsabé Augoustides, ready to retire after 40 years in the police service.

Groot Marico. At the police station, the little girl softly said to Elsabé: "Thank you for saving my life." These words touched Elsabé's heart and were a reminder of why she had joined the police service. Throughout her career, she launched many crime prevention projects and hosted her fair share of events and exhibitions. Looking back, one thing that will forever stick with her is the image of her wearing her full uniform and the pride in knowing that she was making a difference.

Both on and off duty, Elsabé's compassionate spirit always stood out to those who met her, but despite her kind nature, she was never afraid to speak up for those who were too afraid to speak for themselves.

"I have been blessed beyond measure to serve the South African Police Service for 40 years. I thank all my senior officers, colleagues, and friends for their guidance. Most of all, I would have

to thank my family members who have supported me all these years with love and care, I love you! Finally, I must thank the communities of Welkom, Klerksdorp, and Rustenburg for allowing me to serve with diligence and pride. So many projects, so many crime prevention operations, and so many hours spent in uniform! I am grateful to God for His divine protection. God bless you all! Let's be safe. Take care of yourselves. It's been a journey!"

As a devoted grandmother of five grandchildren, Elsabé is looking forward to this next chapter of her life as a devoted grandmother to four girls and one boy. "Being a grandmother is a full-time job you know, especially with five grandchildren," Elsabé added.

Platinum Weekly would like to thank Elsabé for her many years of dedicated service and wishes her all the best with her future endeavours.



Captain Elsabé Augoustides with high-ranking generals during a visit to the area commissioner's office in Welkom in 1988.



Captain Elsabé Augoustides and Pablo the puppy that was rescued during a crime-fighting initiative in Boitekong in 2020.



Captain Elsabé Augoustides, ten years ago, wearing her uniform with pride.



A young captain Elsabé Augoustides (in the back row sixth from left) in 1985 during a sports day hosted by Welkom police.

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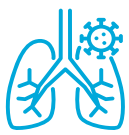
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P.O Box 20569, Protea Park, Rustenburg, 0305

Impala makes strides in the fight to end Tuberculosis

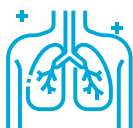
Impala Rustenburg is committed to improving the health and safety of its employees and mine-communities. This is what has prompted Impala’s proactive approach in the global fight to end tuberculosis.



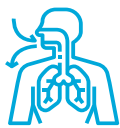
What is Tuberculosis?



Tuberculosis, otherwise known as TB, is a **lung disease** caused by bacteria called Mycobacterium Tuberculosis



TB usually settles in the **lungs**



Causing **damage** which can make it **hard to breathe**



How is Impala Fighting TB?



Employees including contractors are **screened and x-rayed** annually for **TB** and are screened for **TB/HIV** at every visit to our primary healthcare clinics



Wellness teams **educate our employees and contractors** about TB/HIV and provide voluntary counselling and testing



TB positive employees are admitted, treated and educated. The importance of adherence and completion of TB treatment is strongly emphasised



The **Impala track and trace team** traces contacts of TB-positive employees and refers them for screening



Impala partners with **Tapologo Home-Based Care** to fund the training of community care workers to identify early signs and symptoms of TB and other diseases

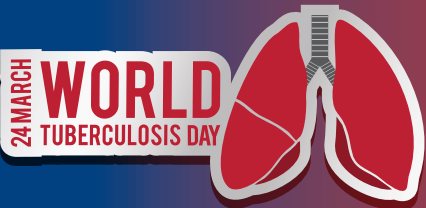


Did You Know?

Impala’s TB incidence rate is **224** per 100 000 people (2022)

The South African estimated incidence rate is **537** per 100 000 people (2022)

The regular screening of employees and contractors is a major contributor to Impala’s lower prevalence rate.



The South African National Aids Council (SANAC) will be hosting the 2023 World TB Day on 24 March 2023 at Tlhabane Stadium, Rustenburg. Join us at this event as we strive to raise awareness.

Impala – working together to create a better future.

Have your say / Sê jou sê

Have you ever hiked to the top of a mountain?

South Africa has many scenic hiking trails, but for some, hiking to the peak of a mountain can be a bit daunting while others find it thrilling! Have you ever hiked up a mountain and experienced the feeling of being on top of the world?



No. The idea of being at the top of a mountain is scary! I like seeing people hiking to the top, but for me it is a big no!

Danny Moreo



Yes. We decided to take a walk through our local reserve with my daughter. We got lost but finally found our campsite. We never realised that we had climbed the same mountain twice, but it was so much fun, and I would do it again. For me, there are many mountains still to climb.

Cassandra Coetzee

PUBLIC POLL: THE RESULTS ARE IN!

Have you ever hiked to the top of a mountain?

NO 46% YES 54%

POLL

When it comes to a romantic interest, do you make the first move?

The very first interaction that signals romantic interest between two people, is often the most difficult move to make. Do you feel comfortable making the first approach, or would you rather leave it to chance? Make yourself heard by sending an email to news@platinumweekly.co.za or send us a WhatsApp on 081 579 7000 with the following information before 17:00 on Monday 27 March 2023.

- Yes, I've made the first move in a relationship.
- No, I've never made the first move in a relationship.
- The reason for your answer.
- A recent photo of yourself—so that we can publish your pic with your answer.
- Your contact details.
- Please indicate in which town/ city you reside.

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.

Uitstekend!



Van links: VLU Kashané aand-tak voorsitter Charmaine Coetzer, Noordwes VLU skrywer van die jaar Elsa Winckler, Penguin Random House SA se Christine Craze, en VLU Kashané aand-tak se Mariaan Niemand.

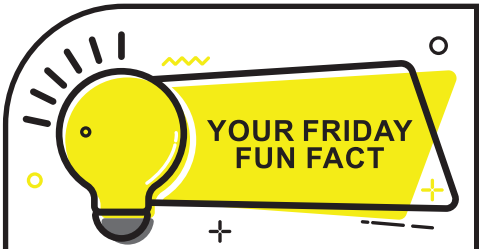
Rustenburg - Charmaine Coetzer en Mariaan Niemand van die Vroue Landbou Unie (VLU) Kashané aand-tak het op Woensdag 15 Maart 2023 die Platinastreek se 28ste konferensie bygewoon.

Die konferensie is aangebied by die NG Kerk Krokodilrivier aangebied deur die VLU Brits-tak.

Die tema was 'Kersfees in Maart' en is bygewoon deur 102 persone, waarvan meeste VLU lede was.

'n Hoogtepunt was die konferensie se prysuitdeling, waar die VLU Kashané aand-tak sesdeplek gevat het.

VLU Kashané aand-tak lede het met verskeie pryse weg gestap. Charmaine Coetzer het 'n spesiale prys gekry vir gebottel en gebakte goedere, en Anja Nieuwoudt 'n spesiale prys vir haar fotografie geneem. Estelle Grundling het eersteplek vir haar kweperjellie gekry en 'n tweedeplek vir fotografie. Anja het ook 'n derdeplek in masjienwerk gekry en tweedeplek vir skryfkuns. Charmaine Coetzer het 'n sesdeplek vir fotografie gekry, vierdeplek vir blomme, en vyfdeplek vir kweperjellie.



Did you know?

It takes 70 different pieces of wood—typically spruce or maple wood—to create a single violin.



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

Hartbeespoort Parkrun	Every Saturday	Hartbeespoort: Schoemansville Resort	082-442-5807
Brauhaus Afrika parkrun	Every Saturday	Rustenburg: Brauhaus Afrika	064-617-2423
Koster Parkrun	Every Saturday	Kosster: Koster Sports Club	015-257-0160
Arrow Rest Parkrun	Every Saturday	Hartbeespoort: Arrow Nest	082-851-6594
World TB Day	24 Mar '23	Rustenburg: Tlhabane Stadium	---
Three Star Win-a-car	25 Mar '23	Rustenburg: Tuin Street &, Hefer St, Rustenburg East	014-596-5066
Boere Biddag	29 Mar '23	Brits: NG Kerk Brits, oorkant Brits ouetehuis	072-406-8631
Fokopolisiekar	31 Mar '23	Rustenburg: Jakkalsdanskans	073-916-2203
Jay & Lianie May	1 Apr '23	Rustenburg: Jakkalsdanskans	073-916-2203
Easter Run	1 Apr '23	Olifantsnek: Vulstasie	064-122-6234

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SUDOKU

SOULFOOD

PSALM 133

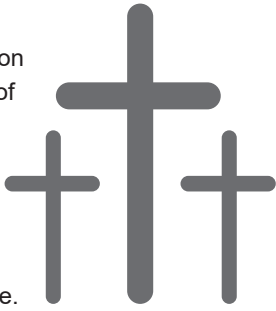
Blessed Unity of the People of God
A Song of Ascents. Of David.

133 Behold, how good and how pleasant it is
For brethren to dwell together in unity!

2 It is like the precious oil upon the head,
Running down on the beard,
The beard of Aaron,
Running down on the edge of his garments.

3 It is like the dew of Hermon,
Descending upon the mountains of Zion;
For there the Lord commanded the blessing—
Life forevermore.

NEW KING JAMES VERSION (NKJV)



WEATHER REPORT NORTH WEST

RUSTENBURG

Thursday	23 MAR 2023	29°C - 18°C	3% ☔
Friday	24 MAR 2023	24°C - 17°C	11% ☔
Saturday	25 MAR 2023	24°C - 17°C	36% ☔
Sunday	26 MAR 2023	26°C - 15°C	21% ☔
Monday	27 MAR 2023	27°C - 15°C	37% ☔

At time of print

USD / ZAR	18.4177
EUR / ZAR	19.84728
GBP / ZAR	22.56536
AUD / ZAR	12.3002
Yuan / ZAR	2.6741
USD / EUR	0.9274
USD / GBP	0.81542
Bitcoin / USD	28273.1
Ethereum / USD	1799.36
Gold \$/oz	1 938.40
Platinum	994.20
Brent	75.64
Palladium	1 428.00
Silver	22.30

FINANCIAL INDICATORS

At time of print

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Three Star Powertrade celebrates education

Rustenburg – Three Star Powertrade has reaffirmed its commitment to continue assisting schools through various projects during the 2023 calendar year. On Friday 17 March 2023 Three Star Powertrade hosted an exquisite cheese and wine evening for educators from schools in Rustenburg at their east-end premises. Over the years, Three Star Powertrade has helped to empower the community by hosting art competitions for schools, car competitions and draws for customers, to name but a few initiatives. Educators who attended the event wine and dined with representatives from Three Star Powertrade and were also given a glimpse of the upcoming projects they can expect this year.

"As Three Star, we are proud to be hosting the cheese and wine evening to kick off many of the year's events," said Three Star Cash & Carry Powertrade regional general manager Wayne Labuschagne.

"As the calendar progresses, we promise an exciting year filled with workshops and rewards for schools." Labuschagne explained that the company's partnership with schools would result in projects such as "reach for the stars", "love our community", and "love our school" among others. Operations general manager Raymond Phathlane paid tribute to the role played by educators in the community "You are very important role players in our country's future because you build our youth," said Phathlane.



From left: Three Star Powertrade marketing assistant Hellen Machava, regional general manager Wayne Labuschagne, operations general manager Raymond Phathlane, regional cash office controller Emelda Stockholm, and supervisor Baby Modisakeng at the eventful evening.

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

SAVF

SAVF Rustenburg is requesting assistance with finding the biological father of a female child born 2010-09-13 with the surname of Ramathape . Urgently contact the social worker Thankxy Motsapi on 014 592 8568 or rustenburg.mwk1@savf.co.za if you have any information.

CHILD WELFARE

Please assist the organization to search for the whereabouts of the biological father if a two year old boy with the surname Sesinyi. Urgently contact the Social Worker, Roseline Mokataka from Child and Family Welfare Rustenburg on 014 537 2014 or roselinemokataka@gmail.com

LOST OR DESTROYED DEED
Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer T35461/2008 passed by MPHO EUGENE TSITSI in favour of BOITUMELO RUTH TSITSI, Identity Number: 7610210287081, Married out of community of property in respect of certain ERF 120 BOSCHDAL EXTENSION 5 TOWNSHIP, REGISTRATION DIVISION J.Q., Province of NORTH WEST; which has been lost or destroyed. All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the REGISTRAR OF DEEDS at PRETORIA, Merino Building, 140 Pretorius St, Pretoria Central, Pretoria, 0002 within two weeks from the date of the publication of this notice. **Dated at RUSTENBURG on the 09th day of March 2023.**
CONVEYANCER | CHRISTOPH GERHARD MEYER VAN VELDEN DUFFEY INC | 67 BRINK STREET RUSTENBURG | (014) 592 1135 christophm@vvd.co.za

LOST OR DESTROYED DEED
Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Certificate of Real Right SK4321/2010S passed by GILLYFROST 42 PROPRIETARY LIMITED, Registration Number: 2006/012975/07 in favour of GILLYFROST 42 PROPRIETARY LIMITED, Registration Number: 2006/012975/07in respect of certain: The right to erect and complete from time to time within a period of 30 (THIRTY) years with effect from the date of registration of the real right of extension, for his/her personal account on the specified portion of the common property as indicated on the plan referred to in S25(2)(a) of the Act, filed in this office, and to divide such building or buildings into a section or sections and common property and to confer the right to exclusive use over a portion of such common property upon the owner or owners of one or more units in the scheme known as CASA VALDE in respect of the land and building or buildings situated at Erf 283 Waterval East Extension 19 Township, Registration Division J.Q., Province of North-West, and as shown on Sectional Title Plan No SS458/2010, with exclusion of the rights of extension already ceded., HELD BY CERTIFICATE OF REAL RIGHT SK4321/2010S which has been lost or destroyed. All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the Registrar of Deeds at PRETORIA, Merino Building, 140 Pretorius St, Pretoria Central, Pretoria, 0002 within two weeks from the date of the publication of this notice. **Dated at RUSTENBURG this 14th day of MARCH 2023.** | VAN VELDEN-DUFFEY INC | Address: 67 Brink Street, Rustenburg, 0299 | E-mail address: veronicas@vvd.co.za | Contact number: 014 592 1135

FORM JJJ | LOST OR DESTROYED DEED
Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer T58181/1990 passed by GADIJA SAFEDIEN, Born on 13 July 1925, Unmarried, in favour of GOOLAM MAHOMED GOOLAB, Identity Number 170317 5037 058, Unmarried, in respect of: ONE TWENTIETH (1/20th) SHARE IN AND TO PORTION 56 (A PORTION OF PORTION 13) OF FARM SCHUINSDRIFT 75, Registration Division J.P., PROVINCE OF NORTH WEST HELD BY Deed of Transfer T58181/1990 which has been lost or destroyed. All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the REGISTRAR OF DEEDS at PRETORIA, Merino Building, 140 Pretorius Street, Pretoria Central, 0002, within two weeks from the date of the publication of this notice. **Dated at RUSTENBURG on the 14 day of MARCH 2023.** | E GERBER | VAN VELDEN-DUFFEY INC | 67 BRINK STREET | RUSTENBURG, 0299
E: elneg@vvd.co.za | T: (014) 592 1135

WE KNOCK AND
DROP FLYERS AND
PAMPHLETS

CALL 072 026 0414

A SMALL VICTORY FOR ZINNIIVILLE

Rustenburg/Zinniaville – The Bojanala Platinum District Municipality (BPDM) has refused Matzonox (Pty) Ltd, an Atmospheric Emissions Licence (AEL) for the operation of their biodigester on Wednesday 8 March 2023.

The RCL Foods complex in Zinniaville consists of three plants, Rainbow, Epol, and a biogas plant—one of only two in the country.

Matzonox provides waste management services for RCL Foods. A biodigester was built at the RCL Foods biogas plant as part of the Matzonox waste-to-value initiative. The plant was commissioned in early 2020 to process animal manure from the company's farms as well as partially treated effluent (waste) pumped from the RCL abattoir and the poultry by-products plant.

In *Platinum Weekly's* issue of 2 April 2021, it was reported that residents in the Zinniaville area had had enough as many were complaining about a foul smell which lingered in Zinniaville and its industrial area. Since then, there have been several stakeholder meetings between the Zinniaville Rate Payer's Association (ZRA), RCL Foods, and the Bojanala District Municipality, to discuss the recurring foul air experienced in the area, as well as RCL Foods' waste-to-value Plant. Matzanox's air pollution licence was also discussed during these meetings. In order to apply for the AEL, Matzonox is required to host public participation meetings with affected communities. Although there are several residential suburbs of Rustenburg within 5 km of the plant, the closest include Karlien Park and Zinniaville directly to the south, Seraleng to the north-northeast, and Boitekong to the east. During the meeting at the Zinniaville

Secondary School Hostel on 12 September 2022, the community voiced their concerns about the lingering smell. They spoke about the decline of their quality of life due to the smell, and medical practitioners were concerned about the health risk associated with the smell emanating from the plant. In the BPDM's report, it states that the key factors they considered in making their decision were as follows:

- Negative responses from all the communities of Rustenburg Local Municipality (RLM) during public participation, which took place in 2022.
- President investigations regarding the complaints received from the community of Zinniaville of the odours coming from Matzonox.
- Incident of bad odours that was uncontrolled without any idea of the cause of the incident.
- A letter dated 23 February 2023, from the RLM in support of the refusal of a provisional atmospheric emission licence (PAEL).
- Operating without an AEL.

The report also states that 80% of the comments received from the community during the first public participation meetings and 90% of the comments during the second meetings objected to the issuing of the AEL. "It is due to your persistent and uncompromising struggle that we have been granted this small victory," said ZRA chairperson Soyab Bham. He added that the ZRA must be informed about the appeal process, and assured the community that the ZRA will continue to keep the community's best interest at heart. *Platinum Weekly* reached out to RCL



The stench coming from the RCL FOODS plant has been a thorn in the Zinniaville community's side for many years.

FOODS for their comment. RCL FOODS corporate communications manager Virginia Horsley said: "Matzonox has studied the decision and it does not believe that there is merit to the reasons given for the refusal. We have appointed legal counsel to consider the matter further and to lodge an appeal of the decision."

She added that from the application, which was submitted, it is clear that the AEL is only required for a small segment of the plant, which operates as a closed system and is currently at a very limited capacity. Horsley also added that for now, the plant will continue to operate given that there is no associated environmental impact.

Bojanala Executive Mayor calls for more resources to create safer corridor



Over 400 vehicles were stopped and checked, and 267 summonses were issued for different contraventions.

North West/ Gauteng - The Trans Kalahari Corridor National Committee (TKCNC) in South Africa hosted yet another successful inter-provincial law enforcement operation led by the North West and Gauteng law enforcement agencies, with the primary objective to promote compliance along the Trans Kalahari Corridor (TKC). The operation was further intended to

promote safety, and security and increase law enforcement visibility on the corridor. In her address to appreciate the efforts and hard work displayed by law enforcement agencies and road safety officials at the operation, the Bojanala Platinum District Municipality executive mayor cllr Magdeline Nondzaba called on TKC stakeholders to invest more resources to ensure the success

In search of who we are



From left: Enver Surty, Muhammed Minty, and Shaheed Ramantsi at Minty's book launch.

Rustenburg - Muhammed Yousuf Minty's dream of releasing his novel "*In search of who we are*" finally came true. To celebrate, he hosted the book's launch at the Zinniaville Secondary School's hostel on Saturday 18 March 2023. The book has been in the making for the past 25 years under the working title "All in a name". The novel is set in precolonial Africa and centres around Kanu, a father who is on a quest to find a name for his child. But first, Kanu must undergo the ritual of understanding who he is. Kanu navigates the questions of meaning and identity for the individual, the relationship between individuals, the conflict of interests between groups, and the tensions between individuals and groups. The protagonist does this by using his understanding of the history and culture of his people, built on the foundations of duty and compassion. As a versatile man, Minty is a lawyer, doctor, poet, artist, and author. He matriculated in 1987 from Zinniaville Secondary School and decided to study law at the University

of creating a safer environment along the corridor.

"The two Provinces, North West and Gauteng must equally avail resources for the success of these TKC national law enforcement operations. We must make an impact and clean all criminal activities. This route must be the safest corridor," said Nondzaba.

He said the national committee through its technical committees will develop a year plan which will outline all activities on law enforcement operations, road safety awareness campaigns and stakeholder engagement including information-sharing sessions.

"The statistics recorded for this operation become a source for planning and deployment of law enforcement agencies along the corridor. Contravention of the road traffic legislation continues to be a worrying factor, from the over 400 vehicles stopped and checked, 267 summonses were issued for different contraventions. We will continue with these kinds of operations to root out lawlessness," said TKCNC RSA chairperson Suebel Mmono.

Department of community and safety transport management, press release extracts, 18 March 2023.

of Cape Town where he became involved in the social and political struggle of the time. In 1992 he left South Africa to study medicine at Spartan Health Sciences University in St. Lucia in the Caribbean. Here he studied and worked in hospitals in the Caribbean and Mexico before returning to South Africa in 1996. He moved to Koster in 2000 to work on his novel, whereafter he returned to Rustenburg where he taught English at Zinniaville Secondary school for three years before family obligations demanded a return to Cape Town. Rustenburg still called to him, so he returned in late 2020 and got actively involved in the community.

The importance of community and finding yourself through assisting others is one of the main themes of Minty's novel. During the book launch, friends and family shared tales about Minty and described him as an authentic person and a philosopher.

The book was published by AWQAF SA and The Project Justice Trust. For more information, contact Minty on 084 626 2786.

RUSTENBURG LOCAL MUNICIPALITY - VACANCIES

EXTERNAL ADVERTISEMENT

“A World Class City where all communities enjoy the high quality of life”
The Rustenburg Local Municipality seeks to fill the following vacancies:
Disabled applicants, who meet the stated requirements of the position, are encouraged to apply.



1. OFFICE OF THE MUNICIPAL MANAGER
1.1 MUNICIPAL MANAGER (REF: OMM 1.1)
RE-ADVERT

Total remuneration package will be in terms of Government Gazette No. 47538, dated 18 November 2022 (i.e. Minimum R1 671 343; Midpoint R2 025 870; And Maximum R2 380 398 per annum) on a **3 years fixed term** performance based contract, but for a period not exceeding 1 year into the term of new Council.

Workstation: Rustenburg Local Municipality (Mpheni House Building)

Qualification Requirements:

- B Degree in public administration /political sciences /social sciences / Law.
- A postgraduate qualification in fields related to public administration will be an added advantage.
- A Certificate in Municipal Finance Management or Certificate Program in Municipal Development (CPMD) or attaining within eighteen (18) months from date of appointment the unit standards required for designated officials in terms of the 2007 Municipal Regulations on Competency Levels.
- 5-10 years applicable experience at senior management level.
- Have proven successful institutional transformation within public or private sector.
- The need to undergo security vetting.
- Valid driver's licence and NO criminal record.

Knowledge & skills:

- Advanced knowledge and understanding of relevant policy legislation.
- Advanced understanding of institutional governance systems and performance management.
- Advanced understanding of Council operations and delegated powers.
- Good governance.
- Audit and risk management establishment and functionality and Budget and finance management.
- Ability to be an innovative and strategic leader.
- Good facilitation and communication skills in at least two of the three official languages.

Key Performance Areas:

- The overall management of the Municipality in order to ensure efficient and effective provision of services, promoting economic growth, facilitation social and economic development, and long-term sustainability of the Municipality.
- The development and management of an economically effective, accountable administration which is equipped to implement the municipality's integrated development plan, to operate in accordance with the municipality's performance management system and to understand the needs of the local community.
- Perform all functions, duties and responsibilities as contained in the relevant local government legislations such as, but not limited to, The Constitution, MFMA Municipal Structures Act, Municipal Systems Act, Promotion of Administrative Act etc. Ensuring the streamlining of staff towards core basic service delivery.

1.2 CHAIRPERSON OF THE RISK MANAGEMENT COMMITTEE (REF: RLM RMC 1.2)

- A post graduate degree in Risk Management.
- Member of Institute of risk management or studying towards Certified Risk Management Practitioner will be an added advantage.
- At least 5+ years' experience in the risk management environment, extensive

leadership and proven experience as a member of risk management and audit committee or similar oversight committees.

- Knowledge and understanding of internal controls, project management, governance, Local Government Risk Management Framework, accounting practices and ICT and exposure to risk management legislations and policies.
- Must be an objective and independent external person with extensive knowledge of relevant regulations and prescripts, including Municipal Finance Management Act, Treasury Regulations, Municipal Systems Act, etc.,
- Courage to challenge answers, ask relevant questions and offer new perspective.

Responsibilities:

- To review and monitor Implementation of the Risk Management Framework, Policies and Strategy within the municipality.
- Advise on integration of risk management into planning, monitoring and reporting processes.
- Provide advice / guidance on setting and review of risk appetite and tolerance levels.
- Advise on integration of risk management into planning, monitoring and reporting processes.
- The Committee is expected to conduct its activities in terms of the Public Sector Risk Management Framework, MFMA, Treasury Regulations, Risk Committee Charter and King IV Report on Corporate Governance.
- Provide proper and timely reports to the Accounting Officer and Performance Audit Committee on the state of risk management on a quarterly basis.

It will be expected of the successful candidates to enter into a contract with the Municipality. The term of office will be two (2) years. Remuneration will be in accordance with National Treasury's rates. Please note that **NO** application without certified copies of qualification certificates and other relevant documents will be considered. Successful candidate will be subjected to security clearance and criminal record and qualification verification. The successful candidates will be required to enter into performance agreement.

Enquiries related to this position should be addressed to: Ms. Bridgette Khiba, Chief Risk Officer, Tel. 014 590 3847.

Applications must be emailed to:
riskcommittee@rustenburg.gov.za

2. OFFICE OF THE EXECUTIVE MAYOR
2.1 MANAGER: OFFICE OF THE EXECUTIVE MAYOR (REF:EM 2.1) RE-ADVERT

The position will be linked to current political office bearer's term of office.
Salary: R1 374 513 /a (an all-inclusive remuneration package)

Qualification requirement:

- NQF Level 6 in Administration.
- 3-5 years applicable experience in Local Government /Political Environment.
- Ability to maintain high confidentiality.
- Valid Drivers License.

Knowledge & Skills:

- Understanding of Municipal Systems Act, Municipal Structures Act and Municipal Finance Management Act.
- Good analytical, and interpersonal relation skills.
- Excellent leadership and management skills.
- Willingness and readiness to work long hours and under pressure.

Duties and Responsibilities:

- Provide admin to the Executive Mayor. Financial management of the budget, strategic planning management of the

Executive Mayor's Office.

2.2 EXECUTIVE SECRETARY (REF:EM 2.2)
RE-ADVERT

The position will be linked to current political office bearer's term of office.
Salary: R600 112 – R662 659 /a (Total Cost to Company)

Qualification Requirements:

- Grade 12 plus a Secretarial Diploma/ Management Assistant/Office Admin.
- Knowledge of municipal environment.
- 3 years relevant experience.

Knowledge & Skills:

- Computer literacy.
- Knowledge of Political protocol.
- Typing, filing and good telephone etiquette
- Good communication skills.

Duties and Responsibilities:

- Main duties will include but not limited to making / receiving and scrutinizing and diverting all telephone calls.
- Interacting with staff, Councillors and the public.
- Booking meeting venues, typing letters and reports .
- Maintain the Executive Mayors diary.

3. OFFICE OF THE SPEAKER
3.1 MANAGER: OFFICE OF THE SPEAKER (REF: OS 3.1) RE-ADVERT

The position will be linked to current political office bearer's term of office.
Salary: R1 374 513 /a (An all-inclusive remuneration package)

Qualification requirement:

- NQF Level 6 in Administration.
- 3-5 years applicable experience in Local Government /Political Environment.
- Ability to maintain high confidentiality.
- Valid Drivers License.

Knowledge & Skills:

- Understanding of Municipal Systems Act, Municipal Structures Act and Municipal Finance Management Act.
- Good analytical, and interpersonal relation skills.
- Excellent leadership and management skills.
- Willingness and readiness to work long hours and under pressure.

Duties and Responsibilities:

- Assist and support the Speaker in executing the legislative responsibilities and any other duties and powers delegated by Council.
- Advise and support the Speaker on administrative and strategic decisions.
- Develop, monitor and review policies in line with relevant legislative applicable to the Office of the Speaker.
- Oversee the operation and establishment and operation of Ward Committees.
- Monitor Council Meetings and other responsibilities such as Rules of Order of Council.
- Facilitate the compilation and the distribution of all Council Committees agendas and minutes and ensure that Council resolutions are implemented accordingly.

3.2 EXECUTIVE SECRETARY (REF: OS 3.2)
RE-ADVERT

The position will be linked to current political office bearer's term of office.
Salary: R600 112 – R662 659 /a (Total Cost to Company)

Qualification Requirements:

- Grade 12 plus a Secretarial Diploma/ Management Assistant/Office Admin.
- Knowledge of municipal environment.
- 3 years relevant experience.

Knowledge & Skills

- Computer literacy.
- Knowledge of Political protocol.
- Typing, filing and good telephone etiquette.
- Good communication skills.

Duties and Responsibilities:

- Main duties will include but not limited to making / receiving and scrutinizing and diverting all telephone calls.
- Interacting with staff, Councillors and the public.
- Booking meeting venues, typing letters and reports.
- Maintain the Speaker's diary.

4. OFFICE OF THE SINGLE WHIP
EXECUTIVE SECRETARY (REF: SW 4.1)

The position will be linked to current political office bearer's term of office.
Salary: R600 112 – R662 659 /a (Total Cost to Company)

Qualification Requirements:

- Grade 12 plus a Secretarial Diploma / Management Assistant/Office Admin.
- Knowledge of municipal environment.
- 3 years relevant experience.

