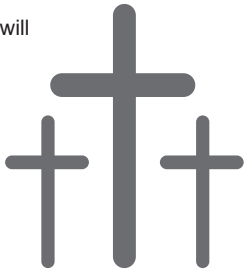


SOULFOOD

PROVERBS 4, 1-9

1 Hear, my children, the instruction of a father,
And give attention to know understanding;
2 For I give you good doctrine:
Do not forsake my law.
3 When I was my father's son,
Tender and the only one in the sight of
my mother,
4 He also taught me, and said to me:
"Let your heart retain my words;
Keep my commands, and live.
5 Get wisdom! Get understanding!
Do not forget, nor turn away from the words
of my mouth.
6 Do not forsake her, and she will
preserve you;
Love her, and she will keep you.
7 Wisdom is the principal thing;
Therefore get wisdom.
And in all your getting, get
understanding.
8 Exalt her, and she will
promote you;
She will bring you
honor, when you
embrace her.
9 She will place
on your head an
ornament of grace;
A crown of glory she
will deliver to you."

NEW KING JAMES VERSION (NKJV)



A suspect attempted to steal the fence poles surrounding the Donkerhoek cemetery.

CEMETERY THIEF ARRESTED

Rustenburg – A Fidelity ADT officer was conducting his patrols in Watsonia Road, Geelhoutpark, which is adjacent to Donkerhoek cemetery, when he noticed a male suspect attempting to steal the cemetery's fence poles on Saturday 13 May 2023. The Donkerhoek cemetery has been a long-time target for thieves and vandals. The Rustenburg Local Municipality (RLM) attempted to improve the security at the cemetery to decrease theft and vandalism. Earlier in March, RLM workers could be seen removing a portion of the old fence and rolling it up, to be replaced with barbed wire. The suspect was busy removing and stealing the new steel poles from the boundary fence that surrounds the cemetery. The ADT officer immediately called for backup, and the suspect was apprehended. The Rustenburg police arrived on the scene, and the suspect and the stolen steel poles were handed over to police. Police spokesperson Ofentse Mokgadi confirmed that the suspect was arrested and appeared in the Rustenburg Magistrates' Court on Monday 15 May 2023.

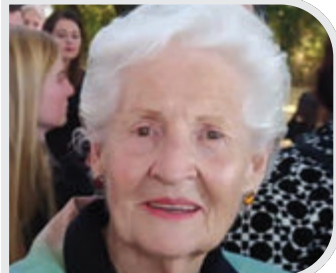
In remembrance



Join us, while mourning the enormous loss and loving life of the late John Thompson (71) who passed away on Tuesday 16 May 2023. His memorial service will take place on 25 May at 11:00 at the Doves Chapel in Brits, corner of Van Velden and Macean Street. For more information contact Cobus on 081 379 8919 or Wilna on 074 200 2687 at Econo Funeral Services. A service with love and dignity by Econo Funeral and Cremation Services.



Die begrafnisdiens van die wyle Ouma Maxie Els (97) oorlede Vrydag 19 Mei 2023 vind plaas op 26 Mei om 11:00 vanuit die NG Kerk Proteapark, 25 Witstinkhoutlaan, vanwaar die stoet sal vertrek na die Donkerhoek begraafplaas. 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 Rolanda Bouwer (86), oorlede Dinsdag 16 Mei 2023. Die verassing sal privaat plaasvind, en die roudiens besonderhede sal op 'n latere stadium bekend gemaak 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 Tillie van Wyk (52) oorlede Dinsdag 16 Mei 2023. Haar begrafnis het op 23 Mei vanuit die NG Kerk Moedergemeente plaasgevind. 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.

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ORBIT students burn tyres...

Rustenburg – Thick smoke hung in the air at ORBIT technical and vocational education and training (TVET) College's Rustenburg campus as a group of students burnt tyres during a protest related to National Student Financial Aid Scheme (NSFAS) funding.

Students gathered at the main entrance of the college and could be seen singing as tyres were burnt on Wednesday 24 May 2022.

Since 8 May 2023, the students have raised concerns related to alleged late payment of NSFAS accommodation allowances. NSFAS allocates a maximum of R45,000 per annum for private accommodation, provided that students who qualify to claim the maximum amount, stay at NSFAS accredited private accommodation. Brits and

Rustenburg campuses neither provide onsite student accommodation nor lease student accommodation outside the campus premises. This means that an estimated 70% of ORBIT College students make use of private accommodation, with some staying with relatives or parents while others reside at accommodation in a lessor/lessee relationship. None of the private accommodation used by ORBIT College students has been accredited by NSFAS yet. “We are calling upon management to help us so that we can get the answers from NSFAS,” said one of the protestors. We will continue with the protest until our demands are met,” he added.

The protest did not disrupt day-to-day activities at the college as people could be seen going in and out of the educational facility.



Unhappy Orbit TVET College students burnt tyres during their protest.

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34⁹⁹



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45⁹⁹



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Five Roses Wellness/Flavoured Tea Bags Asst 20's

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49⁹⁹



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28⁹⁹



Bakers Provita Asst 250g

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All Gold Skwezi Jam Asst 450g

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Rainbow, Simply Chicken Burgers Asst 400g **45⁹⁹**



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Rainbow, Simply Chicken Vinnas Asst 500g **45⁹⁹**



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29⁹⁹



Clover Krush Asst 1.5lt

34⁹⁹



Amajoya Candy Asst 125g

17⁹⁹



Willards Diddle Diddle Asst 150g

19⁹⁹



Cadbury Bubbly Asst 150g **17⁹⁹**

69⁹⁹



Clover Feta Asst 400g

49⁹⁹



Clover Bliss Yoghurt Asst 1kg

34⁹⁹



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DERBY COMMUNITY LEFT VULNERABLE

[Letter to the Editor]

Derby - On Saturday 20 May 2023 at approximately 02:00 in the morning, a man arrived at my house seeking emergency assistance. He had been beaten badly and robbed of his cash at a nearby settlement. I am the chairperson of the Derby *Buurtweg*, and people often arrive at my house seeking help. Unfortunately, there is no police station or hospital in Derby, which means that we rely on the services of the Koster police and hospital.

As the man had been robbed and severely assaulted, I immediately tried to contact the Koster police. They informed me that they could not do anything as the man first had to be evaluated by a doctor where a J88 form had to be filled in and proceeded to tell me that I had to phone an ambulance to take him to the Koster hospital.

Here my battle started. I phoned 112 to arrange for an ambulance, but the operators struggled to get into contact with an ambulance service which could assist. After many calls to the police and the 112-emergency number—whose operators even

tried to phone the Swartruggens ambulance—I eventually opted to take the man to the hospital at my own expense.

After I left the hospital, I discovered that the colonel of the Koster police—whom I had reached out to personally—had made the effort to send out for an ambulance service. It should be noted that he was not on duty and had gone out of his way to make a plan. However, the ambulance only arrived at my house two hours later.

The big concern is, what if someone had needed urgent medical assistance? That person would certainly not have survived. The lack of assistance in Derby is appalling as we are left to fend for ourselves. It's unimaginable that we don't have emergency support. Yes, we have access to emergency numbers, but what good are those numbers if there is no help at the other end of the line? As lives are at risk, this is a serious situation which must not be swept under the rug!

Fed up Derby *Buurtweg* chairperson, Peet Els.

MAN NABBED FOR UNLICENSED FIREARM

Brits - A man was arrested in Mmakau, outside Brits, on Thursday 18 May 2023 after he was caught with an unlicensed firearm.

Amos Ndlovu was nabbed during an intelligence driven operation by the police Trio Task Team.

Police spokesperson brigadier Sabata Mokgwabone said that the suspect was arrested after a 9mm firearm along with ammunition was found hidden in a room during a search.

National Prosecuting Authority (NPA) spokesperson Lumka Mahanjana said that the 29-year-old Ndlovu appeared before the Brits Magistrates' Court on Friday 19 May to face charges of possession of an unlicensed firearm and ammunition. Said Mahanjana: "The matter was postponed to 25 May 2023 for an interpreter and bail application. Ndlovu is still in custody."



The unlicensed firearm and ammunition was discovered by the police during a search.

BIKE STOLEN



Rustenburg - This bike was stolen during the evening of Thursday 4 May 2023 at 54 Snel Street, Rustenburg North. A case of theft has been reported. If you have any information, please contact Happy on 072 095 3707, or Rea on 060 725 7881, or the police on 014 565 9171.

Is your car locked?

Rustenburg - Remote jamming is a worrying trend which has become increasingly prevalent amongst car thieves. It involves the use of signal jammers to disrupt the communication between a car's immobiliser and the remote control, preventing the car from locking even when the owner presses the lock button. Several people have reached out to *Platinum Weekly* saying that remote jamming has become a problem for motorists visiting the Safari Gardens Shopping Centre.

When our journalist visited the complex on Monday 22 May 2023, she struggled to unlock her car. When she returned on 23 May 2023, there was a struggle to both lock and unlock. However, it should be mentioned that the journalist was vigilant of the situation and did not pick up any suspicious activity in the parking lot.

Criminals are usually the first to be blamed as they use remote jamming to gain access to a vehicle to either steal the vehicle or steal the valuables inside. However, the increase of this problem has led to suspicions that there might be another culprit and the fingers are being pointed towards the nearby towers surrounding the shopping complex.

Platinum Weekly reached out to a property owner of several houses near the closest tower. He said that he has never received any reports of car locking

problems from his tenants. Further investigations led us to another tower located behind the shopping complex. A source who prefers to remain anonymous confirmed that the tower right next to the shopping complex is not operational and went to the tower behind the complex to test this theory but managed to lock his vehicle without any problems.

While it is not clear whether the signal interruptions are caused by remote jammers or nearby towers, the complex management has installed remote jamming detectors which flicker and sound an alarm when they detect any signal interruptions. Complex management confirmed that although remote jamming is very rare, if any remote jamming activities are detected, their security is on high alert.

This has helped to deter some perpetrators, who often leave the complex when they realise that they have been detected.

While complex management is investigating to find the cause of the problem motorists can try a hack to overcome the problem. This involves placing the remote near the windscreen on the steering wheel's side and then pressing the button. Although it might take a few tries, it is the quickest way to overcome the issue.



Always make sure your car is locked before leaving.



If your car doesn't want to lock, try placing the remote near the windscreen on the steering wheel's side and then pressing the lock button.

Church robbed and damaged

Rustenburg - Suspects broke into a business on the R24 in the early hours of Saturday morning 20 May 2023. As the business owners waited for the security company to arrive, they noticed a suspicious bakkie standing next to the road. When the individuals in the bakkie realised that they had been spotted, they quickly fled the scene.

Upon arrival the security company conducted a perimeter check and found a number of chairs which they suspected had been stolen. It was later discovered that the chairs, along with other items, were stolen from the Reformed Church on the R24. To gain access to the church, the suspects had forced open and damaged the church's two large wooden doors. Most of the items were carried outside, presumably to be loaded onto the bakkie. Aside from the doors, the criminals also caused damage to the fans in the church, and a 20kg bag of sugar got wet and had to be replaced. According to the church's administrative officer, an urn was also damaged after the criminals placed a 5-litre container of

pine gel inside the urn, causing the pine to leak into the appliance. Unfortunately, the suspects managed to get away with two kettles and a microwave, along with linen, food, and cleaning supplies. Rustenburg police spokesperson sergeant Ofentse Mokgadi confirmed that a case of business burglary has been opened and is being investigated. The church now must pay for all the damages caused, along with the items which need to be replaced. If you can assist, please contact the church on 084 208 7445.

Alternatively, you can support their *Afrikaans is Mooi* fundraiser on Saturday 27 May 2023 at the church's premises, where a variety of foods such as jaffels, pancakes, pap and *kaiings*, and freshly baked treats, will be up for sale. It's disheartening when criminals take advantage of the vulnerability of a church. The Reformed Church plays an important role in the community, and such incidents can have a negative impact on its operations. It's crucial for the community to come together and support the church in its efforts to recover from this unfortunate event.



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R50 CITRUS COMBO

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1 x Orange Thriftpack 1 kg,
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2 FOR R50

Strawberry Punnets 250 g



2 FOR R50

Avolands Ripe 'n Ready Avocados 2s



3 FOR R50



2 FOR R50

Kiwifruit Punnets or Naartjie Trays



2 FOR R50



2 FOR R50



2 FOR R50



ANY 2 FOR R50

Food Lover's Butternut, Minestrone or Hearty Vegetable Soup Mixes 600 g



2 FOR R50

Blueberry Punnets 125 g



R50 SALAD COMBO

1 x Lettuce Prepack,
1 x Avocado,
1 x Tomato Thriftpack 1 kg,
1 x English Cucumber



3 FOR R50



R50 EACH

Food Lover's Creamy Butternut Bake 1 kg or Food Lover's Creamy Potato Bake 900 g



2 FOR R50

Fuji, Kanzi, Mahana Red, Granny Smith, Braeburn or Cripps Pink Apple Econopacks 1.5 kg



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1 x Baby Marrow Prepack 400 g,
1 x Potjie Potato Thriftpack 1 kg,
1 x Yellow Patty Pan Prepack,
1 x Green Bean Thriftpack 600 g



R50 COMBO

1 x Potato Bag 3 kg,
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R50 COMBO

1 x Sweetcorn Prepack 4s,
1 x Potjie Potato Thriftpack 1 kg

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Pork Sausages 600 g

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Namibian Style Salami 300 g

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Späth Cheese Grillers 350 g

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R50

Fairview Feta Assorted 100 g

BIG DEAL
4 FOR
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La Belinda Chopped or Peeled Tomato Cans 400 g

BIG DEAL
5 FOR
R50

Jungle Energy Bars Assorted 40 g

R50
EACH

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

BIG DEAL
3 FOR
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Beacon Jelly Tots Assorted 100 g

BIG DEAL
4 FOR
R50

Koo Baked Beans in Tomato Sauce 410 g

ANY 2 FOR
R50

Nestlé Condensed Milk 385 g (Incl. Gold Cross)

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Pepsi Max 2 L

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Mrs. Ball's Chutney Assorted 470 g

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Iwisa Super Maize Meal or Super Sun Super Maize Meal 2.5 kg

2 FOR
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Handy Andy Cleaning Cream Assorted 750 ml

3 FOR
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Food Lover's Dishwashing Liquid 750 ml

BAKERY

R50 COMBO

1 x Milk Tart & 1 x Malva Pudding

FROZEN

R50 EACH

Penny Lane Frozen Cut Corn Kernels or Garden Peas 1 kg

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Food Lover's Baby Hake 800 g or Whole Sardines 1 kg

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12-Piece Sushi Platter

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Chris 082 343 2419 | Willem 067 755 9473

SAVF

The Rustenburg SAVF needs assistance in searching for the biological parents of the 1y/o female child with a surname Motumi. Urgently contact the social worker Thanky Motsapi on the following contact details: Email address: rustenburg.mwk1@savf.co.za Telephone: 014 592 8568 or Cellphone: 071 192 5739.

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North West Gambling Board

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

APPLICATION FOR CERTIFICATE OF SUITABILITY IN TERMS OF SECTION 78 OF THE NORTH WEST GAMBLING ACT 2001, (ACT NO.2 OF 2001), AS AMENDED.

Notice is hereby given in terms of the provisions of section 29 of the North West Gambling Act, 2001 (Act No. 2 of 2001), as amended (“the Act”), that the North West Gambling Board (“the Board”) received an application for a Certificate of Suitability from Sun International Management Limited a company contracted to provide Management and Technical Services to Sun International (South Africa) Limited.

In terms of the provisions of section 78 of the North West Gambling Act, 2001 (Act No. 2 of 2001), as amended, the Board should conduct probity investigations to determine the suitability of third parties.

Sun International Management Limited is registered in terms of the Companies Act 71 of 2008, bearing registration number: 1977/071333/06. The registered business address is no. 06 Sandown Valley Crescent, Sandton, 2146.

This notice seeks to invite and afford interested persons an opportunity to view the application which will be lying open for public inspection and to lodge their written representations in relation thereto, if any, with the North West Gambling Board, at 4059 Joules Street, Industrial Site, Mahikeng, **between 08h30 – 16h30, for a period of one (1) month, commencing on 01 May 2023 until 31 May 2023.**

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

a) The name of the objector;

b) The grounds on which representations are made;

c) The name, address, telephone, and facsimile numbers of the person submitting representations; and

d) Whether or not the person making representations wish to make an oral presentation at the hearing of the application.

Written objections should be lodged with the **Acting Chief Executive Officer, Mr. Simon Mogapi** by facsimile, email, hand delivery or post: Facsimile **(018) 384 2290**, Email: **ceo@nwgb.co.za**, Hand delivery or post, **North West Gambling Board, No. 4059 Joules Street, Industrial Site, Mahikeng/Private Bag X34, Mmabatho, 2735 between 08h30-16h30, during the period 01 May 2023 until 31 May 2023.**

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SANBS

Department of Health warns public of rising cholera cases

SA - The Department of Health would like to urge the public to take extra precautionary measures and maintain proper hand-hygiene as the country is experiencing an outbreak of diarrhoeal disease or gastrointestinal infection, along with a rising number of laboratory-confirmed cases of cholera.

The department has been informed of cases of people presenting with gastrointestinal symptoms in Hammanskraal, north of Pretoria, and this has led to over 50 people receiving medical care at Jubilee Hospital. Unfortunately, there have been cholera patients who have lost their lives.

Diarrhoeal disease is a common and often highly infectious condition that affects the stomach and intestines. It is a leading cause of child mortality and morbidity in the world, and mostly spreads by contact with an infected person or through contaminated food and drinking water sources. Individuals generally become ill 12-48 hours after exposure. Some of the common symptoms include diarrhoea, cramps, nausea, vomiting and low-grade fever. Meanwhile, the department can also confirm that the cumulative number of positive cholera cases

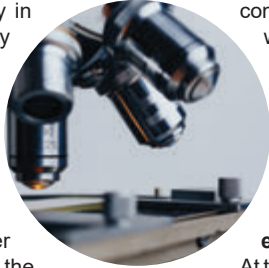
has increased to 22, following the detection of four more cases in Gauteng, and seven cases in Vredefort and Parys areas in the Free State Province.

Members of the public are urged to avoid known or suspected contaminated food, water and surfaces, and wash hands thoroughly with soap before handling food or after using the bathroom to prevent possible infection. Never drink water from unsafe sources such as rivers, dams, streams, unless boiled or disinfected first.

The provincial and district outbreak response teams in both provinces have been dispatched to the affected communities to further investigate the source of the outbreaks, and to intensify health education and promotion to empower the community members with knowledge. The department will keep the country informed of the developments and findings of the investigations.

Department of Health, press release extract, 20 May 2023.

At the time of going to print, Water and Sanitation Deputy Minister David Mahlobo confirmed that 15 people have died due to the cholera outbreak. *Platinum Weekly* extends its condolences to the families.



NOTICE IN TERMS OF SECTION 79(18)(B) OF THE LOCAL GOVERNMENT ORDINANCE NO. 17 OF 1939, AS WELL AS SECTION 14 OF THE LOCAL GOVERNMENT MUNICIPAL FINANCE MANAGEMENT ACT (ACT 56 OF 2003), READ WITH THE PROVISIONS OF SECTION 21 AND 21A OF THE MUNICIPAL SYSTEMS ACT, ACT 32 OF 2000.

It is the intension of the Rustenburg Local Municipality to avail Anysberg Avenue Cashan Extension 28 to be incorporated in the development of the adjacent Erf 2134 Cashan Extension 28; subject to compliance with all applicable statutory provisions.

Kindly be informed that the Municipal Council of the Rustenburg Local Municipality resolved on the 24 November 2020 per Item 249 as follows:

1. That the application for the street closure and alienation of Anysberg Avenue as located in Cashan Extension 34 be approved. That in line with Section 14(2) of the MFMA, Council declares that the asset is not to provide a minimum level of basic municipal services.

2. That in line with Section 14(2) of the MFMA that Council has considered the fair market value to be received on exchange of the asset to be R521,00 p/m².

3. That the Applicant shall pay the costs of survey, rezoning and registration of the property. That the Applicant shall pay the costs of survey, rezoning and registration of the property.

The Local community and other interested persons are invited to submit their comments, representations or objections in respect of the proposed development, must do so in writing to the Municipal Manager Box 16, Rustenburg, 0300, to reach him on or before 7 June 2023.

Any person who cannot read or write or who requires assistance to understand this notice or any document referred to herein or to make any written comments or representation & may attend, during office hours, the office of the Director: Planning & Human Settlement, office 302, 3rd floor, Missionary Mpheni House, Cnr Nelson Mandela and Beyers Naude Roads, Rustenburg for assistance in transcribing their comments or representations.

Further enquiries regarding this notice may be directed to Ms Ronette Barnard at (014) 590-3084 or via email at rbarnard@rustenburg.gov.za

Acting Municipal Manager: R. Mosiane
Notice Number: 30/2023

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Stakeholders at the launch of the North West Province Beekeepers Association.

North West launches provincial beekeeping association

Rustenburg - In its quest to accelerate the growth and development of beekeepers in the province, the MEC for Agriculture and Rural Development in the North West Desbo Mohono officially launched the North West Province Beekeepers Association (NWPBA) on Friday, 19 May 2023 during the Provincial World Bee Day celebration event held in Luka Village near Rustenburg. Themed: "BEE ENGAGED: Celebrating the diversity of bees and beekeeping systems", this year's event was aimed at heightening awareness about the influence of the bee economy and to enhance the participation of rural women and young people in the apiculture sector. The launched association which is represented in the South African Beekeepers Industry Organisation and the Honey Judges and Guild of South Africa as adjudicating team (HJT), is expected to also tackle challenges such as market access that are faced within in the apiculture sector. The team led by Chairperson Kenalemang Mooketsi and Secretary Nkwe Metswamere have assumed their duties and are dedicated to elevating the provision of resources, training of their members and offer support. "We aim to encourage the improvement and advancement of apiculture within North West by promoting the exchange of ideas between members, the public and other institutions as well as endorse and safeguard the interests of apiarists in general by ensuring that honey, hives and other derivatives comply with standards established by government" said Kenalemang.

During her address, MEC Desbo Mohono said government is ready to assist aspirant beekeepers as there is an abundance of opportunities within the sector. "Training of beekeepers will be prioritised and intensified. We will also continue to robustly market and position beekeeping in the province as a poverty reducing tool. Just as we are committed to improving the fortunes of beekeepers and to advancing shared prosperity for all, so too is our commitment to achieving a large pool of real beekeepers in the entire province," said MEC Mohono. Proceedings of the day were also marked by a visit to Thehe Secondary School, where an awareness drive was executed. Learners were educated on the importance of bees, their role in the agricultural ecosystem and monetary value. Grade twelve learner Ditiro Selemela expressed excitement about the information they received: "We appreciate that the department saw it fit to open our imagination to the world of bees and how we can start sustainable businesses from them

Department of Agriculture and Rural Development, press release extracts, Tuesday, 23 May 2023.

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IMPALA RUSTENBURG SPONSORS 30 NEW BURSARIES!

Rustenburg - Impala Rustenburg has announced its ongoing commitment to Tapologo by supporting the Tapologo home-based care training programme for another year. Impala Rustenburg will cover the costs of 30 bursaries, including essential items such as home-based care medical kits, uniforms, travel, and other expenses. This commitment follows last year's successful partnership, which saw Impala invest in the Tapologo Training Institute upgrade as well as fund bursaries for students to participate in the NQF Level 3 qualification in home-based care. As a result of the 2022 bursary initiative, 28 students completed the course and will be writing the Quality Council for Trades and Occupations (QCTO) examinations later this year. Mark Munroe, chief executive at Impala Rustenburg said: "Congratulations to the class of 2022 on completing their training. These young carers will become role models to the class of 2023, who are embarking on their journey to become home-based caregivers. Once they pass their QCTO exams, they will provide an invaluable service to the communities they serve. We are proud to partner with Tapologo to improve the health and well-being of our mine communities." The Tapologo training programme has already had a positive impact on the lives of many of the students. Tebogo Mokgoatheng, a class of 2022 student, expressed her gratitude, saying: "The bursary has been a permit to a successful journey in my nursing career. This has brought joy to me and to my family. Now that I am able to showcase my humanity through home-based care, I am a happy student, and I am glad that my future is taking a positive direction." Tapologo is a non-profit organisation in Rustenburg's Phokeng region, which provides home-based care to people in the Bojanala district who have chronic or life-threatening illnesses. The organisation also has outreach centres in Freedom Park, Chaneng and Boitekong, where orphaned and vulnerable children can receive assistance. Impala Rustenburg has partnered with Tapologo since its inception and, over the past two decades, has worked with the team to provide support and funding to many of Tapologo's initiatives, furthering Impala's purpose of creating a better future. **Impala Rustenburg, press release extract, May 2023.**

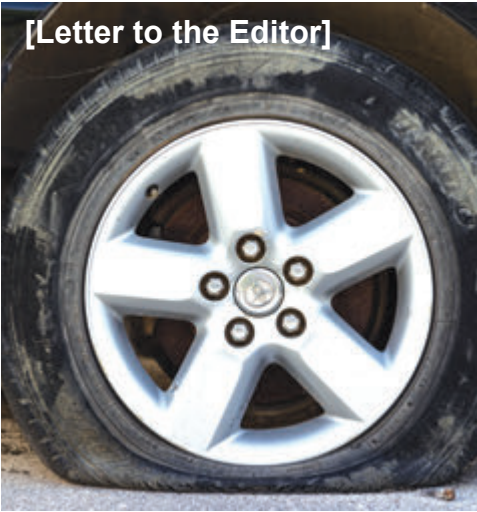


Impala Rustenburg continues to support Tapologo in 2023, funding bursaries for 30 new students to complete the Tapologo home-based care training programme.



Students from the class of 2022 pictured with Mark Munroe, chief executive at Impala Rustenburg.

HAS CRIME ROBBED US OF OUR HUMANITY?



[Letter to the Editor]

Rustenburg - Some weeks ago, I was driving from Potchefstroom to Rustenburg. It was already dusk, and the road was relatively busy. On route, I passed by at least six stranded motorists. Amongst the stranded was a family; the father had a petrol can in hand, and it seemed like he was hoping for someone to help them. I was moved by the father's desperate expression, and a part of me really wanted to help. But because we live in dangerous times where trickery is always afoot, one can never be certain of anyone's true intentions. As much as I wanted to help, I was also worried about being caught in a ploy. After arriving at my destination, guilt quickly washed over me as I realised that the fear of being robbed or harmed had made me lose my humanity. It's not just about offering help to stranded motorists; this fear has crept into our daily lives, making us more cautious and less trusting of people. Our reluctance to reach out a helping hand has also created a sense of isolation; we have less contact with our fellow man, and hardly know our neighbours as we are always on alert and suspicious. We really need to build a community where people look out for each other and lend support when needed. This doesn't mean that we should be naive or reckless, but we need to find a balance between being cautious and being human. **#KeepItReal**

Thank you Brits and JST hospitals!



Staff members at JST have been applauded for going beyond the call of duty.

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PLH GROUP urgently require the following in the KOSH area. The ideal candidate is a male (age between 25 and 50).
REQUIREMENTS:

- 2 years working experience necessary
- Must have the relevant trade certificate and traceable references
- Must be able to read drawings and sketches
- No criminal record
- Previous workshop experience necessary
- Medically fit
- Maintain consistent high quality of work performance
- Sober habits

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PLH GROUP urgently require the following in the KOSH area. The ideal candidate is a male (age between 30 and 50).
REQUIREMENTS:

- 2 years working experience
- Ability to read drawings an advantage
- Must have the relevant traceable references
- No criminal record
- Previous experience an advantage
- Medically fit
- Maintain consistent high quality of work performance
- Sober habits

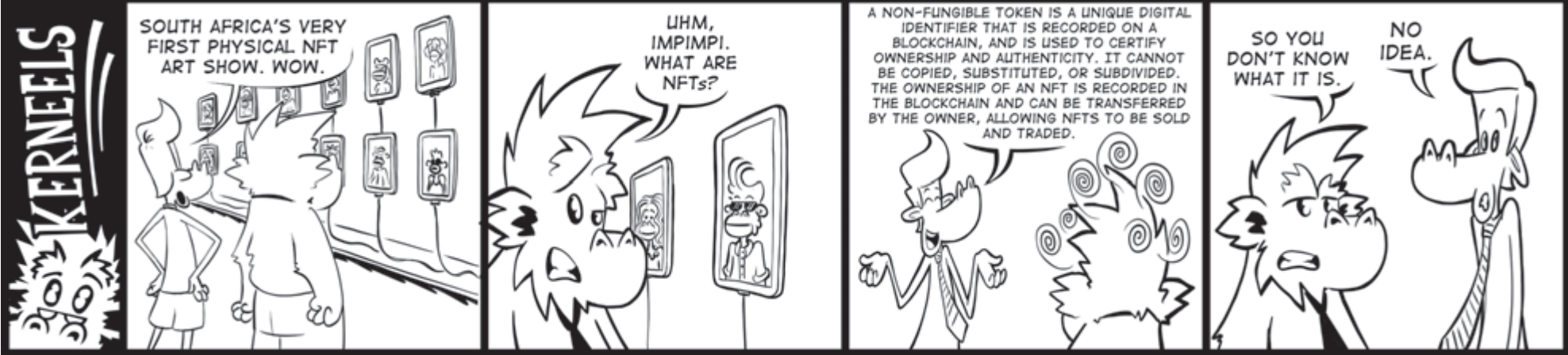
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[Letter to the Editor]

Brits – I would like to thank staff at Brits and Job Shimankana Tabane (JST) hospitals for helping my child and going beyond the call of duty during a very difficult moment in my life. A lot of people say negative things about government-run hospitals, but what they don't understand is that the nurses and doctors deal with a lot of cases, and this requires us, as community members, to be patient. On 1 May 2023 we went to Brits Hospital after our daughter complained of feeling dizzy. We were referred to JST Hospital when doctors discovered that she had an infection, and we are thankful that we were assisted with respect and empathy. Throughout the scans and other procedures carried out, the staff members were very helpful and comforted us during a very rough and difficult time. The doctor that was on duty, I believe his name is Dr Motshekoa, went out of his way to help us and made sure to calm and reassure us. A big thank you for everything. **Terrence Steyn, Brits**



Forum prioritises ECD

Rustenburg - The Rustenburg Young Child Forum hosted its first meeting on Wednesday 17 May 2023 at the Rustenburg Public Library. The forum is an initiative of the Early Care Foundation in collaboration with the Do More Foundation. The foundations currently support seven Early Childhood Development centres (ECDs) along with six day-mothers in various locations in Rustenburg.