Knowledge & Skills:

- Computer literacy,
- Knowledge of Political protocol
- Typing, filing and good telephone etiquette
- Good communication skills.

Duties and Responsibilities:

- Main duties will include but not limited to making / receiving and scrutinizing and diverting all telephone calls.
- Interacting with staff, Councillors and the public.
- Booking meeting venues, typing letters and reports.
- Maintain the Single Whip's diary.

PREVIOUS APPLICANTS ARE
ENCOURAGED TO RE-APPLY

Appointments will be made according to the Council's Employment Equity Plan, which ensures representation of designated groups in the Municipality, including those with disabilities.

It would be expected of candidates to be subjected to thorough evaluations and that previous and current employers and references will be contacted. Verification will be done on his/her qualifications, criminal and credit records. The candidate will be required to disclose all financial interests.

All applications must be submitted with a detailed CV, Certified copies of qualifications, ID document and driver's licence, the names of three references from current and previous employers and a fully completed official application form, as available from the municipal website or the Human Resources Department, to be couriered or hand delivered to Directorate: Corporate Support Services, Unit: Human Resources, c/o Nelson Mandela & Beyers Naude Drive, Rustenburg 0299. Please mark envelope "VACANCY". Administrative enquiries may be directed to Human Resources at tel. 014-590 3016 / 014 -590 3200. Application form can be downloaded from the Rustenburg Local Municipality's website.

CLOSING DATE: 12 APRIL 2023

Notice number: 11/2023
Reference no: 4/12/1/7



Luka Masters were crowned winners of the KN Foundation Top 8 Tournament.

Rustenburg – A buzz of excitement engulfed Kloof View Primary School on Sunday 19 March 2023 during the semi-finals of the Kabelo Nonyana (KN) Foundation's Top 8 soccer matches. Four teams from the Bojanala Masters Football League, namely Platinum Masters, Thekwane Masters, Luka Masters, and Tlhabane Masters, competed in the semi-finals and thoroughly entertained the supporters. The four qualified for the semi-finals by progressing beyond the

quarterfinals that were played at the same venue on Sunday 12 March. In the semis, Thekwane Masters secured a 3-2 win over Platinum Masters through penalties. This was after the match had ended 0-0 in regulation time. The second semi-final saw Luka Masters defeating Tlhabane Masters 7-2 to qualify for the final. Luka Masters played well in the final and were crowned champions after managing a 3-2 win over Thekwane.

RUSTIES SE STERKSTE MAN!



Hoërskool Rustenburg leerder Duan Robbetsse is gekies om aan die SA-kampioenskappe te gaan deelneem.

Rustenburg – Hoërskool Rustenburg leerder Duan Robbetsse het op Saterdag 25 Februarie 2023 aan die NW Classic Powerlifting Championships deelgeneem. Sy gewigsklas is die sub-junior 74 kg. Duan het aan drie onderskeidelike swaargewigtoetse deelgeneem, en het op al drie vlakke sy persoonlike beste gewig gehaal. Hy *squat* met 132,5 kg op die rug, *bench press* met 70 kg in die hande en *deadlift* met 152,5 kg. Duan kwalifiseer met sy tweede plek in Noordwes om aan die SA-kampioenskappe te gaan deelneem op 30 Maart 2023 in Potchefstroom.

Bafana eager to secure AFCON spot

SA – Bafana Bafana's 23-member squad have returned to training to prepare for two important African Cup of Nations (AFCON) qualification games against Liberia. The first home game will be played on Friday 24 March 2023 at Orlando Stadium. Bafana Bafana coach Hugo Broos is optimistic that his team will qualify for Afcon "Everybody knows the importance of these games. Supporters can lift you to a higher level if the stadium is full," Broos said after announcing his squad. Bafana Bafana will play the second match against Liberia on Tuesday 28 March at Samuel Kanyon Doe Sports Complex in Paynesville (Liberia).

Bafana Bafana 23-man squad:
Goalkeepers: Ronwen Williams (Mamelodi Sundowns), Veli Mothwa (Amazulu), Ricardo Goss (SuperSport United).
Defenders: Sydney Mobbie (Sekhukhune United), Innocent Maela (Orlando Pirates), Nkosinathi

Sibisi (Orlando Pirates), Morena (Mamelodi Sundowns), Modiba (Mamelodi Sundowns), Kekana (Mamelodi Sundowns), Mvala (Mamelodi Sundowns), Siyanda Xulu (Turan-Tovuz IK, Azerbaijan)
Midfielders: Njabulo Blom (St Louis City, USA), Teboho Mokoena (Mamelodi Sundowns), Luke Le Roux (Vargerb Bois, Sweden), Sphephelo Sithole (Belenenses, Portugal)
Forwards: Monnapule Saleng (Orlando Pirates), Lyle Foster (Burnley, England), Mhlabi Mayambela (Aris Limassol, Cyprus), Bongokuhle Hlongwane (Minnesota, USA), Themba Zwane (Mamelodi Sundowns), Zakhele Lepasa (Orlando Pirates), Percy Tau (Al Ahly, Egypt), Cassius Mailula (Mamelodi Sundowns).



VLU versier

Rustenburg - Die Vroue Landbou Unie (VLU) Kashaanê aand-tak het op Dinsdag 14 Maart 2023 hul maandelikse vergadering gehou. Juria Labuschagne het die dames kom wys hoe om die *fancy* suiker vormpies te maak. Dit is oulike idee om vir iemand te gee as 'n geskenk, of om in 'n mooi houer te sit as versiering of 'n lekkerny vir die gesin.



Marie Williams saam met Juria Labuschagne met hul suiker skeppings.



Agter van links: Sharon van der Vyver, Anja Nieuwoudt, Marie Williams, Ansie Baxter en Mariaan Niemand. Voor: Dileen Roos

2023 Currie Cup

Uitslae:
• Griquas 48-40 Sharks XV
• Griffons 12-52 Cheetahs
• Blue Bulls XV 33-41 WP
• Pumas 34-27 Lions XV
Bepalings:
Vrydag 24 Maart
• Lions XV 15:00 Griffons
• Cheetahs XV 17:05 Blue Bulls
• Pumas 19:00 Griquas
Sondag 26 Maart
• Sharks XV 14:00 WP

- UJ 19:00 Maties
- UCT Ikeys 19:00 NWU

United Rugby Championship

Bepalings:
Vrydag 24 Maart
• Zebre 21:10 Cardiff
• Leinster 21:35 Stormers
Saterdag 25 Maart
• Benetton 15:00 Lions
• Ospreys 15:00 Dragons
• Connacht 17:00 Edinburgh
• Scarlets 19:00 Sharks
• Munster 19:05 Glasgow Warriors
• Ulster 21:35 Bulls

Super Rugby Pacific 2023

Uitslae:
• Reds 27-24 Fijian Drua
• Highlanders 43-35 Force
• Brumbies 62-36 Moana Pasifika
• Blues 28-34 Crusaders

- Chiefs 44-25 Rebels
 - Hurricanes 34-17 Waratahs
- Bepalings**
Vrydag 24 Maart
• Crusaders 08:05 Brumbies
• Waratahs 10:35 Chiefs
Saterdag 25 Maart
• Highlanders 05:35 Fijian Drua
• Moana Pasifika 08:05 Hurricanes
• Rebels 10:35 Reds
• Sondag 26 Maart
• Blues 04:35 Force

Six Nations 2023

Die Iere eindig onoorwonne in die 2023 reeks en word gekroon as die Grand Slam Six Nations kampioene.
Uitslae:
• Ierland 29-16 Engeland
• Frankryk 41-28 Wallis
• Skotland 26-14 Italië

Nag ou grote...

Shining a light on local talent



The talented singer Sithethelelwe 'Sthe' Mazaleni hopes to make a success of his singing career.

Rustenburg – Sithethelelwe 'Sthe' Mazaleni a 22-year-old from Witranjies village near Sun City started singing from a very young age. *Platinum Weekly* interviewed the singer on Thursday 16 March 2023 to find out more. Because of his singing skills, Sthe is often asked to sing at various church and charity events. "I used to sing for fun, but after all the compliments and motivation I received from people, I decided that I would like to start building on my singing career," said Sthe. Singing 'afro pop' and love songs, Sthe main inspiration comes from a youth acapella group called 'The Joy'. When Sthe is not performing on stage, he works as a general worker at KFC in Tlhabane and often entertains his colleagues with his amazing voice. As a motivated young man, he hopes that his dream of making singing a full-time career will come true. "I know I have potential, and I believe that I'm good at what I do, so I will work hard on my craft until the world recognises my talent," said Sthe. **For more information, or to book Sthe for an event contact him on 076 435 8619.**

DIE RUSTIES DANS 'N DERDE PLEK LOS



Hoërskool Rustenburg se dansers van links: Christin van der Linde, Izanté Erasmus, Kesha de Villiers, Zandia van de Venter, en Jillian Pedersen.

Rustenburg - Hoërskool Rustenburg leerders wat dansstudies as 'n agtste vak neem het op Saterdag 18 Maart 2023 aan die *South African Qualifier* gaan deelneem in Centurion. Die Rusties se dansers kom algeheel derde in die junior *small group contemporary* kategorie en kwalifiseer dus om na Portugal te gaan om aan die finale te gaan deel neem.

Bergsig atlete gaan nasionaal

Rustenburg - Baie sterkte aan dié leerders van Bergsig Akademie wat Noordwes-noord (NWN) verteenwoordig op nasionale vlak in Pietermaritzburg tydens die ASA baan en veld kampioenskappe vanaf Donderdag 23 Maart to Saterdag 25 Maart. Bergsig Akademie is reeds ongelooflik trots op julle besonderse prestasies tydens die atletiek-seisoen!



Bergsig akademie atleet Zanté Young is een van die atlete wat nasionaal gaan deelneem.

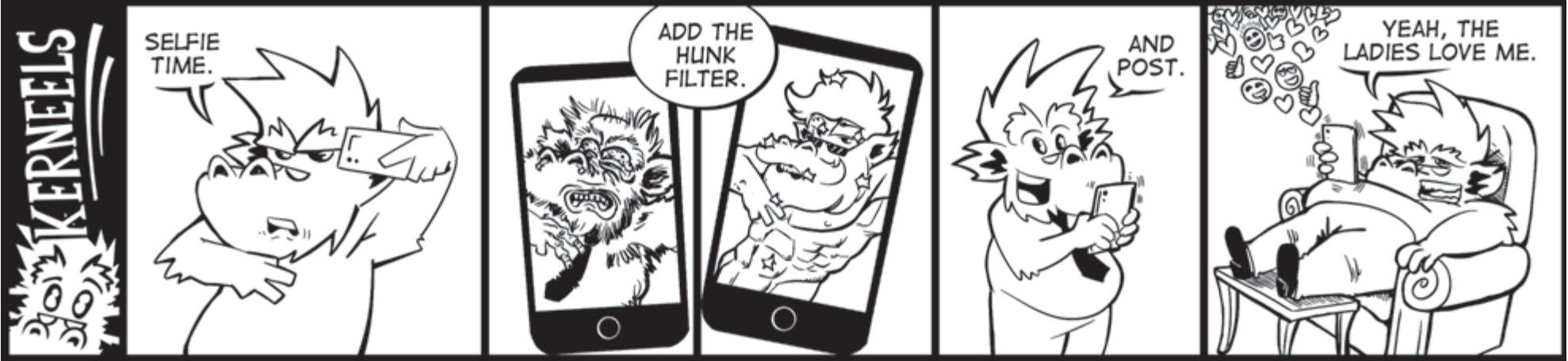


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FREE





Godfrey Kwati aims to jump high!



Alvah Sithole will take on the 100 and 200 m sprint.

Making North West proud

Rustenburg - Doms Sports Conditioning Club boasts with two athletes who will represent North West in the 2023 South African Athletics Championships in Pietermaritzburg from Thursday 23 March to Saturday 25 March 2023.

Godfrey Kwati will be participating in the u/18 110 m hurdle jump, while Alvah Sithole will be proving his mettle in the u/20 100 m and 200 m sprint. Good luck to these athletes!

For more information, or to join the Doms Sports Conditioning Club, contact Gracinda Sithole on 081 866 0768 or 071 928 8819 or send an email to domsfitnessrtb@gmail.com.

IMPALA FINALISING PREPARATIONS

Rustenburg – Impala Rugby Club is in the final stages of its preparations for the 2023 Leopards Provincial League. On Saturday 18 March 2023, they were in Potchefstroom for a semi-final match against Wolverines in the Philip van Rensburg Cup. “Unfortunately, we had a bad day on the field and lost 66-13 to the Wolverines,” said Impala Club manager Trevor Visser.

Impala will now play against the Potchefstroom Rugby Club in a match where the outcome will determine the third and fourth placements in the tournament.

Impala has been playing as many friendly matches as possible to make sure that their players are in good shape ahead of the start of the league matches in April 2023.



Impala Rugby Club in action.

FOOD TOWN HYPER TLHABANE
PROMOTION VALID 23 - 29 MARCH 2023
Combo Deal!
TOP White Super Maize Meal 12.5kg + Farm Foods Rice 10kg + Farm Foods Cake Flour 10kg
BUY ALL FOR 350.00

FRESH DEALS!
POTATOES Large 10kg **67.99**
ONIONS 10kg **69.99**
Beef Stew 1kg **79.99**
Pork Mixed Chops 1kg **54.99**
Chicken Leg Quarters 1kg **154.99**

RAINBOW
FROZEN CHICKEN MIXED PORTIONS 5kg **179.99**
Rainbow Mixed Portions 5kg **179.99**
SUNBAKE BAKE Bread 700g **26.99**
ATLANTA BROWN SUGAR 2kg **32.99**

MARANG EGGS 60 Large Eggs 60's **99.99**
Bosparadys Milk Fresh Full Cream 2lt **25.99**
Sun African French Polony 3kg **74.99**
Coca-Cola Soft Drink Asst 2lt **40.00**
OMO Washing Powder 2kg **59.99**

PRICE LOCK SAVINGS!
Danone Nutriday Smooth Yoghurt Asst 6x100g **30.00**
Scan Our QR Code To Access All Our Promotions On Our Facebook Page

1000 MONARENG STREET, TLHABANE, RUSTENBURG. TEL: 014 565 6250

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MONDAY - SATURDAY: 07:30 - 20:00
PUBLIC HOLIDAYS & SUNDAY: 07:30 - 14:00

081 060 6856
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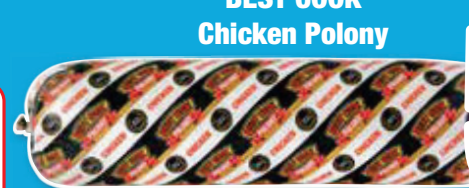
BUY IT IN BULK AND SAVE

Frozen Value
Chicken Drumsticks

49⁹⁹ per kg

139 3kg
SAVE R10

249 6kg
SAVE R50



BEST COOK
Chicken Polony

59⁹⁹ 2kg



SASKO
Premium Slices
White Bread

19⁹⁹ 500g each

BUY THREE 39 3 x 700g



SUNSHINE D
Original Margarine
80% Fat Spread
Brick

BUY THREE 55 3 x 500g



AS SEEN ON TV
ELLIS BROWN
Creamer

BUY TWO 75 2 x 750g



AS SEEN ON TV
DANONE
Ultra Mel
Custard Assorted

BUY THREE 69 3 x 1L



BROOKES
Oros Original
Orange Squash

BUY TWO 65 2 x 2L



AS SEEN ON TV
COCA-COLA
Original Taste Soft Drink

BUY THREE 60 3 x 2L



EXCELLA
Sunflower Oil

69⁹⁹ 2L each

BUY THREE 190 3 x 2L



10kg
TASTIC
Long Grain
Parboiled
White Rice

129⁹⁹ 10kg



10kg
GOLDEN RAY
Cake Wheat
Flour

109⁹⁹ 10kg



10kg
SUPER
WHITE
Super
Maize Meal

79⁹⁹ 10kg

PRICES VALID: 23/03/2023 - 10/04/2023

d'Lite
1kg 37% FAT SPREAD

29⁹⁹
1kg each

D'LITE
37% Fat Spread Tub

BUY THREE
87
3 x 1kg

Nutriday
Smooth Low Fat Dairy Snacks

DANONE
Nutriday Smooth
Low Fat Dairy Snack
Assorted

BUY THREE
48
3 x (6 x 100g)

More Lower Prices This EASTER

DEW DROP
Medium Cream Maas /
CLOVER
Medium Cream Amasi

Brands May Vary

27⁹⁹
2kg each

BLOSSOM
Lite 50% Fat
Spread Brick

11⁹⁹
500g

SUNSHINE D
Original 60% Fat Spread Tub

39⁹⁹
1kg

BEST COOK
French Polony

29⁹⁹
1kg

CLOVER
Full Cream
Processed
Cheese Slices
Assorted

BUY TWO
50
2 x 180g

Selected Stores

LITTLE BEE
Pure Honey

49⁹⁹
375g

YUM FUN Smooth Apricot Jam 800g
& **BLACK CAT** Smooth Peanut Butter 400g

BUY BOTH
55
per combo

CLOVER
Classic Smooth Low Fat Yoghurt
Based Dairy Snack Assorted

16⁹⁹
6 x 100g

CLOVER
Tropika Dairy
Fruit Mix
Assorted

29⁹⁹
2L

DANONE
Nutriday
Low Fat Fruit
Yoghurt
Assorted

29⁹⁹
1kg

DANONE
Danup 2 in 1
Assorted

19⁹⁹
950g

PARMALAT
Classic Custard /
Vanilla
Flavoured
Custard

23⁹⁹
1kg each

DAIRYMAID
Farmhouse
Ice Cream
Assorted

46⁹⁹
2L

GOLDI
IQF Mixed
Chicken
Portions

169⁹⁹
4.2kg

Large Eggs

64⁹⁹
30's

BEST COOK
Frozen Mixed Vegetables

24⁹⁹
1kg

TODAY
Puff Pastry

19⁹⁹
400g

MAMA'S
Pies Assorted

89⁹⁹
per box

BUY IT IN BULK AND SAVE

Frozen Sliced Beef Liver

49⁹⁹ per kg
138⁹⁹ 3kg
SAVE R10
268⁹⁹ 6kg
SAVE R30

**Fresh Beef Brisket /
Chuck / Blade Cuts
(Class A)**

98⁹⁹ per kg

BOXER
Classic
Boerewors

98⁹⁹ per kg

**Fresh Bulk
Pork Packs**

64⁹⁹ per kg

**Fresh Ground
Beef Mince**

78⁹⁹ per kg

**Frozen Chicken
Feet (Large)**

48⁹⁹ per kg

YUM FUN
Pink & White
Mallows

BUY THREE
38
3 x 130g

YUM FUN
Pink & White
Mallows

MY COLOURING BOOK

4⁹⁹
each

+ & GET THIS FREE!

YUM FUN
Flavoured Cordials
Assorted

BUY THREE
25
3 x 750ml

YUM FUN
Flavoured Cordials
Assorted

MY COLOURING BOOK

4⁹⁹
each

+ & GET THIS FREE!

MORE FUN WITH



YUM FUN
Smooth
Peanut
Butter

BUY THREE
60
3 x 400g

+ & GET THIS FREE!

YUM FUN
Cream Biscuits
Assorted

BUY THREE
15
3 x 82g

+ & GET THIS FREE!

YUM FUN
Gummy
Jellies
Assorted

BUY THREE
25
3 x 75g

+ & GET THIS FREE!

WET
Energy
Drink

9⁹⁹
500ml

THIRSTI
Sparkling
Flavoured
Water
Assorted

BUY TWO
14
2 x 500ml

AQUELLÉ
Khula
Soft Drinks
Assorted

BUY TWO
15
2 x 500ml

HALL'S
Smooth Dairy
Fruit Blend
Concentrate
Assorted

14⁹⁹
1L

DALY'S
Premium
Squash
Concentrate
Assorted

27⁹⁹
1.5L

TRUDA
Chippa Naks
Assorted

BUY TWO
18
2 x 135g

SIMBA
Potato Chips
Assorted

BUY TWO
30
2 x 120g

SCORE
Original Energy
Drink

BUY FIVE
50
5 x 500ml

+ & GET THIS FREE!

CADBURY
Dairy Milk
Chocolate
Slabs
Assorted

BUY TWO
30
2 x 80g

#REAL
Milk Chocolate
Slabs Assorted

BUY THREE
36
3 x 85g

+ & GET THIS FREE!

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

BUY THREE
18
3 x 30g / 33g

+ & GET THIS FREE!

TINKIES
Flavoured Sponge
Cake Assorted

39⁹⁹
6 x 45g

TWIZZA
Soft Drinks
Assorted

BUY FIVE
55
5 x 2L

+ & GET THIS FREE!

RUSSIAN BEAR
Vodka
750ml

134⁹⁹

BELGRAVIA
London Dry Gin
750ml

R139

+ & GET THIS FREE!

VICEROY
5 Year Old Brandy
750ml

154⁹⁹

THREE SHIPS
Select Whisky
750ml

159⁹⁹

JAMESON
Irish Whiskey
750ml

R349

+ & GET THIS FREE!

DROSTDY HOF
Adelpracht
2 x 5L

BUY TWO
299

BRUTAL FRUIT
Ruby Apple NRB
2 x (6 x 275ml)

BUY TWO
125

CASTLE
Lite Cans 2 x (6 x 500ml)

BUY TWO
150

+ & GET THIS FREE!

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AS SEEN ON
TV

1kg

GOLDEN RAY
Corn Flakes 1kg &
BOKOMO
Weet-Bix 450g

450g

BUY BOTH

65

per combo

700ml

750g

ALL GOLD
Tomato Sauce 700ml
& **EXCELLA**
Rich and Creamy
Mayonnaise 750g

BUY BOTH

60

per combo

More Lower Prices This **EASTER**

SHIBOBO
Instant Maize
Porridge
Assorted

ALPEN
Nutrific Wheat
Biscuits

WHEELS
Cream
Biscuits
Assorted

YUMEEZ
Gold Cocoa Enrobed
Vanilla Cream Biscuits

19⁹⁹
1kg
each

BUY FOUR

60

4 x 1kg

25⁹⁹
450g

BUY TWO
26
2 x 180g

BUY THREE
18
3 x 30g

& GET THIS FREE!

GOLDEN RAY
Quick Cooking
Oats

34⁹⁹
750g

49⁹⁹
400g

FUTURELIFE
Smart Food Cereal
Assorted

24⁹⁹
300g
each

BUY TWO

48

2 x 300g

& GET THIS FREE!

28⁹⁹
1kg

KELLOGG'S
Corn Flakes

34⁹⁹
500g

NESCAFÉ
Ricoffy Instant
Coffee

79⁹⁹
600g

TRINCO
Tagless Teabags

21⁹⁹
100's

PARMALAT
EverFresh Long Life
Milk Assorted

89⁹⁹
6 x 1L

LAAGER
Pure Rooibos
Teabags

34⁹⁹
80's

Chocolate
Hot Cross
Buns

12⁹⁹
4's
each

BUY THREE
R35
SAVE R4

Imitation Cream
Black Forest Cake

86⁹⁹
each

Imitation Cream
Doughnuts

17⁹⁹
4's

Imitation Cream Buns

16⁹⁹
6's

Hot Cross
Buns

14⁹⁹
6's
each

BUY THREE
R40
SAVE R5

Imitation Cream
Ready Made Cake

109⁹⁹
each

Imitation Cream
Traditional Cake

67⁹⁹
each

Dreams

17⁹⁹
4's

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WEDNESDAYS ONLY

FRIDAYS ONLY

SUNDAYS ONLY



Go Meal 2 &
COCA-COLA 440ml



Go Meal 6 &
FANTA / SPRITE 2L



2 x Grilled Whole Chicken &
COCA-COLA Diet / Light 2.25L



LUCKY STAR
Pilchards
Assorted

BUY FOUR
88
4 x 400g



400g



500g

LUCKY STAR
Soya Mince And
Vegetable Stew
Assorted 400g &
FATTI'S & MONI'S
Macaroni 500g

BUY BOTH
30
per combo

**MORE
COMBOS**

**MORE FREE
DEALS**

**MORE
SAVINGS**



BULL
BRAND
Corned
Meat

BUY TWO
58
2 x 300g



BEST COOK
Grated
Beetroot

24⁹⁹
780g



BEST COOK
Peri-Peri
Sauce
Assorted

BUY TWO
40
2 x 500ml



BEST COOK
Tomato
Sauce

26⁹⁹
750ml



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

BUY TWO
40
x 2 packs



KOO
Baked
Beans

BUY TWO
26
2 x 410g



BEST COOK
Tomato &
Onion Mix

BUY TWO
26
2 x 410g



BEST COOK
Mixed Vegetables
In Sweetened
Brine

BUY TWO
26
2 x 410g



BEST COOK
Processed Peas In
Sweetened
Brine

BUY TWO
26
2 x 410g



BEST COOK
Chakalaka
Assorted

BUY TWO
30
2 x 410g



TOP CLASS
Soup
Assorted

14⁹⁹
500g

AS SEEN ON
TV



KNORR
Soup
Assorted

BUY FOUR
18
4 x 50g



RAJAH
Curry Powder
Assorted

BUY TWO
36
2 x 100g



KNORROX
Stock
Cubes
Assorted

BUY TWO
38
2 x 24's



KNORROX
Soya Mince
Assorted

BUY TWO
38
2 x 400g



GOLDEN RAY
White
Sugar

179⁹⁹
10kg



SHIBOFO
Super
Maize
Meal

99⁹⁹
12.5kg



IMBO
Red
Speckled
Beans

69⁹⁹
2kg



SELATI
Golden
Brown
Sugar

BUY TWO
66
2 x 2kg



SPEKKO
Long
Grain
Parboiled
Rice

27⁹⁹
2kg



KING KORN
GS Malt

119⁹⁹
6kg



1kg

**+
& GET THIS
FREE!**

Bake More with these Low Prices



GOLDEN CLOUD
Muffin Mix
Assorted

Selected
Stores



28⁹⁹
1kg

GOLDEN CLOUD
Cake Wheat Flour



34⁹⁹
2.5kg

GOLDEN CLOUD
Self Raising Wheat Flour



49⁹⁹
2.5kg

WOODEN SPOON
White Margarine



21⁹⁹
500g



ROBERTSONS
Essence
Assorted

BUY TWO
18
2 x 40ml



KOO
Fruit Cocktail
In Syrup

26⁹⁹
410g



MOIR'S
Jelly Assorted

BUY THREE
25
3 x 80g



ROYAL
Baking Powder
Refill

BUY TWO
48
2 x 200g



KOO
Fruit Peach
Slices
In Syrup

BUY TWO
38
2 x 410g



GOLD STAR
Instant
Yeast

BUY EIGHT
30
8 x 10g

STAND A CHANCE TO WIN

WITH **evolve**

1 of 50 **volkano™ Impulse Series Bluetooth Headphones**

EVOLVE
For Men Body Lotion Assorted / Skin Science Body Lotion Assorted



BUY TWO 80
2 x 400ml

& GET THIS FREE!

EVOLVE
Male / Female Anti-Perspirant Roll On Assorted



BUY TWO 38
2 x 50ml

& GET THIS FREE!

More Lower Prices This EASTER



TO ENTER:

1. Buy any Evolve product
2. Check your till slip
3. Dial *120*26937*uniquenumber# (20c per 20 seconds)



COMPETITION VALID:
23rd FEBRUARY to 10th APRIL 2023
WINNERS WILL BE ANNOUNCED: 26th APRIL 2023
*Ts & Cs APPLY Visit www.boxer.co.za

EVOLVE
360° Skin Science Tissue Oil Cream



44⁹⁹
400ml

EVOLVE
360° Skin Science Tissue Oil



34⁹⁹
125ml

NIVEA
Male / Female Anti-Perspirant Roll On Assorted



BUY TWO 40
2 x 50ml

NIVEA
Hand & Body Lotion Assorted / Body Cream Assorted



54⁹⁹
400ml each

EVOLVE
For Men Body Cream Assorted / Skin Science Body Cream Assorted



39⁹⁹
400ml each

EVOLVE
360° Skin Science 2 In 1 Anti-Dandruff Conditioning Shampoo



29⁹⁹
400ml

YARDLEY
Female Perfumed Body Spray Assorted 90ml / Male Perfumed Body Spray Assorted 125ml



34⁹⁹
each

EVOLVE
360° Skin Science Vanishing Cream



34⁹⁹
50ml

& GET THIS FREE!

EVOLVE
360° Skin Science Gentle Daily Scrub



39⁹⁹
150ml

& GET THIS FREE!

EVOLVE
Skin Science Hydrating Shampoo / Conditioner For Dry & Frizzy Hair



59⁹⁹
1L each

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



59⁹⁹
2L each

29⁹⁹
400ml each

BUY BOTH 80
per combo

VASELINE
Blue Seal Pure Petroleum Jelly Assorted



BUY TWO 66
2 x 250ml

GENTLE MAGIC
Skincare Lotion



BUY TWO 22
2 x 125ml

& GET THIS FREE!

LOW PRICE
R129⁹⁹

BABY STEPS
Disposable Nappies Value Pack
40's / 44's / 50's / 60's



each

LOW PRICE
R27⁹⁹

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



each

LOW PRICE
R14⁹⁹

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



each

2 FOR
R40

PURITY
Cream of Maize Porridge Assorted 400g / Baby Cereal 2nd / 3rd Foods Assorted 200g



200g
400g

LOW PRICE
R39⁹⁹

CALPOL
Paediatric Suspension Syrup 50ml



LOW PRICE
R179⁹⁹

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



each

LOW PRICE
R24⁹⁹

BABY STEPS
Aqueous Cream Assorted 500ml



5 FOR
R45

PURITY
Pouches Assorted 110ml



LOW PRICE
R56⁹⁹

SCOTT'S
Emulsion Vitamin Syrup Assorted 100ml



AS SEEN ON
TV

DETTOL
Hygiene Bath Soap
Assorted

175g

BUY FOUR
50
4 x 175g

+ & GET THIS FREE!

2kg **750ml**

MAQ
WASHING POWDER

500ml

MAQ
Silk
LUXURIOUS
LAVENDER
FABRIC CONDITIONER

BUY IT IN A COMBO AND SAVE

BUY ALL FOR R99

MORE COMBOS

MORE FREE DEALS

MORE SAVINGS



FRESH WAVE
Your Family Hygiene Soap
Assorted

12⁹⁹
200g

DETTOL
Antiseptic
Liquid

69⁹⁹
500ml

RED GLOVE
Wrapped
Soap

12⁹⁹
500g

FRESH WAVE
Auto
Washing
Powder

56⁹⁹
2kg

STA - SOFT
Fabric Conditioner Refill
Assorted

BUY TWO
55
2 x 500ml

HANDY ANDY
Cream Assorted
750ml &
DOMESTOS
Thick Bleach
Assorted 750ml

BUY BOTH
55
per combo

ALWAYS
Maxi Sanitary Pads 8's / 9's / 10's

18⁹⁹
each

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

BUY TWO
32
x 2 packs

ANGEL SOFT
1 Ply 300 Sheets Toilet Tissue Rolls

27⁹⁹
10's

JIK
Bleach
Assorted

36⁹⁹
1.5L

DOOM
Multi Insect
Killer
Assorted

32⁹⁹
300ml

Selected Stores

EASY WAVES
Coconut Hair
Food 125ml /
Hair Food
Assorted 150ml

BUY TWO
30
2 x 125ml / 150ml

EASY WAVES
Coconut Hair
Food 125ml /
Hair Food
Assorted 150ml

KITTEN SOFT
2 Ply 200 Sheets
Toilet Tissue Rolls

39⁹⁹
9's

NEW AT BOXER **KILLS 99.9% OF GERMS**

29⁹⁹ 750ml each

26⁹⁹ 750ml each

24⁹⁹ 750ml each

HYGIENE
DISH WASHING LIQUID

HYGIENE
KITCHEN & BATHROOM CREAM CLEANER

HYGIENE
TOILET & DRAIN THICK BLEACH CLEANER

BUY IT IN A COMBO AND SAVE

Dishwashing
Liquid,
Kitchen &
Bathroom
Cream
Cleaner
Assorted &
Toilet & Drain
Thick Bleach
Cleaner
Assorted

Selected Stores

PERFECT CHOICE
Moisturising
Lotion with
Avocado Oil / Oil
Moisturising
Spray

BUY TWO
65
2 x 250ml

TIARA
Solid Face
Cloth

BUY TWO
18
2's

TIARA
Bucket
Assorted

BUY TWO
24
2 x 9L

NUWARE
Splash
Jug

BUY TWO
32
2 x 2.5L

BUY ALL FOR R69

COLGATE
Triple Action Toothpaste
Value Pack

BUY THREE
45
3 x 125ml

Colgate

COLGATE
Toothbrush
Value Pack

31⁹⁹
each

COLGATE Herbal Toothpaste
Value Pack 125ml &
COLGATE Charcoal Toothpaste 100ml

125ml **100ml**

BUY BOTH
48
per combo

HOME SQUARE
Glass Kettle 1.7L, Premium Black Steam Iron &
Stainless Steel Hotplate

199⁹⁹ 1.7L each

199⁹⁹ each

199⁹⁹ each

BUY IT IN A COMBO AND SAVE

BUY ALL FOR R500

DOUBLE YOUR GRANT AT BOXER



ON THE
OLD AGED GRANTS 4th APR
DISABILITY GRANTS 5th APR
CHILD SUPPORT GRANTS 6th APR

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

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

COMPETITION VALID: 3th April to 10th April WINNERS WILL BE ANNOUNCED: 17th APRIL 2023 *Ts & Cs APPLY. Visit www.boxer.co.za



BUY IT IN BULK AND SAVE

MAMA'S Plain / Chilli Russians

49⁹⁹ per kg

169⁹⁹ 4kg

SAVE R29

299⁹⁹ 8kg

SAVE R99



EXCELLA Long Grain Parboiled Rice 10kg, SUPER WHITE Super Maize Meal 10kg & GOLDEN CLOUD Cake Wheat Flour 10kg

BUY IT IN A COMBO AND SAVE

BUY ALL FOR R299



GOLDEN RAY Mayonnaise

24⁹⁹ 750g each

BUY FOUR

80

4 x 750g



BEST COOK Macaroni

12⁹⁹ 500g each

BUY SIX

66

6 x 500g



BEST COOK Baked Beans

10⁹⁹ 410g each

BUY SIX

60

6 x 410g



FRESH WAVE Dishwashing Liquid

26⁹⁹ 750ml each

BUY THREE

70

3 x 750ml



SUNLIGHT Laundry Soap

AS SEEN ON TV

19⁹⁹ 500g each

BUY THREE

56

3 x 500g



SURF Hand Washing Powder

AS SEEN ON TV

49⁹⁹ 2kg each

BUY THREE

140

3 x 2kg



NEW AT BOXER

1kg TASTE & MORE Soup Assorted **69⁹⁹** + **& GET THIS FREE!**

850g / 1kg TASTE & MORE Seasoning Assorted **99⁹⁹** + **& GET THIS FREE!**

800g TASTE & MORE Curry Powder Assorted **99⁹⁹** + **& GET THIS FREE!**

3kg

More TASTE More VALUE

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.

<http://www.facebook.com/boxersuperstores/> • [@BoxerStores](https://twitter.com/BoxerStores) • www.boxer.co.za • Boxer Customer Careline : 0860 02 69 37 • Download the BOXER App



SAVE R20 **69.99** 100g each WITH CARD Lindt Milk Chocolate Gold Bunny **SAVE R15** **254.99** 700g each WITH CARD Cape Point Frozen King Prawns **EVERYDAY LOW PRICE** **59.99** per kg Simple Truth Free-Range Whole Chicken

SAVE R20 **69.99** 100g each WITH CARD Lindt Milk Chocolate Gold Bunny **SAVE R15** **254.99** 700g each WITH CARD Cape Point Frozen King Prawns **EVERYDAY LOW PRICE** **59.99** per kg Simple Truth Free-Range Whole Chicken

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Everything Easter delivered in 60 minutes.

Download the app

Checkers

better and better

also at **Checkers Hyper**

Checkers SIXTY 60

download the app

A WIDE SELECTION OF OUR EXPERT BUTCHERS' CUTS

R160

Steakhouse Classic
Man-Size Rump Steak per kg
(Equates to R16 per 100g)

R110

Steakhouse Classic
Man-Size T-Bone/
Club Steak per kg
(Equates to R11 per 100g)



- ✓ Voted SA's No.1
- ✓ Endorsed by the SA Clubs Association
- ✓ A Minimum of 90% Meat and Traditional Spices

98⁹⁹

per kg
Championship Thick/Thin
Boerewors/Boerie Bites

**STEAKHOUSE
CLASSIC**

- ✓ 18 cuts perfectly marinated for maximum flavour and succulence
- ✓ Hand-banded and black cell for expert butchery standards
- ✓ Vacuum-packed for added tenderness

69⁹⁹

per kg
Pork Belly
on the Bone

**CERTIFIED
NATURAL LAMB**

- ✓ NO ADDED GROWTH HORMONES OR PROMOTERS
- ✓ A DIRT FREE FROM ANIMAL BY-PRODUCTS
- ✓ THE FIRST SUPPLIER OF CERTIFIED NATURAL LAMB SINCE 2004

169⁹⁹

per kg
Simple Truth
Lamb Braai Chops

95⁹⁹

per kg
Cheese Wors

119⁹⁹

per kg
Prego
Beef Steak

Simple Truth

QUALITY SEAFOOD AT HARBOUR PRICES

15⁹⁹

per 100g
Extra Large West
Coast Soles



**SAVE R10
89⁹⁹**

400g
Fisherman's Deli
Frozen Calamari Rings

**SAVE R10
99⁹⁹**

1kg
Cape Point
Frozen Braai Snoek

**SAVE R10
109⁹⁹**

400g
Fisherman's Deli
Frozen Peeled Prawns

**SAVE R15
BOTH FOR
R155**

Cape Point Frozen
Prawn Meat 400g &
Calamari Strips 500g



57⁹⁹

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



**SAVE R11
42⁹⁹**

400g each
Rainbow Simply
Chicken Frozen
Steaklets All Variants



**SAVE R15
54⁹⁹**

600g each
I&J Frozen
Fish Fingers

A WIDE RANGE OF CHEESES



**SAVE 17%
32⁹⁹**

150g each
Clover Natural
Cheddar/Gouda
Cheese Slices



**SAVE 16%
34⁹⁹**

250g each
Lancewood Cottage
Cheese All Variants



**SAVE R25
109⁹⁹**

850g each
Parmalat
Cheese All Variants



**SAVE R11
42⁹⁹**

400g each
County Fair Frozen
Crumbed Chicken Breast
Nuggets All Variants



**SAVE R15
59⁹⁹**

500g
Sea Harvest Frozen
Fish Nuggets



**SAVE R30
79⁹⁹**

600g each
Sea Harvest Frozen
Plain Hake Fillets

FARM FRESH PROMISE 100% GUARANTEED

If you're not totally satisfied, neither are we. WE'LL REPLACE IT. NO QUESTIONS ASKED.



18⁹⁹

1kg bag
Class 1 Plums



12⁹⁹

250g pack
Baby Plum
Tomatoes



**SAVE 30%
ALL 4 FOR
R100**

Choice Royal Gala Apples
1.5kg bag & Choice
Avocados 1kg bag &
Bananas 1.2kg tray &
Export Quality Satsumas
1.5kg tray



**SAVE R13
49⁹⁹**

500g each
Rainbow Simply Chicken
Original/Cheese Viennas



**SAVE R12
52⁹⁹**

375g each
Eskort Pork Sausages
All Variants



**BUY ANY 2 &
SAVE 20%**

Eskort Shoulder/
Back/Streaky/Round
Cut Bacon 2 x 200g

wine route WE BRING THE WINE ROUTE TO YOU!

**SAVE R10
79⁹⁹**

Niel Joubert
Shiraz

**SAVE R15
79⁹⁹**

De Grendel
Rosé

**SAVE R20
ANY 2 FOR
R110**

Porcupine Ridge
Chardonnay
Chenin Blanc
Sauvignon Blanc
2 x 750ml

LiquorShop

OR SHOP
ONLINE
WWW.LIQUORSHOP.CO.ZA



**SAVE R50
BUY 2 FOR
R120**

Carling Black Label
Beer NRB
2 x 6x330ml



**ANY 2 FOR
R140**

Bernini Sparkling Grape
Classic/Amber
Spirit Cooler NRB
2 x 275ml



**SAVE R35
164⁹⁹**

Richelieu
Brandy

ALSO AVAILABLE AT CHECKERS LIQUORSHOP & LIQUORSHOP ONLINE

DRINK RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18. #NO

aware.org

SAVE R26
ANY 2 FOR
R64

Clover Krush
100% Fruit
Juice Blend
All Variants
2 x 1,5l

SAVE R21
ANY 3 FOR
R48

Danone
Nutriday
Dairy Snack
All Variants
3 x 6x100g

SAVE R40
79⁹⁹
1,5l
each

Nestlé/
Dairymaid
Gelata Roma
Ice Cream
All Variants

SAVE R20
99⁹⁹
6x1l
per pack

Parmalat
Everfresh
Long Life
Full Cream/
Low Fat Milk



NEW DEALS IN EVERY AISLE

SAVE R21
62⁹⁹
30 per
pack

Extra
Large Eggs

SAVE 26%
BUY 2 FOR
R30

Albany Superior Sliced
White Bread 2 x 700g

SAVE R12
54⁹⁹
1kg
each

Flora 40% Light/
50% Regular Fat Spread

SAVE 17%
34⁹⁹
1kg

Natures Garden
Frozen Mixed Vegetables

SAVE R20
89⁹⁹
6 per
pack

Mama's Frozen Pies
All Variants

SAVE R17
ANY 3 FOR
R55

Cape Point Tuna in
Oil/Water 3 x 170g

SAVE 22%
BUY 2 FOR
R25

Koo Baked Beans in
Tomato Sauce 2 x 410g

SAVE R10
34⁹⁹
700g
each

Crosse & Blackwell
Mayonnaise All Variants

SAVE 19%
29⁹⁹
700ml

All Gold
Tomato Sauce

SAVE R25
74⁹⁹
2l

Sunfoil
Canola Oil

SAVE R20
ANY 2 FOR
R50

Maggi 2 Minute Noodles
All Variants 2 x 5x73g

SAVE R12
34⁹⁹
2,2kg

Golden Cloud
Cake Wheat Flour

BUY ANY 3 &
SAVE
20%

Jacobs/Ily/L'Or Coffee
Capsules 3 x 10 per pack

SAVE R7
39⁹⁹
100 per
pack

Joko
Tagless Teabags

SAVE R40
FREE DEAL
119⁹⁹
200g/220g
each

BUY Jacobs Krönung/Gold Instant Coffee
& GET Clover Long Life Milk 1l FREE!

SAVE 19%
29⁹⁹
1kg

Tastic Long Grain
Parboiled Rice

SAVE R15
34⁹⁹
1kg

Selati Golden
Brown Sugar

SAVE R30
BOTH FOR
R99

Bokomo Weet-Bix Cereal 900g &
Kellogg's Corn Flakes Cereal 750g

BUY 3 FOR
R33

WITH CARD

Magic Moments Pink & White
Marshmallows 3 x 120g

ANY 3 FOR
R99

WITH CARD

Nestlé Mini Chocolate
Fun Bag All Variants x 3

ANY 2 FOR
R30

WITH CARD

Simba Potato Chips
All Variants 2 x 120g

SAVE 14%
23⁹⁹
1,25l
each

WITH CARD

Appletiser/Grapetiser
Sparkling Drink
All Variants

ANY 2 FOR
R32

WITH CARD

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

SAVE 17%
22⁹⁹
5l

WITH CARD

Thirsti
Still Water

SAVE R12

SAVE R51.nis

SAVE R10

SAVE 20%

Dis-Chem PHARMACIES

BABY Savings

16 March - 10 April 2023



Available to Dis-Chem Health policyholders
20% OFF
Look out for the extra icon in-store or online
to identify qualifying products



Baby Things
Premium
Nappies
Sizes S – XL
189⁹⁹
per pack



Pampers
Value Pack
Premium
Care
Nappies
Sizes 1 – 6

**2 FOR
420⁰⁰**



Huggies
Jumbo Pack
Gold Pants
Sizes 3 – 6
209⁹⁹
per pack

**2+1
CHEAPEST
FREE**

on ANY Johnson's
baby products

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

129⁹⁹
per pack



**1 FOR 219⁹⁹
2 FOR 399⁹⁹
SAVE 39⁹⁹**



PediaSure
TripleSure
Nutritional
Supplement 3+
850g / Assorted

**1 FOR 12⁴⁹
6 FOR 54⁰⁰
SAVE 20⁹⁴**



Squish
100% Fruit
Puree
110ml / Assorted

**2+1
CHEAPEST
FREE**

on ANY Pure Beginnings
Organic Baby
products



Pure Beginnings
Sensitive
Body Cream
250ml / Assorted
134⁹⁹
each

Pure Beginnings
Soothing Baby
Massage &
Bath Oil
100ml / Assorted
139⁹⁹
each

Pure Beginnings
Baby
Bum Cream
125ml / Assorted
114⁹⁹
each



Panado
Paediatric
Syrup
12 x 5ml sachets
Assorted
38⁹⁵



Epi-Max
Baby & Junior
Cream
Banded Pack
100g PLUS 400g
#146715
94⁹⁹
per pack

**SAVE
55⁰⁰***



Bepanthen
Nappy Care Ointment
100g
#4085
189⁹⁹
WAS 244⁹⁹

*Advertised price already reflects discount



**2+1
CHEAPEST
FREE**

on ANY Milton
products

Milton
Sterilising
Fluid
1 litre
99⁹⁹
each

Milton
Sterilising
Unit
124⁹⁹
each

Milton
Sterilising
Tablets
32 tablets
52⁹⁹
each

CONTENTS



4 Bath Time with Johnson's

5 Bathing Baby

6 Changing Baby with Pampers

7 Changing Baby

8 Feeding Baby

9 Baby Essentials

10 Children's Health

11 Mom Essentials

Dis-Chem WELL BABY
CLINIC



Visit your Dis-Chem Well Baby Clinic Today

Clinic Services*

For Mom

- Birth plan R130
- Postnatal services R250
- Breastfeeding advice R350
- Female health including pap smear R130
- Full antenatal services R350

For Baby

- Introducing solids R130
- Preventing rashes and possible allergies R130
- Normal sleep patterns for baby R130
- Teething R130
- Treatment of colic R130
- Immunisations R130
- Weight, measurement and development assessments R130

*Pricing does not include consumables or stock

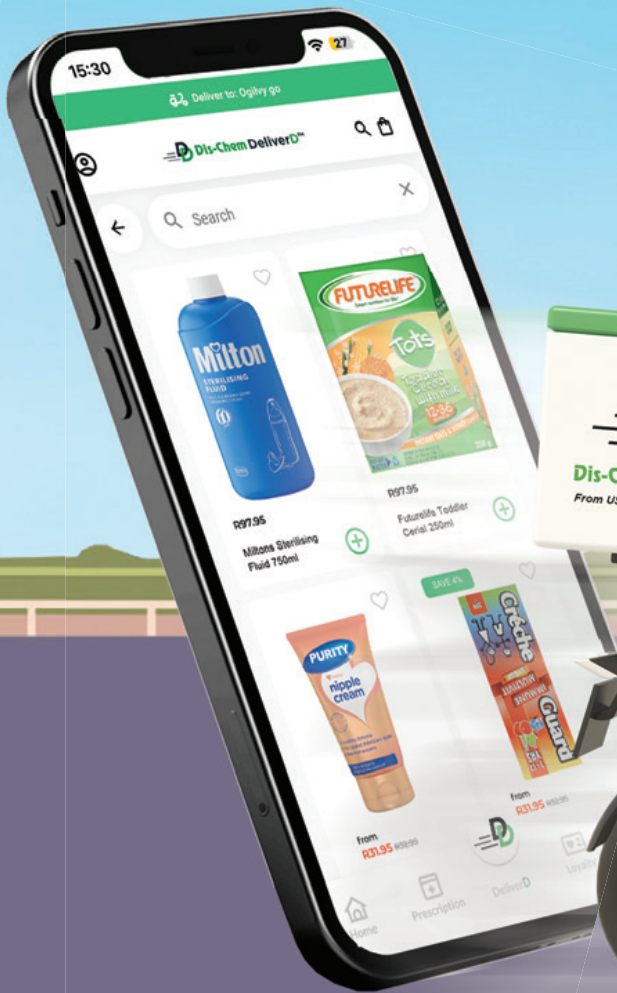
Call our Clinic Call Centres on 086 111 7427 or use our app to book an appointment today at your nearest Dis-Chem Well Baby Clinic





Dis-Chem DeliverD
From US to YOU
On Demand

**Never
run out
of baby
essentials!**



GET UP TO

50% BACK

on ALL products on this page with **HealthyBaby**



Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP. FSP 48657. NCRCP9997. Limits, Ts & Cs apply.

Johnson's®
CHOOSE gentle™

Newborn skin is up to 30% thinner than adults', that's why it needs gentle and effective care. To protect newborn skin from day 1, try the JOHNSON'S® 3-step routine for healthy baby skin.





step 1

Gently Cleanse

JOHNSON'S® baby shampoos



Shiny Drops Kids Shampoo 300ml

52⁹⁹ each

Soft & Shiny 2-in-1 Shampoo & Conditioner 200ml

42⁹⁹ each

JOHNSON'S® baby soaps



Baby Soap 175g / Assorted

18⁹⁹ each

JOHNSON'S® baby washes



Baby Wash 500ml / Assorted

64⁹⁹ each

step 2

Moisturise to Protect

JOHNSON'S® baby lotions



Baby Lotion 500ml Assorted

59⁹⁹ each

Baby Lotion 200ml Assorted

39⁹⁹ each

JOHNSON'S® baby aqueous creams



Baby Aqueous Cream 350ml / Assorted

42⁹⁹ each

Baby Aqueous Cream 500ml / Assorted

49⁹⁹ each

JOHNSON'S® baby oils



Cottontouch Baby Oil 200ml

59⁹⁹ each

Baby Oil 500ml / Assorted

79⁹⁹ each

Bedtime Baby Oil 200ml

52⁹⁹ each

step 3

Refresh for Healthy Baby Skin

JOHNSON'S® baby wipes



Value Pack Baby Wipes Gentle All Over 4 x 72 wipes

OR

Extra Sensitive 4 x 56 wipes

109⁹⁹ per pack



Value Pack Baby Wipes Extra Sensitive 6 x 56 wipes

OR

Gentle All Over 6 x 72 wipes

129⁹⁹ per pack

step 1

+

step 2

+

step 3

= Healthy Baby Skin



Baby skin is 30% thinner than adult skin



Try Johnson's® now with 100% gentle ingredients



Harsh products can dry and damage the skin barrier, making it more vulnerable to infection



Keep your baby's skin healthy at every age and stage with the gentle care of Johnson's®



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0860 410032 (SA only)

✉ jinja@its.jnj.com

🐦 [@jnjssa](https://twitter.com/jnjssa)

📱 SMS jnj & your comment to +27 83 293 3273

📘 [JOHNSON'S BABY SA](https://www.johnsonsbaby.co.za)

4

BATHING BABY

GET UP TO
50% BACK on ALL products on this page with HealthyBaby

Discovery
Vitality

Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP. FSP 48657. NCRCP9997. Limits, Ts & Cs apply.

PORTIA
PURE ESSENCE FOR YOUR BABY

2+1 CHEAPEST FREE
on ANY PortiaM for Baby products

Baby Oil 200ml
67⁹⁹ each

Petroleum Jelly 250ml / Assorted
36⁹⁹ each

Baby Lotion 250ml
57⁹⁹ each

Baby Wash 250ml
47⁹⁹ each

BabyThings
Quality Baby Products

Baby Lotion 500ml
#73387
44⁹⁵

Baby Powder 750g
#84962
54⁹⁹

Baby Oil 400ml
#85588
59⁹⁹

Baby Shampoo 1 litre
#84963
69⁹⁹

baby Dove

2+1 FREE
on ANY Baby Dove Body Wash 400ml products

Head to Toe Wash Rich OR Sensitive Moisture 400ml Assorted
72⁹⁹ each

MELLOR&RUSSELL
Quack Quack

Shampoo for Hair OR 2 in 1 Shampoo for Hair and Body 200ml / Assorted
39⁹⁵ each

Cetaphil
baby

SAVE 15⁰⁰*

Advanced Protection Cream 85g
#416564
99⁹⁹ WAS 139⁹⁹

Gentle Wash & Shampoo 300ml
#174036
89⁹⁹ WAS 104⁹⁹

***Advertised prices already reflect discounts**

Mustela

2+1 CHEAPEST FREE
on ANY Mustela products

Hydra Bébé Body Lotion 300ml
209⁹⁹ each

Newborn Foam Shampoo 150ml
199⁹⁹ each

Baby Oil 100ml
199⁹⁹ each

oh-lief

3+1 CHEAPEST FREE
on Oh-Lief products*

Natural Aqueous Cream 250ml
#213223
124⁹⁹ each

Natural Olive Baby Wax 100g
#213226
99⁹⁹ each

Natural Olive Insect Balm 100g
#213227
99⁹⁹ each

Natural Olive Tummy Wax 100g
#213221
129⁹⁹ each

Natural Sunscreen Face Stick SPF30 30g
#218737
139⁹⁹ each

Natural Olive Baby Shampoo 400ml
#213224
179⁹⁹ each

***Offer only applicable on the above Oh-Lief products**

BioNive
HEALTH AND BEAUTY

FOR SENSITIVE AND INTOLERANT SKIN

TRIDERM baby

Comprehensive range of products designed to take care of the delicate skin of infants and children every day. These hypoallergenic ingredients are carefully chosen to guarantee effectiveness while catering to newborn skin.

Bath Oil 500ml
#191023
155⁰⁰

Soothing Cream 100ml
#292250
89⁹⁵

Bath Cream 500ml
#296866
155⁰⁰

PURITY
Elizabeth Anne's

2+1 CHEAPEST FREE
on Purity & Elizabeth Anne's baby toiletries*

Baby Soap Bar 175g / Assorted
17⁹⁹ each

Special Baby Shampoo 500ml / Assorted
74⁹⁹ each

Baby Aqueous Cream 250ml / Assorted
27⁹⁹ each

Baby Aqueous Cream 450ml / Assorted
44⁹⁹ each

***Offer excludes Purity Baby Food range**

baby PROGRAMME

FILLED WITH BABY ESSENTIALS

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.

REGISTER NOW!

Dis-Chem PHARMACIES



CHANGING BABY WITH Pampers®

GET UP TO **50% BACK** on ALL products on this page with **HealthyBaby**

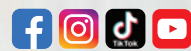


Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP. FSP 48657. NCRCP9997. Limits, Ts & Cs apply.



Pampers®
premium care™
★★★★★

Follow Pampers_za on



to learn more about the new
Pampers Premium Care Pants and
to participate in exciting
challenges to win amazing prizes!

Ultra Skin
Comfort
with **Airflow**



Value Pack
Premium Care
Nappies
Sizes 1 – 6
OR
Pants
Sizes 3 – 6



Carry Pack
Double Protection
Pants
Sizes 3 – 6
79⁹⁹
per pack

Gentle cleaning
for delicate skin.



Jumbo Pack
Double
Protection
Pants
Sizes 3 – 6
OR
Nappies
Sizes 1 – 6



Value Pack
Baby Wipes
Sensitive
4 x 56 wipes
#89657
OR
Complete
Clean
4 x 64 wipes
#89656
99⁹⁹
per pack
WAS 119⁹⁹



Value Pack
Aqua Pure
Baby Wipes
3 x 48 wipes
#224841
89⁹⁹
per pack
WAS 99⁹⁹

*Advertised prices already reflect discounts



Available to Dis-Chem Health policyholders

20% OFF
Look out for the extra icon in-store or online to identify qualifying products

CHANGING BABY



GET UP TO **50% BACK** on ALL products on this page with **HealthyBaby**



Rewards based on your engagement in Vitality programmes, Discovery products, and monthly qualifying card spend. Discovery Bank Ltd. Auth FSP. FSP 48657. NCRCP9997. Limits, Ts & Cs apply.