The forum aims to facilitate meetings and presentations on topics such as child safety, healthy menus, ECD registration requirements, and the shift in function from the Department of Social Development to the Department of Basic Education. Additionally, the forum seeks to improve teaching and learning in ECD centres through the advocacy of play, empowerment of ECD owners through business mentorship, and by creating a collective voice within the Rustenburg community which highlights the learning issues young children often face, and how to collectively address such issues.

The attendees of the first meeting included educators in early childhood development, community members, and social workers. Educators shared their challenges and goals, and together, the attendees discussed the vision and mission of the forum. They also discussed the function of the forum and how it can serve as a platform for sharing information and resources amongst ECD centres, day-mothers, and other stakeholders.

The next forum meeting is set for 7 June 2023, with the venue to be confirmed. The forum is an excellent opportunity for stakeholders in Rustenburg to collaborate and address the challenges which young children face in the community. With the support of organisations like the Early Care Foundation and the Do More Foundation, the forum can make a significant impact on the lives of young children and their families in Rustenburg.

For more information contact Early Care Foundation facilitator Julia Shoke on 073 583 0363.



Early Care Foundation facilitator Julia Shoke (left) and Do More Foundation ECD programmes manager Kabelo Dambuzza led the meeting.

Strong-willed nurses defy the odds

Rustenburg – The North West Department of Health has praised nurses at Job Shimankana Tabane Hospital (JST) for rising beyond the challenges they face while administering their duties. In an interview with *Platinum Weekly* on Thursday 18 May 2023, North West Department of Health spokesperson Tebogo Lekgethwane revealed that the hospital does not have enough nurses to cater for the entire needs of the community.

“The shortage of nurses for the growing population still remains an enormous challenge, especially with the limited space and dilapidated structure challenges,” Lekgethwane said. “JST Hospital nurses have performed to the best of their abilities since Covid-19 difficulties, and constraint which the pandemic had placed on resources,” he added. On 10 May, a Nurses’ Day celebration was held at the hospital as an initiative to recognise the important role played by nurses in the health sector. “The sole purpose of the event was to thank nurses for their hard work and dedication to health service delivery and to commemorate the 12 May birth of Florence Nightingale, the founder of modern nursing,” said Lekgethwane. “Retired nurses, pastors, and motivational speakers were invited together with other community members,” he added.



JST celebrated its diligent nurses.



During the WOF recruitment drive potential candidates undertook a 2,4km race amongst other fitness tests.

Working on Fire North West implements its mandate of creating job opportunities

Rustenburg - Working on Fire (WOF) continues to be a beacon of hope for South African youth living in disadvantaged communities. With the unkind economic climate, WOF creates job opportunities for the youth and arms them with specialised skills.

The WOF programme in the North West continues to implement its mandate of creating job opportunities and making a difference in the lives of young men and women from disadvantaged communities across the country.

The WOF recruitment drive took place at the Kgaswane Mountain Reserve on Thursday 18 May 2023 with the aim of strengthening existing ground operation teams. With teams at full strength, they can be well-prepared and ready to assist partners and stakeholders in conducting WOF’s much sought-after Integrated Fire Management Service.

A number of unemployed youths were given the opportunity to be employed at the recruitment drive, undergoing the WOF standard selection fitness test. On Friday 26 May 2023 a total of 10 previously unemployed youth will be announced as the selected candidates who will undergo advanced Veld and Forest Firefighting training at the Kishugu Training Academy in Nelspruit.

Needs of road users with disabilities take focus



The Department of Community Safety and Transport Management aligned with stakeholders and refurbished parking bays for persons with disabilities at the Brits CBD.

Brits - The Department of Community Safety and Transport Management in partnership with the Madibeng Local Municipality and other stakeholders have directed efforts toward creating awareness regarding persons with disabilities and the challenges they face as road users. Accessing public places especially as pedestrians, passengers, or motorists can be challenging for persons with disabilities and must be extra cautious when using the roads. In celebration of Global Road Safety Week, which is observed every other year, the Department aligned with stakeholders and refurbished parking bays for persons with disabilities at the Brits central business district (CBD) in Madibeng Municipality. This will make it easier to identify and access transport, social services, healthcare, and other services. The Bojanala District Department director, Mr Siphon Maduma, says highlighting the plight of the vulnerable people in society is part of road safety education which is aimed at influencing road user behaviour. “Many people don’t understand the kind of challenges that one faces when for instance a person’s mobility, eyesight, and speech is limited. For instance, people tend to use designated parking bays that are not meant for them, this adds on to the existing challenges that a person with a disability already has. Through this campaign we have lobbied our social partners to raise awareness and educate people on being more mindful of others when using and accessing roads. This initiative, we believe will ultimately have a huge impact on reducing road accidents and fatalities,” said Mr Maduma. 45-year-old Veronica Baloyi who is a paraplegic and has been driving for most of her life. She says the most challenging thing about her experience on the road is the lack of adherence to road rules by other motorists and believes that this intervention will go a long way in ensuring compliance with the law. “The CBD often gets busy, and parking becomes limited. As a motorist with a disability, I struggle to reach designated parking bays as most people would claim that they don’t see the signs. I believe repainting will change that and that people will think twice before taking designated spots. We are being provided a platform to express our concerns and most importantly have them addressed as they are today,” Ms Baloyi said. **Department of Community Safety and Transport Management, press release extracts, 20 May 2023.**

A day of festivities

Rustenburg - The Rustenburg Methodist Church is gearing up to celebrate Christmas in July on Saturday 29 July 2023. This is a unique opportunity for the community to come together and enjoy a day of fun-filled activities and entertainment. The line-up for the event is packed with various demonstrations which include karate, judo, the police K9 unit, and line dancing. These demonstrations promise to be a thrilling experience for everyone, especially for those interested in martial arts and police work. Additionally, local nursery schools and the Bergsig Choir will be performing songs, adding to the festive

atmosphere of the day. The Pom-Poms, who are always a treat to watch, will also be performing a routine that is sure to delight the crowd. For the kids, there will be plenty of games and activities to keep them entertained throughout the day. This is a great opportunity for families to spend quality time together, and for parents to relax and enjoy the festivities. Car and bike enthusiasts can also look forward to a vintage car and motorcycle show. Food stalls will be available, offering a variety of delicious treats to satisfy everyone’s taste buds. The highlight of the day will be Pieter Naude and Riaan Rust who will take to the stage and entertain the crowd. With a packed line-up of activities and entertainment, there will be something for everyone to enjoy! The event will take place at the Rustenburg Methodist Church grounds at 8 Schuurman Street, and gates will open at 08:00. For more information contact Zelda Vermeulen on 083 653 3309.

Have your say / Sê jou sê

Are you afraid of the dark?

While a fear of the dark is common amongst children, there are many adults who are also afraid of the dark. Do you become anxious when the lights go out, and if so, why?



No. I don't get anxious when it's dark because I believe that what you don't see won't see you either!
Simon Thobane



Yes. I get anxious in the dark. Not because I fear the dark, but because of the high crime rate in South Africa. And loadshedding isn't getting better anytime soon.
Adele van den Berg

PUBLIC POLL: THE RESULTS ARE IN!

Are you afraid of the dark?

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

POLL

Do you believe in finders’ keepers?

The phrase ‘finders’ keepers’ relates to the belief that whoever finds something is entitled to keep it instead of attempting to return it to its owner. Do you believe that it’s okay to keep something you found/ picked up?

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 29 May 2023.

- Yes, I believe in finders’ keepers.
- No, I don’t believe in finders’ keepers.
- 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.**

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A good mixture of terrain makes the Fedhealth Magalies Monster MTB Classic one of the best cycling challenges in Gauteng and the North West Province. Photo credit: Tobias Ginsberg.



The Fedhealth Magalies Monster MTB Classic routes have become popular over the years. Photo credit: Tobias Ginsberg.

A rewarding experience

Rustenburg – Saturday 3 June 2023 will be a day to remember for mountain biking enthusiasts who will take part in the Fedhealth Magalies Monster MTB Classic. Routes of this popular contest will be challenging and rewarding for those who will be at ATKV Buffelspoort to take part. There are four fantastic distances to choose from: a full marathon (+65km), half marathon (+33km), fun ride (+15km) and kids' event (2.5km), make it the ideal outdoor activity for families.

Said Michael Meyer, managing director of Stillwater Sports: "Featuring a good mixture of terrain, this is one of the most beautiful MTB routes in and around Gauteng and the North West Province. Riders will get to enjoy gravel roads, jeep track, rocky single track, technical climbs, and descents. About 20km of the total route will be on farming jeep tracks in and around citrus, blue berry, and cherry orchards. These sections are fast and non-technical. The most iconic section of this route, the 'Monster Climb', is on the Maanhaarrand pass road going

all the way up to the highest point on Breedsnek at 1,765m above sea level. You need to be an experienced and fit mountain biker to enjoy this route. It's not recommended as your first mountain bike race, also do not compare this route to other events of a similar distances. Ride within your own technical ability and rather get off your bike if you do not feel comfortable going down or up technical sections. Remember to give way to passing riders," Meyer added. **For more information visit www.stillwatersports.com or email entries@stillwatersports.com.**

Top of the table clash

Rustenburg – Impala Rugby Club's first team will face Matlosana on Saturday 27 May 2023 in a top of the table Leopards Rugby League encounter. Both Impala and Matlosana remain unbeaten after four matches. Impala tops the table with 20 points while Matlosana are second on 18 and this match will therefore pit two of the best teams in the league at the moment. A lot will be at stake for both teams. Impala will be eager to maintain pole position on the log while Matlosana will have to be at their best to get the better of a team that has

been in great form—especially when playing in front of their home supporters. Impala Rugby Club manager Trevor Visser admitted the match against Matlosana would be a massive test for his charges. He said the team's recent victory against Potchefstroom on 20 May has given them the belief that they can go past any opponent this season. "Our first team won by a 43-38 margin, and we are happy with another away from home. All the players are in good shape, and we don't have any injury concerns," Visser said.



Impala Rugby Club are out to maintain their winning streak.

Protea Atletiekklub se landlopers presteer puik



AJ Reyneke - Mans 23



Kelello Phokoje - Dogters 16



Tania Marais - Dogters 17

Rustenburg - Die tweede Noordwes Noord Provinsiale landlooptiga het op Saterdag 20 Mei 2023, by Brauhaus Afrika plaasgevind. Atlete van Protea Atletiekklub en oefengroep, het besonders goed presteer. Dertig van die klub se atlete het onder die top drie atlete in hulle onderskeie kategorieë geëindig! Van hierdie dertig atlete, het 18 atlete eersteplekke behaal. Die volgende atlete behaal podium prestasies:

Eersteplekke

- Francois Visser - Veterane Mans 40
- Charles Rall - Veterane Mans 70
- Karon Murley - Veterane Dames 50
- Motlatsi Keikabile - Veterane Dames 70
- Lelanie jansse van Vuuren - Dames 23
- A.J. Reyneke - Mans 23
- Luan Marais - Seuns 17
- Abby Havenga - Dogters 17
- Léan Scholtz - Seuns 16
- Kelello Phokoje - Dogters 16
- Chanté Kruger - Dogters 15
- Scott Williamson - Seuns 15
- Nathan Havenga - Seuns 14
- Marnus Pienaar - Seuns 13
- Kefilwe Kgosiemang - Dogters 12
- Pheno Kgatiswe - Seuns 12
- Mikita Pienaar - Dogters 10
- Entle Rathobotha - Dogters 9

Tweedeplekke

- Florence Bruwer - Veterane Dames 40
- Alexa Jansen van Rensburg - Dogters 16
- Tania Marais - Dogters 17
- Emma Petkou - Dogters 10
- Omogolo Nguenha - Dogters 12
- Gavin Williamson - Veterane Mans 40
- Willem Odendaal - Veterane Mans 45
- Duan Pretorius - Seuns 8
- Emilio Esteves - Seuns 14
- Irish Mokonyane - Seuns 16
- Ryan Mitchell - Seuns 17
- Christian Kruger - Seuns 10

Die meeste van die Hoërskoolatlete is verbonde aan Bergsig Akademie. Die volgende atlete is verbonde aan ander skole:

- Ryan Mitchell - Hoërskool Rustenburg
- Chanté Kruger - Hoërskool Rustenburg
- Duan Pretorius – Laerskool Vastrap Rustenburg
- Marnus Pienaar - Laerskool Rustenburg
- Mikita Pienaar - Laerskool Rustenburg
- Entle Rathobotha - Rustenburg Noord
- Pheno Kgatiswe – Rustenburg Noord
- Emma Petkou - Rustenburg Noord
- Kefilwe Kgosiemang - Rustenburg Noord
- Omogolo Nguenha - Rustenburg Noord
- Christian Kruger - Laerskool Proteapark



Stern test for Rustenburg Ladies

Rustenburg – Rustenburg Ladies will face an uphill task when they face log leaders and title favourites Royal Queens on Saturday 27 May 2023. The two teams will square up against each other at Lebone II sportsgrounds from 15:00 in the major drawcard of the Sasol North West Stream B league fixtures. Royal Queens are on 9 points after managing to win all of their three matches while Rustenburg Ladies have managed 6 points in as many matches. Last season, Royal Queens managed to win the league title with Rustenburg Ladies finishing second and the upcoming match will therefore pit two of the league's strongest teams against each other. A victory for Royal Queens will enable them to retain top spot on the log. However, the Rustenburg Ladies team has demonstrated that it is a strong competitor.

Ruggas!

Currie Cup 2023

Uitslae:

- Lions 32-33 Blue Bulls
- Griffons 21-47 Griekwas
- Sharks XV 35-23 Cheetahs XV
- WP 22-14 Pumas

Bepalings:

Vrydag 26 Mei

- Griffons 15:00 Sharks XV
- WP 17:05 Lions

Saterdag 27 Mei

- Cheetahs XV 13:30 Griekwas

United Rugby Championship

Bepalings:

Saterdag 27 Mei

- Stormers 18:30 Munster

Die Stormers pak Munster in die URC finale op 'n volhuis Kaapstad Stadion. Die Stormers gaan beslis hulle lywe op die spel plaas om hulle titel te verdedig.

Beide spanne het bekend gemaak dat hulle op volle sterkte gaan uitdraf en 'n reuse stryd word verwag. Die twee spanne weeg baie goed teen mekaar op met die lere wat die Kapenaars onlangs naelskraap geklop het. Go Stormers!!!!

Heineken Champions Cup

Uitslae:

- Leinster 26-27 La Rochelle

Die Franse klub, La Rochelle klop die lere, Leinster, vir die tweede agtereenvolgende jaar om hulle Heineken Beker te behou.

Leinster het 'n droom begin gehad en druk hulle eerste drie in 41 sekondes van die afskop af. Na elf minute was die telling 17-0. Die voorspelers van La Rochelle het in die laaste 20-minute goeie balbesit gewen, en die twee Franse senters gaan elk oor vir twee puik drieë met die halftyd telling dan 23-14.