SAVE 34⁹⁶*
per pack

Pigeon Jumbo Pack 100% Pure Water Baby Wipes
6 x 80 wipes
#40248

164⁹⁹
per pack
WAS 199⁹⁵

SAVE 25⁰⁰*
per pack

Cherubs Value Pack Baby Wipes
Sensitive
Fragranced
OR Sensitive
Fragrance Free
6 x 72 wipes

109⁹⁹
per pack
WAS 134⁹⁹

2+1 CHEAPEST FREE
on ANY
Pure Beginnings
Organic Baby
products

Pure Beginnings Biodegradable Baby Wipes with Organic Aloe
192 wipes

109⁹⁹
per pack

SAVE 13⁰⁰*
per pack

Epi-Max Baby & Junior Sensitive Wipes
80 wipes
#413296

26⁹⁹
per pack
WAS 39⁹⁹

SAVE 5⁰⁰*
per pack

Bennetts Baby Wipes
80 wipes
#120978

24⁹⁹
per pack
WAS 29⁹⁹

*Advertised prices already reflect discounts

SAVE 80⁰⁰*

Tommy Tippee Simplee Sanguine Disposable Nappy Bin
#168805003

279⁹⁹
per pack
WAS 359⁹⁹

SAVE 35⁰⁰*

Sudocrem Skin and Baby Care Cream
250g
#115746

129⁹⁹
per pack
WAS 164⁹⁹

SAVE 10⁰⁰*

Epi-Max Baby & Junior Lotion
450ml
#169205

79⁹⁹
per pack
WAS 89⁹⁹

SAVE 27⁰⁰*

Epi-Max Baby Bum Barrier Cream
50g
#220485

62⁹⁹
per pack
WAS 89⁹⁹

SAVE 20⁰⁰*

Bennetts Baby Bum Crème
300g
#19177

79⁹⁹
per pack
WAS 99⁹⁹

*Advertised prices already reflect discounts

ALL SIZES AVAILABLE IN 50 PACK

Nappies 50-pack
Sizes S – XL

109⁹⁹
per pack

ALL SIZES AVAILABLE IN 100 PACK

Nappies 100-pack
Sizes S – XL

209⁹⁹
per pack

ALL SIZES AVAILABLE IN 100 PACK

Value Pack Fresh Wipes
6 x 80 wipes
#215839

109⁹⁹
per pack

480 Baby Wipes

Baby Wipes
3 x 80 wipes
#73279

64⁹⁹
per pack

150 Disposable Baby Nappy Bags

Disposable Baby Nappy Bags
150 bags
#101569

34⁹⁹
per pack

250g Bum Repair Cream

Bum Repair Cream
250g
#25666

46⁹⁹

HUGGIES gold
complete skin comfort

Jumbo Pack Gold Nappies
Sizes 2 – 5

229⁹⁹
per pack

HUGGIES extra care
our perfect skin protection

Jumbo Pack Extra Care Nappies
Sizes 1 – 5

229⁹⁹
per pack

HUGGIES dry comfort
new baby

Jumbo Pack Dry Comfort Nappies
Sizes 2 – 5

209⁹⁹
per pack

HUGGIES pure
99% PURE WATER

Pure OR Natural Care Baby Wipes
4 x 56 wipes
#2430410/#2434410

79⁹⁹
per pack

HUGGIES natural care
SOOTHE & COMFORT SKIN with ALOE VERA

*Advertised price already reflects discount

SHOP ONLINE
 24/7
 365

1 FOR 19⁹⁹
6 FOR 98⁰⁰
SAVE 21⁹⁴

1 FOR 13⁹⁹
6 FOR 78⁰⁰
SAVE 5⁹⁴

1 FOR 17⁹⁹
6 FOR 84⁰⁰
SAVE 23⁹⁴

1 FOR 13⁹⁹
6 FOR 70⁰⁰
SAVE 13⁹⁴

1 FOR 12⁹⁹
3 FOR 29⁰⁰
SAVE 9⁹⁷

10 Months
250ml
Assorted*

7 Months
125ml
Assorted*

*Offer excludes Purity Organic range

8 Months
200ml
Assorted*

Pouches
6 Months+
110ml
Assorted

Junior!
Flavoured Milk
200ml
Assorted

SAVE
12⁰⁰*

Organic Rooibos Tea
20 tagged
teabags
Assorted
27⁹⁹
WAS 39⁹⁹

Baby Cereal
Mix with Water
(Stages 1-3)
200g / Assorted

31⁹⁹

Baby Cereal
Mix with Milk
(Stages 1-3)
200g / Assorted

19⁹⁹

Cream of Maize
Baby's Soft Porridge
400g / Assorted

19⁹⁹
WAS 24⁹⁹

Junior!
Instant Oats
280g / Assorted

26⁹⁹
WAS 39⁹⁹

Junior!
Soft Muesli
350g / Assorted

26⁹⁹
WAS 34⁹⁹

*Advertised price already reflects discount

Nestlé Nestum BABY CEREAL Maize ADD ANY BABY MILK* From 6-12 MONTHS Tshela masi ape jela a Lesa SIBHILA YA LESHA* 500g e	Nestlé Cerelac BABY CEREAL WITH MILK Banana JUST ADD WATER From 6-12 MONTHS Sibela ya bana e e nang le masi TUMELA YELA MASI* 500g e	Nestlé NIDO Powdered Drink For Growing Children 3+ PRE-SCHOOL from 3 - 5 years 1.8kg / Assorted	Nestlé NANKID OPTIpro 4 HMO SOURCE OF PROTEIN BIFIDUS OMEGA SMART STRONG FOUNDATION FOR LIFE FROM 3 TO 5 YEARS NOT FOR INFANT FEEDING 1.8kg / Assorted	Nestlé LACTOKID 4 FROM 3-5 YEARS Not for children less than 3 years DELICIOUS CREAMY DRINK FOR GROWING CHILDREN 1.8kg Assorted
--	--	--	--	---

Nestum Baby Cereal (Just Add Milk) 500g / Assorted	Cerelac Baby Cereal (Just Add Water) 500g / Assorted	Nido Powdered Drink 1.8kg / Assorted	Nankid Optipro 1.8kg / Assorted	Lactokid 1.8kg Assorted
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41⁹⁹ WAS 48⁹⁹	67⁹⁹ WAS 76⁹⁹	276⁹⁹ WAS 304⁹⁹	286⁹⁹ WAS 379⁹⁹	229⁹⁹ WAS 249⁹⁹
--	--	--	--	--

*Advertised prices already reflect discounts



Hey Baby!
Organic Snacks
12g / Assorted

13⁹⁹ each



FutureLife Tots
Toddler Cereal
(Just Add Water)
250g / Assorted

29⁹⁹



Bokomo ProNutro
Toddlers
Instant Cereal
250g / Assorted

26⁹⁹
WAS 32⁹⁹



HiPP Organic 100%
Baby Rice Cereal
(Just Add Milk)
160g / Assorted

39⁹⁹
WAS 58⁹⁹

*Advertised prices already reflect discounts



Kiddylicious
Fruit Wriggles
12g / Assorted
Suitable for 12 months+

12⁹⁹ each
WAS 15⁹⁹



Kiddylicious
Strawberry Fruit Wriggles
12g / Assorted
Suitable for 12 months+

13⁹⁹ each
WAS 16⁹⁹



Kiddylicious
Raspberry Crispy Tiddlers
12g / Assorted
Suitable for 12 months+

13⁹⁹ each
WAS 16⁹⁹



Kiddylicious
Banana Crispy Tiddlers
12g / Assorted
Suitable for 12 months+

13⁹⁹ each
WAS 16⁹⁹



Kiddylicious
Blueberry Rice Wafers
5 yummy twin packs
Suitable for 6 months+

34⁹⁹ each
WAS 42⁹⁹



Kiddylicious
Strawberry Rice Wafers
5 yummy twin packs
Suitable for 6 months+

34⁹⁹ each
WAS 42⁹⁹



Squish
100% Fruit Juice Blend
200ml Assorted

1 FOR 11⁹⁹
4 FOR 40⁰⁰
SAVE 7⁹⁶



PediaSure
TripleSure 3+
180ml Assorted

1 FOR 19⁹⁹
4 FOR 65⁰⁰
SAVE 14⁹⁶

BABY ESSENTIALS

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.

349⁹⁵
WITH CARD
314⁹⁶

99⁹⁵
WITH CARD
89⁹⁶

349⁹⁵
WITH CARD
314⁹⁶

49⁹⁹
WITH CARD
44⁹⁹

42⁹⁹
WITH CARD
38⁶⁹

10%* OFF

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

SAVE 30⁰⁰* each

89⁹⁹ each
WAS 119⁹⁹

*Advertised price already reflects discount

SAVE 65⁰⁰* each

119⁹⁹ each
WAS 184⁹⁹

SAVE 65⁰⁰* each

119⁹⁹ each
WAS 184⁹⁹

SAVE 900⁰⁰*

2399⁹⁹
WAS 3299⁹⁹

SAVE 600⁰⁰*

1299⁹⁹
WAS 1899⁹⁹

Super-Steam Advanced Electric Steriliser

- Quick Sterilisation Cycle: Delivers up to six sterile baby bottles in just 5 minutes
- Chemical Free: Uses only water to steam sterilise all contents - killing 99.9 percent of harmful germs
- Compatibility: Fits most baby bottle brands, soothers, breast pumps, and other baby accessories

#213105

2+1 CHEAPEST FREE
on ANY Pure Beginnings Organic Baby products

54⁹⁹ each

44⁹⁹ each

SAVE 30⁰⁰*

89⁹⁹
WAS 119⁹⁹

79⁹⁹
WAS 109⁹⁹

SAVE 150⁰⁰*

599⁹⁵
WAS 749⁹⁵

Cordless Hair Clipper for Children

- Child safety lock lid
- 2.5-hour run-time
- Suitable for all hair types
- Gentle to the touch
- Use wet OR dry
- USB charge

#412907

149⁹⁹ per pack

3+1 CHEAPEST FREE
on Vital Baby products*

149⁹⁹ each

84⁹⁹ each

*Offer excludes Vital Baby bottles and teats

*Advertised prices already reflect discounts

*Advertised price already reflects discount

CHILDREN'S HEALTH

10%* OFF
ALL NutriPure Gummies

NutriPure Kids Vitamin C
OR
NutriPure Kids Multi Vitamin Complete
60 gummies
103⁴⁶ each
WAS 114⁹⁵

20%* OFF
ALL Himalaya Vitamin products

Himalaya Bonnisan Syrup
120ml
77⁵⁶
WAS 96⁹⁵

20%* OFF
Crèche Guard Immune Multivit Syrup 200ml

Crèche Guard Immune Multivit Syrup
200ml
#39822
159⁹⁶
WAS 199⁹⁵

*Advertised prices already reflect discounts

Braun IRT6525 ThermoScan® 7+

- #1 thermometer recommended by doctors
- Age Precision Technology with a colour coded display
- Age-adjustable fever guidance for the whole family
- Precise measurement with clinically proven accuracy
- Includes a night light for easy temperature taking in darkness
- 9 memories
- Includes 21 Braun hygiene caps

#391059
899⁹⁹
WAS 1194⁹⁵



*Advertised price already reflects discount

CHILDREN ARE CUTE. FEVER IS NOT. **gsk**

Calpol
Paracetamol Suspension
STARTS TO WORK ON FEVER IN JUST **15 MINUTES**
Available in 100ml & 50ml

Baby Things Thermometer with Digital Beep

- Fast 1-minute read-out
- Easy to read, LCD display
- Memory
- Beeping sound
- Automatic shut-off

#45893
49⁹⁹

BRONCHO STOP
CHILDREN'S COUGH SYRUP
Honey & Marshmallow root dry extract
Relieves any cough
Dry
Chesty

Pholtex Bronchostop Children's Cough Syrup
120ml
#417686
85⁹⁵

Panado
Infant Drops 20ml
58⁹⁵

Panado Paediatric Syrup
100ml
55⁹⁵

SAVE 13⁰⁰*

ELGYDIUM
PREMIÈRES DENTS/TEETHING
15ml
36⁹⁵
WAS 49⁹⁵

infacol
Simethicone
40 mg/ml Oral Suspension
effective colic relief
50 ml
143⁹⁹
WAS 179⁹⁹

Elgydium Teething Gel
15ml
36⁹⁵
WAS 49⁹⁵

Infacol Oral Suspension
50ml
#417686
143⁹⁹
WAS 179⁹⁹

*Advertised prices already reflect discounts

SAVE 8⁰⁰*

Woodward's Gripe Water
150ml
#5570
34⁹⁹
WAS 42⁹⁹

SAVE 5⁰⁰*

Telament Paediatric Gripe Water
150ml
#4821
34⁹⁹
WAS 39⁹⁹

Telament Paediatric Colic Drops
30ml
#5086
114⁹⁹
WAS 139⁹⁹

SAVE 25⁰⁰*

SAVE 5⁰⁰*

Muthi Wenyoni Antacid
100ml
#5187
29⁹⁹
WAS 34⁹⁹

SAVE 20⁹⁶*

Phipp's Milk of Magnesia
100ml / Assorted
49⁹⁹
WAS 70⁹⁵

SAVE 20⁰⁰*

Baba Suur Suspension
100ml
#34233
124⁹⁹
WAS 144⁹⁹

*Advertised prices already reflect discounts

Bel ly Babies
Online Antenatal Course

Belly Babies & Dis-Chem bring you an
ONLINE ANTENATAL COURSE
created by medical professionals
and antenatal experts

To find out more visit
www.bellybabies.co.za

- funded by leading medical schemes
- around the clock access for 18 months
- over 50 videos presented by medical professionals
- live zoom class with a midwife and lactation consultant



MOM ESSENTIALS

medela

Solo Single Electric Breast Pump

- Easy to use
- Easy to assemble & clean
- Improved mobility
- Faster charging

#388698
3499⁹⁹
WAS 4099⁹⁹



Swing Maxi Double Electric Breast Pump

- 2-Phase Expression™ Technology
- Built-in rechargeable battery
- Noticeably quieter compared to the previous generation

#388699
4999⁹⁹
WAS 5999⁹⁹



Harmony Essentials Pack

- Starter kit
- 4 x milk storage bags
- 4 x ultra-thin nursing pads
- 1 x Harmony manual breast pump

#298890
749⁹⁹
WAS 995⁹⁹

*Advertised prices already reflect discounts

BabyThings
Quality Baby Products

Manual Breast Pump

- Stimulation and suction of breast milk
- Imitates baby's nursing motion
- Easy storage of breast milk

#199891
215⁰⁰



pigeon



Breastmilk Storage Bags
25 bags
#388464
99⁹⁹
WAS 129⁹⁹



Manual Breast Pump
#159452
549⁹⁹
WAS 799⁹⁹



ComfyFeel™ Breast Pads
50-pack
#331397
89⁹⁹
WAS 109⁹⁵

*Advertised prices already reflect discounts

Tommee Tippee Made for Me Single Manual Breast Pump

- Soft, cushioned silicone cup that's gentle on breasts
- Compact, discreet and quiet to use so you can express how and where you choose

#4745
499⁹⁹
WAS 739⁹⁹



*Advertised price already reflects discount

Softi Nursing Pads

- Ultra absorbent
- Soft & skin-friendly
- Reliable, breathable protection
- Contoured

#17022
64⁹⁹



Softi Maternity Pads
12-pack
29⁹⁹
per pack

Softi Cotton Buds
100-piece
#36860
9⁹⁹



Dove Cotton Buds
100-piece
13⁹⁹
each

Dove Cotton Puffs
80g
39⁹⁹
each

Dove Cotton Roll
100g
34⁹⁹
each

Happy Event Antenatal Firming Cream
125ml Assorted
99⁹⁹
each

Happy Event Antenatal Massage Lotion
200ml / Assorted
124⁹⁹
each

Purity Baby Laundry Wash
OR Fabric Conditioner
750ml
56⁹⁹
each

Purity Nipple Cream
50ml
76⁹⁹
each



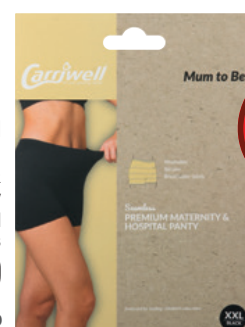
Nuby Manual Silicone Breast Pump

- Soft natural cup shape allows for quick and easy expression
- Ball stopper keeps liquid inside container for easy storage
- Made with soft silicone
- Suction cup base prevents unwanted spills and messes

#219518
149⁹⁹
WAS 209⁹⁹



Carriwell Premium Maternity & Hospital Panty
Assorted sizes and colours
69⁹⁹
WAS 89⁹⁹



Ariel Baby Concentrated Liquid
1.1 litres Assorted
82⁹⁵
WAS 104⁹⁵

*Advertised prices already reflect discounts

SHOP ONLINE
24/7
365

click&collect

Delivered to your door
OR collect from any Dis-Chem
store nationwide dischem.co.za

FREE delivery on orders of R600⁰⁰ or more
in major metropolitan areas.
No charge for collection in-store.

dischem.co.za

Dis-Chem
PHARMACIES

Pharmacists who care

Dis-Chem

PHARMACIES

Smart

SAVINGS

16 March - 10 April 2023



Available to Dis-Chem Health policyholders

20% OFF

Look out for the extra icon in-store or online to identify qualifying products

Sanex Shower Gel 750ml Assorted 99⁹⁵ each

Sanex Zero Shower Gel 500ml Assorted 79⁹⁵ each

2+1 CHEAPEST FREE
on ANY Sanex Shower Gels 500ml/750ml

25% OFF
Gillette Fusion 5-Blade Cartridges 6-pack AND Venus Smooth 3-Blade Cartridges 8-pack

322⁴⁶ per pack
WAS 429⁹⁵

OR Venus Smooth 3-Blade Cartridges 8-pack #390800

WATER FILTER REFILLS
Available in-store

SAVE 40⁰⁰ each

Crystal Water Filter Jug Rose 2.4 Litres #104115

Crystal Water Filter Jug Tulip 3.3 Litres #104117

Crystal Water Filter Jug Rose 2.4 Litres #104115

- BPA-free water pitcher
- Advanced filter technology
- Flip top lid that makes refilling a breeze
- Small pitcher comes with 1 x water filter

209⁹⁵
WAS 249⁹⁵

Crystal Water Filter Jug Tulip 3.3 Litres #104117

- Helps soften tap water
- Removes mechanical impurities
- One filter can replace up to 300 x standard 500ml plastic water bottles

249⁹⁵
WAS 289⁹⁵

Satskin Foam Bath Concentrated Refill Value Pack 1 litre / Assorted 54⁹⁵ per pack
WAS 69⁹⁵

SAVE 15⁰⁰ per pack

NEW

25% OFF
ALL Oral-B Power Toothbrushes AND Replacement Powerbrush Heads 4-pack AND 2-pack

Oral-B Vitality 150 Cross Action Powerbrush Assorted 449⁹⁶
WAS 599⁹⁵

Oral-B Precision Clean Powerbrush Heads Value Pack 4-pack #46847 292⁴⁶ per pack
WAS 389⁹⁵

SAVE 60⁰⁰ *

Primal Creatine 5000 400g #391214 329⁹⁵
WAS 389⁹⁵

*Advertised price already reflects discount

*Advertised prices already reflect discount

*Advertised prices already reflect discounts

SAVE 5⁰⁰ per pack
Beacon Hens Eggs 6-pack #18772 49⁹⁵ per pack
WAS 54⁹⁵

SAVE 35⁰⁰ each
Lindt Swiss Premium Gold Chocolate Bar 300g / Assorted 119⁹⁵ each
WAS 154⁹⁵

SAVE 5⁰⁰ per pack
Cadbury Fluffies chocolate covered mallow eggs 30-pack #223302 79⁹⁵ per box

SAVE 10⁰⁰ *
Nestlé Smarties Easter House 104g #423648 99⁹⁵
WAS 109⁹⁵

SAVE 10⁰⁰ *
Beacon Milk Chocolate Marshmallow Eggs 36-pack #298556 69⁹⁵ per pack
WAS 79⁹⁵

SAVE 5⁰⁰ per pack
Lindt Goldhase Milk Chocolate Mini Bunnies Flower Edition 5-pack #212768 49⁹⁵ per pack
WAS 54⁹⁵

*Advertised prices already reflect discounts

Dis-Chem

NEW STORE OPENINGS

Come in and enjoy the **best advice**, **widest range** and **lowest prices** for the whole family, all under one roof.

• **Jakaranda Shopping Centre, Pretoria**
Opening 23 March 2023

• **I'Langa Mall, Mbombela**
Opening 30 March 2023



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14	Smooth Savings & Feminine Hygiene
15	Household
16-17	Self-Medication
18-19	Daily Supplements
20	Immune Support & Digestive Care
21	Minerals & Stress & Anxiety
22-23	Health Foods
24-25	Sports Supplements

BENEFIT Programme

GET MORE

- Earn **Cashback** Benefit rewards in-store & online*
- 60 Plus earn **double** rewards every Wednesday
- YOUTH members earn **double** rewards every Monday*
- Automatic entry in **competitions**
- A **FREE** Benefits magazine every quarter

SAVE MORE

- Pay with your Benefit rewards in-store or online
- Pay with your partner rewards*
- Get **instant cash discounts** on selected products
- Shop & Collect stamps towards your **FREE** beauty products & treatments*
- Students & Pensioners qualify for discounts on selected **salon treatments***

Dis-Chem
PHARMACIES

Dis-Chem
babycity
GIVE MORE

By shopping & swiping your Benefit Card, not only do we reward you, a percentage of eligible purchases will be donated to the Dis-Chem Foundation to assist worthy causes.

*Terms & Conditions apply



Get more. Save more. Give more.

Dis-Chem and Dis-Chem Baby City Benefit Cards can be used in both retailers



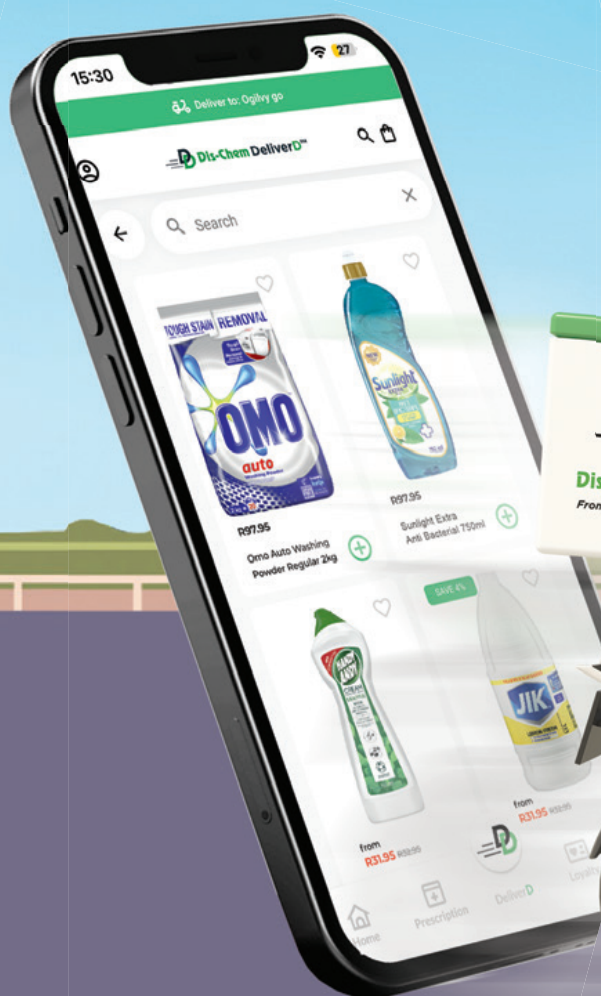


Dis-Chem DeliverD

From US to YOU

On Demand

**Never run
out of your
everyday
essentials!**



Benefit Card holders earn cashback each time they shop via the **Dis-Chem DeliverD** app



Joyful Easter Deals

Lindt



Milk Chocolate
Gold Bunny
50g
#41399
39⁹⁵
WAS 44⁴⁵



Milk **OR** Dark
Chocolate Gold Bunny
100g / Assorted
69⁹⁵
each
WAS 79⁹⁵



Hazelnut Chocolate
Gold Bunny
100g
#142232
79⁹⁵
WAS 94⁴⁵



Milk Chocolate
Gold Bunny
200g / Assorted
99⁹⁵
WAS 119⁹⁵



Lindor Cornet
Chocolate Mix
337g / Assorted
159⁹⁵
WAS 204⁹⁵



Lindor
Mini Eggs
90g
Assorted
49⁹⁵
WAS 64⁹⁵



Lindor Eggs Tray
6-pack
#166059
109⁹⁵
per pack
WAS 119⁹⁵



Lindor
Mini Eggs
for Egg Hunt
300g / Assorted
144⁹⁵
each
WAS 159⁹⁵



Lindor
Cornet
Chocolate
Edition
200g / Assorted
109⁹⁵
each
WAS 154⁹⁵

*Advertised prices already reflect discounts

RIEGELEIN
CONFISERIE



Chocolate Bunny
150g
#155208
49⁹⁵
WAS 59⁹⁵



My Sweet
Lambkins Bag
150g
#421984
54⁹⁵
WAS 69⁹⁵



Choco Cars
Assortment
150g
#421922
54⁹⁵
WAS 69⁹⁵



Easter Bunny
Flower Line
140g
#155207
64⁹⁵
each
WAS 79⁹⁵

NEW



Aero Peppermint
Chocolate Mini
Egg Bag
70g
#423623
42⁹⁵
WAS 49⁹⁵



Smarties
Milk Chocolate
Bunny
94g
12-pack
#59445680
99⁹⁵
WAS 109⁹⁵



After Eight
Mini Eggs
81g
#423647
42⁹⁵
WAS 49⁹⁵



Milkybar White
Chocolate Egg
65g
#423622
52⁹⁵
WAS 59⁹⁵

*Advertised prices already reflect discounts

Nestlé



Pringles
42g / Assorted



Lay's
Potato Chips
120g / Assorted
19⁹⁵
each
WAS 22⁹⁵



Sprite
OR Fanta
OR Coca-Cola
6 x 300ml**
Assorted
60⁰⁰
per pack
WAS 72⁹⁵

*Advertised prices already reflect discounts



Lipton
Ice Tea
300ml
Assorted



Liqui Fruit
100% Fruit
Juice Blend
300ml
Assorted



Bené
Still Water
500ml
#18446



Milk Chocolate Treats with Crunchy Nougat Bits
34g
#387211
19⁹⁵

Milk OR Dark Chocolate Egg with Roasted Nougat
110g
#143678
62⁹⁵ each

Belgian Milk Chocolate Eggs with Roasted Nougat
178g
#387210
92⁹⁵

Chocolate Coated Nougat
125g/150g Assorted

1 FOR 82⁹⁵
2 FOR 140⁰⁰
SAVE 25⁹⁰

Chocolate Caramel Mini Eggs Bag
80g
#423630
42⁹⁵
WAS 49⁹⁵

Orange Creamy Truffle Mini Eggs Bag
80g
#423629
42⁹⁵
WAS 49⁹⁵

Foil Praline Eggs
100g
#298730
42⁹⁵
WAS 49⁹⁵

Cémoi Milk Chocolate Foiled Rabbit
150g
#141505
49⁹⁵
WAS 59⁹⁵

Praline Eggs
250g
#182768
64⁹⁵
WAS 79⁹⁵

SAVE 700*

SAVE 10⁰⁰*

SAVE 15⁰⁰*

SAVE 700*

*Advertised prices already reflect discounts

Mister Sweet Giant Speckled Eggs
125g
#221736
34⁹⁵
WAS 44⁹⁵

Stimorol Sugarfree Gum
60 pieces Assorted
42⁹⁵
WAS 52⁹⁵

Clorets Sugarfree Gum
52 pieces Assorted
42⁹⁵
WAS 52⁹⁵

Mentos Speckled Eggs
26 pieces Assorted
14⁹⁵
WAS 19⁹⁵

Munch'D Speckled Eggs
125g
#412397
29⁹⁵
WAS 34⁹⁵

Simba Salted Peanuts
150g
#69859
22⁹⁵
WAS 26⁹⁵

Simba Peanuts & Raisins
450g
#202611
39⁹⁵
WAS 45⁹⁵

Manhattan Marshmallows
165g
#416967
1 FOR 24⁹⁵
2 FOR 40⁰⁰
SAVE 9⁹⁰

*Advertised prices already reflect discounts

Dairy Milk Top Deck Bunnies Slab
170g
#363416
39⁹⁵

Fluffies Chocolate Covered Mallow Egg Bag
12-pack
165g
#416956
39⁹⁵ per pack

Milk Chocolate Hen's Eggs
6-pack
165g
#363420
54⁹⁵ per pack

Dairy Milk Chocolate Slab
80g / Assorted
16⁹⁵ each

Fluffies Chocolate Covered Mallow Egg Strip
3-pack
#384263
9⁹⁵ per strip

Mini Eggs Slab
110g
#423632
54⁹⁵

Hollow Bunny
100g
#267026
79⁹⁵

Dairy Milk Buttons Filled Egg
74g
#423631
59⁹⁵

Hollow Egg Milk Chocolate Egg with Astros OR Whispers
100g / Assorted
54⁹⁵ each

Mini Eggs Tube
96g
#213021
49⁹⁵

Mini Eggs Bag
80g
#213019
49⁹⁵



DERMO FACE CARE

VICHY
LABORATOIRES

LiftActiv

HEALTH IS VITAL.
START WITH YOUR SKIN.
Skin care formulated with Vichy Volcanic water and dermatological active ingredients.

20%* OFF
ALL Vichy LiftActiv products

Supreme Vitamin C Serum
20ml
476⁰⁰
WAS 595⁰⁰

Supreme Cream SPF30
50ml
420⁰⁰
WAS 525⁰⁰

Collagen Specialist Corrector
20ml
460⁰⁰
WAS 575⁰⁰

*Advertised prices already reflect discount

PAYOT
PARIS

Face Masks
1-piece / Assorted
95⁰⁰ each

glow hub

Natural actives blended with gentle science to work hard without being harsh. Targeted solutions, cruelty-free and vegan formulas, customisable routines & super cute packaging. No matter what your skin needs, Glow Hub's got your back.

INSTANT DISCOUNT
15%* OFF
ALL Glow Hub Toning products

Toner
100ml
195⁰⁰
WITH CARD **165⁷⁵**

Pore Rescue Toning Pads
35 pads
195⁰⁰
WITH CARD **165⁷⁵**

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



Formulated specifically for every skin type including sensitive, allergy-prone or reactive skins. FREE FROM potential skin irritants like fragrance, preservatives and gluten – also nickel-tested.

Exclusive to
Dis-Chem

DEFENCE MY AGE

Improves the quality of the skin during menopause and enhances the beauty of women 50+. Helps to improve skin dryness, dull skin tone, dark spots and loss of skin firmness caused by the drop in hormone levels.

FREE

BioNike Defence My Age Eye & Lip Serum 15ml valued at 350⁰⁰ when you purchase ANY TWO BioNike Defence My Age OR Defence My Age Gold products

Renewing Day Cream
50ml
#212943
385⁰⁰



Gold Intensive Fortifying Night Cream
50ml
#382571
500⁰⁰

Intensive Renewing Serum
30ml
#212945
450⁰⁰

Renewing Concentrate Ampoules
#382595
550⁰⁰



WORLD OF COLOUR

RIMMEL
LONDON

BUY 1 RIMMEL EYE PRODUCT
GET 50%* OFF THE SECOND EYE PRODUCT

NEW

Wonder'Serum for Lashes & Brows
#387377
189⁹⁵

Wonder'Full Brow Clear Brow Styling Gel
#387383
139⁹⁵

Wonder'Volume Thrillseeker Mascara
Assorted
195⁰⁰

Magnif'Eyes Eyeshadow Palette
12 colours Assorted
215⁰⁰

*Offer only applicable on the cheapest Rimmel eye product

REVLON

Colorstay Longwear Makeup 24HRS Foundation
Assorted shades
299⁰⁰ each

FREE

Revlon Colorstay Skin Awaken 24HRS 5-IN-1 Concealer
valued at 199⁹⁵ when you purchase ANY Revlon Colorstay Longwear Makeup products

DISCO

1 FOR 17⁹⁵
2 FOR 30⁰⁰
SAVE 5⁹⁰

Exclusive to Dis-Chem

L.A. Girl COSMETICS

Makeup is made to inspire beauty by creating new ways to ignite individual expression through the art of colour.

PRO.Matte OR PRO. Coverage HD Long Wear Foundation
Assorted shades
169⁹⁵ each

Tinted Natural Finish Buildable Foundation
Assorted shades
225⁰⁰

Eyeliner OR Lipliner
Assorted colours



FRAGRANCES

LENTHERIC
LONDON • PARIS

20%* OFF
ALL Lenthéric, Masculin, Solo fragrances, I ♥ AND Hoity Toity

Masculin
EDT
100ml
Assorted
135⁹⁶
WAS 169⁹⁵

Solo Parfum Pour Homme
EDT
100ml / Assorted
180⁰⁰
WAS 225⁰⁰

I ♥ Berries
EDT
15ml
Assorted
75⁹⁶
WAS 94⁹⁵

I ♥ Apple Crush
Fragrance Mist
220ml
Assorted
119⁹⁶
WAS 149⁹⁵

Hoity Toity
EDP
50ml
Assorted
184⁰⁰
WAS 230⁰⁰

*Advertised prices already reflect discount

COTY

1 FOR 149⁹⁵
2 FOR 220⁰⁰
SAVE 79⁹⁰

eX'clama'tion
Fragrance Body & Hair Mist
220ml
Assorted



G.V.

EDT 100ml
#55106
195⁰⁰



FACE 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.

NATURE'S NOURISHMENT



Aloe Vera Day Cream SPF15 75ml OR Night Cream 50ml

62⁹⁵ each
WITH CARD
50³⁶ each



Vitamin E Facial Scrub 125ml

44⁹⁵ each
WITH CARD
35⁹⁶ each



INSTANT DISCOUNT

20%* OFF

ALL Nature's Nourishment Face Care products

Vitamin E Eye Cream 20ml OR Night Cream 50ml

62⁹⁵ each
WITH CARD
50³⁶ each



Roobos Day OR Night Cream 50ml

62⁹⁵ each
WITH CARD
50³⁶ each

Roobos Facial Scrub Lotion 125ml

44⁹⁵ each
WITH CARD
35⁹⁶ each

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

OXY



2+1 CHEAPEST FREE on ANY OXY face care products

Daily Moisturiser SPF15 100ml 72⁹⁵ each

Cleansing Soap Bar 75g Assorted 16⁹⁵ each

Daily Face Wash 375ml Assorted 79⁹⁵ each

Emergency Zit Blitzer 10ml 52⁹⁵ each

Benzoyl Peroxide Acne Treatment Lotion 25g 94⁹⁵ each

NEW OLAY NIACINAMIDE + Vitamin C

OLAY



2+1 CHEAPEST FREE on Olay face care products*

Eyes Vitamin C Eye Cream 15ml 519⁹⁹ each

Luminous Niacinamide+ Vitamin C Super Serum 30ml 519⁹⁹ each

Luminous Niacinamide+ Vitamin C Moisturiser 50ml 519⁹⁹ each

Regenerist Retinol24 Night Moisturiser 50ml 479⁹⁵ each

*Offer excludes Olay Vitamin C range

Eskamel



20%* OFF ALL Eskamel face care products

African Potato Soap Bar 75g 13⁵⁶ WAS 16⁹⁵

Acne & Pimple Ointment 40g 37⁵⁶ WAS 46⁹⁵

Spot Buster 10ml 35⁹⁶ WAS 44⁹⁵

*Advertised prices already reflect discount



Beauty Treats Facial Mask 25ml / Assorted FROM 42⁹⁵ each



SUN CARE

NIVEA SUN

Protect & Moisture Trigger Spray SPF50+ 270ml 146⁹⁷ WAS 209⁹⁵

Babies & Kids Sensitive Protect Trigger Spray SPF50+ 270ml 150⁴⁷ WAS 214⁹⁵



30%* OFF NIVEA SUN products**

Q10 Anti-Age UV Face Cream SPF50 50ml 111⁹⁹ WAS 159⁹⁹



Kids Ultra Protect & Play Sun Cream SPF50+ 150ml 139⁹⁷ WAS 199⁹⁵



Protect & Moisture Spray SPF50+ 200ml 139⁹⁷ WAS 199⁹⁵

Protect & Moisture Sun Lotion SPF50+ 200ml 150⁴⁷ WAS 214⁹⁵

*Advertised prices already reflect discount **Offer excludes NIVEA SUN Value Packs AND Banded Packs

Eucerin

Even Pigment Perfector Sun Fluid SPF50+ 50ml 230⁹⁷ WAS 329⁹⁵



30%* OFF Eucerin sun care products**

Photoaging Control Sun Lotion Extra Light SPF50+ 150ml 209⁹⁷ WAS 299⁹⁵

islandTribe



2+1 CHEAPEST FREE on ANY islandTribe products

Light Lotion Trigger Spray SPF40 300ml 229⁹⁵ each

Invisible Continuous Spray SPF50 125ml 183⁹⁵ each

Kids Clear Gel Stick SPF50 30ml 64⁹⁵ each

After Sun Cooling Gel with Aloe Vera 125ml 74⁹⁵ each

Cetaphil sun

SAVE 40⁰⁰*



SAVE 50⁰⁰*

Very High Protection Sun Gel SPF50+ 200ml #195242 239⁹⁵ WAS 279⁹⁵

Kids Liposomal Lotion SPF50+ 150ml #148617 249⁹⁵ WAS 299⁹⁵

*Advertised prices already reflect discount **Offer excludes Eucerin Value Packs AND Banded Packs

*Advertised prices already reflect discounts

Dis-Chem PHARMACIES



BATH & BODY CARE



Available to Dis-Chem Health policyholders

20% OFF
Look out for the extra icon in-store or online to identify qualifying products

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.

NATURE'S NOURISHMENT



Aqueous Cream Winter Formula
500ml
#25673

37⁹⁵
WITH CARD
32²⁶



Bath and Shower Gel
1 litre / Assorted

61⁹⁵
WITH CARD
52⁹⁵

INSTANT DISCOUNT

15%*
These Nature's Nourishment products

Epsom Salt
1.36kg Assorted

99⁹⁵
WITH CARD
84⁹⁶



Epsom Salt
450g / Assorted

54⁹⁵
WITH CARD
46⁷¹

Epsom Salt
900g / Assorted

79⁹⁵
WITH CARD
67⁹⁶



INSTANT DISCOUNT

15%*
OFF



Colloidal Oatmeal Daily Moisturising Lotion 227ml
#98351

34⁹⁵
WITH CARD
29⁷¹

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



Hand Cream
75ml
Assorted

24⁹⁵
WAS 29⁹⁵

Body Cream
450ml
Assorted

47⁹⁵
WAS 52⁹⁵



*Advertised prices already reflect discounts

Hand Wash Refill Doy Pack
450ml
Assorted

33⁹⁵
WAS 43⁹⁵

Foam Bath
500ml
Assorted

34⁹⁵
WAS 44⁹⁵

Hand Wash
500ml
Assorted

44⁹⁵
WAS 54⁹⁵

EST 1970
BAYLIS & HARDING
ENGLAND

Exclusive to Dis-Chem



Goodness Natural Body Wash
500ml / Assorted

125⁰⁰

Elements Dark Amber & Fig Luxury Body Wash
500ml
#327301

99⁰⁰

Fuzzy Duck Cotswold Floral Luxury Hand Care Set
2 x 600ml
#333020

199⁸⁰
per set



NIVEA Shower Gel
250ml
Assorted



NIVEA Shower Cream
750ml
Assorted



NIVEA Body Lotion
625ml
Assorted



Lux Body Wash
750ml
Assorted



Dove Body Lotion
400ml / Assorted
59⁹⁵
each
WAS 76⁹⁵



Dove Beauty Cream Bar
90g/100g
Assorted
13⁹⁵
WAS 16⁹⁵



Vaseline Body Lotion OR Cream
400ml
Assorted*



Vaseline Body Lotion
625ml
Assorted*



Ingram's Camphor Cream
450ml
Assorted**



Vaseline Petroleum Jelly
450ml
Assorted
54⁹⁵
WAS 67⁹⁵



Bio-Oil Skincare Value Pack
200ml
PLUS 60ml FREE
#293405
269⁹⁵
per pack

*Offer excludes Vaseline Clinical Care range

**Price excludes Ingram's Tissue Oil 450ml/500ml

*Advertised price already reflects discount

RADOX

UPLIFT YOUR MOOD WITH FRESH SUMMER SENSATIONS

2+1 CHEAPEST FREE
on ANY Radox Body Wash 400ml/750ml AND Foam Bath 500ml

Body Wash
750ml / Assorted
74⁹⁵ each

Body Wash
400ml / Assorted
OR
Foam Bath
500ml / Assorted
52⁹⁵ each

1 FOR 39⁹⁵
2 FOR 68⁰⁰
SAVE 11⁹⁰

Body Wash
250ml / Assorted

1 FOR 41⁹⁵
2 FOR 68⁰⁰
SAVE 15⁹⁰

Body Wash
250ml / Assorted

Hand Wash
300ml / Assorted



Hygiene Soap Bar
175g / Assorted
16⁹⁹ each



Hygiene Hand Sanitizer
100ml
20⁰⁰ each



Hygiene Instant Sanitizer Spray
120ml
36⁹⁵ each

2+1 CHEAPEST FREE
on ANY Lifebuoy products



Hygiene Handwash
200ml / Assorted
36⁹⁵ each



Hygiene Bodywash
400ml / Assorted
48⁹⁵ each



Hygiene Bodywash
750ml / Assorted
65⁹⁵ each



1 FOR 16⁹⁹
3 FOR 38⁰⁰
SAVE 12⁹⁷



Soap Bar
175g / Assorted



Hygiene Wipes
10 wipes
#171138002
15⁹⁵
WAS 21⁹⁹

SAVE 6⁰⁴*



SAVE 24⁰⁰*



2+1 FREE
on ANY Dettol Hygiene Hand Wash 200ml

Hygiene Hand Wash
200ml / Assorted
39⁹⁵ each



NEW

SAVE 20⁰⁰*

All-in-One Disinfectant Spray
400ml / Assorted
59⁹⁵
WAS 79⁹⁵



Hygiene Body Wash
600ml / Assorted
58⁹⁵
WAS 74⁹⁹



Dettol Antiseptic Liquid
750ml
75⁹⁵
WAS 99⁹⁵

CLEANS AND PROTECTS* AGAINST 99.9% OF GERMS**

*Excluding Dettol Antiseptic Liquid. Dettol Antiseptic Liquid cleans wounds only. **Tested against *E.coli*, *C.xerosis* and *S.aureus****100% BETTER GERM PROTECTION versus dry tissue without active or water. ****When tested against *E.hirae*, *E.coli*, *Paeruginosa*, and *S.aureus*.*****Dettol Antiseptic Liquid products are not suitable for kids under the age of 1 year and Dettol Bar soap and liquid hand wash products are not suitable for kids under the age of 3 years. For full prescribing information on Dettol Antiseptic Liquid refer to the package leaflet approved by the Medicines Regulatory Authority, 50 Dettol Antiseptic Liquid Reg No. G/13.1/2345. Each 100 ml contains Chloroxylenol 4.8g. Always use Dettol products in accordance with directions for use on label. Name and business address of the holder of the certificate of registration: Reckitt Benckiser Pharmaceuticals (Pty) Ltd, Ground Floor, North Wing, Allandale Building, 39 Magwa Crescent, Waterfall City, 2090. Customer Care Line: 0861 11 11 00. ©2023 Dettol and the Dettol Logo are trademarks of the Reckitt group of companies.

1 FOR 99⁹⁹
2 FOR 150⁰⁰
SAVE 49⁹⁸

NIVEA Repair & Care Body Cream
400ml / Assorted

1 FOR 17⁹⁵
3 FOR 45⁰⁰
SAVE 8⁸⁵

Protex Soap Bar
150g / Assorted

SAVE 15⁰⁰*

Blistex DCT OR Medex Lip Treatment
7g
#59759/#20224
99⁹⁵ each
WAS 114⁹⁵

SAVE 5⁰⁰*

Dolly Varden Glycerine
100ml
#4693
16⁹⁵
WAS 21⁹⁵

SAVE 15⁰⁰*

EpiMax Body Lotion
450ml
#126377
79⁹⁵
WAS 94⁹⁵

SAVE 15⁰⁰*

Savlon Antiseptic Liquid
2 litres
#74413
109⁹⁵
WAS 124⁹⁵

15% OFF
Safeguard Antibacterial Spray 60ml AND 500ml

Safeguard Antibacterial Spray
60ml
#219546
16⁹⁶
WAS 19⁹⁵

Safeguard Antibacterial Spray
500ml
#145310
42⁴⁶
WAS 49⁹⁵

*Advertised prices already reflect discounts

Dis-Chem PHARMACIES



HAIR CARE



Available to Dis-Chem Health policyholders

20% OFF

Look out for the extra icon in-store or online to identify qualifying products

PANTENE PRO-V

2+1 CHEAPEST FREE
on Pantene 400ml AND Head & Shoulders 180ml, 200ml, 360ml and 400ml products*

head & shoulders

Shampoo OR Conditioner 400ml / Assorted **79⁹⁵** each

2 in 1 Shampoo & Conditioner 360ml/400ml Assorted **99⁹⁵** each

Shampoo 180ml/200ml Assorted **59⁹⁵** each

*Offer excludes Head & Shoulders Suprême range

nu-lite

20% OFF
Nu-Lite hair care products**

Silver Shampoo #194592 OR Conditioner #194594 **75⁹⁶** each **WAS 94⁹⁵**

*Advertised price already reflects discount
**Offer excludes Nu-Lite Colour Mousse

Organics™

1 FOR 84⁹⁵
2 FOR 130⁰⁰
SAVE 39⁹⁰

Shampoo OR Shampoo & Conditioner 1 litre / Assorted

Dove

SAVE 20⁰⁰* each

Shampoo OR Conditioner 350ml/400ml Assorted **64⁹⁵** each **WAS 84⁹⁵**

*Advertised price already reflects discount

gill

SAVE 12⁰⁰*

2 in 1 Shampoo 400ml Assorted **92⁹⁵** **WAS 104⁹⁵**

*Advertised price already reflects discount

Exclusive to Dis-Chem



HAIR S.O.S

This range is a natural, effective solution for thinning hair. Each product contains specific plant extracts which have unique benefits for each type of hair and scalp condition.



2+1 CHEAPEST FREE
on ANY Natur Vital Hair S.O.S. products

Fortifying Mask 300ml **119⁹⁵** each
Fortifying Hair Tonic 200ml **199⁹⁵** each



Free From Colourants, Parabens and Silicone

Fortifying Shampoo OR Conditioner 300ml **99⁹⁵** each

REFLECTIONS

2+1 CHEAPEST FREE
on Reflections hair care products*



Sulphate Free Shampoo OR Conditioner 250ml / Assorted **129⁹⁵** each



Metallic Permanent Hair Colour Assorted colours **99⁹⁵** each



Premium Fashion Hair Colour Assorted colours **79⁹⁵** each

SALON SELECTIVES

BUY 1 SALON SELECTIVES PRODUCT
GET 50%* OFF THE SECOND SALON SELECTIVES PRODUCT



Shampoo OR Conditioner 400ml Assorted **59⁹⁵** each

*Offer applicable on the cheapest Salon Selectives shampoo OR conditioner

dalan

10% OFF
Dalan hair care products**

d'Olive Pure Olive Oil Conditioner 200ml #150176 **89⁹⁶** **WAS 99⁹⁵**
100% Pure Olive Oil Shampoo Bar 170g #330059 **40⁴⁶** **WAS 44⁹⁵**



d'Olive Pure Olive Oil Nourishing Shampoo 400ml #150177 **98⁹⁶** **WAS 109⁹⁵**

*Advertised prices already reflect discount
**Offer only applicable on the above Dalan products

GIRLZ ONLY

10% OFF
ALL Girlz Only Dry Shampoo 400ml



Dry Shampoo 400ml / Assorted **80⁹⁶** each **WAS 89⁹⁵**

*Advertised price already reflects discount

PERFECT TOUCH

2+1 CHEAPEST FREE
on ANY Perfect Touch, Fiesta AND Kair hair care products

FIESTA

EXPERT kair

PERFECT TOUCH

EXPERT kair



Rice Water
Clay Masque
227g

207⁹⁶
WAS 259⁹⁵

Pomegranate
& Honey
Curl Smoothie
355ml

263⁹⁶
WAS 329⁹⁵



20%^{*}
OFF
ALL
Mielle hair care
products

Babassu & Mint
Deep Conditioner
227ml

239⁹⁶
WAS 299⁹⁵

Rosemary
Mint Scalp & Hair
Strengthening
Oil
59ml

199⁹⁶
WAS 249⁹⁵

*Advertised prices already reflect discount

Aunt Jackie's[®]
CURLS & COILS

20%^{*}
OFF
Aunt Jackie's
hair care
products**



Coco Repair
Coconut
Crème Deep
Conditioner
426g

94³⁶
WAS 117⁹⁵

Curl La La
Defining
Curl Custard
255g

79⁹⁶
WAS 99⁹⁵

Don't Shrink
Flaxseed
Elongating
Curling Gel
426g

87⁹⁶
WAS 109⁹⁵

*Advertised prices already reflect discount

**Offer only applicable on the above Aunt Jackie's products



Argan
Sheen
Spray
250ml
Assorted

51⁵⁷
WAS 85⁹⁵



40%^{*}
OFF
Afrisure Argan
Sheen Spray
250ml

Jamaican
Black
Castor Oil
50ml

66³⁶
WAS 82⁹⁵



20%^{*}
OFF
ALL Afrisure
hair oils

Argan Oil
50ml

111⁹⁶
WAS 139⁹⁵

*Advertised prices already reflect discounts



20%^{*}
OFF
ALL As I Am
hair care
products

Jamaican Black Castor
Oil Moisturizing
Masque
227g
OR DoubleButter Cream
227g
OR Jamaican Black
Castor Oil Curling Creme
227ml

239⁹⁶
each
WAS 299⁹⁵

*Advertised price already reflects discount



S-Curl
No Drip
Curl Activator
Moisturizer
236ml

143⁹⁶
WAS 179⁹⁵

ShortLooks
Texturizer Kit
135⁹⁶
WAS 169⁹⁵



20%^{*}
OFF
ALL Luster's
hair care
products



Pink Hot Oil
Treatment
296ml

71⁹⁶
WAS 89⁹⁵

S-Curl 360 Style
Wave Control
Pomade
85g

111⁹⁶
WAS 139⁹⁵



*Advertised prices already reflect discount



Satin
Sleep Cap
Large
83⁹⁷
WAS 119⁹⁵

Satin Floral
Sleep Cap
X-Large
104⁹⁷
WAS 149⁹⁵



30%^{*}
OFF
ALL
Donna hair
accessories



Disposable
Plastic Caps
15-pack

69⁹⁷
WAS 99⁹⁵

Open Top
Wig Cap
Liner

62⁹⁷
WAS 89⁹⁵

*Advertised prices already reflect discount



Argan Oil
Styling Gel
236ml

62⁹⁷
WAS 89⁹⁵

30%^{*}
OFF
ALL Eco Style
hair gel
products



Super Olive
10X Styling Gel
473ml

160⁹⁷
WAS 229⁹⁵

*Advertised prices already reflect discount



Black Castor Oil

Anti-Dandruff
Oil
Moisturising
Lotion
OR
Braid Spray
350ml

56⁶⁶
each
WAS 62⁹⁵



10%^{*}
OFF
ALL Sofifree Black
Castor Oil hair care
products



Afro Blowout
Softening
Relaxer
125ml

35⁹⁶
WAS 39⁹⁵

*Advertised prices already reflect discount



Whipped
Sheabutter
125ml
80⁹⁶
each
WAS 89⁹⁵



10%^{*}
OFF
ALL Native Child
hair care
products

Deep
Conditioner
OR
Moisturising
Co-Wash
Shampoo
for Kids
250ml

62⁹⁶
each
WAS 69⁹⁵



Castor Oil
Hairgrowth
Oil
200ml
71⁹⁶
WAS 79⁹⁵

*Advertised prices already reflect discount



SuperBlack
Hair Colour Crème
28ml
#59253

1 FOR 22⁹⁵
2 FOR 35⁰⁰
SAVE 10⁹⁰



Permanent Hair
Colour Crème
50ml / Assorted colours

1 FOR 35⁹⁵
2 FOR 60⁰⁰
SAVE 11⁹⁰

Dis-Chem
PHARMACIES



DEODORANTS



Available to Dis-Chem Health policyholders

20% OFF

Look out for the extra icon in-store or online to identify qualifying products

BUY 1 TOP TEN PRODUCT

**GET 50%* OFF
THE SECOND
TOP TEN PRODUCT**



Top Ten
for Men
Roll-On
50ml / Assorted
26⁹⁵

Top Ten
for Men
Deodorant
Body Spray
150ml / Assorted
39⁹⁵

*Offer applicable on the cheapest Top Ten product



Lenthéric
I♥Perfume
Body Spray
90ml / Assorted
21⁹⁵
each
WAS 26⁹⁹



Lenthéric
Masculin
Deodorant
Body Spray
150ml / Assorted
22³⁹
WAS 27⁹⁹



Good Stuff
Anti-Perspirant
Roll-On
50ml / Assorted
15⁹⁶
each
WAS 19⁹⁹

Good Stuff
Fine
Fragrance
Body Mist
100ml / Assorted
23⁹⁶
each
WAS 29⁹⁵



Coty
eX'clama'tion
Perfumed Body
Spray
90ml
31⁹⁹
WAS 38⁹⁵

Coty
eX'clama'tion
Perfumed Body
Spray
150ml / Assorted
43⁹⁹
WAS 54⁹⁵

Coty
Zero Gravity
Deodorant
Body Spray
250ml / Assorted
51⁹⁹
WAS 64⁹⁵

*Advertised prices already reflect discount

1 FOR 43⁹⁵
2 FOR 70⁰⁰
SAVE 17⁹⁰



Mitchum
Anti-Perspirant
Roll-On for Men
OR Women
50ml / Assorted

1 FOR 47⁹⁵
2 FOR 75⁰⁰
SAVE 20⁹⁰



Mitchum
Anti-Perspirant
Deodorant for Men OR Women
120ml / Assorted

SAVE 18⁰⁰*
each



Mitchum
Anti-Perspirant
Gel-Stick for Men OR Women
63g / Assorted
59⁹⁵
each
WAS 77⁹⁵

*Advertised price already reflects discount

1 FOR 59⁹⁵
2 FOR 100⁰⁰
SAVE 19⁹⁰



Integrity
Original
Deodorant
Spray
#105329
250ml
OR English
Leather
Deodorant
Spray
#161529
250ml
OR Ensign
Deodorant
Spray
#110528
250ml

1 FOR 30⁹⁵
2 FOR 54⁰⁰
SAVE 7⁹⁰



Shower
to Shower
Anti-Perspirant
Deodorant for Men OR Women
150ml / Assorted

2+1
CHEAPEST
FREE
on ANY AXE Roll-On
50ml AND Deodorant
Body Spray 150ml



AXE
Anti-Perspirant
Roll-On
50ml / Assorted
21⁹⁵
each

AXE
Deodorant
Body Spray
150ml / Assorted
38⁹⁶
each

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
5.00* OFF

Dove
MEN + CARE
EXTRA FRESH
SPORT
Dove
MEN + CARE
EXTRA FRESH
SPORT
Dove
MEN + CARE
EXTRA FRESH
SPORT
Dove
MEN + CARE
EXTRA FRESH
SPORT

Dove
Anti-Perspirant
Deodorant
Spray for Men
250ml / Assorted
54⁹⁹
each
WITH CARD
49⁹⁹
each

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

1 FOR 51⁹⁵
2 FOR 80⁰⁰
SAVE 23⁹⁰

BRUT
TOTAL ATTRACTION
ORIGINAL
BRUT
TOTAL ATTRACTION
ORIGINAL
BRUT
TOTAL ATTRACTION
ORIGINAL
BRUT
TOTAL ATTRACTION
ORIGINAL

Brut
Deodorant
Body Spray
200ml / Assorted

Blade
Deodorant
Body Spray
300ml / Assorted
29⁹⁵
each
WAS 39⁹⁵

*Advertised price already reflects discount

1 FOR 28⁹⁵
3 FOR 75⁰⁰
SAVE 11⁸⁵

Sanex
Anti-Perspirant
Roll-On for Men
OR Women
50ml / Assorted

1 FOR 27⁹⁵
3 FOR 60⁰⁰
SAVE 23⁸⁵

NIVEA
Anti-Perspirant
Roll-On for Men
OR Women
50ml / Assorted*

*Offer excludes NIVEA Naturally Good Beauty Essence range

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





DENTAL CARE



Available to Dis-Chem Health policyholders

20% OFF
Look out for the extra icon in-store or online to identify qualifying products



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 8.00* OFF Dis-Chem ORAL SALTS MOUTHWASH & GARGLE 120g #25674 39.95 WITH CARD 31.95	 INSTANT DISCOUNT 5.00* OFF dentalmate TOOTHBRUSHES WITH CAPS 5-pack #75319 29.95 WITH CARD 24.95	 INSTANT DISCOUNT 5.00* OFF dentalmate ORAL IRRIGATOR #125615 • Powerful water jets clean deeply between the teeth to wash away food particles • 2 x speed settings for everyday cleaning or more sensitive gums 649.95 WITH CARD 599.95	 INSTANT DISCOUNT 1.00* OFF dentalmate INTERDENTAL FLOSSERS 50 pieces #142114 59.95 WITH CARD 49.95	 INSTANT DISCOUNT 2.00* OFF White Glo* TOOTHPASTE 150g PLUS FREE TOOTHBRUSH Assorted 79.95 WITH CARD 63.95
 INSTANT DISCOUNT 1.50* OFF 333 ANTI-BACTERIAL MOUTHWASH & GARGLE 200ml #145210 79.95 WITH CARD 64.95				 INSTANT DISCOUNT 1.50* OFF 333 ANTI-BACTERIAL MOUTHWASH & GARGLE 200ml #145210 79.95 WITH CARD 64.95

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

Aquafresh

2+1 CHEAPEST FREE
on Aquafresh products*

Little Teeth Toothbrush
3-5 years
Assorted
29.95 each

Big Teeth Toothpaste
6-8 years
50ml / Assorted
18.95 each

Complete Care Toothpaste
75ml / Assorted
26.95 each

Senses Toothpaste
75ml / Assorted
26.95 each

Pure White Toothpaste
75ml / Assorted
34.95 each

*Offer only applicable on the above Aquafresh products

dentalmate

FREE
Dentalmate Mouthwash 250ml valued at 27.95 when you purchase Dentalmate Mouthwash 1 litre

FREE

Mouthwash
1 litre
Assorted
59.95

Colgate® Future to Smile About

2+1 CHEAPEST FREE
on Colgate products*

Optic White OR Natural Charcoal Toothpaste
75ml / Assorted
FROM 67.99

20% OFF
All Elmex products

Toothbrush
77.56
WAS 96.95

Original OR Whitening Toothpaste
75ml
63.96 each
WAS 79.95

Mouthwash
400ml
Assorted
77.56
WAS 96.95

*Offer excludes Colgate Value Packs, Banded Packs AND Optic White Expert products

*Advertised prices already reflect discount

Plackers

2+1 CHEAPEST FREE
on ANY Plackers Flossers

Plackers Micro Mint
OR **Gentleslide**
OR **Twin-Line**
Dental Flossers
35/36-pack
49.95 each

Oral-B

2+1 CHEAPEST FREE
on ANY Oral-B Manual Toothbrushes

25% OFF
ALL Oral-B Power Toothbrushes AND Replacement Powerbrush Heads 4-pack AND 2-pack

Pro Expert All-In-One Toothbrushes
2-pack
116.99 per pack

3D-White Pro-Flex Luxe Toothbrush
1-pack
39.99 each

Pulsar Deep Clean Toothbrush
1-pack
132.99 each

D100 Kids Powerbrush
• 2-minute timer with Disney Magic Timer App
• Assorted characters
449.96 each
WAS 599.95

Precision Clean Heads
4-pack
292.46 per pack
WAS 389.95

Floss Action Heads
2-pack
221.21 per pack
WAS 294.95

*Advertised prices already reflect discount

SENSODYNE

2+1 FREE
on ANY Sensodyne Pronamel Toothpaste 75ml

Pronamel Toothpaste
75ml / Assorted

closeup

Toothpaste
125g / Assorted

1 FOR 21.95
3 FOR 45.00
SAVE 20.85



SMOOTH SAVINGS



Available to Dis-Chem Health policyholders
20% OFF
Look out for the extra icon in-store or online to identify qualifying products

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.