La Rochelle het 'n baie goeie tweede helfte beleef en het as waardige wenners uit die stryd getree.

Die Franse spog nou met die Championship Cup, en die Heineken Cup wat getuig dat die Franse verseker een van die Groot Vier gaan wees in die Wêreldbeker in November.

Super Rugby Pacific 2023

Uitslae:

- Force 34-19 Brumbies
- Waratahs 32-18 Fijian Drua
- Chiefs 23-12 Hurricanes
- Highlanders 20-17 Rebels
- Reds 26-45 Blues
- Moana Pasifika 7-41 Crusaders

Bepalings:

Vrydag 26 Mei

- Highlanders 09:05 Reds
- Rebels 11:35 Force

Saterdag 27 Mei

- Fijian Drua 04:05 Moana Pasifika
- Crusaders 06:35 Waratahs
- Blues 09:05 Hurricanes
- Brumbies 11:35 Chiefs

Nag ou grote.....

Hoe spel mens wenners?



Laerskool Elandskraal se Graad 5's wat aan die kompetisie deelgeneem het, saam met onderwyser Bianca Moolman.

Rustenburg - Laerskool Elandskraal se Engelse departement het hul interne 'Spelling Bee' kompetisie op Woensdag 17 Mei 2023 gehou. Die leerders het omtrent beïndruk met hul spelvernuf en senuwees van staal! Geluk aan elke deelnemer, asook die graadwenners, wat elk die gesogte 'Spelling Bee Champion' wisseltrofee ontvang het: **Graadwenners:** • Graad 4: Nova Schutte • Graad 6: Vian Schoeman • Graad 5: Kaboentle Motale • Graad 7: Suhané Kapp

Chiefs urge supporters to be patient



SA – The curtain has come down on the 2022/23 Premier Soccer League (PSL) title chase and Kaizer Chiefs are urging their supporters to be patient as they come to terms with another disappointing season. On Saturday 20 May, Chiefs ended their season with another 1-0 defeat, this time at the hands of Cape Town City. Chiefs fans—who vented their frustrations by throwing objects at Chiefs coach Arthur Zwane after the team's 1-0 loss to SuperSport United—were once again disappointed with their team's performance in the final match of the season. However, in a sport that often sees coaches being changed left, right, and centre because of poor results, Chiefs are sticking to their guns—at least for now. Prior to the match against City, there were rumours that Zwane would be given leave and would not be at the FNB Stadium for the final match. However, the club—which has given Zwane a vote of confidence to remain at the helm—has pleaded with its supporters to be patient. "We have been able to identify three plain-clothed supporters who threw the objects," said club spokesperson Vina Maphosa. "This behaviour is embarrassing because we pride ourselves on love and peace," added Maphosa. Chiefs will be hoping for a much better performance when they start preparing for next season. For now, however, like all of the other PSL clubs, they will take a brief but much needed off-season rest. Phew! What a season!



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PLATINUM WEEKLY

Mark your calendar!



Rustenburg - Platinum Raceway is ready to host a day filled with action-packed oval racing at the Rustenburg showgrounds on Saturday 27 May 2023. This event promises to be a thrilling experience for racing enthusiasts and spectators alike. The event will kick off at 08:00, with the first race scheduled to start at 18:00. The gates will be open all day, allowing visitors to explore the showgrounds and get revved up for the races. Entry fees are R60,00 per person and R40,00 for kids (aged five and over) and pensioners. Children under five enter for free, making it an affordable event for families. **For more information, contact Marietjie Bye on 081 258 8644 or Henri Venter on 083 452 9979.**



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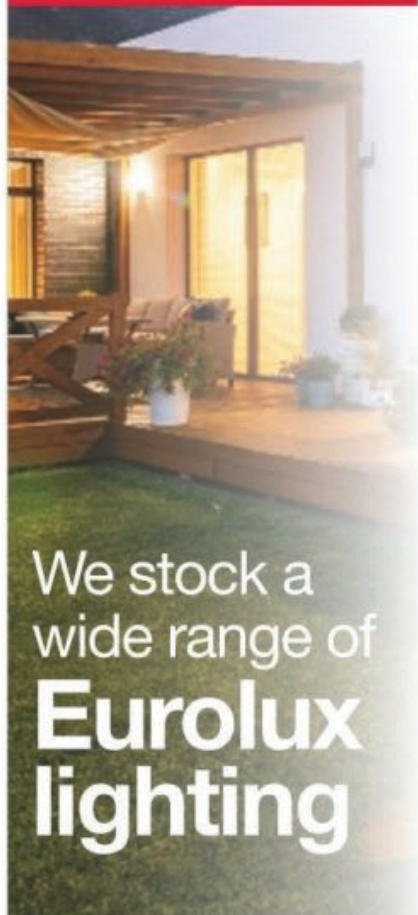


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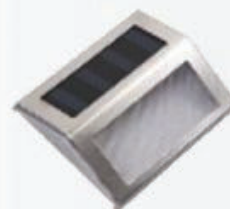
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SQUARE LED
CEILING LIGHT**
170mm
White, 4000K



89⁹⁹
each
**EUROLUX
SOLAR LED WALL/
STEP LIGHT**
Eco-Friendly, Light turns on
automatically when dark.



79⁹⁹
each
**EUROLUX
ROUND LED
CEILING LIGHT**
120mm
White, 4000K

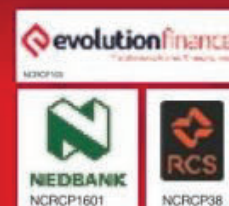


24⁹⁹
each
**BUILD IT
LED DOWNLIGHT**
5 watt
GU10, Cool White

**BUILD
on
CREDIT**

Yes we offer credit!
Apply in-store*

Build it and Build on Credit is not a registered credit provider in terms of the NCA.
Build on Credit is facilitated by these independent 3rd party credit providers.
*Subject to credit check approval. Available at selected stores only. T's & C's apply.



Electrical



Amp up your

electrical safety with a full range of quality switches, sockets, lights and plugs from Build it.



179⁹⁹ each
BUILD IT
EXTENSION CORD
10m x 10amp
SABS Approved
10m x 16amp **249⁹⁹** each



5⁵⁰ per m
GP WIRE
1.5mm x 1m
Red/ Black/ Blue/ Green/
Yellow, SABS Approved
2.5mm x 1m **7⁹⁹** per m



16⁹⁹ per m
CABTYRE
1.5mm x 3core, 1m
SABS Approved
2.5mm x 3core, 1m **26⁹⁹** per m



39⁹⁹ each
BUILD IT
ADAPTOR
2 x 16amp



49⁹⁹ each
BUILD IT
ADAPTOR
1 x 16amp / 2 x 5amp
3 pin Euro



319⁹⁹ each
BUILD IT
MULTIPLUG
10 way / 2.1A USB
Complete with Switch & Surge



249⁹⁹ each
GOLDAIR
ELECTRIC
UPRIGHT FAN
HEATER
230V, 50Hz, 2000w
2 heat settings, Pilot Light,
Adjustable thermostat,
Overheating protection

Gas supplies



PREMIUM
BLCK

LIVE INSPIRED

Manufactured
exclusively for
Build it



999⁹⁹ each
PREMIUM BLCK
2 PANEL
GAS HEATER

Red/ Black, Including Gas Hose &
Pre Fitted Swivel Regulator, Fits
7kg & Less Gas Cylinders.



139⁹⁹ each
CADAC
COOKER TOP
EAZI



39⁹⁹ each
ALVA
BUTANE GAS
CARTRIDGE
220g



199⁹⁹ each
ALVA
BULLNOSE
REGULATOR &
HOSE BLISTER
PACK
Includes regulator, hose
& 2 clamps. SANS 1237
& SANS 1156 Approved



5999⁰⁰ each
ALVA
SUPER 4 BURNER BBQ
600mm x 1370mm x 1171mm x
31.7kg

Integrated thermometer, Burner: 11 000 x 4 = 44
000 BTU, 3pc cast iron black enamel cooking grid,
Powder coated steel cylinder hook, Steel bottle
opener built into front of side panel, 2 wheels for
easy maneuverability, Bullnose regulator (5/8" BSP)
and hose included, 720mm x 440mm cooking area,
Works with 9kg cylinder (Not Included), 12 month
warranty

Can we help with great
service, range and advice?

Yes We Can! Build it

Doors & Windows



Aluminium -

Low maintenance,
lightweight
and strong

For features
and benefits
on our
Aluminium
Range
**SCAN
HERE**



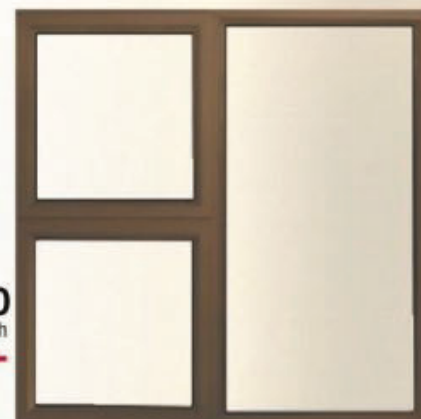
519⁹⁹
each

**KPT66 ALUMINIUM
WINDOW 28MM**
590mm x 590mm
Bronze / Silver,
SANS 613 Approved



989⁹⁹
each

**KPT129 ALUMINIUM
WINDOW 28MM**
890mm x 1190mm
Bronze / Silver, Left Or Right Top
Openers With Fixed Pane,
SANS 613 Approved



1389⁰⁰
each

**KPTT1212
ALUMINIUM
WINDOW 28MM**
1190mm x 1190mm
Bronze / Silver, 2 Left Or
Right Openers With Fixed
Pane, SANS 613 Approved



599⁹⁹
each

**KAYO
HARDWOOD FJ
DOOR FRAME**
42 x 86
No Sill
With Sill **699⁹⁹**
each



579⁹⁹
each

**KAYO
BERGSUN
HORIZONTAL
DOOR**
813mm x 2032mm



1869⁰⁰
each

**BUILD IT
7 PANEL DOOR**
813mm x 2032mm



1789⁰⁰
each

**KAYO
6 PANEL PINE
DOOR**
813mm x 2032mm
Undipped



429⁹⁹
each

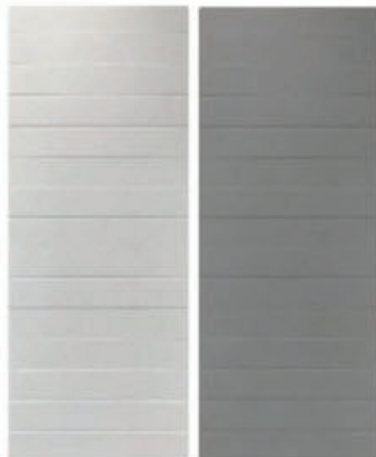
**KAYO
SAPELE PRINT
DOOR**
813mm x 2032mm



**1 YEAR
GUARANTEE**

1689⁰⁰
each

**KAYO
KALAHARI/ DANCER
CRAFT DOOR**
813mm x 2032mm
1 Year Guarantee



499⁹⁹
each

**KAYO
EMBOS
HORIZONTAL EURO
M INTERIOR DOOR**
813mm x 2032mm
White/ Grey



499⁹⁹
each

**KAYO
EBONY/ IVORY
DOOR**
813mm x 2032mm



2999⁰⁰
each

**KAYO
KNOTTY PINE K
BRACED BARN
DOOR**
967mm x 2134mm
With sliding hardware



Don't have transport?
Can we deliver for you? **Yes We Can!**

Ask in-store

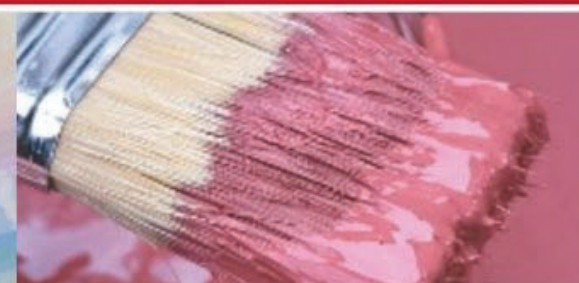
Decorative



Paint mixing

Let us mix your perfect colour.

Simply choose your colour or tint and we'll mix it for you while you wait.



899⁹⁹ each

PLASCON TRADEPRO ALL COVER
20lt
Selected colours. For walls & ceilings. High coverage matt, Washable for easy cleaning & Highly durable

799⁹⁹ each

PLASCON TRADEPRO BARRIERTEX
20lt
Selected colours

1209⁰⁰ each

PLASCON POLVIN
20lt
White, Smooth matt finish, Excellent interior & exterior durability, Low odour, Outstanding scrub ability, Superior hiding, Brilliant flawless white finish

5lt **399⁹⁹** each

669⁹⁹ each

PLASCON DAMPSEAL
5lt



319⁹⁹ each

VIVA INTERIOR & EXTERIOR PVA
20lt
White/ Cream



949⁹⁹ each

BUILD IT ACRYLIC ROOF PAINT
20lt
Selected colours excluding green, Alkali Resistant for Exterior Use

Green **1099⁰⁰** each



54⁹⁹ each

BUILD IT EEZYPILE ROLLER TRAY SET
225mm
2 Piece



39⁹⁹ each

BUILD IT EXPERT PAINT BRUSH
38mm
50mm **52⁹⁹** each
75mm **89⁹⁹** each
100mm **129⁹⁹** each



129⁹⁹ each

BUILD IT FLOOR & STOEP PAINT
1lt
Selected colours

5lt **469⁹⁹** each

Say **Yes** to a well-prepared wall before painting
Scan the code to find out more



Proud to be South African

Over 390 Build it Stores Across Southern Africa. Promotion valid from 25 May - 7 June 2023. T's & C's apply.

Specials available at: **Ahmedia** (021) 633 3326, **Belhar** (021) 952 0341/2, **Bothasig** (021) 558 5709, **Cape Gate** (021) 982 0702, **City** (021) 422 5380, **Eerste River** (021) 904 6695, **Franschhoek** (021) 876 4410, **Grabouw** (021) 859 2670, **Malmesbury** (022) 482 1345, **Mitchells Plain** (021) 376 7825, **Ottery** (021) 704 0771, **Paarl** (021) 872 0881, **Parklands** (021) 300 1278, **Stellenbosch** (021) 887 3394, **Tableview** (021) 557 1804, **Vredenburg** (022) 713 1051, **Wellington** (021) 873 4424, **Wynberg** (021) 797 2264, **Yzerfontein** (022) 100 0801.