DQUIP
5-in-1 Trimmer Set
• Equipped with 5 detachable heads
• Stand is ideal for creating and maintaining style & shape
#123965

279⁹⁵
WITH CARD
229⁹⁵



INSTANT DISCOUNT
50% OFF*

MaxShave
Matrix5 Pro
Disposable Razors
3-pack
79⁹⁵ per pack
WITH CARD
67⁹⁶ per pack



INSTANT DISCOUNT
15% OFF*
ALL MaxShave Disposable Razors



MaxShave
Eva2
Twin Blade Disposable Razors
5-pack
29⁹⁵ per pack
WITH CARD
25⁴⁶ per pack

INSTANT DISCOUNT
50% OFF*



Blade
Shave Cream
Value Pack
400ml Assorted
44⁹⁵ per pack
WITH CARD
39⁹⁵ per pack



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



Intuition
Variety Edition
Contains:
Handle
PLUS
4 Cartridges
#22242
OR Quattro
for Women
Cartridges
4-pack
#15707

159⁹⁶ per pack
WAS 199⁹⁵

20% OFF
Schick products**



Xtreme 3
Sensitive Disposable Razors
10-pack
#223652

109⁵⁶ per pack
WAS 136⁹⁵

Exacta 2
Sensitive Disposable Razors
7-pack
#80370

31⁹⁶ per pack
WAS 39⁹⁵

*Advertised prices already reflect discount
**Offer only applicable on the above Schick products



ProGlide5
Cartridges
8-pack
#101696

503⁹⁹ per pack
WAS 719⁹⁹



30% OFF*
Gillette
ProGlide5 Cartridges
8-pack



30% OFF*
Gillette
Fusion5 2-Blade
2UP Razor**

Fusion5
2-Blade
2UP Razor
#203507
171⁴⁹ per pack
WAS 244⁹⁹



BUY ANY 2
VENUS CARTRIDGES
4-PACK
GET 60% OFF
YOUR SECOND PRODUCT

Venus
Cartridges
4-pack
#389026
299⁹⁹ per pack

*Advertised prices already reflect discount
**Offer excludes Gillette Fusion Power OR ProGlide Razors
***Discount to be deducted at tills



Lithium Ion Deluxe
Battery Operated
Travel Kit
12-piece
#216970

230⁹⁷
WAS 329⁹⁵



30% OFF*
Wahl
Lithium Ion Deluxe
Battery Operated
Travel Kit

*Advertised price already reflects discount



Nose and
Ear Trimmer Set
5-piece
#335805

- Trim nose, ears and eyebrows with comfort
- Protective skinguard system
- Fully washable for easy cleaning
- PrecisionTrim technology
- Includes: 1 x AA battery

314⁹⁶ per set
WAS 419⁹⁵



25% OFF*
Philips
Nose and
Ear Trimmer Set

*Advertised price already reflects discount



Hair Removal
Lotion for Men
OR Women
Value Pack
400ml / Assorted

79⁹⁵ each
WAS 99⁹⁵



*Advertised price already reflects discount



FEMININE HYGIENE



Kotex
Young Maxi Pads
OR Pantyliners
8 Super
10 Normal
20 Single Wrapped
Unscented

19⁹⁹ each

2+1
CHEAPEST
FREE
on ANY Kotex
products



1 FOR 17⁹⁹
2 FOR 30⁰⁰
SAVE 5⁹⁸



Lil-Lets
Maxi Thick
Pads
10 Regular
8 Super
Assorted



Stayfree
Body Fit
Ultra Pads
7 All Night

20⁹⁵ each

2+1
CHEAPEST
FREE
on ANY Stayfree
products



Stayfree
Maxi Pads
10 Regular
17⁹⁵ each

Stayfree
Flexicomfort
Cotton Touch
Pantyliners
40-pack
28⁶⁵ each

1 FOR 46⁹⁹
2 FOR 62⁰⁰
SAVE 31⁹⁸



Always
Maxi Thick Pads
Value Pack
18 Long
#47156



Always
Ultra Thin Pads
Value Pack
16 Long
#220407

1 FOR 51⁹⁹
2 FOR 70⁰⁰
SAVE 33⁹⁸



Libresse
Protection & Comfort
Maxi Pads
Value Pack
18 Long
#169616

Libresse
Protection & Comfort
Maxi Pads
Value Pack
20 Regular
#169614

Libresse
Goodnight
Maxi Pads
Value Pack
16 Long
#186662



HOUSEHOLD



Available to Dis-Chem Health policyholders

20% OFF

Look out for the extra icon in-store or online to identify qualifying products

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

30% OFF

Energizer Max AAA Batteries
12-pack
#219082

139⁹⁵ per pack
WITH CARD
109⁹⁵ per pack

INSTANT DISCOUNT

30% OFF

Duracell Plus AA Batteries
12-pack
#149947

149⁹⁵ per pack
WITH CARD
119⁹⁵ per pack

INSTANT DISCOUNT

5% OFF

Mortein Insect Killer Aerosol
300ml Assorted

39⁹⁵ each
WITH CARD
34⁹⁵ each

INSTANT DISCOUNT

11% OFF

Doom Aerosol
300ml Assorted

43⁹⁵ each
WITH CARD
32⁹⁵ each

INSTANT DISCOUNT

14% OFF

Domestos Thick Bleach
750ml Assorted

44⁹⁵ each
WITH CARD
30⁹⁵ each

INSTANT DISCOUNT

20% OFF
On Ariel products**

Ariel Auto Washing Powder
2kg
OR Auto Concentrated Washing Liquid
1.5 litres
OR 3-in-1 Capsules
14 capsules / Assorted

104⁹⁵ each
WITH CARD
83⁹⁵ each

**Offer only applicable on the above Ariel products

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

Peaceful Sleep.

2+1 CHEAPEST FREE
on ANY Peaceful Sleep products

Mosquito Room Spray
300ml
71⁹⁵ each

Insect Repellent Aerosol
150ml
94⁹⁵ each

Insect Repellent Stick
30g
49⁹⁵ each

Mosquito Mats
48g
58⁹⁵ each

Makes 2L

1 FOR 44⁹⁵
3 FOR 90⁰⁰
SAVE 44⁸⁵

Sta-Soft Concentrated Fabric Conditioner Refill Pack
500ml / Assorted

1 FOR 78⁹⁵
2 FOR 110⁰⁰
SAVE 47⁹⁰

Sta-Soft Ultra Concentrate Fabric Conditioner
1 litre Assorted

BUY BOTH FOR 119⁹⁰
SAVE 19⁹¹

Baby Soft Fresh White 2 Ply Toilet Rolls
#151763003
9-pack
PLUS
Moist Toilet Tissue
#145571
42 wipes

SAVE 18⁰⁰*

OMO Auto Washing Powder
2kg / Assorted
OR Auto Washing Liquid
1.5 litres
#199979

79⁹⁵ each
WAS 97⁹⁵

SAVE 16⁰⁰*

Jik Multi-Purpose Cleaner Trigger Spray
500ml
OR Bleach
1.5 litres / Assorted

32⁹⁹ each
WAS 48⁹⁹

1 FOR 56⁹⁵
3 FOR 122⁰⁰
SAVE 48⁸⁵

Comfort Concentrated Fabric Conditioner
800ml Assorted

SAVE 30⁰⁰*

Poo-Pourri Toilet Spray
41ml / Assorted

99⁹⁵
WAS 129⁹⁵

*Advertised price already reflects discount

*Advertised price already reflects discount

*Advertised price already reflects discount

1 FOR 79⁹⁵
2 FOR 125⁰⁰
SAVE 34⁹⁰

Home Butler Budget Refuse Bags Bulk Pack
50-pack
#169518

1 FOR 32⁹⁵
2 FOR 50⁰⁰
SAVE 15⁹⁰

Handy Andy Cream
750ml Assorted

1 FOR 47⁹⁵
2 FOR 60⁰⁰
SAVE 35⁹⁰

Sunlight Extra Dishwashing Liquid
750ml Assorted

VALUE PACK

1 FOR 28⁹⁵
2 FOR 50⁰⁰
SAVE 7⁹⁰

Sunlight Regular Dishwashing Liquid Refill Value Pack
750ml
#76595

Dis-Chem PHARMACIES



SELF-MEDICATION



Available to Dis-Chem Health policyholders

20% OFF
Look out for the extra icon in-store or online to identify qualifying products

GREAT SAVINGS WITH OUR SCHEDULED MEDICINE

Acurate 40 tablets	28⁹⁵	Allergex 30 tablets	17⁹⁵	Colchicine Houde 1mg 6 tablets	31⁹⁵	Corenza C 20 effervescent tablets	138⁹⁵
Coryx Paed Syrup 140ml	57⁹⁵	Fexo 180mg 30 tablets	210⁹⁵	Flomist Nasal Spray 50mcg 120 doses	82⁹⁵	Ibugesic Forte 30 capsules	64⁹⁵
Ibumax Cold and Flu 200mg 24 tablets	55⁹⁵	K-Fenak 50mg 9 tablets	22⁹⁵	Lansoloc OTC 15mg 14 capsules	66⁹⁵	Sinutab Sinus Pain Extra Strength 24 tablets	71⁹⁵

Prices only applicable in South Africa



DIABETIC CARE



Contour Plus Blood Glucose Test Strips
50 strips
#123222
149⁹⁵



SUPPRESSANT



Nicorette Patches Invisible
10mg OR 15mg OR 25mg
7 patches
#204197/#204195
#204177
219⁹⁵ each



EYE CARE



Cebrolux Nf Sachets
30 sachets
#326943
323⁹⁵
WAS 359⁹⁵



Ocuville Complete
60 soft gel capsules
#113752
249⁹⁵
WAS 269⁹⁵



Renu Multi-Purpose
#9147
OR **MultiPlus**
#56932
360ml
99⁹⁵ each



DIGESTIVE CARE



Gaviscon Double Action Liquid
600ml
#330080
289⁹⁵



Gaviscon Liquid
600ml
#3045
239⁹⁵



Buscopan 0.1% Syrup
100ml
#3570
85⁹⁵



Buscopan 10mg
20 tablets
#228896
109⁹⁵



Rennie Antacid
96 chewable tablets
Assorted
99⁹⁵



Vermox SD Suspension
10ml
#38984
46⁹⁵



Rehidrat
6 sachets
#4521
74⁹⁵
WAS 94⁹⁵



Soflax
200 tablets
#23288
179⁹⁵



Purgolene
20 sachets
#197430
114⁹⁵



Dulcolax Suppositories
10 suppositories
#3573
129⁹⁵
WAS 162⁹⁵



Dulcolax 10mg
SUPPOSITORIES FOR ADULTS
For relief of occasional constipation
10 SUPPOSITORIES



Dulcosoft 10g Powder
10 sachets
#326381
139⁹⁵
WAS 175⁹⁵



ENO
Don't let heartburn stop the fun
GETS TO WORK IN 6 SECONDS

ENO® gets to work in 6 seconds*: *Johnson S, Surakki J. A Comparison of the Effect of Regular ENO® and Placebo on Intragastric pH. Practical Gastroenterology 2009; 28:32.
50 ENO® ACTIVE FRUIT SALT REGULAR (POWDER). Each 5.0 g dose contains: Sodium Bicarbonate 2.32 g; Anhydrous Citric Acid 2.18 g; Sodium Carbonate 0.50 g. Reg. No.: Y/11.4/185.
50 ENO® ACTIVE FRUIT SALT ORANGE (POWDER). Each 5.0 g dose contains: Sodium Bicarbonate 2.29 g; Anhydrous Citric Acid 2.16 g; Sodium Carbonate 0.50 g. Reg. No.: Y/11.4/187.

Relief from heartburn and acid indigestion. Travel packs of 10 x 5 g sachets. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. Co. 39 Hawkins Avenue, Epping Industria 1, 7460, Cape Town, Reg. No.: 2014/173930/07. For full prescribing information refer to the professional information approved by the medicines regulatory authority. Always read label before use. All trademarks are owned by or licensed to the GSK group of companies. For any further information, including safety, please contact the GSK Hotline on +27 11 745 6001 or 0800 118274. PMZAE-NO-22-00028



Get 2X faster PAIN RELIEF

Use Voltaren Emulgel Available in 100g at the OTC counter.

Voltaren Emulgel
Diclofenac diethylamine 1.16% gel in acute neck pain: a randomized, double-blind, placebo-controlled study. BMC Musculoskelet Disord. 2013;14:250. Published 2013 Aug 21. doi:10.1186/1471-2474-14-250. [S0] 20 g & 50 g [S1] 100 g Voltaren Emulgel. Each 100 g of gel contains 1.16 g diclofenac diethylamine corresponding to 1 g diclofenac sodium. Reg. No.: U/3.1/77. Indicated for use in adults and adolescents older than 12 years. Safety in pregnancy and lactation has not been established. Consult your pharmacist/ healthcare professional if needed. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 39 Hawkins Avenue, Epping Industria 1, Cape Town, 7460. Reg. No.: 2014/173930/07. For full prescribing information refer to the professional information approved by the medicines regulatory authority. For any further information, including safety, please contact the GSK Hotline on +27 11 745 6001 or 0800 118274. Always read the label before use. Trademarks are owned by or licensed to GSK group of companies. PM-ZA-VOLT-22-00013



PAIN RELIEF

TransAct
Medicated Pain Relief Patch
For Muscle & Joint Pain

10 PATCHES

279⁹⁵
WAS 319⁹⁵

SAVE 40⁰⁰*

2+1 CHEAPEST FREE
on ANY Deep Freeze products

Deep Freeze Cold Gel
35g
34⁹⁵ each

Deep Freeze Cold Spray
150ml
84⁹⁵ each

VALUE PACK

Deep Heat Pain Relief Spray
250ml
#387885
125⁹⁵

Disprin Extra Strength
48 tablets
#2126
92⁹⁵ each
WAS 108⁹⁵

*Advertised price already reflects discount



READY TO WORK IN
10 SECONDS*



S0 GRAND-PA HEADACHE TABLETS. Each tablet contains: Aspirin 226,8mg; Paracetamol 162,0mg; Caffeine 32,4mg. Reg.No.: P/2.9/22. Symptomatic relief of mild to moderate pain. Reference: 1. Diener HC.et al.ASA,APAP and caffeine in the treatment of headache. The fixed combination of acetylsalicylic acid, paracetamol and caffeine is more effective than single placebo-controlled parallel group study. Cephalgia, 2005; 776-787 GlaxoSmithKline Consumer Healthcare S.A. (Pty)Ltd: 2014/173939/07. 39 Hawkins Avenue, Epping Industria 1, 7460, Cape Town. For full prescribing information, refer to the package insert approved by the medicines regulatory authority. For any product safety issues, contact GSK on 011 745 6001. Trade marks are owned by or licenced to the GSK group of companies. CHZAF/CHGHGPA/0001/19a(1)

RELEASES MEDICINE ^{*1}
5X FASTER



NOW FOR ADULTS⁺

FAST PAIN RELIEF¹

*Than standard paracetamol tablets. +Also suitable for children 10 to 15 years and older. Reference 1. Wilson CG, Clarke CP, Starkey YY, Clarke GD. Comparison of a novel fast-dissolving acetaminophen tablet formulation (FD-APAP) and standard acetaminophen tablets using gamma scintigraphy and pharmacokinetic studies. Drug development and industrial pharmacy. 2011 Jul. 1;37(7): 747-53.S0 CALPOL Tablets. Each tablet contains 500 mg Paracetamol. Reg no: 44/2.7/0321. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 39 Hawkins Avenue, Epping Industria 1, Cape Town, 7460. Reg. No: 2014/173930/07. For full prescribing information refer to the professional information approved by the medicines regulatory authority. For any further information, including safety, please contact the GSK Hotline on +27 11 745 6001 or 0800118274. Always Read label before use. Trademarks are owned by or licensed to GSK group of companies. PM-ZA-CALP-00042



FLU RELIEF

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

VALUE PACK

VapoLozenges
COUGH • NOSE • THROAT
HOES • NEUS • KEEL

24 lozenges Assorted
67⁹⁵ per pack
WAS 79⁹⁵

VapoLozenges + Immune Support
COUGH • NOSE • THROAT
HOES • NEUS • KEEL

16 lozenges
#420776
67⁹⁵
WAS 89⁹⁵

First Defence Nasal Spray
15ml
#326379
145⁹⁵
WAS 184⁹⁵

Acta Plus Wet + Dry Cough Syrup
50ml
#331956
93⁹⁵
WAS 115⁹⁵

Vicks Honey & Ginger Cough Syrup
100ml
#47095
79⁹⁵
WAS 95⁹⁵

**Consult your healthcare provider before taking more than one medicine. Read each label before use. Use as directed. If symptoms persist see your doctor. *Source: Euromonitor International Ltd; based on 2020 retail value sales of Cough Remedies, Decongestants, Pharyngeal Preparations, Combination Products and Paediatric Cough and Cold Remedies. Always read the label. If symptoms persist talk to your healthcare professional. For full prescribing information refer to the package insert. S0 Vicks® Acta Plus Wet & Dry Cough Syrup*. Each 10 ml syrup contains extracts derived from: Ocimum sanctum L. (Holy Basil) [Herb] 100 mg, Glycyrrhiza glabra L. (Licorice) [Root] 50 mg, Curcuma longa L. (Turmeric) [Rhizome] 50 mg, Zingiber officinale Roscoe (Ginger) [Rhizome] 10 mg, Piper cubeba L.f. (Toiled Pepper) [Fruit] 1.4 mg, Aloe barbadensis Mill. (Aloe Vera) [Leaf extract] 50 mg, Mentha arvensis L. (Lemonbalm) [Leaf] 6 mg. Contains Sugar (75 g Sucrose per 100 ml). *Complementary Medicine: Ayurveda. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. S0 Vicks® Honey & Ginger Cough Syrup. Each 15 ml syrup contains guaifenesin 200 mg, ethanol 5.00 % v/v and sodium benzoate 0.1 % m/v as preservatives. Contains sugar. SA Reg. No.: 24/10/1/0017. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. S0 Vicks® Inhaler. Each 1 ml contains levomenthol 415.4 mg and camphor 415.4 mg. SA Reg. No.: 61258 (Act 101/1965). Vicks® BabyRub for babies 3 months and above. Vicks® BabyRub is a gentle, non-medical rub for comforting baby care. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. S0 Vicks® VapoLozenges Berry Menthol*. S0 Vicks® VapoLozenges Orange Menthol*. S0 Vicks® VapoLozenges Honey Lemon Menthol*. Each lozenge contains: Glycyrrhiza glabra (Licorice root) 15 mg, Zingiber officinale (Common ginger rhizome) 10 mg, Phyllanthus emblica (Indian gooseberry fruit) 10 mg, Mentha arvensis (leaf) (Lemonbalm) 7 mg. Preservatives: Methyl hydroxybenzoate 0.2 % w/w, Propyl hydroxybenzoate 0.02 % w/w. Contains sugar. *Complementary Medicine: Ayurveda. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. For full prescribing information refer to the package insert. Vicks® First Defence Nasal Spray for Irrigation. Contains hydroxypropyl methylcellulose 1 %, succinic acid 1 %, disodium succinate hexahydrate 0.35 % and phenyl ethyl alcohol 0.33 % as preservative. For full prescribing information refer to the package insert. S0 Vicks® Immune Cold Defence Film-Coated Tablets*. Each film-coated tablet contains: Zingiber officinale Roscoe (Ginger) [Rhizome] 500 mg, Curcuma longa L. (Turmeric) [Rhizome] 500 mg, Ascorbic acid (Vitamin C) 250 mg, Citrus sinensis (L.) Osbeck (Citrus bioflavonoids extract) [Fruit] 25 mg, Zinc Oxide 12.7 mg, providing 10 mg Zinc (elemental); Cupric sulfate 2.6 mg, providing 1000 mcg Copper (elemental); Sodium selenite 0.23 mg, providing 100 mcg Selenium (elemental); Cholecalciferol (Vitamin D3) 25 mcg (1000 IU). *Complementary Medicine: Combination Product. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. P&G South African Trading (Pty) Ltd. Reg. No.: 1989/004241/07. 10th floor, Alice Lane Towers, 15 Alice Lane, Sandton, South Africa, 2196. Customer Care Line 0860 112 188 (Sharecall charged at local rates), https://africa.pg.com/contactus/. MAT-ZA-VICKS-22-000078. May 2022. All decisions on pricing, promotion and distribution (assortment and shelving) are at the sole discretion of the retailer. All P&G recommendations are based on objective category management principles, in accordance with all applicable legal requirements, and are based on the principles of fair share of shelf and fair share assortment.



Rupinase
Allergy Nasal Spray
20ml
#295745
124⁹⁵
WAS 154⁹⁵



Oxymist
Adult
0.05mg
10ml
#196465
55⁹⁵
WAS 69⁹⁵



Otrivin
Baby Natural
Nasal Spray
15ml
#328780
95⁹⁵



ORAnix
Oral Spray
30ml
#196499
87⁹⁵



Telfast
Suspension
150ml
#94268
138⁹⁵

Dis-Chem
PHARMACIES



DAILY SUPPLEMENTS



Available to Dis-Chem Health policyholders

20% OFF

Look out for the extra icon in-store or online to identify qualifying products



ReVite®
Phenomin-Oil
Omega-3
Fish Oil
1000mg
30 softgels

44⁹⁶
WAS 59⁹⁵

ReVite®
Omega-3
Ultra
30 softgels

117⁷¹
WAS 156⁹⁵

ReVite®
Phenomin-Oil
Omega-3
1000mg
90 veggie softgels

138⁷¹
WAS 184⁹⁵



ReVite®
Super B Energy
& Anti-Stress
Value Pack
60 tablets

164⁹⁶
per pack
WAS 219⁹⁵

ReVite®
Super B Energy
& Anti-Stress
30 fizzy tablets

144⁷¹
WAS 192⁹⁵

ReVite®
Super B Energy
Injection
10 fizzy tablets

63⁷¹
WAS 84⁹⁵



187⁴⁶
each
WAS 249⁹⁵



**Discount to be deducted at the tills



174²¹
WAS 204⁹⁵

*Advertised prices already reflect discounts



Centrum
Multivitamin
30 tablets

146⁹⁵
each

Centrum
Select 50+
Multivitamin
30 tablets

189⁹⁵
each



Natura
Biochemic
Tissue Salts
Kali Mur
125 tablets

62⁹⁵
each

Natura
Biochemic
Tissue Salts
Mag Phos
125 tablets

62⁹⁵
each

Natura
Biochemic
Tissue Salts
Nat Mur
125 tablets

62⁹⁵
each

Natura
Biochemic
Tissue Salts
Silicea
125 tablets

62⁹⁵
each



Avalife
Immune Support
60 veg capsules

229⁹⁵
each

Avalife
Ashwagandha
60 veg capsules

249⁹⁵
each

Avalife
Stress Free
60 veg capsules

279⁹⁵
each



Wellvita
Mega
Vitamin-B
Complex
30 tablets

89⁹⁵
each

Wellvita
Vitamin C
1000mg
30 capsules

104⁹⁵
each

Wellvita
Beauty
Collagen with
Vitamin C
60 capsules

189⁹⁵
each



Biogen
Multivitamin
Plus
60 tablets

195⁴⁶
WAS 229⁹⁵

Biogen
Multivitamin
Advanced
50+
60 tablets

195⁴⁶
WAS 229⁹⁵



B-Cal-D
100 tablets

159⁹⁶
WAS 199⁹⁵

B-Cal-DM
100 tablets

167⁹⁶
WAS 209⁹⁵

B-Cal-K2
90 tablets

271⁹⁶
WAS 339⁹⁵



Spectrum
Hi-Performance
Multivitamin
90 tablets

237⁹⁶
WAS 279⁹⁵

Spectrum
Senior
Multivitamin
120 tablets

280⁴⁶
WAS 329⁹⁵



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

152⁹⁶
WAS 179⁹⁹



NutriPure
Adults
Multivitamin
Complete
14 gummies

33²⁶
WAS 36⁹⁵

NutriPure
Adults
Immune
Support
60 gummies

125⁹⁶
WAS 139⁹⁵

NutriPure
Apple Cider
Vinegar
60 gummies

143⁹⁶
WAS 159⁹⁵

*Advertised prices already reflect discounts

SAVE 15⁰⁰*

The Real Thing Mega Omega Supreme
60 capsules

209⁹⁵
WAS 224⁹⁵

SAVE 10⁰⁰*

The Real Thing Green Power Powder
150g

249⁹⁵
WAS 259⁹⁵

SAVE 24⁰⁰*

CrampEase OR CrampEase Night
30 capsules

139⁹⁵ per pack
WAS 162⁹⁵

*Advertised prices already reflect discounts

SAVE 10⁰⁰*

Ciplaton
60 soft gelatine capsules
#123318

129⁹⁵
WAS 139⁹⁵

SAVE 25⁰⁰*

A.Vogel Menoforce Hot Flush and Night Sweat Remedy
30 tablets
#63857

299⁹⁵
WAS 325⁹⁵

SAVE 34⁰⁰*

A.Vogel Prostasan Prostate Capsules
30 capsules
#15233

349⁹⁵
WAS 383⁹⁵

*Advertised prices already reflect discounts

SAVE 5⁰⁰*

NRF Vitamin D3 with Vitamin K2 and Selenium
30 capsules
#293795

94⁹⁵
WAS 99⁹⁵

20%^{*} OFF

ALL MemoR products

MemoR Memory Reboot
60 vegetable capsules

187⁹⁶
WAS 234⁹⁵

MemoR Memory Reboot Syrup
200ml

135⁹⁶
WAS 169⁹⁵

*Advertised prices already reflect discounts

NEW

10 FIZZIES

10 effervescent tablets

79⁹⁶ each
WAS 99⁹⁵

*Advertised price already reflects discount

THE GREAT TASTING VITAMIN BOOST

20%^{*} OFF

ALL VÖOST products

NEW

20 FIZZIES

20 effervescent tablets

151⁹⁶ each
WAS 189⁹⁵

*Advertised price already reflects discount

Dis-Chem
PHARMACIES



IMMUNE SUPPORT



Available to Dis-Chem Health policyholders
20% OFF
Look out for the extra icon in-store or online to identify qualifying products



A.Vogel
Echinaforce
Echinacea
Drops
50ml
#14528

119⁹⁵

SAVE
60⁰⁰*

A.Vogel
Echinaforce
Echinacea
Tablets
120 tablets
#15234

189⁹⁵

SAVE
50⁰⁰*

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

199⁹⁵

SAVE
40⁰⁰*



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

169⁹⁵
WAS 229⁹⁵

Cal-C-Vita
Immune
Function
30 effervescent
tablets
#14455

179⁹⁵
WAS 229⁹⁵

Biogen
Quercetin
Complex
60 vegicapsules
#229305

199⁹⁵
WAS 239⁹⁵

*Advertised prices already reflect discounts



Tibb
Septogard
Lozenges
24 lozenges
#25395

79⁹⁵ each

Tibb
Septogard
Natural
Antibiotic
120 tablets
#25395

264⁹⁵ each

Tibb
Septogard
Natural
Antibiotic
Syrup
200ml
#25710

224⁹⁵ each



Lifestyle Health
Garlic & Parsley
250 softgel capsules
#25395

NRF
Vita-C 2000
Powder
150g
#55117
169⁹⁵
WAS 178⁹⁵



Healthy Living
Viraway
Immune Junior Syrup
200ml
#25710

69⁹⁵
WAS 85⁷⁰

Healthy Living
Viraway
Pelargonium Gummies
60 gummies
#389898

69⁹⁵
WAS 85⁷⁰



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

152⁹⁶
WAS 179⁹⁰

Lifestyle Health
Immune Syrup
for Kids
120ml
#335656

69⁹⁵
WAS 79⁹⁵

*Advertised prices already reflect discounts



DIGESTIVE CARE



Dis-Chem
GOLD
PROBIOTIC
9 STRAIN
60 vegicaps
#196756

89⁹⁵
WAS 99⁹⁵

Florin 250
10 vegetable capsules
#25796

89⁹⁵
WAS 99⁹⁵



Reuterina Daily
30 chew tablets
#2198

199⁹⁵



Reuterina Drops
5ml
#49723

199⁹⁵

*Advertised price already reflects discount



XtensiFlora9
9 Strain Probiotic
60 vegetable capsules
#107218

239⁹⁵
WAS 279⁹⁵



Entiro Probiotic
Value Pack
60 capsules
#203982

299⁹⁵ per pack
WAS 314⁹⁵

*Advertised prices already reflect discounts



Dis-Chem
GOLD
COLON
SUPPORT
60 vegicaps
#100002

136⁹⁵
WAS 169⁹⁵

Dis-Chem
GOLD
GINGER
30 vegicaps
#88301

89⁹⁵
WAS 109⁹⁵



Biogen
Digesti Gast
Drops
50ml
#336101

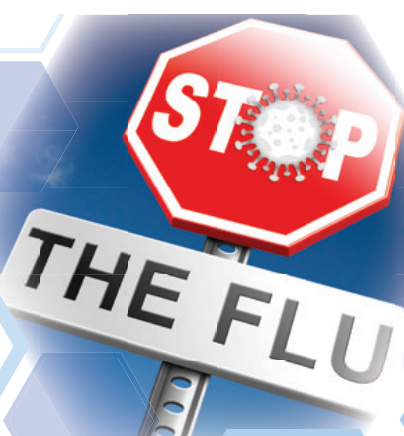
199⁹⁵
WAS 269⁹⁵

Iberogast
Oral Liquid
9 Herb
Treatment
50ml
#56952

219⁹⁵
WAS 299⁹⁵

*Advertised prices already reflect discounts

**BOOK
YOUR FLU
VACCINE
TODAY!**



**WELLNESS
CLINIC**

Get your flu vaccine
now, available at all
Dis-Chem Pharmacies.
To book an appointment contact
the clinic call centre on 086 111 7427
or email: clinicqueries@dischem.co.za.
Book an appointment online on
www.dischem.co.za or via the App.