Find us using our store locator on www.buildit.co.za

Outdoor



4699⁰⁰ each

BUILD IT WATER TANK
4750lt



249⁹⁹ each

JOJO PUMP TO TANK CONNECTOR KIT
Suitable for use with our 0.37 and 0.75kW Booster Pumps



1459⁰⁰ each

BUILD IT BOOSTER PUMP
0.37KW



1299⁰⁰ each

LASHER FALCON PUNCTURE FREE POLY WHEELBARROW
65lt
With puncture free wheel

Boards



699⁹⁹ each

MELAMINE BOARD
2750mm x 1830mm x 16mm
Super White Bisonlam



619⁹⁹ each

UNTREATED SHUTTERPLY
2440mm x 1220mm x 18mm
2440mm x 1220mm x 21mm



759⁹⁹ each



59⁹⁹ each

XPS 008
92mm x 2000mm
Pack of 5

XPS 007
185mm x 2000mm

159⁹⁹ each

XPS 001
138mm x 2000mm

129⁹⁹ each



1089⁰⁰ each

POSTFORM TOP
600mm x 3600mm
Assorted Matt Colours

149⁹⁹ each

HARD BOARD
1220mm x 2440mm x 3.0mm
Brown



Plumbing



PREMIUM BLCK



269⁹⁹ each

PREMIUM BLCK SOFT CLOSE TOILET SEAT

4 PIECE

899⁹⁹ each

FRONT/ TOP FLUSH TOILET SET
4 piece
Includes pan, cistern, seat & mechanism



999⁹⁹ each

BUILD IT DROP IN SINK
1200mm x 480mm
Double End Bowl, 40mm Choc



999⁹⁹ each

BUILD IT IDEAL BATH MIXER WITH HOSE HAND SHOWER



749⁹⁹ each

BUILD IT IDEAL BASIN MIXER SOLID SPOUT HEAVY PATTERN



679⁹⁹ each

BUILD IT IDEAL SINK MIXER DECK TYPE



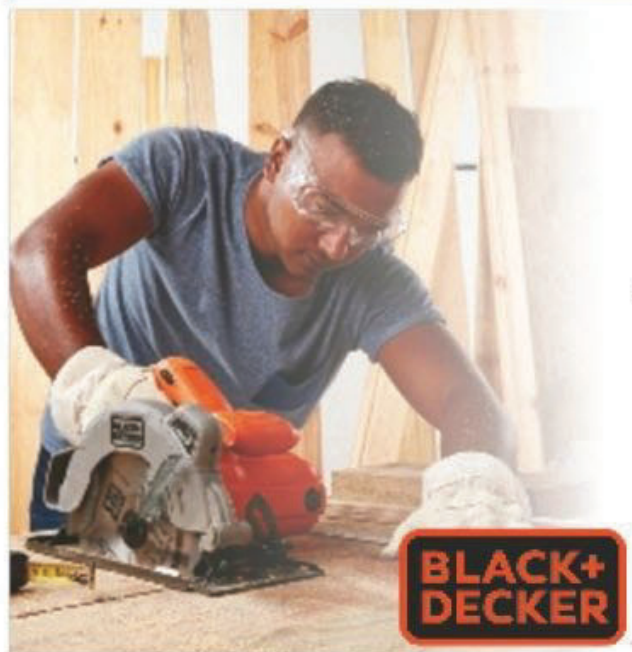
679⁹⁹ each

BUILD IT IDEAL SINK MIXER WALL TYPE



Can using professional plumbers save you money? **Most definitely!**

Power Tools



1349⁰⁰ each

**BLACK & DECKER
CORDLESS
CIRCULAR SAW**
18 volts
Excluding battery & charger



1099⁰⁰ each

**BLACK & DECKER
CORDLESS
PENDULUM JIGSAW**
18 volts
Excluding battery & charger



999⁹⁹ each

**BLACK & DECKER
CORDLESS MOUSE
SANDER**
18 volts
Excluding battery & charger



1349⁰⁰ each

**BLACK & DECKER
CORDLESS
RECIPROCATING
SAW**
18 volts
Excluding battery & charger



999⁹⁹ each

**BLACK & DECKER
CORDLESS
HAMMER DRILL**
18 volts
Excluding battery & charger



1099⁰⁰ each

**BLACK & DECKER
CORDLESS
IMPACT DRILL**
18 volts
Excluding battery & charger



3699⁰⁰ each

**BLACK & DECKER
CORDLESS
NAILER**
18 volts
Excluding battery & charger



1349⁰⁰ each

**BLACK & DECKER
CORDLESS CUT
OFF TOOL**
18 volts
Excluding battery & charger



399⁹⁹ each

**BLACK & DECKER
ANGLE GRINDER**
710 watt, 115mm
Excluding cutting disc



419⁹⁹ each

**BLACK & DECKER
1A CHARGER**
18 volts



999⁹⁹ each

**BLACK & DECKER
2A CHARGER &
2.0AH BATTERY**
18 volts



399⁹⁹ each

**BLACK & DECKER
IMPACT DRILL**
500 watt, 10mm keyed
chuck

**Say Yes to
STANLEY[®]
BLACK+DECKER[®]**

WIN BIG
with
Stanley Black & Decker

Competition runs from 1 April - 30 June 2023. Ts and Cs apply.

- 1 Purchase any Stanley Black & Decker or DeWalt power tools
- 2 Place your proof of purchase with your name and contact number written on the back in the entry box provided in-store
- 3 Stand the chance to **WIN 1 of 2** Venter trailers

Feel at home with our Power tools

Our wide range of power tools ensures we have everything for you to get the job done; quickly and efficiently.



#MADESIMPLE www.buildit.co.za



Contractors corner

Everything you need to get the job done.

PRICING IS ZONE SPECIFIC



STOCKIST OF
CEMENT STOCKS,
BLOCKS & PAVERS



STOCKIST OF
LINTELS



STOCKIST OF
BUILDING SAND &
STONE

WE STOCK A WIDE RANGE OF QUALITY STEEL PRODUCTS

AVAILABLE AT SELECTED STORES



299⁹⁹
per length

IBR ROOF SHEETING
0.47mm x 3.0m

0.47mm x 3.6m **359⁹⁹**
per length



489⁹⁹
per length

STEEL LIPCHANNEL
75mm x 50mm x 20mm x
2.00mm x 6m

75mm x 50mm x 20mm
x 2.00mm x 9,145m **719⁹⁹**
per length



49⁹⁹
per length

STEEL ROUND BAR
8mm x 6m

10mm x 6m **79⁹⁹**
per length



129⁹⁹
per length

STEEL ANGLE IRON
25mm x 25mm x 3mm x 6m

30mm x 30mm x 3mm x 6m **159⁹⁹**
per length

40mm x 40mm x 3mm x 6m **219⁹⁹**
per length

50mm x 50mm x 5mm x 6m **429⁹⁹**
per length



69⁹⁹
per length

STEEL FLATBAR
20mm x 3mm x 6.0m



129⁹⁹
each

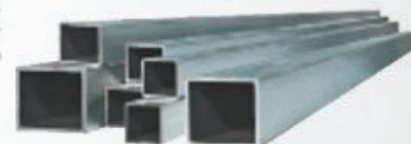
GALVANISED WIRE
1.6mm x 5kg

2mm x 5kg **119⁹⁹**
each



249⁹⁹
per roll

RAZOR WIRE FLATWRAP
500mm x 15m



189⁹⁹
per length

STEEL SQUARE TUBING
25mm x 1.60mm x 6m

76mm x 1.60mm x 6m **589⁹⁹**
per length

Say
yes
to
quality
basics!



Quality
Lintels



Quality
Bricks



Quality
Cement



Quality
Blocks

Specials available for a limited period only, while stocks last. E&OE. No dealers please. All prices include VAT but exclude delivery. Cash only. We reserve the right to limit quantities. Member of the SPAR Group of companies. Art used is representational and may vary from store to store. Credit only available in South Africa. All images may be subject to copyright conditions.

Your Favourite Discount Supermarket Gives YOU

EXTRA Lower Prices EVERYDAY

AS SEEN ON TV

5kg

GOLDI
IQF Mixed Chicken Portions

189⁹⁹
5kg each

BUY TWO
R360
2 x 5kg
SAVE R19

AS SEEN ON TV

SUNSHINE D
Original Margarine 80% Fat Spread Brick

19⁹⁹
500g each

BUY THREE
R55
3 x 500g
SAVE R4

AS SEEN ON TV

SASKO
Premium Slices White Bread

39
3 x 700g

5L

d'Lite
Pure Cooking Oil

139⁹⁹
5L each

BUY TWO
R260
2 x 5L
SAVE R19

LUCKY STAR
Pilchards Assorted

BUY THREE
69
3 x 400g

AS SEEN ON TV

PEPSI
Original Soft Drink

16⁹⁹
2L each

BUY FOUR
R56
4 x 2L
SAVE R11

SHIBOBO
Super Maize Meal

12.5kg

99⁹⁹
12.5kg each

BUY TWO
R190
2 x 12.5kg
SAVE R9

SPEKKO Long Grain Parboiled Rice

10kg

138⁹⁹
10kg

GOLDEN CLOUD Cake Wheat Flour

10kg

119⁹⁹
10kg

PRICES VALID: 25/05/2023 - 11/06/2023



DEW DROP
Medium Cream
Maas

28⁹⁹
2kg each

BUY TWO
R55
2 x 2kg
SAVE R2



AS SEEN ON
TV

800g

+



400g

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

BUY BOTH
58
per combo

Your Favourite Discount Supermarket Gives You Lower Prices **EVERYDAY**



AS SEEN ON
TV

D'LITE
37% Fat
Spread
Tub

32⁹⁹
1kg each

BUY THREE
R90
3 x 1kg
SAVE R8



SUNSHINE D
Original 60% Fat Spread Tub

39⁹⁹
1kg



PARMALAT
Flavoured Full Cream
Processed Cheese
Slices Assorted

99⁹⁹
900g



24⁹⁹
180g each

31⁹⁹
1kg each



CLOVER
Full Cream Processed
Cheese Slices
Assorted 180g &
BEST COOK
French Polony 1kg

BUY BOTH
R48
per combo
SAVE R8



THOMPSONS
Family Value Viennas
Assorted

54⁹⁹
24's



BEST COOK
French /
Chicken
Polony

2kg each



DANONE
Nutriday Smooth
Low Fat Dairy Snack
Assorted

BUY THREE
50
3 x (6 x 100g)



DAIRYMAID
Farmhouse Ice Cream
Assorted

46⁹⁹
2L



CLOVER
Bliss
Yoghurt
Assorted

BUY TWO
68
2 x 1kg



CLOVER
Classic
Custard

23⁹⁹
1kg



CLOVER
Tropika
Dairy
Fruit Mix
Assorted

29⁹⁹
2L



LITTLE BEE
Pure Honey

54⁹⁹
375g

59⁹⁹
2kg each



DANONE
Danup 2 in 1
Assorted

19⁹⁹
950g



BEST COOK
Frozen
Mixed
Vegetables

24⁹⁹
1kg



MAMA'S
Pies
Assorted

89⁹⁹
per box



Selected
Stores
Large
Eggs

39⁹⁹
18's



SEA HARVEST
Fish Fingers
600g / Oven
Crisp Fish
Fillet Assorted
400g

54⁹⁹
each



TODAY
Puff Pastry

19⁹⁹
400g



TODAY
Sausage
Rolls

99⁹⁹
30's



Frozen Mixed
Chicken Portions
(Drumsticks, Thighs,
Breasts & Wings)

49⁹⁹
per kg

169⁹⁹
4kg
SAVE R29

299⁹⁹
8kg
SAVE R99



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

98⁹⁹
per kg



Frozen Sliced
Beef Liver

49⁹⁹
per kg
138⁹⁹
3kg
SAVE R10



BOXER
Classic
Boerewors

98⁹⁹
per kg



Frozen Sliced
Pork Chops

69⁹⁹
per kg
179⁹⁹
3kg
SAVE R29



Frozen Cubed
Chicken Thighs

48⁹⁹
per kg

129⁹⁹
3kg
SAVE R16

YUM FUN
Pink & White
Mallows

BUY THREE
38
3 x 130g

YUM FUN
Pink & White
Mallows

MY COLOURING BOOK
4.99 each

+ & GET THIS FREE!

YUM FUN
Flavoured Cordial
Assorted

BUY THREE
25
3 x 750ml

YUM FUN
Flavoured Cordial
Assorted

MY COLOURING BOOK
4.99 each

+ & GET THIS FREE!

MORE FUN WITH YUM FUN



YUM FUN
Cream
Biscuits
Assorted

BUY THREE
15
3 x 82g

YUM FUN
MY COLOURING BOOK

+ & GET THIS FREE!

YUM FUN
Chews
Assorted

BUY THREE
25
3 x 75g

YUM FUN
MY COLOURING BOOK

+ & GET THIS FREE!

YUM FUN
Gummy
Jellies
Assorted

BUY THREE
25
3 x 75g

YUM FUN
Gummy
Jellies
Assorted

MY COLOURING BOOK
+ & GET THIS FREE!

HALL'S
Smooth Dairy
Fruit Blend
Concentrate
Assorted

14.99
1L

TRUDA
Chippa Naks
Assorted

BUY TWO
18
2 x 135g

SIMBA
Potato Chips
Assorted

BUY TWO
32
2 x 120g

BEACON
Chocolate
Slab
Assorted

BUY TWO
25
2 x 80g

NESTLÉ
Tex / Smarties / Bar One /
Kit Kat Chunky Milk / Kit Kat 4 Finger
Assorted

BUY TWO
18
2 x 40g

REFRESHHH
Soft Drink
Assorted

BUY TWO
22
2 x 2L

FANTA
Assorted /
SPRITE /
STONEY
Soft Drink

2L
19.99
each

WET
Energy Drink

500ml
9.99

BROOKES
Oros Original Orange
Squash 2L &
TRUDA Spookies Maize Puffs
Assorted / Flyers Cheese &
Chives Flavoured Puffed
Corn 100g

2L
40
per combo

STAND A CHANCE TO WIN 1 OF 3 BRANDED CONTAINERS

TO ENTER:

- Buy any 3 x 500ml AQUELLÉ Khula Soft Drink
- Check your till slip
- Dial *120*26937* uniquenumber# (20c per 20 seconds)
- Follow the prompts

AQUELLÉ
Khula Soft
Drink
Assorted

500ml
BUY THREE
24
3 x 500ml

+ & GET THIS FREE!

Competition valid 24 April 2023 - 11 June 2023. Ts & Cs apply • visit www.boxer.co.za

STAND A CHANCE TO WIN 1 OF 3 MOBILE KITCHENS

TO ENTER:

- Buy any 3 x 500ml TWIZZA Energy Drink
- Check your till slip
- Dial *120*26937* uniquenumber# (20c per 20 seconds)
- Follow the prompts

TWIZZA
Energy Drink
Assorted

500ml
BUY THREE
24
3 x 500ml

+ & GET THIS FREE!