MINERALS



Available to Dis-Chem Health policyholders
20% OFF
Look out for the extra icon in-store or online to identify qualifying products

Lifestyle Health Magnesium Fizzy 30 fizzies
149⁹⁵ each



2+1 CHEAPEST FREE
on ANY Lifestyle Health Magnesium products

Lifestyle Health Magnesium 100 tablets
199⁹⁵ each



Gold Slow Release Magnesium 100 tablets #71919
99⁹⁵ each



2+1 FREE
on Gold Slow Release Magnesium 100 tablets



NRF Vita-Zinc 30 tablets #55427
84⁹⁵
WAS 89⁹⁵



UltiMAG Advanced Magnesium Plus Zinc 30 effervescent tablets #390933
179⁹⁵
WAS 194⁹⁵



Fizzies 30 fizzies
229⁹⁹ each

2+1 CHEAPEST FREE
on Slow-Mag** fizzies AND capsules

Fizzies 20 fizzies
159⁹⁹ each



Capsules 30 capsules
159⁹⁹ each

Capsules 60 capsules
249⁹⁹ each

Capsules 100 capsules
349⁹⁹ each

**Offer excludes Slow-Mag Fizzies Value Packs

FIGHT FATIGUE AND ENERGY LOSS^{1,2*}
For further product information and references go to www.facebook.com/SlowMagSA. All decisions on pricing, promotion and distribution (assortment and shelving) are at the discretion of the retailer. All P&G recommendations are based on objective category management principles, in accordance with all applicable legal requirements, and are based on the principles of fair share of shelf and fair share assortment. 1. Werbach MR. Nutritional Strategies for Treating Chronic Fatigue Syndrome. Altern Med Rev 2000;5(2):93-108. 2. National Institutes of Health (NIH). Magnesium: Fact Sheet for Health Professionals. [Online] 2013 Nov 4 [cited 2015 June 15]. Available from: URL: <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. For full prescribing information refer to the package insert. 50 Slow-Mag® Capsules*. Each capsule contains magnesium lysinate glycinate chelate 450 mg, providing 45 mg magnesium (elemental). *Complementary Medicine: Health supplement. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. P&G South African Trading (Pty) Ltd. Reg. No.: 1989/004241/07. 12th floor, Alice Lane Towers, 15 Alice Lane, Sandton, South Africa, 2196. Customer Care Line 0860 112 188 (Sharecall charged at local rates), <http://www.pg.com/contactus>. MAT-ZA-OTHER-21-000023. April 2021.



2+1 CHEAPEST FREE
on ANY Caltrate Plus products

Caltrate Plus Chewables 30 chewables Assorted
156⁹⁵ each

Caltrate Plus Family Pack 90 tablets
334⁹⁵ each

20% OFF
MenaCal.7 Value Pack 90 tablets



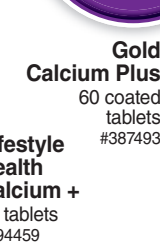
MenaCal.7 Value Pack 90 tablets #194461
275⁹⁶ per pack
WAS 344⁹⁵

*Advertised price already reflects discount

1 FOR 129⁹⁵
2 FOR 199⁹⁵
SAVE 59⁹⁵



1 FOR 149⁹⁵
2 FOR 249⁹⁵
SAVE 49⁹⁵



Gold Calcium Plus 60 coated tablets #387493

Lifestyle Health Calcium + 30 tablets #194459

STRESS & ANXIETY

25% OFF
Herbal Solutions CBD Capsules 600mg



Herbal Solutions CBD Capsules 600mg 30 capsules #336603
224⁹⁶
WAS 299⁹⁵

25% OFF
Herbal Solutions CBD Oil 30ml**



Herbal Solutions CBD Oil 300mg 30ml #336599
149⁹⁶
WAS 199⁹⁵

Herbal Solutions CBD Oil 600mg 30ml #336600
224⁹⁶
WAS 299⁹⁵

30% OFF
Rethink CBD Relax 150mg CBD Oil 30ml



Rethink CBD Relax Oil 150mg 30ml #224221
244⁹⁷
WAS 349⁹⁵



Biogen CBD Sleep with MCT Oil 600mg 30ml #330983
269⁹⁵
WAS 299⁹⁵

10% OFF
Natura Rescue 150 Tablets, 25ml Drops AND Spray



Natura Rescue Tablets 150 tablets #49716
136⁷⁶
WAS 151⁹⁵



Natura Rescue Spray 25ml #121987
125⁹⁶
WAS 139⁹⁵



Natura Rescue Drops 25ml #49715
115¹⁶
WAS 127⁹⁵

*Advertised prices already reflect discount

1 FOR 79⁹⁵
2 FOR 139⁹⁵
SAVE 19⁹⁵



Lifestyle Health Stress Support 20 tablets #335657

1 FOR 284⁹⁵
2 FOR 499⁹⁰
SAVE 70⁰⁰



Tibb Stress-Away 120 tablets #144805

20% OFF
Solal Burnout Adrenal Support AND Ashwagandha Extract 60 capsules



Solal Burnout Adrenal Support 60 capsules #50902
319⁹⁶
WAS 399⁹⁵

Solal Ashwagandha Extract 60 capsules #50856
215⁹⁶
WAS 269⁹⁵



Biogen Mental Lift 60 vegetable capsules #404865
349⁹⁵
WAS 399⁹⁵



Biogen Mental Reset 60 vegetable capsules #404862
269⁹⁵
WAS 299⁹⁵

TensAway Stress Relief 40 tablets #4101
139⁹⁵
WAS 179⁹⁵



*Advertised prices already reflect discounts

Dis-Chem PHARMACIES



HEALTH FOODS



Available to Dis-Chem Health policyholders
20% OFF
 Look out for the extra icon in-store or online to identify qualifying products

BREAKFAST CORNER

Thus far, the Dis-Chem Foundation and FutureLife® have provided over 1 million nutritious meals to children in need. Going forward, we will now be serving **150 000** nutritious meals a month.



FUTURELIFE® is South Africa's only functional food scientifically formulated with immune modulating moducare under licence from Aspen Pharmacare.



3+1 FREE
 on ANY FutureLife High Energy Bars 40g



High Energy Bar
 40g / Assorted
14⁹⁵ each



1 FOR 69⁹⁵
2 FOR 119⁹⁵
 SAVE 19⁹⁵

Smart+ Food
 750g
 OR
 Granola Crunch
 700g / Assorted

SAVE 12⁰⁰*
 each

High Protein Smart+ Food
 500g / Assorted
64⁹⁵ each
 WAS 76⁹⁵

*Advertised price already reflects discount

Bokomo ProNutro Protein Cereal
 500g / Assorted
49⁹⁵ each
 WAS 54⁹⁵



1 FOR 46⁹⁵
2 FOR 70⁰⁰
 SAVE 23⁹⁰



Lifestyle Food Steel Cut Oats
 500g
 #334325

SAVE 29⁰⁰*



Lifestyle Food Gluten Free Rolled Oats
 1kg
 #293348
99⁹⁵
 WAS 128⁹⁵

*Advertised prices already reflect discounts

SUGAR ALTERNATIVES



SAVE 10⁰⁰*

Lifestyle Food Sweetener
 300 tablets
 #74133
69⁹⁵
 WAS 79⁹⁵



SAVE 33⁰⁰*

Lifestyle Food Sweetener
 200 stick sachets
 #144198
76⁹⁵
 WAS 109⁹⁵



SAVE 30⁰⁰*

Lifestyle Food Erythritol Sweetener
 1kg
 #412346
144⁹⁵
 WAS 174⁹⁵

*Advertised prices already reflect discounts

MILK & MILK ALTERNATIVES



SAVE 10⁰⁰*
 per 6-pack

Lifestyle Food Milk
 6 x 1 litre Assorted
89⁹⁵ per 6-pack
 WAS 99⁹⁵



1 FOR 37⁹⁵
2 FOR 64⁹⁵
 SAVE 10⁹⁵

ButtaNutt Macadamia Milk
 1 litre



SAVE 39⁷⁵*
 per 6-pack

Lifestyle Food Almond Milk
 6 x 1 litre Assorted
199⁹⁵ per 6-pack

*Advertised prices already reflect discounts

TEAS & HOT DRINKS



1 FOR 22⁹⁵
2 FOR 35⁰⁰
 SAVE 10⁹⁰

Lifestyle Food Green Tea with Ginger
 20 teabags
 #191643



1 FOR 79⁹⁵
2 FOR 140⁰⁰
 SAVE 19⁹⁰

Lifestyle Food Instant Ginger Drink with Honey
 20 sachets
 #191644



Closemyer Slimming Green Tea
 20 teabags
 #131248
63⁹⁵



Laager Rooibos Tea
 80 teabags
 #150239
39⁹⁵



Tetley Pure Green Tea
 102 teabags
 #222645
39⁹⁵
 WAS 47⁹⁵



Lifestyle Food Skinny Hot Chocolate
 120g
 #409915
39⁹⁵
 WAS 59⁹⁵



Morich Malt Drink
 400g / Assorted
69⁹⁵ each
 WAS 94⁹⁵

*Advertised prices already reflect discounts

HEALTH DRINKS



3+1 FREE
on ANY Eve Aloe Vera 500ml drinks

Eve Aloe Vera Drink
500ml
Assorted
21⁹⁵ each



1 FOR 25⁹⁵
5 FOR 100⁰⁰
SAVE 29⁷⁵

Indezi River Full Cream Yeast Free Kefir
300ml / Assorted

Indezi River products available at selected stores OR online at dischem.co.za



3+1 CHEAPEST FREE
on ANY SIR Fruit juice products



1 FOR 26⁹⁵
5 FOR 100⁰⁰
SAVE 34⁷⁵

Dr Tom's Kombucha Drink
340ml / Assorted

RUSKS & BISCUITS



1 FOR 57⁹⁵
2 FOR 100⁰⁰
SAVE 15⁹⁰

Alette's Rusks
450g/500g
Assorted



2+1 FREE
on Lifestyle Food Corn Cakes 130g

Lifestyle Food Corn Cakes
130g
Assorted
23⁹⁵ each



1 FOR 35⁹⁵
2 FOR 55⁰⁰
SAVE 16⁹⁰

Lifestyle Food No Added Sugar Cookies
130g / Assorted



1 FOR 35⁹⁵
2 FOR 60⁰⁰
SAVE 11⁹⁰

Bakers Provita Wholewheat Crispbread
250g / Assorted

NUTS & FRUITS



20%* OFF
ALL Gaby's Cashews 1kg

VALUE PACKS

Gaby's Earth Foods Raw OR Roasted & Salted Cashews Value Pack
1kg / Assorted
227⁹⁶ per pack
WAS 284⁹⁵



SAVE 4⁰⁰*

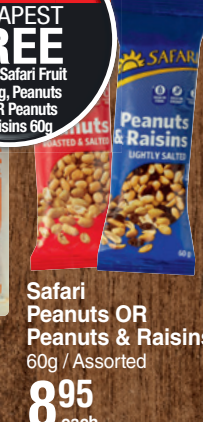
SAVE 10⁰⁰*

Safari Fruit Dainties
250g
#212781
29⁹⁵
WAS 33⁹⁵

Safari Fruit Dainties
500g
#212786
49⁹⁵
WAS 59⁹⁵



Safari Mixed Fruit Roll
80g / Assorted
19⁹⁵ each



Safari Peanuts OR Peanuts & Raisins
60g / Assorted
8⁹⁵ each



SAVE 30⁰⁰*

VALUE PACKS

SAVE 31⁰⁰*

Lifestyle Food Dried Mango Value Pack
300g
#325451
99⁹⁵ per pack
WAS 129⁹⁵

Lifestyle Food Mixed Dried Fruit Value Pack
750g
#293316
99⁹⁵ per pack
WAS 130⁹⁵

*Advertised prices already reflect discounts

FUNCTIONAL FOODS

1 FOR 184⁹⁵
2 FOR 309⁹⁵
SAVE 59⁹⁵

Ensure Gold Advanced Nutritional Supplement
400g / Assorted



SAVE 17⁰⁰*

Health Connection Wholefoods Soya Protein Isolate
500g
#41443
99⁹⁵
WAS 116⁹⁵



SAVE 30⁰⁰*



Replace Your Meal in a Glass Diabetic
400g / Assorted
159⁹⁵
WAS 189⁹⁵



SAVE 60⁰⁰*

OhMega Almond Butter
1kg
199⁹⁵
WAS 259⁹⁵

*Advertised prices already reflect discounts



We are pleased to announce that in partnership with **FUTURELIFE, NIVEA AND OCTODEC**, the Dis-Chem foundation will now be serving **2.4 million** nutritional meals.



With your support, we can help sustain **FEEDING FUTURE GENERATIONS.**



SPORTS SUPPLEMENTS

BIOGEN
FOR THE RESULTS YOU WANT

2+1 CHEAPEST FREE
on ANY Biogen Water Enhancer

SAVE 70⁰⁰*

PREMIUM ISO-WHEY
TRI-MATRIX PROTEIN BLEND
Tolerase® L
1.5kg

SAVE 40⁰⁰*

DIET PROTEIN
HIGH QUALITY PROTEIN SHAKE
Fibersol®
800g / Assorted
369⁹⁵
WAS 409⁹⁵

SAVE 30⁰⁰*

CREATINE ULTRA LOAD
MAXIMUM ABSORPTION
800g

Premium Iso-Whey
1.5kg / Assorted
829⁹⁵
WAS 899⁹⁵

Creatine Ultra Load
800g / Assorted
199⁹⁵
WAS 229⁹⁵

*Advertised prices already reflect discounts

PRIMAL
SPORTS NUTRITION

PUSH HARDER
GO FURTHER
FOLLOW YOUR
INSTINCT
#GoPrimal

SAVE 50⁰⁰*

PREMIUM CASEIN
SLOW RELEASE PROTEIN
750g / Assorted
319⁹⁵
WAS 369⁹⁵

SAVE 40⁰⁰*

BLENDED WHEY
COMPLETE PROTEIN
750g / Assorted
259⁹⁵
WAS 299⁹⁵

SAVE 40⁰⁰*

WHEY
PREMIUM PROTEIN BLEND
750g / Assorted
299⁹⁵
WAS 339⁹⁵

SAVE 40⁰⁰*

PLANT
VEGAN PROTEIN BLEND
700g / Assorted
249⁹⁵
WAS 289⁹⁵

*Advertised prices already reflect discounts

NPL **#1** **Best Seller**
For Fully Disclosed
Ingredients & Formulas
No-Proprietary Blends Policy

SAVE 40⁰⁰*

PLATINUM WHEY
COMPLETE PROTEIN
25g PROTEIN
2kg / Assorted
679⁹⁵
WAS 719⁹⁵

SAVE 40⁰⁰*

DIET PRO
HIGH PROTEIN SHAKE
908g / Assorted
329⁹⁵
WAS 369⁹⁵

SAVE 60⁰⁰*

PRO TEST
150 capsules
#211819
579⁹⁵
WAS 639⁹⁵

SAVE 60⁰⁰*

N.O. CHARGE PRE
NEURO X FACTOR
420g / Assorted
399⁹⁵
WAS 459⁹⁵

*Advertised prices already reflect discounts

USN

When you're
committed
to losing
weight

SAVE 50⁰⁰*

ALL 9 AMINO
COMPLETE BCAAs + EAAs
330g / Assorted
299⁹⁵
WAS 349⁹⁵

SAVE 50⁰⁰*

WHOLEFOOD GAINER
COMPLETE ALL-IN-ONE
PRECISION LEAN GAINER
NUTRITION SHAKE
2.5kg / Assorted
349⁹⁵
WAS 399⁹⁵

SAVE 50⁰⁰*

HYDROTECH WHEY SUPREME
PROTEIN BLEND
1.8kg / Assorted
599⁹⁵
WAS 649⁹⁵

SAVE 30⁰⁰*

CREATINE TRANSPORT
ADVANCED DELIVERY SYSTEM
650g / Assorted
219⁹⁵
WAS 249⁹⁵

*Advertised prices already reflect discounts

World Health Day
7 APRIL 2023

Mortality rates associated with
cardiovascular disease can be
prevented by up to 80%
if identified and treated early.

Visit one of our in-store
Wellness Clinics for the
following cardiovascular
screenings:

- Blood pressure testing
- Glucose testing
- Cholesterol screening

Call the nationwide clinic call centre on 086 111 7427
or book an appointment online at
dischem.co.za/wellness-clinic or via the App

WELLNESS CLINIC

WORLD HEART FEDERATION

THE HEART AND STROKE FOUNDATION SOUTH AFRICA

*Source: World Heart Federation 2023

EVOX

SAVE 80⁰⁰*

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

SAVE 30⁰⁰*

BCAA 12:1:1 + Glutamine
330g / Assorted
289⁹⁵
WAS 319⁹⁵

SAVE 40⁰⁰*

Alpha X Creatine HMB Pump
340g / Assorted
259⁹⁵
WAS 299⁹⁵

*Advertised prices already reflect discounts

Muscle Junkie

SAVE 40⁰⁰*

Freak Mass Gainer
4kg / Assorted
359⁹⁵
WAS 399⁹⁵

SAVE 20⁰⁰*

PsychoMax Glyco Pre-Workout
540g / Assorted
249⁹⁵
WAS 269⁹⁵

SAVE 20⁰⁰*

Force Amino Intra-Workout
380g / Assorted
189⁹⁵
WAS 209⁹⁵

*Advertised prices already reflect discounts
Muscle Junkie products available at selected stores only OR online at dischem.co.za

SPORTS BARS

1 FOR 44⁹⁵
2 FOR 80⁰⁰
SAVE 9⁹⁰

Grenade Carb Killa High Protein Bar
60g / Assorted

Evov Maxilean Protein Bar
65g / Assorted

1 FOR 24⁹⁵
2 FOR 40⁰⁰
SAVE 9⁹⁰

Biogen Night Feed Casein Protein Bar
65g / Assorted

SPORTS VITAMINS

SAVE 60⁰⁰*

NPL Vita Pack
30 packs
#194848
369⁹⁵
WAS 429⁹⁵

SAVE 20⁰⁰*

NPL Vita C + with Added Zinc
100 capsules
#294607
99⁹⁵
WAS 119⁹⁵

SAVE 150⁰⁰*

Universal Animal Pak
44 packs
#54401
999⁹⁵
WAS 1149⁹⁵

*Advertised prices already reflect discounts

herbex

BIG SAVINGS
ON ALL HERBEX ATTACK THE FAT PRODUCTS

20% OFF
ALL Herbex Attack The Fat products

Attack The Fat
HERBAL WEIGHT MANAGEMENT
HLASELA AMAFUTHA[®]

*Discount to be deducted at the tills

+27 83 425 1868 | enquiries@herbexhealth.com
www.herbexhealth.com | f t i

PRIMAL

SAVE 30⁰⁰*

Diet Shake
900g / Assorted
279⁹⁵
WAS 309⁹⁵

SAVE 35⁰⁰*

Amino Energy
390g / Assorted
229⁹⁵
WAS 264⁹⁵

SAVE 70⁰⁰*

Beauty Collagen Powder
510g / Assorted
299⁹⁵
WAS 369⁹⁵

*Advertised prices already reflect discounts

planetfitness

PLANET FITNESS MEMBERS EARN AN ADDITIONAL 10% BACK IN DIS-CHEM BENEFIT REWARDS WHEN PURCHASING ANY OF THESE GREAT BRANDS

take 10% BACK

Get more. Save more. Give more.
Dis-Chem and Dis-Chem Baby City Benefit Cards can be used in both retailers

Dis-Chem **Dis-Chem Baby City**

*Exclusively available at Dis-Chem Pharmacies. T's and C's apply. Check dischem.co.za for more info

Dis-Chem Foundation
Caring for the Community

FLIP CATALOGUE OVER FOR MARCH BABY SAVINGS

Dis-Chem reserves the right to limit the quantity of any item offered for sale. Sale products may vary from photographs. Pictures are for illustration purposes only. Prices include VAT and are valid for cash, cheque or credit card. E&OE. Customer careline 0860 347 243 careline@dischem.co.za.

25 Promotional offers valid 16 March to 10 April 2023 - while stocks last. May only be available at selected stores OR online at dischem.co.za. E&OE.

THIS EASTER
START SOMETHING
SPECIAL
WITH

SPAR

2 litre

2 kg

2.5 kg

18s

THE FEASTER BASKET

Promotion runs from 21 March – 2 April 2023

SPAR

SUPERSPAR

PROMOTION VALID 21 MARCH 2023 TO 2 APRIL 2023

AS SEEN ON TV

SPAR
Choice Butter
Salted
500 g

59⁹⁹
each

AS SEEN ON TV

SPAR
Cheddar, Gouda,
White Cheddar or
White Gouda
Vacuum Packed
Cheese
700 g

84⁹⁹
per pack

SPAR
Long Life
Full Cream,
Low Fat or
Fat Free Milk
6 x 1 litre

Get
R3 off
Rewards Customers Pay
89⁹⁹
per pack

AS SEEN ON TV

Nescafé
Classic Coffee
(Excl. Decaf and Doy)
200 g
Assorted

84⁹⁹
each

SPAR
Sunflower Oil
2 litre

65⁹⁹
each

AS SEEN ON TV

Baby Soft
2 ply Toilet
Tissue
18s

124⁹⁹
each

AS SEEN ON TV

Size 1 76s,
Size 2 68s,
Size 3 58s,
Size 4 50s,
Size 4+ 45s,
Size 5 42s
or Size 6 36s

Pampers
Active Value Pack
Disposable
Nappies

189⁹⁹
per pack

COMBO
Buy all 4 for
160⁰⁰
Get an extra
R30 off
Rewards Customers Pay
130⁰⁰

SPAR
Sunflower oil 2 lt
+
SPAR
Parboiled Rice 2 kg
+
SPAR
Cake Wheat
Flour 2.5 kg
Assorted
+
SPAR
Large eggs 18s

SPAR

Rewards

Instant Savings

Exclusive to SPAR Rewards customers.
Sign up today! Dial *120*7070#. It's INSTANT!

Let's chat

0860 313 141
Add SPAR as a contact on WhatsApp.
Say "Hello" to make sure you never miss a chance to SAVE, get all the latest specials, store details, Rewards and more!

SPAR

Specials available at selected SUPERSPAR and SPAR stores (excluding KwikSPAR and SPAR Express stores) from 21 March 2023 up to and including 2 April 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).



Only at



MasterChef

CUTLERY COLLECTION

SHOP

Spend **R100** and get
one MasterChef sticker

COLLECT

Fill your collector
card with **15 stickers**

SAVE

Up to **70%** on **MasterChef**
cutlery & cast iron casserole!

COLLECT THE FULL RANGE!



4 piece
TEASPOON SET

RETAIL PRICE **YOU PAY**
R269.99 **R79.99**



4 piece
PASTRY FORK SET

RETAIL PRICE **YOU PAY**
R269.99 **R79.99**



3 piece silver
coloured STARTER SET

RETAIL PRICE **YOU PAY**
R299.99 **R89.99**



3 piece silver
coloured DINNER SET

RETAIL PRICE **YOU PAY**
R329.99 **R99.99**



2 piece
SERVING SET

RETAIL PRICE **YOU PAY**
R329.99 **R99.99**



3 piece gold
coloured STARTER SET

RETAIL PRICE **YOU PAY**
R399.99 **R119.99**



3 piece gold
coloured DINNER SET

RETAIL PRICE **YOU PAY**
R429.99 **R129.99**



24cm cast iron
CASSEROLE with lid

RETAIL PRICE **YOU PAY**
R3299.99 **R999.99**



HAND BLENDER

RETAIL PRICE **No stickers required**
R449.99

MasterChef
CASSEROLE TO
COMPLETE YOUR
COLLECTION!

SAVE up to 70%



SCAN THE QR CODE
OR USE THE LINK TO WIN
MasterChef PRODUCTS
AND STICKERS



www.spargame.co.za



Turn an everyday meal into a MasterChef moment!

Terms and conditions:

For every R100 you spend per transaction at any SPAR, SUPERSPAR, KWIKSPAR, SPAR Express, SaveMore and TOPS at SPAR stores, you will receive one sticker. Stickers should be applied to the collector card. A collector card complete with 15 stickers enables you to purchase one MasterChef product at the discounted price from the range on display in store. Stickers will be included with your purchase when you order through SPARGO and delivered with your purchase. Take the product of your choice to the cashier together with your completed collector card to redeem at the till point. Third party payments eg utility bills, and airtime, baby formula and lottery transactions do not qualify for stickers. Stickers may be collected between 20 March and 2 July 2023. Completed collector cards may be redeemed until 18 July 2023. Collector cards which have been altered, amended, defaced, photocopied, damaged or do not bear appropriate stickers will be refused redemption. Collector cards are valid for the redemption of one product only, after which the card must be handed in to the cashier and cannot be used for further redemptions. Items and amounts excluded (L&L). Selected items may not be available at certain stores. While stocks last. MasterChef products may also be purchased at the full recommended retail price. Returns will not be possible without the receipt for the card amount paid. The collector card and stickers MAY NOT be used for resale. Offenders will be prosecuted. Although stickers may be collected at any SPAR, SUPERSPAR, KWIKSPAR, SPAR Express, SaveMore and TOPS at SPAR stores, MasterChef products may only be redeemed at SPAR, SUPERSPAR, KWIKSPAR and selected SPAR Express and SaveMore stores. The MasterChef and SPAR promotion applies to stores in South Africa, Namibia and eSwatini.

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WE'RE FOR
JOYFUL
Family
FEASTS

.....
From quality cuts of meat to the
best of the season's harvest, **we have all**
the ingredients you love.

199⁹⁹ per kg

SPAR Tender and Tasty
Deboned Leg of Lamb
with Rosemary Rub



freshline



Specials available at all **SUPERSPAR**, **SPAR** and **KWIKSPAR** stores (excluding SPAR Express stores) from **21 March** up to and including **2 April 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. Errors and Omissions excepted (E&OE).



SPAR Steak Co.
T Bone Steak

SPAR
freshline

The GOODNESS OF fresh VEG

We're for quality, farm-fresh options for your table, every day.

TOPS AT SPAR
*Olive Brook
range has a wine
to perfectly pair
with our espetada*

THIS OR THAT?
*Take your pick of
our butcher's cuts*

SPAR Select
Beef Rump or Sirloin
Steak



TENDER
and
TASTY™

SPAR Tender and Tasty
Deboned Chicken
Thigh Espetada
Peri Peri / BBQ

READY to cook

Perfectly spiced or marinated, our convenient range of SPAR Tender and Tasty meats is just waiting for a place at your table.

SPAR Tender and Tasty
Pre-cooked Marinated
Pork Ribs
Sweet & Sticky / BBQ
1 kg

SPAR freshline
Potjie Pack
1 kg

SPAR freshline
Red or Golden
Delicious Apples
1,5 kg

SPAR freshline
Ripe & Ready
Avocados
2s

MULTI-BUY
Buy any 2 and get
R4 off
Rewards Customers
19%

SPAR Bakery
Stackers
Tomato & Herb
or Rye
& Caraway Seed
4s

SPAR freshline
Lettuce Packs
Assorted
200 g / 220 g / 300 g

SPAR freshline
Onions 2 kg,
Butternut 3 kg,
Potatoes 4 kg

SPAR freshline
Tomatoes
1 kg

SPAR Steak Co.
Ribeye Steak

WE'RE FOR ALL
THE FOOD
YOU *love*

125⁰⁰
per combo

4 Battered Hake Fillets
and 400 g Chips*
Plain or Lemon Flavoured
& Black Pepper
Available at
The FOOD STALL
at SPAR
*Subject to availability

79⁹⁹
per kg

SPAR Tender and Tasty
Spatchcock Chicken
Peri Peri / BBQ

26⁹⁹
each

SPAR Bakery
Garlic or Chilli
Garlic Bread

The
FOOD
STALL
at SPAR

TAKE YOUR TIME

To enjoy our
READY
MADE
MEALS



159⁹⁹
per kg

Pickled Fish
in a Mild
Curry Sauce
Available at
The FOOD STALL
at SPAR



89⁹⁹
per kg

SPAR Select
Skin Pack
Chicken Fillets
4s



169⁹⁹
per kg

**SPAR Tender
and Tasty**
Beef Espetada



11⁹⁹
each

Golden Pockets Assorted
Available at
The FOOD STALL at SPAR



109⁹⁹
per kg

Glazed Pork Shank
Available at
The FOOD STALL at SPAR



69⁹⁹
per kg

SPAR Select
Skin Pack
Chicken Star Pack
(4 Drums & 4 Thighs)



139⁹⁹
per kg

**SPAR Tender
and Tasty**
Beef Texan Steak

SPAR Rewards
Instant Savings



Get
R10 off
each

The FOOD STALL
at SPAR
Ready to Heat
Family Meals
Assorted
1 kg



Get
R5 off
each

The FOOD STALL
at SPAR
Ready to Heat Quiches
Assorted
560 g

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

Specials available at all SUPERSPAR, SPAR and KWIKSPAR stores (excluding SPAR Express stores) from 21 March up to and including 2 April 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. Errors and Omissions excepted (E&OE).

SC_SSR1581 5

63⁹⁹ each

SPAR Bakery
Trifling Cake (6-Inch)
Coffee Flavoured, Lemon
Condensed, Rich Choc,
Rainbow, Vanilla & Caramel,
Vanilla & Granadilla

**BREAD
& BUTTER
PUDDING**
A TWIST ON
AN OLD
FAVOURITE

29⁹⁹ per pack

SPAR Bakery
Hot Cross Buns
Assorted
(Excluding Raisin-free)
6s

WE'RE FOR
freshly **BAKED**
treats



31⁹⁹ per pack

SPAR Bakery
Muffins
Assorted
4s

39⁹⁹ per pack

SPAR Bakery
Mini Speckled Egg
Chocolate Cupcakes
9s

Add a little Easter magic to our
READY MADE BAKES

Scan the QR code below and get creative with
a step by step fondant carrot topper guide.