Competition valid 24 April 2023 - 11 June 2023. Ts & Cs apply • visit www.boxer.co.za

AS SEEN ON TV

700ml

+

750g

BUY BOTH

58

per combo

400g

+

500g

BUY BOTH

25

per combo

ALL GOLD Tomato Sauce 700ml & GOLDEN RAY Mayonnaise 750g

LUCKY STAR SOYA MINCE AND VEGETABLE STEW SAVOURY BEEF FLAVOUR 400g

LUCKY STAR Soya Mince And Vegetable Stew Assorted 400g & GOLDEN RAY Macaroni 500g

START YOUR DAY WITH

GOLDEN RAY

SHIBOBO Instant Maize Porridge Assorted

19⁹⁹
1kg each

BUY FOUR

R60

4 x 1kg

SAVE R19

HAPPY VALLEY Rice Puffs Assorted

29⁹⁹
350g / 400g

WHEELS Cream Biscuits Assorted

BUY TWO

26

2 x 180g

HENRO Marie Biscuits

BUY TWO

20

2 x 150g

HENRO Lemon Creams Biscuits

BUY TWO

22

2 x 150g

GOLDEN RAY Quick Cooking Oats

29⁹⁹
1kg

FRISCO Instant Coffee

BUY TWO

60

2 x 250g

TRINCO Tagless Teabags

21⁹⁹
100's

LAAGER Pure Rooibos Teabags

34⁹⁹
80's

KELLOGG'S Corn Flakes

34⁹⁹
500g

CRE-MEAR Creamer

BUY TWO

60

2 x 750g

ELLIS BROWN Creamer

39⁹⁹
750g

FIVE ROSES Ceylon Blend Tagless Teabags

46⁹⁹
100's

GOLDEN RAY Full Cream Long Life Milk

94⁹⁹
6 x 1L

Imitation Cream Black Forest Cake

86⁹⁹
each

Imitation Cream Cake Slice

21⁹⁹
each

Hotdog / Soft Rolls

BUY TWO

21

2 x 6's

Imitation Cream Ready Made Cake

109⁹⁹
each

Cream Combo Pack

23⁹⁹
each

Queen Cakes

22⁹⁹
10's

HOME OF THE CHICKEN DEAL

WEDNESDAYS ONLY

ALL FOR

30

per combo

Go Meal 2 & COCA-COLA 440ml

FRIDAYS ONLY

ALL FOR

99

per combo

Go Meal 6 & FANTA / SPRITE 2L

SUNDAYS ONLY

ALL FOR

125

per combo

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

PRICES VALID AT SELECTED BOXER STORES ONLY

AS SEEN ON
TV

1kg

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

450g

BUY BOTH

70

per combo

BEST COOK
Instant Noodles
Multipack
Assorted 5's

BUY TWO

38

x 2 packs

Your Favourite Discount Supermarket Gives You **Lower Prices EVERYDAY**

BULL BRAND
Corned Meat

BEST COOK
Tomato Sauce

BEST COOK
Sweet Chilli Sauce

BEST COOK
Barbeque Sauce

BEST COOK
Peri-Peri Sauce Assorted

KOO
Baked Beans

26⁹⁹

750ml

40

2 x 500ml

40

2 x 500ml

40

2 x 500ml

58

2 x 300g

BEST COOK
Tomato & Onion Mix

BEST COOK
Mixed Vegetables In Sweetened Brine

BEST COOK
Processed Peas In Sweetened Brine

BEST COOK
Chakalaka Assorted

28

2 x 410g

28

2 x 410g

28

2 x 410g

32

2 x 410g

26

2 x 410g

BEST COOK
Soup Assorted

BEST COOK
Soup Polybag Assorted

KNORROX
Stock Cubes Assorted

RAJAH
Curry Powder Assorted

BEST COOK
Soya Mince Assorted

15

4 x 50g

26

2 x 500g

27⁹⁹

36's

29⁹⁹

200g

46

2 x 500g

GOLDEN RAY
White Sugar

SUPER WHITE
Super Maize Meal

GOLDEN RAY
Brown Sugar

SUNFOIL
Pure Sunflower Oil

IMBO
Red Speckled Beans

SPEKKO
Long Grain Parboiled Rice

179⁹⁹

10kg

79⁹⁹

10kg

79⁹⁹

5kg

69⁹⁹

2L

69⁹⁹

2kg

28⁹⁹

2kg

JABULA
Red Apples

Carrots

R25

3kg

18

2 x 1kg

CASTLE
Lager RB
3 x 750ml

CASTLE
Lite Cans 2 x (6 x 500ml)

SAVANNA
Assorted NRB 2 x (6 x 330ml)

BALLANTINE'S
Blended Scotch Whisky
750ml

DROSTDY HOF
Adelpracht
2 x 3L

BOXER LIQUORS

40

155

185

229⁹⁹

239

PRICES VALID AT SELECTED BOXER LIQUOR STORES ONLY

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

A Proud Member of the **ARA**



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



NIVEA
Male / Female
Anti-Perspirant
Roll On
Assorted

BUY TWO

80

2 x 400ml



**& GET THIS
FREE!**

BUY TWO

40

2 x 50ml

Your Favourite Discount Supermarket Gives You
Lower Prices EVERYDAY

Colgate

COLGATE Charcoal Double Action Toothbrush

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

Selected Stores

BUY TWO **48** 2's

BUY BOTH **50** per combo

COLGATE Total 12 Toothpaste Assorted **39.99** 75ml

COLGATE Triple Action Toothpaste Value Pack **45** 3 x 125ml

AQUASMILE Plus Toothpaste Assorted **21.99** 75ml

EVOLVE Male / Female Anti-Perspirant Roll On Assorted **38** 2 x 50ml

EVOLVE 360° Skin Science Tissue Oil **34.99** 125ml

GENTLE MAGIC Skincare Lotion 125ml & Skincare Serum 50g **36** per combo

GENTLE MAGIC Vanishing Cream 50ml & Skincare Soap 100g **25** per combo

EVOLVE Skin Science Foam Bath Assorted 2L & EVOLVE Shower Gel Assorted 400ml **59.99** 2L each

EVOLVE Skin Science Foam Bath Assorted 2L & EVOLVE Shower Gel Assorted 400ml **29.99** 400ml each

BUY BOTH **R80** per combo **SAVE R9**

NIVEA Hand & Body Lotion Assorted 400ml / Body Cream Assorted 400ml **54.99**

ALWAYS Maxi Sanitary Pads 8's / 9's / 10's **18.99** each

STAYFREE Maxi Pads Assorted 8's / 10's **26** x 2 packs

PERFECT CHOICE Moisturising Lotion with Avocado Oil 250ml / Oil Moisturising Spray 250ml / Oil Sheen Pro-Vitamin B5 Hair Spray 240ml **32.99** each

EVOLVE Skin Science Foam Bath Assorted 2L & EVOLVE Shower Gel Assorted 400ml **59.99** 2L each

EVOLVE Skin Science Foam Bath Assorted 2L & EVOLVE Shower Gel Assorted 400ml **29.99** 400ml each

BUY BOTH **R80** per combo **SAVE R9**

NIVEA Hand & Body Lotion Assorted 400ml / Body Cream Assorted 400ml **54.99**

ALWAYS Maxi Sanitary Pads 8's / 9's / 10's **18.99** each

STAYFREE Maxi Pads Assorted 8's / 10's **26** x 2 packs

PERFECT CHOICE Moisturising Lotion with Avocado Oil 250ml / Oil Moisturising Spray 250ml / Oil Sheen Pro-Vitamin B5 Hair Spray 240ml **32.99** each

2 FOR **R220**

JOHNSON'S Baby Jelly Assorted 500ml **LOW PRICE** **R44.99**

2 FOR **R30**

5 FOR **R60**

LOW PRICE **R189.99**

LOW PRICE **R19.99**

LOW PRICE **R54.99**

LOW PRICE **R79.99**

LOW PRICE **R189.99**

LOW PRICE **R19.99**

LOW PRICE **R54.99**

LOW PRICE **R79.99**

FRESH WAVE
Your Family Hygiene Soap
Assorted

12⁹⁹
200g each



BUY TWO
R20
2 x 200g
SAVE R5

FRESH WAVE
Hand Washing Powder 2kg &
Dishwashing Liquid Refill 750ml

59⁹⁹
2kg each



750ml

24⁹⁹
750ml each

BUY BOTH
R75
per combo
SAVE R9

Experience Quality & Freshness in Every



SECUREX
Active Hygiene Bath Soap Assorted



BUY FIVE
50
5 x 175g

MAQ
Fabric Conditioner Refill Assorted



BUY THREE
66
3 x 500ml



SUNBEAM
Floor Polish Assorted / COBRA
Floor Polish Lavender
34⁹⁹
350ml each



28⁹⁹
500ml

JIK
Bleach Assorted



36⁹⁹
1.5L

MR MIN
Multi Surface Cleaner Lavender 300ml & AIRWICK Air Freshener Lavender 280ml



BUY BOTH
58
per combo

ANGEL SOFT
1 Ply 300 Sheets Toilet Tissue Rolls



34⁹⁹
10's

KITTEN SOFT
2 Ply 200 Sheets Toilet Tissue Rolls



44⁹⁹
9's



39⁹⁹
each

+ GET THIS FREE!

HOME SQUARE
Zodiac Mugs Assorted



BUY TWO
34
2's

HOME SQUARE
Hand Painted Mugs Assorted



BUY TWO
32
2's



129⁹⁹
8kg

TIARA
Basin Assorted



BUY TWO
28
2 x 7L

TIARA
Bucket Assorted



BUY TWO
24
2 x 9L

NUWARE
Splash Jug



BUY TWO
26
2 x 2.5L

HOME SQUARE
Steam Iron



149⁹⁹
each

HOME SQUARE
Plastic Kettle



149⁹⁹
1.7L

HOME SQUARE
Mini Oven



899⁹⁹
21L



STAND A CHANCE TO WIN
1 of 30 ECO Water Tanks 2450L

TO ENTER:
1. Buy this combo
2. Check your till slip
3. Dial *120*26937*uniquenumber# (20c per 20 seconds)
4. Follow the prompts

Competition valid: 24/04/2023 to 11/06/2023 • Winners will be announced: 30/06/2023
Ts & Cs Apply • visit www.boxer.co.za

KILLS UP TO 99.9% OF GERMS



29⁹⁹
750ml each

26⁹⁹
750ml each

24⁹⁹
750ml each

12⁹⁹
175g each

BUY ALL
R79
per combo
SAVE R15

HYGIENE
Dish Washing Liquid, Kitchen & Bathroom Cream Cleaner Assorted, Toilet & Drain Thick Bleach Cleaner Assorted & Soap Bar

DOUBLE YOUR GRANT AT BOXER



ON THE
OLD AGED GRANTS 2nd JUNE
DISABILITY GRANTS 5th JUNE
CHILD SUPPORT GRANTS 6th JUNE

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: 2nd June to 11th June WINNERS WILL BE ANNOUNCED: 19th June 2023 *Ts & Cs APPLY. Visit www.boxer.co.za



BUY IT IN BULK AND SAVE

MAMA'S Plain / Chilli Russians

49⁹⁹ per kg

174⁹⁹ 4kg

SAVE R24

299⁹⁹ 8kg

SAVE R99

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



BUY IT IN A COMBO AND SAVE

BUY ALL FOR R299



29⁹⁹ 750g each

BEST COOK Mayonnaise

BUY THREE

R75 3 x 750g

SAVE R14



12⁹⁹ 500g each

BEST COOK Macaroni

BUY SIX

R69 6 x 500g

SAVE R8



11⁹⁹ 410g each

BEST COOK Baked Beans

BUY SIX

R66 6 x 410g

SAVE R5



16⁹⁹ 500g each

MAQ Multipurpose Soap

BUY THREE

R45 3 x 500g

SAVE R5



26⁹⁹ 750ml each

MAQ Dishwashing Liquid

BUY THREE

R75 3 x 750ml

SAVE R5



59⁹⁹ 2kg each

MAQ Hand Washing Powder

BUY THREE

R165 3 x 2kg

SAVE R14

More **TASTE** More **VALUE**



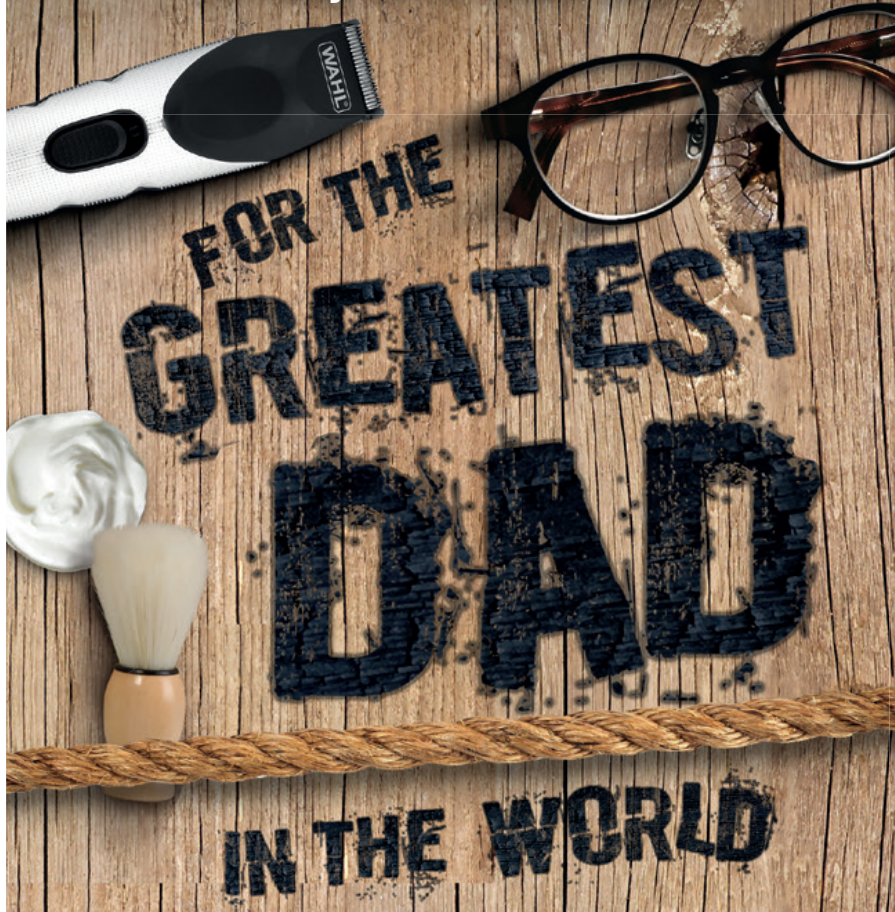
69⁹⁹ 1kg + **& GET THIS FREE!** 3kg

99⁹⁹ 850g / 1kg + **& GET THIS FREE!** 3kg

99⁹⁹ 800g + **& GET THIS FREE!** 3kg

Dis-Chem PHARMACIES

18 May to 18 June 2023



BioNike
HEALTH AND BEAUTY

Exclusive to
Dis-Chem

DEFENCE MAN

15%*
OFF
ALL
BioNike
Defence Man
products

Dry Touch
Deodorant
Roll-On
50ml

9775
WAS 115⁸⁰

Safe Balm
Soothing
Aftershave Balm
75ml

15725
WAS 185⁰⁰



Safe Shave
Shaving
Anti-Irritation
Foam
200ml

7645
WAS 89⁹⁵

Energise
Revitalising
Cream Gel
50ml

19975
WAS 235⁰⁰

*Advertised prices already reflect discount

CLUBMAN
PINAUD

SAVE
70⁰⁰



SAVE
60⁰⁰



SAVE
130⁰⁰

Shave Butter
177ml
#204345

159⁹⁵
WAS 229⁹⁵

Aftershave Lotion
177ml
#187479

169⁹⁵
WAS 229⁹⁵

Beard
3-in-1 Trio

Contains:

- Beard Conditioner 89ml
- Beard Balm 59ml
- Beard Oil 30ml

#187681

289⁹⁵
WAS 419⁹⁵

20%*
OFF
ALL
Formula 1
EDP 75ml
fragrances

Exclusive to
Dis-Chem



Oud
Extreme
EDT 100ml
#328899
795⁰⁰



Formula 1
EDP 75ml
Assorted
1060⁰⁰
each
WAS 1325⁰⁰

*Advertised price already reflects discount



Quorum
Gift Set EDT 100ml
PLUS Deodorant Body Spray 150ml
#200928

425⁰⁰
SAVE 165⁰⁰



Dunhill
Desire Red**
Gift Set
EDT 100ml
PLUS Desire
Red Body Spray
226ml
#390531
1495⁰⁰
per set
SAVE 215⁰⁰

**Also available in Dunhill Desire Blue

Lindt
EXCELLENCE

1 FOR 64⁹⁵
2 FOR 90⁰⁰
SAVE 39⁹⁰



Excellence
Chocolate
Slab
100g
Assorted

Stand a chance to
WIN a Tag Heuer Watch worth R27900⁰⁰
when you purchase ANY TWO Lindt
Excellence Chocolate Slabs 100g
Enter by swiping your Dis-Chem Benefit Card.
Competition excludes Namibia & Botswana.
Ts & Cs apply. Full details on dischem.co.za

Valid from 18 May - 18 June 2023. Ts & Cs apply

Beyers
CHOCOLATIER'S
COLLECTION
TRUFFLE LUX

SAVE
10⁰⁰
each



Beyers
Classics
OR Truffle Lux Chocolates
125g
72⁹⁵
each
WAS 82⁹⁵

SAVE
7⁰⁰



Beyers
Craft Beer & Pretzel
Chocolate Truffles
100g
#420050
72⁹⁵
WAS 79⁹⁵

SAVE
10⁰⁰



Beyers
Craft Gin
Chocolate Truffles
170g
#420051
82⁹⁵
WAS 92⁹⁵

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.

NOW OPEN

Thatchfield Retail Park, Gauteng
Kathu Village Mall, Northern Cape

OPENING SOON

Glenvista Shopping Centre, Gauteng 25 May 2023



FOR THE GREATEST DAD IN THE WORLD

FATHER'S DAY
18 JUNE

200ML VALUE OFFERS



200ml
for the PRICE of
100ml

Nautica
Voyage
EDT 200ml
495⁰⁰



Joop!
Homme
EDT 200ml
#168095
1375⁰⁰



Calvin Klein
CK One
EDT 200ml
#24396
1565⁰⁰



Coach
Man
EDT 200ml
#206267
2085⁰⁰



Hugo Boss
Bottled
EDT 200ml
#142905
2275⁰⁰



Paco Rabanne
1 Million
EDT 200ml
#166096
2855⁰⁰

Versace
Pour Homme
EDT 200ml
#172656
2295⁰⁰

NEW - JUST ARRIVED!



Lacoste
L.12.12
Eau Intense For Men
EDT 100ml
#427781
1295⁰⁰



Azzaro
Sport
EDT 100ml
#427122
755⁰⁰



Paco Rabanne
Invictus Victory Elixir
EDP 100ml
#426112
2215⁰⁰

FRAGRANCED DEODORANTS



**BIGGER
VALUE
200ml**

Hummer
Deodorant
Body Spray
200ml
Assorted
149⁰⁰ each



**BIGGER
VALUE
200ml**

Ted Lapidus
Deodorant
Body Spray
200ml
#425882
195⁰⁰



Lacoste
L.12.12
Blanc
Deodorant
Body Spray
150ml
#215615
245⁰⁰



Lenthéric
Masculin Power Gift Set EDT 100ml
PLUS Deodorant Spray 150ml
195⁰⁰ per set



Lenthéric
Solo Original Gift Set EDT 100ml
PLUS Deodorant Spray 150ml
275⁰⁰ per set

EST 1970
BAYLIS & HARDING
ENGLAND

Exclusive to
Dis-Chem



The Fuzzy Duck
Men's Shower Kit
3-piece
Contains:
• 1 x Shower Gel 200ml
• 1 x Hair & Body Wash 300ml
• 1 x Shampoo 200ml
#334439
189⁹⁵ per set



Men's Signature
Collection Gift Set
2-piece
Contains:
• 1 x Hair & Body Wash 300ml
• 1 x Shower Gel 200ml
#335727
275⁰⁰ per set



The Fuzzy Duck
Men's Invigorating Daily Shower Gel
Gift Set
5-piece
Contains:
• 3 x Shower Gel 100ml
• 2 x Shower Gel 50ml
#334455
375⁰⁰ per set

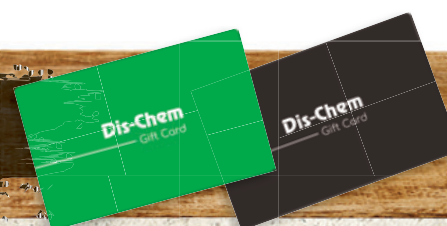


The Fuzzy Duck
Men's Grooming Tin
4-piece
Contains:
• 1 x Beard Shampoo 100ml
• 1 x Beard Wax 50g
• 1 x Cleansing Soap
• 1 x Beard Balm 30ml
#334454
385⁰⁰ per set

SEE IN-STORE FOR MORE FATHER'S DAY FRAGRANCE OFFERS

Give Dad the gift of choice this Father's Day

with a **Dis-Chem** Gift Card, available in-store or online at dischem.co.za



FAVOURITE FRAGRANCES



Tabac
Wild Ride
EDT 125ml
#422056
575⁰⁰



Exclusive to
Dis-Chem

INSTANT
DISCOUNT
100⁰⁰* OFF
ALL eau'D 100ml
fragrances

eau'D
EDP 100ml
Assorted
795⁰⁰
WITH CARD
695⁰⁰



Ted Lapidus
Pour Homme
EDT 100ml
#60485
755⁰⁰

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

**1+1
FREE**

on Aramis
Classic
24 hour Anti
Perspirant
Spray 200ml



Hugo Boss
Bottled
Deodorant
Body Spray
150ml
#17873
315⁰⁰



Aramis
Classic
24 hour
Anti
Perspirant
Spray
200ml
#151607
335⁰⁰



Dunhill
Deodorant Spray
Value 3-Pack**
2 x Desire Red 226ml
1 x Desire Blue 226ml
395⁰⁰
per set
SAVE 190⁰⁰

Also available in Dunhill 1 x Desire Red **PLUS 2 x Desire Blue 226ml



Lenthéric
Gravity Gift Set
Cologne 100ml **PLUS** Watch
425⁰⁰
per set



Yardley
English Blazer Gift Set EDT 100ml
PLUS Deodorant Spray 125ml
PLUS Hydrating Body Lotion 200ml
495⁰⁰
per set



Men's Refreshing Bath Gift Set
4-piece
Contains:
• 1 x Refreshing Luxury Face Cream 60ml
• 1 x Barber Comb
• 1 x Luxury Face Wash 50ml
• 1 x Luxury Shampoo 100ml
#327861
179⁹⁵
per set

**NATURE'S
NOURISHMENT
MEN**

Exclusive to
Dis-Chem



Men's Refreshing Shower Gift Set
4-piece
Contains:
• 1 x Shower Gel 100ml
• 1 x Body Lotion 50ml
• 1 x Body Scrub 50ml
• 1 x Luxury Shampoo 100ml
#327862
189⁹⁵
per set

FRAGRANCE GIFT SETS



Antonio Banderas
The Icon
Gift Set
EDT 100ml
PLUS
Deodorant Spray
150ml
925⁰⁰
per set



D By Diesel
Gift Set
EDT 100ml
PLUS 2 x Shower Gels 75ml
1135⁰⁰
per set



Hugo
Man Gift Set
EDT 125ml
PLUS Deodorant Stick 75ml
PLUS Shower Gel 50ml
1695⁰⁰
per set



Paco Rabanne
1 Million
Gift Set
EDT 100ml
PLUS
Deodorant
Spray 150ml
PLUS
Travel Spray
EDT 10ml
1965⁰⁰
per set



Azzaro
The Most Wanted Intense
Gift Set
EDP 100ml
PLUS Travel Spray EDP 10ml
PLUS Hair and Body Shampoo 75ml
1945⁰⁰
per set

SEE IN-STORE FOR MORE FATHER'S DAY GIFTING OFFERS

Dis-Chem
PHARMACIES

AMAZING GIFTS FOR DAD

FATHER'S DAY
18 JUNE

PHILIPS



Wet & Dry AquaTouch Shaver S3100
#292062

- Wet & dry use
- Comfort cut blade
- 5 x directional pivot & flex heads
- Pop-up trimmer

1200⁰⁰
WAS 1650⁰⁰

SAVE 450⁰⁰



Wet & Dry AquaTouch Shaver S1200
#292060

- Comfort cut blade
- One-touch open
- 27 x self-sharpening blades
- Pop-up trimmer
- 1-level battery indicator

639⁹⁵
WAS 839⁹⁵

SAVE 200⁰⁰



OneBlade Face & Body Trimmer
4-piece
#416279

- Trim, edge & shave any hair length
- 1 x blade for face
- 1 x for body
- 3 x click-on stubble combs
- 1 x body comb

750⁰⁰
WAS 1100⁰⁰

SAVE 350⁰⁰



Blade Shave Gel
260ml / Assorted

46⁹⁵ each
WAS 54⁹⁵

SAVE 800 each

Exclusive to Dis-Chem

Exclusive to Dis-Chem



DQUIP Full Body Grooming Set
10-piece
#412905

- 5 x interchangeable heads
- 5 x guide combs
- Hair, beard, nose, body & precision trimmer
- 60-minute cordless use

399⁹⁵
WAS 499⁹⁵

SAVE 100⁰⁰



Rechargeable Pro Clipper
#405168

- 6 x guide combs
- Ceramic & titanium blades
- Cordless precision trimming
- 150-minute cordless use / IPX7

749⁹⁵
WAS 899⁹⁵

SAVE 150⁰⁰



Rechargeable Rotary Shaver
#405186

- 60-minute battery life
- LED display
- IPX6 Waterproof
- Pop-up hair trimmer on the rear of the shaver

599⁹⁵
WAS 799⁹⁵

SAVE 500⁰⁰



Rechargeable LCD Head Shaver Set
#409842

- Waterproof
- 3 x rotary heads
- 60-minute shaving time
- Rechargeable
- LCD head

1199⁹⁵
WAS 1499⁹⁵

SAVE 300⁰⁰



All In One Men's Travel Grooming Set
10-piece
#409832

- Battery powered
- Ideal grooming tools
- Convenient to take on the go
- Includes travel pouch

449⁹⁵
WAS 599⁹⁵

SAVE 150⁰⁰

WAHL®



Chrome Pro Cordless Kit
#417722

- Corded or cordless
- Premium storage bag
- Colour combs & guide for easy use

499⁹⁵
WAS 599⁹⁵

SAVE 100⁰⁰

Exclusive to Dis-Chem



MultiGroom Rechargeable Grooming Kit
12-piece
#217244

- 3 x guide combs
- 6-position guide comb
- Detail trimmer
- Ear/nose trimmer
- Up to 60-minute run time

389⁹⁵
WAS 489⁹⁵

SAVE 100⁰⁰

Exclusive to Dis-Chem



Extreme Grip Lithium-Ion Multi Groomer
25-piece
#328148

- Multiple grooming heads and guides
- 2-hour run-time
- Trim, shape, shave, edge & detail
- Rechargeable

489⁹⁵
WAS 639⁹⁵

SAVE 150⁰⁰



Cordless Lithium-Ion Multi-cut Clipper Kit
22-piece
#332273

- Perfect for the whole family
- Cordless clipper with 2-hour run-time
- Includes D-5 (1.5mm) & I-5 (4.5mm) combs

749⁹⁵
WAS 999⁹⁵

SAVE 250⁰⁰



Refresh Flex Rechargeable Massager
7-piece
#160564

- Facial attachment
- Spot application attachment
- Flexible neck design
- Cordless operation
- Full-size power
- 8 x attachments

249⁹⁵
WAS 276⁹⁵

SAVE 27⁰⁰

Give Dad the gift of choice this Father's Day

with a Gift Card of his choice, available in-store or online at [dischem.co.za](https://www.dischem.co.za)



AUDIO



Mamba Series Bluetooth Speaker

- 30mm driver units
- 35-hour playback
- Hands-free calling

399⁹⁵
WAS **599⁹⁵**



SAVE
200⁰⁰

Serene Series Active Tech Waterproof Fitness Watch with Heart Rate Monitor

- Battery life up to 3 days
- 3-hour charge time
- IP67 water resistance

449⁹⁵
WAS **699⁹⁵**



SAVE
250⁰⁰

Rhapsody Series Active Noise Cancelling Bluetooth Headphones

- 8-hour battery life
- 380mAh battery capacity
- 2-hour charge time
- Micro USB battery charger

499⁹⁵
WAS **749⁹⁵**

Polaroid



Fitness Watch

- 170mAh battery capacity
- 6-8 days battery life
- Touch screen
- 30-day standby time

589⁹⁵
WAS **689⁹⁵**

Mini Wireless Bluetooth Speaker

- 10m wireless range
- Up to 4 hours playtime
- AUX function
- Supports USB/TF card

139⁹⁵
WAS **189⁹⁵**

SAVE
50⁰⁰

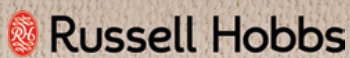


Wireless Earbuds with Case

- 4-hour playtime
- 400mAh portable charging case

289⁹⁵
WAS **339⁹⁵**

SAVE
50⁰⁰



Royal Blender 500W RHB048

- Pulse function
- Safety lock mechanism
- Grinder/mill attachment

699⁹⁵
WAS **799⁹⁵**

Blade Coffee Grinder 200W RHCG2

- Includes light
- Ceramic grinding heads with adjustable grinding option
- Operated by 6 x AAA batteries (batteries not included)

429⁹⁵
WAS **459⁹⁵**



SAVE
100⁰⁰

SAVE
30⁰⁰

APPLIANCES

SAVE
150⁰⁰

Elegance Stainless Steel Digital Coffee Maker 900W

- Pre-set delay function
- Hot plate to keep your coffee warm
- Heat resistant glass carafe

899⁹⁵
WAS **1049⁹⁵**



Exclusive to
Dis-Chem

Air Fryer

- 4.5 litres
- Rapid air technology
- Adjustable time and temperature control

1099⁹⁵
WAS **1299⁹⁵**

SAVE
200⁰⁰



PHILIPS

Series 5000 Core Blender 800W HR2228/90

- Pro blend crush technology
- Stainless steel blades
- 3 x speed settings
- Dishwasher proof parts

1499⁹⁵
WAS **1699⁹⁵**

Essential Airfryer HD9200/91

- 4.1 litres
- Rapid air technology
- Adjustable time & temperature control

1699⁹⁵
WAS **2399⁹⁵**



SAVE
200⁰⁰

SAVE
700⁰⁰

Sunbeam

Ribbed Glass Kettle 2000W

- 1.7 litres
- Cordless kettle with 360° rotational base
- Concealed heating element
- Scale filter
- Blue LED light

399⁹⁵
WAS **429⁹⁵**

SAVE
30⁰⁰



Milex

Nutri1200 8-in-1 Nutritional Blender

- Safety lock
- Sealing lid
- Anti-slip base

999⁹⁵
WAS **1199⁹⁵**



SAVE
200⁰⁰

FLIP CATALOGUE OVER FOR WINTER WELLNESS SAVINGS

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365



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Pharmacists who care

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Dis-Chem reserves the right to limit the quantity of any item offered for sale. Sale products may vary from photographs. Pictures are for illustration purposes only. Some offers may not be available at all stores. Prices include VAT and are valid for cash, cheque or credit card. E&OE. Customer careline 0860 347 243 careline@dischem.co.za | Prices and offers valid 18 May to 18 June 2023 while stocks last

Go Advertising 57733

Dis-Chem PHARMACIES

18 May to 11 June 2023

winter wellness

20%* OFF
ALL Lifestyle Food Teas

extra

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

Alette's Rusks
450g/500g Assorted
63⁹⁵ each

Lifestyle Food Instant Ginger Drink with Honey
20 sachets

*Discount to be deducted at tills



Available to Dis-Chem Health policyholders

20% OFF

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

WINTER ESSENTIALS SEE PAGE 10



Cool Mist Ultrasonic Humidifier

#75489

- Quietly produces an ultra-fine visible mist, helping to return essential moisture to dry air
- 9 hours on a single filling

999⁰⁰

Medic Mesh Nebulizer

#334953

- Microporous atomization technology
- Ultra-quiet
- No residual liquid
- Low power consumption
- Two airflow levels
- Easy to carry

749⁹⁵

Medic Ultrasonic Digital Humidifier

#323955

- Water level display
- Built-in Hygrometer and Thermometer
- Intelligent auto off when set desired humidity is reached

629⁰⁰

WINTER WARMERS SEE PAGE 4

Heat Holders

Ladies' Gloves
Assorted sizes
169⁹⁵ per pair

Ladies' Neck Warmer
Assorted colours
139⁹⁵ each

SPECIALISED FACE CARE SEE PAGE 7

Cetaphil

2+1 CHEAPEST FREE
on ANY Cetaphil products

PRO Acne-Prone Skin Foam Wash
235ml
197⁹⁵ each

PRO Acne-Prone Skin Moisturising Lotion SPF30
120ml
219⁹⁵ each

CLARINS

TIME TO CHOOSE your gift

Purchase ANY 2 Clarins products, one being a moisturiser, serum or foundation to qualify for a free gift.