Recipe ideas



Fancy a tasty looking dish on these pages? Scan here for the recipes or visit www.spar.co.za/recipes

Leg of Lamb with Roasted Carrots and Mint Sauce | Butternut Wedges with Rocket and Goats Cheese | Stuffed Peppers | T-Bone Steak with Shaved Potato Chips | Pork Ribs with Green Salsa | Potato Nests with Boiled Eggs | Tomato Chutney | Hot Cross Bun Bread and Butter Pudding | Carrot Toppers



YOUR LOCAL BAKERY

WE'RE FOR BAKED SCRUMPTIOUSNESS

SPAR Bakery
Brown Bread
700 g

13⁹⁹
each

SPAR Bakery
White Bread
700 g

14⁹⁹
each

SPAR Bakery
Hot Dog or
Hamburger Rolls
White or Brown
6s
Assorted

16⁹⁹
per pack

WE'RE FOR FRESH SAVINGS

YOUR LOCAL KITCHEN

PIEMAN'S
SA'S NO.1 PIE

Pieman's
Pies or
Sausage Rolls
(Excl. Burger Pies)
1's
Assorted

21⁹⁹
each

GRAB
your favourite
PIE ON PROMOTION
AT SELECTED STORES

Gourmet Recipe
MCCOY
REAL DEAL PIES

SERVING SUGGESTION

McCoy
Pies or Sausage Roll
(Excl. Burger Pie)
1'S
Assorted

BUY ANY
2
FOR

50⁰⁰

GET YOUR GROCERIES DELIVERED

AVAILABLE AT SELECTED STORES

SCAN NOW TO DOWNLOAD THE SPAR2U APP

AVAILABLE FREE ON

Available on the App Store

GET IT ON Google Play

2 LOVE FROM YOUR LOCAL SPAR 2U

The SPAR you love, now online!

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



START
SHARING MORE SMILES

FRIDGE

WE'RE FOR COOL OFFERINGS



SPAR
Large Eggs
18s

34⁹⁹
per tray



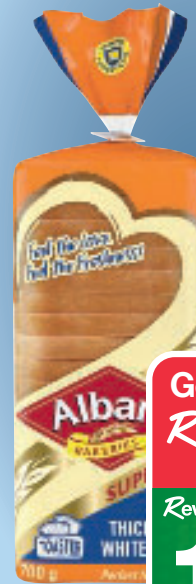
Stork
Country Spread
Tub
1 kg

45⁹⁹
each



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

54⁹⁹
per pack



Albany
Superior Sliced
White Bread
or White
Thick Slice
700 g

Get
R2 off
Rewards Customers Pay
15⁹⁹
each



Bel Kiri
Cream Cheese
216 g

54⁹⁹
each



President
Feta Cheese
400 g
Assorted

49⁹⁹
each



Lancewood
Cream Cheese
230 g

38⁹⁹
each



Lancewood
Dip n Top
175 g
Assorted

24⁹⁹
each



SPAR
Double Cream
Yoghurt
1 kg
Assorted

34⁹⁹
each



Parmalat
Steri Stumpie
Flavoured Milk
350 ml
Assorted

BUY
ANY
2
FOR
30⁰⁰



SPAR
Long Life
Cream
300 ml

21⁹⁹
each



Clover
Tropika Dairy Mix
2 litre
Assorted

29⁹⁹
each



SPAR
Full Cream Maas
2 kg

28⁹⁹
each



SPAR
Prepacked
Sliced
Cold Meat
200 g
Assorted

21⁹⁹
per pack



SPAR
French Polony
2 kg

54⁹⁹
each



BUY
ANY
2
FOR
35⁰⁰

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



SPAR
Smoked or Red
Viennas
(Excl. Chilli, Cheese
and Chicken)
500 g

34⁹⁹
per pack



Rainbow
Simply Chicken
Polony
700 g / 1 kg
Assorted

62⁹⁹
each



SPAR
Back, Lean,
Shoulder, Streaky,
Diced Bacon
or Chicken Rashers
200 g
Assorted

29⁹⁹
per pack

SPAR
Rewards
Instant Savings



Blue Ribbon
or BB
Sandwich Squares
220 g / 248 g
Assorted

MULTI-BUY
Buy any 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





FREEZER **WE'RE FOR LONG-LASTING GOODNESS**



Dr Oetker
Nice n' Easy Heat
and Eat Meals
325 g/ 350 g
Assorted

44⁹⁹
each



SPAR
Mini
Cheese Puffs,
Sausage or
Chicken Rolls
40s
Assorted

59⁹⁹
per pack



SPAR
Sishebo
Thigh & Breast
Chicken Portions
4 kg

149⁹⁹



SPAR
Frozen Mixed
Chicken
Portions
5 kg

179⁹⁹
per pack



I&J
Crumbed Hake
Fish Fingers
800 g

79⁹⁹
per pack



I&J
Light & Crispy
Crumbed Hake
or Haddock Fillet Portions
500 g
Assorted

74⁹⁹
per pack



I&J
Golden
Smackeroos
800 g

99⁹⁹
per pack



Rainbow
Simply Chicken
Original or Cheese
Nuggets, Fingers, Bites,
Burgers or Steaklets
400 g
Assorted

44⁹⁹
each



McCain
Stir Fry
700 g
Assorted

29⁹⁹
each



McCain
Mixed
Vegetables
1 kg

39⁹⁹
each



McCain
Peas, Carrots
& Sweet Corn Mix
750 g

35⁹⁹
each



McCain
Garden Peas
750 g

35⁹⁹
each



SPAR
Puff or
Shortcrust
Pastry
400 g

21⁹⁹
each



Cadbury
5 Star Ice Cream
80 ml

21⁹⁹
each



Cadbury
Crunchie,
Dairy Milk or
Lunch Bar
Ice Cream
100 ml/ 110 ml
Assorted

29⁹⁹
each



Ola
Rich 'n Creamy
Ice Cream
1.8 lt
Assorted

BUY
ANY
2
FOR

100⁰⁰



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

SPAR  **SUPERSPAR** 

21 MARCH TO 2 APRIL 2023



PANTRY

WE'RE FOR EVERYDAY SAVINGS

Tastic Long Grain Parboiled Rice 2 kg Assorted

BUY ANY 2 FOR **55⁰⁰**

Kellogg's Noodles 5 x 70 g Assorted

27⁹⁹ per pack

Iwisa or Super Sun Maize Meal 5 kg

59⁹⁹ each

Fatti's & Moni's Macaroni or Spaghetti 500 g

MULTI-BUY
Buy any 2 and get **R2 off**
Rewards Customers Pay **30⁰⁰**

WE'RE FOR EARLY MORNINGS SAVINGS

BREAKFAST

Kellogg's Coco Pops, Chocos, Big 5, Crunchers, Strawberry Pops or Fruit Loops Cereal 340 g/ 350 g/ 375 g Assorted

39⁹⁹ per pack

Bokomo Pronutro 750 g Assorted

61⁹⁹ each

Ellis Brown Tea or Coffee Creamer 750 g

42⁹⁹ each

Selati White Sugar 2,5 kg

44⁹⁹ each

Joko Tagless Teabags 100s

39⁹⁹ per pack

Laager Tea4Kidz Rooibos Teabags 40s Assorted

21⁹⁹ each

Laager Rooibos Tagless Tea Bags 80s

32⁹⁹ per pack

Nestlé Milo 500 g

54⁹⁹ each

Jacobs Instant Cappuccino Sticks (Incl. Ice Range) 8s / 10s Assorted

52⁹⁹ per pack

Douwe Egberts Instant Coffee 200 g Assorted

128⁹⁹ each

All Gold Apricot or Peach & Apricot Jam 900 g

33⁹⁹ each

Goldcrest Pure Honey Eezi Squeeze 500 g

69⁹⁹ each

SPAR Rewards Instant Savings

Rhodes Smooth Apricot Jam 900g

Get **R3 off** each

Nescafé Ricoffy 100 g and Nestlé Cremora 125 g

COMBO-DEAL
Buy both and get **R8 off**

Nestlé Klim 500 g

Get **R5 off** each

Nesquik 500 g Assorted

Get **R5 off** each

Nescafé Gold Coffee 200 g Assorted (Excl. Decaf)

Get **R15 off** each

Nescafé Gold Cappuccino Sticks 8s / 10s Assorted

Get **R5 off** each

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



SPAR Rewards
Instant Savings

Gold Star Instant Yeast
10 g

MULTI-BUY
Buy 4 and get
R2 off
Rewards Customers Pay
13⁰⁰

COMBO-DEAL
Buy both and get
R10 off

Nestlé Treat
360 g and
Ideal Milk
380 g
Assorted

Royal Baking Powder Refill
200 g

Get **R2 off**
Rewards Customers Pay
21⁹⁹ each

SPAR Instant Dessert Range
400 g / 600 g
Assorted

Get **R5 off** each

Golden Cloud Premixes
1 kg
Assorted

Get **R4 off** each

Knorr Matres
250 g
Assorted

Get **R5 off** each

Golden Cloud Self Raising Wheat Flour
2.5 kg

Get **R4 off** each

SPAR Icing or Castor Sugar
500 g

Get **R3 off** each

WE'RE FOR BAKING SAVINGS

BAKING AIDS

Ina Paarman Muffin, Cake or Dessert Mix
310 g - 700 g
Assorted
49⁹⁹ each

Snowflake Self Raising Wheat Flour
1 kg
21⁹⁹ each

Snowflake Flour
2.5 kg
Assorted
38⁹⁹ each

Nestlé Klim Milk Powder
500 g
+
Nestlé Cocoa Powder
62.5 g
89⁹⁹ (BUY BOTH FOR)

Maizena Cornflour
500 g
16⁹⁹ each

Nestlé Caramel Treat
360 g or Ideal Milk
380 g
Assorted
28⁹⁹ each

SPAR Instant Dessert Mix
400 g
Assorted
42⁹⁹ each

Moirs Instant Pudding
90 g
Assorted
8⁹⁹ each

SPAR Jelly
40 g
Assorted
13⁰⁰ (BUY ANY 2 FOR)

SAUCES / SPICES & CANS

WE'RE FOR EVERYDAY SAVINGS

Ina Paarman's Ready to Serve Sauces
200 ml
Assorted
27⁹⁹ each

Tabasco Sauce
60 ml
Assorted
39⁹⁹ each

Knorr Salad Dressing
340 ml
Assorted
28⁹⁹ each

All Gold Tomato Sauce
700 ml
29⁹⁹ each

Koo Grated & Spiced Beetroot
780 g
28⁹⁹ each

Nola Mayonnaise
500 g-780 g
Assorted
32⁹⁹ each

Royco Wet Cook-in-Sauce
375 g - 415 g
Assorted
33⁹⁹ each

Royco Dry Cook-in-Sauce or Potato Bake
32 g - 55 g
Assorted
42⁹⁹ (BUY ANY 3 FOR)

Robertson's Spice Refill
64 g - 100 g
Assorted
13⁹⁹ each

Knorr Aromat Seasoning Refill Trio Pack
200 g
Assorted
23⁹⁹ each

Knorr Cook-in-Bag
35 g
Assorted
15⁹⁹ each

Miami Braai Relish or Seshebo Tomato Mix
410 g
12⁹⁹ each

Rhodes Tomato Puree
410 g
19⁹⁹ each

Bull Brand Corned Meat (Excl. Corned Beef)
300 g
27⁹⁹ each

SPAR Light Meat Shredded Tuna in Oil or Water
170 g
33⁰⁰ (BUY ANY 2 FOR)

Lucky Star Pilchards in Tomato, Chilli or Sweet Chilli Sauce
400 g
45⁰⁰ (BUY ANY 2 FOR)

Koo Chakalaka
410 g
Assorted
40⁰⁰ (BUY ANY 2 FOR)

Koo Sweet Garden Peas in Brine
400 g
+
Koo Creamstyle Sweetcorn
415 g or Whole Kernel Corn
410 g
40⁰⁰ (BUY BOTH FOR)

Koo Baked Beans in Tomato Sauce (Excl. Lite)
410 g
24⁰⁰ (BUY 2 FOR)

SPAR Rewards Instant Savings

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

START WITH SAVINGS THIS EASTER!

TREATS WE'RE FOR SWEET SAVING DEALS

Beacon
Pink and White
Marshmallows
(Excl. Toasted
Coconut)
150 g

BUY ANY
2 FOR

29⁰⁰

Lay's
Potato Chips
120 g
Assorted

17⁹⁹
each

Willard's
Cheasnaks
135 g
Assorted

BUY ANY
2 FOR

23⁰⁰

Simba
Potato Chips
120 g
Assorted

BUY ANY
2 FOR

30⁰⁰

Cadbury
Crunchie 40 g,
Lunch Bar, P.S. 48 g,
Astros 40 g,
5 Star 48.5 g,
Dairy Milk
Top Deck, Caramello
or Bubbly
36 g/ 37 g/ 39 g/ 40 g

BUY ANY
3 FOR

30⁰⁰

Cadbury
Whispers or
Tumbles Chocolate
200 g
Assorted

44⁹⁹
each

Lindt
Lindor
Truffles
200 g
Assorted

109⁹⁹
each

Cadbury
Chocolate Slabs
(Excl. Limited Edition,
Bubbly, Astro,
P.S., 5 Star and Crunchie)
150 g

28⁹⁹
each

Mister Sweet
Original or Giant
Speckled Eggs
100 g/ 125 g

27⁹⁹
per pack

SPAR
Rewards
Instant Savings

Nestlé
Quality Street
435 g

Get
R10 off
each

Danone
Ultramel
(Excl. Lactose
Free and Zero)
1 litre
Assorted

BUY ANY
2 FOR

50⁰⁰

Act II
Microwave
Popcorn
3s
Assorted

44⁹⁹
per pack

Safari
Roasted and Salted
Peanuts or
Peanuts and
Raisins
450 g

52⁹⁹
per pack

Bakers
Salticrax
Savoury Snacks
200 g
Assorted

24⁹⁹
per pack

Bakers
Red Label
Cream Biscuits
200 g
Assorted

16⁹⁹
each

SPAR
Rusks
450 g / 500 g
Assorted

39⁹⁹
each



BEVERAGES

WE'RE FOR THIRSTY DEALS



Monster Energy Drink (Incl. Zero) 500 ml Assorted

BUY ANY 2 FOR **29⁰⁰**



aQuellé ViV Sports Drink 600 ml

64⁹⁹ per pack



aQuellé Flavoured Sparkling or Still Water 500 ml Assorted

BUY ANY 2 FOR **14⁰⁰**



Lipton Ice Tea 1.5 lt Assorted

24⁹⁹ each



Liqui Fruit 100% Fruit Juice Blend 2 litre Assorted

39⁹⁹ each



SPAR Flavoured Carbonated Soft Drink 2 litre Assorted

BUY ANY 3 FOR **33⁰⁰**



Brookes Oros Squash (Excl. Light) 2 litre

34⁹⁹ each



Appletiser, Grapetiser or Peartiser 1,25 litre

23⁹⁹ each



SPAR Still Mineral Water 5 litre

19⁹⁹



STAND A CHANCE TO

WIN

— YOUR SHARE OF —

R675 000

IN INSTANT AIRTIME!



Purchase any 2L SPAR Carbonated Soft Drink

Take a clear pic of your till slip

WhatsApp the pic to +27 87 240 5208

SPAR As GOOD as the BEST, for LESS!

Competition runs from 21st March – 23rd April 2023

Terms and conditions: www.spar.co.za. Standard data rates apply for WhatsApp entry.

SPAR Rewards Instant Savings

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

SPAR **SUPERSPAR**

21 MARCH TO 2 APRIL 2023



WE'RE FOR CLEANING - MUST HAVES

HOME ESSENTIALS



Ariel
Auto Washing
Powder 2 kg,
Auto Liquid
1.1 litre / 1.5 litre
or Capsules 14s
Assorted

76⁹⁹
each



Sta-soft
Fabric Conditioner
Refill Pouch
(Excl. Ultra
Concentrate
Doy Pack)
500 ml
Assorted

2^{55⁰⁰}
FOR



Jik
Bleach or
Thin Pine
750 ml

19⁹⁹
each



Vanish
Stain Remover
Liquid
2 lt,
Powder 400-520 g
or Trigger 750 ml
Assorted

109⁹⁹
each



Surf
Hand Washing
Powder
2 kg

49⁹⁹
each



Sunlight
Dishwashing
Liquid Refill
Pouch
750ml

24⁹⁹
each



Fairy
Dishwashing
Tablets
64s / 42s

189⁹⁹
each



Domestos
Thick Bleach
750 ml
Assorted

29⁹⁹
each



Mr Min
Multi Surface
Cleaner
300 ml
Assorted

39⁹⁹
each



Sta Soft
Concentrate
1 litre
Assorted

Get R20⁰⁰ off
each



Harpic
Thick Bleach
750 ml or
Fresh Power 35 g
Assorted

29⁹⁹
each



Airoma
Air Freshener
210 ml
Assorted

2^{36⁰⁰}
FOR



Mortein
Multi Insect
Killer
300 ml
Assorted

34⁹⁹
each



**Dyroach,
Dyfly,
or Dyant**
Insecticide
Spray
300 ml
Assorted

39⁹⁹
each

SPAR Rewards
Instant Savings

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

SPAR SUPERSPAR

21 MARCH TO 2 APRIL 2023



HOME ESSENTIALS

WE'RE FOR ENTERTAINMENT



Garbie
Super Saver
Refuse Bags
20s

32⁹⁹ each



Energizer
Batteries
Max AA
or AAA
4s

59⁹⁹ per pack



SPAR
Kitchen
Towels
2 ply
2s

BUY
2
FOR **40⁰⁰**



SPAR
Paper Plates
230 mm
+
SPAR
Polystyrene Cups
20s

BUY
BOTH
FOR

55⁰⁰



SPAR
Good Living
Cooler Box
(Blue, Red or Silver)
26 litre

199⁹⁹ each



SPAR
Good Living
Terry
Kitchen
Swab
1s

16⁹⁹ each



SPAR
Good Living
Waffle Weave
Swab Set
2s

19⁹⁹



SPAR
Good Living
Waffle
Weave
Swab
2s

16⁹⁹ per pack



Brandy
Glass
1s

38⁹⁹ each



SPAR
Good living
Light Duty
Foil

16⁹⁹ each



SPAR
Good Living
Baking Paper
5 m x 300 mm

23⁹⁹ each



SPAR
Good Living
Wax Paper
20 m x 300 mm

25⁹⁹ each



Gift Barrel
Plastic
Salad Bowl
and Lid

42⁹⁹ per set



Gift Barrel
Clear Plastic
Jug Set
(Jug with
Lid and 6 Cups)
8 piece

24⁹⁹ per set



SPAR
Charcoal
Briquettes
5 kg

64⁹⁹ per bag



SPAR
Firelighters
12s

17⁹⁹ per pack



SPAR
Good Living
Portable
Large Braai
(Carbon Steel)
1'S

329⁹⁹ each



hth
Granular
Pool Chlorine
8 kg

399⁹⁹ each



SPAR
Good Living
Mop
200 g

49⁹⁹ each

WE'RE FOR PETS-MUST HAVES

PET CARE



SPAR
Woof Dry Dog Chunks
(Excl. Puppy)
8 kg
Assorted

159⁹⁹ per pack



Husky
Dog Food
775 g
Assorted

BUY
ANY
2
FOR **55⁰⁰**



Beeno
Dog Biscuits
1 kg
Assorted

64⁹⁹ per pack

SPAR
Rewards
Instant Savings

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

SPAR



SUPERSPAR



21 MARCH TO 2 APRIL 2023

SC_SSR1581 15

AS SEEN ON TV

PROMOTIONAL PRICE

489⁹⁹ per combo

Get an extra **R10 off**

Rewards Customers Pay **479⁹⁹** per combo

Jameson Select Reserve Irish Whiskey 750ml

AS SEEN ON TV

COMBO Promotional Price

200⁰⁰ per combo

Get an extra **R15 off**

Rewards Customers Pay **185⁰⁰** per combo

KWV 5 Year Old Superior Blend Brandy 750ml and Coca-Cola 1L

AS SEEN ON TV

139⁹⁹ each

Stretton's Original London Dry Gin, Triple Berry or Wild Berries Flavoured Gin 750ml

AS SEEN ON TV

MULTI-BUY Buy 3 for

210⁰⁰ per combo

Get an extra **R10 off**

Rewards Customers Pay **200⁰⁰** per combo

Castle Lite Handies 6 x 330ml

Specials available at all TOPS at SPAR stores from 21 March up to and including 2 April 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 7 March 2023 up to and including 2 April 2023. While stocks last. T's & C's Apply.

tops! at SPAR

Ballantine's Finest Blended Scotch Whisky 750ml

Get **R20 off**

Harrier Finest Matured Whisky 750ml

Get **R10 off**

Richelieu International Premium Brandy 750ml

Get **R10 off**

Bulldog London Dry Gin 750ml

Get **R30 off**

Drostdy Hof Adelpracht 5L

Get **R15 off**

Smirnoff 1818 or Infusions Flavoured Vodka 750ml

MULTI-BUY Buy any 2 and get R10 off

Robertson Extra Light Sauvignon Blanc, Light Pinotage Rosé, Light Chenin Blanc or Light Merlot 750ml

MULTI-BUY Buy any 2 and get R10 off

Corona Extra Beer Handies 6 x 355ml

MULTI-BUY Buy 2 and get R20 off

Perdeberg Cellar Soft Smooth Red, Rosé or White 750ml

Promotional Price **49⁹⁹** each bottle

Get an extra **R5 off**

Rewards Customers Pay **44⁹⁹** each bottle

Inverroche Classic, Verdant or Amber Gin 750ml

Promotional Price **469⁹⁹** each bottle

Get an extra **R20 off**

Rewards Customers Pay **449⁹⁹** each bottle

Additional Rewards exclusively available to our Inland SPAR Rewards customers! (Excl. Lowveld)

#N18

aware!org

www.aware.org.za

Not For Persons Under The Age Of 18.

tops!
at SPAR

SPAR
2U

YOU'RE THE LIFE OF **THE BRAAI.**

IF YOU NEED MORE **QUENCHERS,**

LET **SPAR2U** DELIVER IT FOR FREE



SCAN QR CODE
TO DOWNLOAD THE
FREE **SPAR2U** APP



BUY 2 FOR
165⁰⁰

Smirnoff Spin
Spirit Cooler
(All Variants)
Handies
6 x 300ml



BUY 2 FOR
125⁰⁰

Brutal Fruit
Ruby Apple
Handies
6 x 275ml



BUY 2 FOR
140⁰⁰

Hooch
Spirit Cooler
(All Variants)
Handies
6 x 275ml



MULTI-BUY
Buy 2 for
200⁰⁰
Get an extra
R20 off
Rewards Customers Pay
180⁰⁰

Bernini
Sparkling
Spritzer
(All Variants)
Cans
6 x 500ml

HERE'S SOME RESPONSIBLE
FUN-IN-THE-SUN
STORY STARTERS



69⁹⁹
per pack

Devil's Peak
Zero To Hero
Non-Alcoholic Beer
Handies
6 x 330ml



BUY 2 FOR
185⁰⁰

Hunter's
Extreme Energy
Apple Ale Cider
(All Variants)
Cans
4 x 440ml



BUY 2 FOR
190⁰⁰

Black Crown
Spirit Cooler
Gin & Tonic
(All Variants)
Cans
6 x 440ml



BUY 2 FOR
150⁰⁰

Budweiser
Handies
6 x 330ml



BUY 2 FOR
155⁰⁰

Carling Black Label
Cans
6 x 500ml



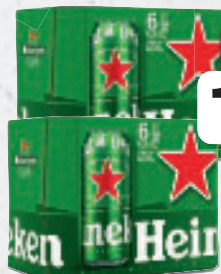
BUY 3 FOR
60⁰⁰

Original Iced
Cocktail Mix
(All Variants)
Pouches
300ml



BUY 2 FOR
170⁰⁰

Stella Artois
Cans
6 x 410ml



BUY 2 FOR
175⁰⁰

Heineken
Premium Lager
Cans
6 x 440ml



269⁹⁹
per case

Amstel Lager
Handies
24 x 330ml



89⁹⁹
per pack

Savanna
Lemon
Non-Alcoholic
Handies
6 x 330ml

TODAY'S LOCAL FORECAST:
GREAT STORIES PREDICTED!



PROMOTIONAL PRICE
419⁹⁹
Get an extra
R20 off
Rewards Customers Pay
399⁹⁹

KWV
12 Year Old
Brandy
750ml



139⁹⁹

Wellington VO
Brandy
750ml



309⁹⁹

Bulldog
Gin
750ml



179⁹⁹
each

Gin Society
Original, Blue,
Pink or Blood Orange
Gin
750ml



59⁹⁹
each

Du Toitskloof
Sauvignon Blanc
or Chardonnay
750ml



89⁹⁹

Roodeberg
Classic
Blend of
Red Varietals
750ml



59⁹⁹
each

The Hedgehog
Chenin Blanc,
Chardonnay,
Colombard
or Sauvignon Blanc
750ml



89⁹⁹

La Motte
Sauvignon Blanc
750ml

DON'T FORGET TO SHARE YOUR
GREAT STORY WITH US!

SCAN, SHARE & WIN!



SPAR
Rewards
Smart Savings

*Maximum of 12 e-Coupons per customer, for each SPAR Rewards product/multi-buy/combo featured.

For your nearest TOPS at SPAR store, phone our share call number 0860 31 3141 or visit our website: www.topsatspar.co.za.

Specials available at all TOPS at SPAR stores from 21 March up to and including 2 April 2023 (excluding the Free State, Mpumalanga, North West Province and Limpopo, where these prices apply until 1 April 2023) while stocks last.

Not available in KwaZulu-Natal, Lowveld, Eastern, Northern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary by region. To meet our consumers' demands, TOPS at SPAR will always strive to have sufficient stock available, unless a specific limitation is stated. In the event that an error occurs in an advertisement, or incomplete information is printed, a notice will be displayed in-store with the correct details. Prices include VAT. No traders please.

TOPS at SPAR

#NO 18

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

Only at

SPAR

SAVE up to 70%

MasterChef CUTLERY COLLECTION

SHOP

Spend R100 and get one MasterChef sticker

COLLECT

Fill your collector card with 15 stickers

SAVE

Up to 70% on MasterChef cutlery & cast iron casserole!

MASTERCHEF CASSEROLE TO COMPLETE YOUR COLLECTION!

Turn an everyday meal into a MasterChef moment!

Offer exclusive to SPAR stores in South Africa, Namibia, Botswana and Eswatini.

PERSONAL CARE

WE'RE FOR ATTRACTIVE PRICES

Huggies Gold Jumbo Pack Nappies

S2 94s
S3 76s
S4 66s
S4+ 62s
S5 52s

229⁹⁹ per pack

Johnson's Gentle or Extra Sensitive Baby Wipes 288s / 224s

104⁹⁹ per pack

Purity 3rd Baby Food 200 ml Assorted

12⁹⁹

Ingrams Body Cream or Lotion (Incl. Tissue Oil) 300 ml / 400 ml / 450 ml Assorted

47⁹⁹ each

Nivea Body Lotion or Cream Men or Women (Excl. Q10 Range) 400 ml Assorted

Get R5 off Rewards Customers Pay 49⁹⁹ each

Brut Cologne Deodorant 120 ml Assorted

31⁹⁹ each

Mum Roll-on For Men or Women 45 ml / 50 ml Assorted

BUY ANY 2 FOR 25⁰⁰

Head & Shoulders Shampoo or Conditioner 400 ml Assorted

64⁹⁹ Assorted

Organics Shampoo or Conditioner (incl. 2 in 1) 1 litre Assorted

69⁹⁹ each

Always Maxi Pads 8s/ 9s/ 10s Assorted

BUY ANY 2 FOR 32⁰⁰

Lil-lets Smartfit Mini, Regular, Heavy, Regular Light Medium, Super or Super Plus Tampons 16s / 20s

21⁹⁹ per pack

Listerine Advanced White, Tartar Control, Gum Defense, Total Care or Total Care Sensitive (Excl. Base Range and Zero) Mouthwash 500 ml Assorted

78⁹⁹ each

Colgate Maximum Protect, Herbal White, Winterfresh Gel or Herbal Toothpaste 100 ml Assorted

18⁹⁹

Oral B Medium Toothbrush Classic 40 2s

24⁹⁹ per pack

Satskin Bubble Bath 2 litre Assorted

69⁹⁹ each

Lux Beauty Soap 175 g Assorted

BUY ANY 4 FOR 55⁰⁰

Protex Hygiene Soap 150 g Assorted

BUY ANY 2 FOR 29⁰⁰

Grandpa Powder Sticks 38s or Tablets 76s

69⁹⁹ each

Panado Paediatric Syrup 100 ml Assorted

49⁹⁹ each

SPAR Rewards Instant Savings

Revlon Aerosol Deodorant 90 ml / 120 ml Assorted

MULTI-BUY Buy any 2 and get R10 off

Pantene Shampoo or Conditioner 360 ml / 400 ml Assorted

Get R20 off each

Nestlé Cereals Baby Cereal 500 g Assorted

Get R5 off each

Colgate Optic White, Natural or Total 12 Toothpaste 75 ml Assorted

Get R10 off each

Vicks VapoRub (Incl. Baby) 45 g / 50 g Assorted

48⁹⁹ each

Disprin Regular 24s or Extra Strength 16s Tablets

39⁹⁹ per pack

Berocca Effervescent Tablets 10s Assorted

89⁹⁹ per pack

My SPAR

Save more on Beauty and Baby Deals

22 MARCH - 9 APRIL 2023

SCAN ME

SPAR Rewards Instant Savings

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

SPAR

SUPERSPAR

Specials available at selected SUPERSPAR and SPAR stores (excluding KWIKSPAR and SPAR Express stores) from 21 March up to and including 2 April 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).

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For more info: www.spar.co.za

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185 Solutions