Choose 4 travel sizes & receive a cosmetic purse with 2 free make-up minis.

Offer available 19 May - 4 June 2023
*Terms and conditions apply. While stocks last. In-store only.

MULTIVITAMINS & DAILY SUPPLEMENTS SEE PAGE 11

2+1 CHEAPEST FREE
on ANY Linctagon products

Linctagon Capsules Forte
20 capsules
136⁹⁵ each

Linctagon-C
20 effervescent tablets
156⁹⁵ each

2+1 FREE
on Lifestyle Health Vitamin C 1000mg 100 tablets

Lifestyle Health Vitamin C 1000mg
100 tablets
119⁹⁵ each

1 FOR 89⁹⁵
2 FOR 139⁹⁵
SAVE 40⁰⁰

Biogen Immuno Boost 1000mg Vitamin C
2x10 effervescent tablets #229043

HEALTH FOODS SEE PAGE 24

1 FOR 54⁹⁵
2 FOR 80⁰⁰
SAVE 29⁹⁰

Lifestyle Food Rolled Oats
1kg #201097

BUY BOTH FOR ONLY 260
SAVE 69⁹⁰

Lifestyle Food Choice Grade Honey
1kg #186491

HOUSEHOLD SEE PAGE 28

SOFTI

2 Ply Facial Tissues
4 x 200-pack
64⁹⁵ per pack

2+1

CHEAPEST FREE

on Sports Supplements*

*Excludes ALL advertised products

Friday 26 to Sunday 28 May 2023



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Earn rewards when you swipe your **Dis-Chem** or **Dis-Chem Baby City Benefit Card**



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BENEFIT Programme

Dis-Chem
PHARMACIES

Dis-Chem
babycity™

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 into **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***

GIVE MORE

By shopping & swiping your Benefit Card, not only do we reward you, but a percentage of your 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





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SELF MEDICATION

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20% OFF

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EYE CARE

optive

Gel
10ml
#175260
OR Fusion
10ml
#149671
151⁹⁵
each



*Advertised price already reflects discount

ROHTO
Cooling Eye Drops



Eye Drops
10ml
#333352 **109⁹⁵**
each
WAS 129⁹⁵

BAUSCH + LOMB

See better. Live better.



Artelac
Complete XP
Eye Drops
10ml
#326945
206⁹⁵
each
WAS 229⁹⁵



Artelac
Intense
Rebalance
Eye Drops
10ml
#184740
106⁹⁵
each
WAS 118⁹⁵

NASAL SPRAY



Salex
QD Adult
OR Child Nasal Spray
50ml
149⁹⁵
each
WAS 169⁹⁵



Iliadin
Baby Nose
0,01% Drops
5ml
#1837 **51⁹⁵**
Iliadin
Kids Metered Nose
Spray 0,025%
10ml
#1799 **87⁹⁵**



Bionase
Adult
OR Kids Nasal Spray
30ml / Assorted
79⁹⁵
each
WAS 99⁹⁵

PAIN RELIEF

Panado
A dose of care.



Panado
Paracetamol 500 mg
Capsules
For relief of mild to moderate
• headache • pain • fever
16 tablets
#4289 **39⁹⁵**
each
WAS 44⁹⁵

Panado
Paracetamol 500 mg
Blister
OR Spartan
Pack
24 tablets
#4287/#67859
27⁹⁵
each
WAS 33⁹⁵



Capsules
20 capsules
#4173
OR
Effervescent
16 effervescent
tablets
#4289 **39⁹⁵**
each
WAS 44⁹⁵



Paediatric
Syrup
100ml
#207071002
58⁹⁵
each
WAS 64⁹⁵



Compral
Pain Tablets
100 tablets
#74250
79⁹⁵
each
WAS 99⁹⁵



TransAct
Medicated Pain
Relief Patch
10 patches
#2327
279⁹⁵
each
WAS 333⁹⁵



Disprin
Extra Strength
48 tablets
#2126
96⁹⁵
each
WAS 112⁹⁵

ENERGY



Rehidrat
OR Rehidrat Sport
Oral Electrolyte
6 sachets / Assorted
78⁹⁵
each
WAS 94⁹⁵



DIABETIC CARE



Contour Plus
Blood Glucose
Test Strips
50 strips
#123222
159⁹⁵
each
WAS 195⁹⁵

ACID RELIEF



Gaviscon
Double Action
Liquid
300ml
#80817
179⁹⁵
each
WAS 224⁹⁵

ANTISEPTIC



1 FOR 139⁹⁵
2 FOR 180⁰⁰
SAVE 99⁹⁰



1 FOR 74⁹⁵
2 FOR 100⁰⁰
SAVE 49⁹⁰



Savlon
Antiseptic
Liquid
2 litres

Dettol
Antiseptic
OR Disinfectant Liquid
750ml / Assorted
75⁹⁵
each
WAS 99⁹⁵

NEUROBION

Suffering
from?



You may have a Vitamin B deficiency



Ask your pharmacist about
Neurobion® Tablets

*Symptoms may be related to other medical conditions.
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COLDS, FLU & COUGHS

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VICKS
VapoLozenges
Value Pack
24 lozenges
Assorted
89⁹⁵
per pack

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



VapoLozenges
8 Lozenges
Assorted
49⁹⁵
each

2+1
CHEAPEST
FREE
on Vicks
products*

Inhaler
1ml
41⁹⁵
each



BabyRub
90g
109⁹⁵
each

Honey & Ginger
Cough Syrup
150ml
109⁹⁵
each



*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. 50 Vicks® Acta Plus Wet & Dry Cough Syrup. Each 100ml syrup contains extracts derived from: Ocimum sanctum L. (Holy Basil) [Herb] 100 mg, Glycyrrhiza glabra L. (Licorice) [Root] 60 mg, Curcuma longa L. (Turmeric) [Rhizome] 50 mg, Zingiber officinale Roscoe (Ginger) [Rhizome] 10 mg, Piper cubeba L.f. (Tailed Pepper) [Fruit] 1.4 mg, Aloe barbadensis Mill. (Aloe Vera) [Leaf extract] 50 mg, Mentha arvensis L. (Lemon Balm) [Leaf] 6 mg. Contains Sugar (7.5 g Sucrose per 10 ml). *Complementary Medicine: Ayurveda. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. 50 Vicks® Honey & Ginger Cough Syrup. Each 150 ml syrup contains guaifenesin 200 mg, ethanol 5.00 % v/v and sodium benzoate 0.1 % m/v as preservatives. Contains sugar. SA Reg. No.: 34/10/1/0017. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. 50 Vicks® Inhaler. Each 1 ml contains levomenthol 415.4 mg and camphor 415.4 mg. SA Reg. No.: 61250 (Act 101/1965). Vicks® BabyRub for babies 3 months and above. Vicks® BabyRub is a gentle, non-medical rub for comforting babies. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. 50 Vicks® VapoLozenges. Each 1 g lozenge contains camphor 52.6 mg, eucalyptus oil 13.3 mg and menthol 28.2 mg. SA Reg. No.: 34/10/21/0019. 50 Vicks® VapoLozenges Berry Menthol. 50 Vicks® VapoLozenges Orange Menthol. 50 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) (Lemon Balm) 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 %, sarcosine acid 1 %, disodium succinate hexahydrate 0.44 %, L-lysine hydrochloride 0.35 % and phenyl ethyl alcohol 0.33 % as preservative. For full prescribing information refer to the package insert. 50 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.

2+1
CHEAPEST
FREE
on ANY Linctagon
products



Linctagon-C
Adult Cold
Flu Syrup
100ml
89⁹⁵
each

Linctagon
Cough Syrup
150ml
122⁹⁵
each

Linctagon-C
Effervescent
tablets
124⁹⁵
each

Bronchostop
Cough Syrup for Adults
OR Children
120ml
#288485/#288479

OR Cough Pastilles
20 pastilles
#288486

84⁹⁵
each
WAS **106⁹⁵**



Woods'
for Children
Peppermint
Cough Syrup
100ml
#47728
OR Great
Peppermint
Cure Syrup
100ml
#47727

53⁹⁵
each
WAS **58⁹⁵**



Benylin
Wet Cough
Mucus Relief
for Adults
OR Children
200ml / Assorted
78⁹⁵
each
WAS **94⁹⁵**



Oranix
Oral Spray
30ml
#196499
82⁹⁵
WAS **107⁹⁵**



Sinutab
Blocked Nose
Nasal Spray
10ml
#14464
56⁹⁵



Cepacol
Antibacterial
Throat Gargle
200ml
#5144
68⁹⁵
WAS **78⁹⁵**

Cepacol
Antibacterial
Throat
Lozenges
24 lozenges
Assorted
64⁹⁵
WAS **69⁹⁵**



Andolex-C
Throat
Lozenges
16 lozenges
Assorted
66⁹⁵
WAS **83⁹⁵**



Strepsils
Throat
Lozenges
24 lozenges
16 lozenges
Assorted
79⁹⁵
each
WAS **89⁹⁵**

MED-LEMON

STRIKE BACK WHEN FLU HITS

FIGHTS 9 SYMPTOMS OF COLDS AND FLU*

- FEVER
- BODY PAIN
- THROAT IRRITATION
- CHILLS
- SINUS CONGESTION
- HEADACHE
- MUSCLE ACHES
- EARACHE
- SORE THROAT

IZOK' SOLVA.

*Med-Lemon fights 9 symptoms of colds and flu (fever, chills, muscle aches, sore throat pain, pain of sinus congestion, throat irritation, headache, earache, body pain). References: 1. SAHPRA approved package insert. 2. <https://www.ncbi.nlm.nih.gov/books/NBK279542/>. 3. <https://www.cdc.gov/flu/about/qa/coldflu.htm>. 4. Rhinology. 2008 Dec;46(4):271-5. The effects of a hot drink on nasal airflow and symptoms of common cold and flu. 5. <https://www.mayoclinic.org/diseases-conditions/acute-sinusitis/diagnosis-treatment/drc-20351677>. 50 Med-Lemon Hot Medication with Vitamin C, Reg. No. 27/5/8/0241. Each sachet contains: 800 mg Aspirin; 50 mg Caffeine; 45 mg Ascorbic Acid; 2.6 mg Menthol; 425.4 mg Sucrose. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. Reg. No. 2014/173930/07. 39 Hawkins Avenue, Epping Industrial, Cape Town, 7460. PM-ZA-MED-21-00006

Calpol Get FAST relief. Get Calpol.

Starts to work on fever in **15 minutes**

#1 CHILDREN'S PAIN RELIEVER

For the relief of:
Pain and fever
Teething pains
Toothache
Sore throats
Headaches

Infants & Children from **3 MONTHS**

Strawberry flavoured
ALCOHOL FREE
Contains Paracetamol
Read Professional Information

Gentle on tiny tummies

For the relief of:
Pain and fever
Teething pains
Toothache
Sore throats
Headaches

Infants & Children from **3 MONTHS**

Strawberry flavoured
ALCOHOL FREE
Contains Paracetamol
Read Professional Information

Child Resistant Cap

1. IRI Data Mat Dec 2021. 2. Temple AR, Temple BR, Kufner EK. Dosing and antipyretic efficacy of oral acetaminophen in children. Clinical therapeutics. 2013 Sep 30;35(9):1361-75. 3. Wong A, Sibbald A, Ferrero F, Piager M, Santolaya ME, Escobar AM, Campos S, Barragán S, González MD, Kes seling GL. Fever Pediatric Study Group. Antipyretic effects of dipyrone versus ibuprofen versus acetaminophen in children: results of a multinational, randomized, modified double-blind study. Clinical pediatrics. 2001 Jun;40(6):313-24. 4. Mahar, A. F., et al. 'Tepid sponging to reduce temperature in febrile children in a tropical climate.' Clinical pediatrics 33.4 (1994): 227-231

50 CALPOL Paediatric Suspension. Reg no: B/2/7/67. Each 5 ml suspension contains 120 mg Paracetamol. Preservatives: Methyl Hydroxybenzoate 0.1 % m/v, Propyl Hydroxybenzoate 0.02 % m/v. Contains sugar (glucose and sorbitol). Alcohol Free. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 39 Hawkins Avenue, Epping Industrial, 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. Trademarks are owned by or licensed to GSK group of companies. Always read the label before use. PM-ZA-CALP-22-00067

CHOOSE CALPOL WITH

OPTIZORB TECHNOLOGY

FOR FASTER PARACETAMOL ABSORPTION

Fast and reliable release from pain

- MUSCLE PAIN
- BACKACHE
- HEADACHE

Calpol Tablets
Paracetamol 500 mg
24 tablets

Calpol Pain and Fever Tablets
24 tablets
34⁹⁵

*vs Standard paracetamol tablets. Reference: 1. GSK data on file: SUB-16412. 2. Yue Y, et al. Clinical therapeutics. 2013 Sep 30;35(9):1306-20. 50 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 Industrial, 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. Read label before use. Trademarks are owned by or licensed to GSK group of companies. PM-ZA-CALP-22-00071

Dis-Chem
PHARMACIES



WINTER WARMERS

Winter is here, which means it's time to keep warm and protect your body from the cold. Dis-Chem Pharmacies has a wide variety of winter warmers on offer from socks to blankets, gloves, slippers & more to ensure you and your family keep cosy.

Exclusive to Dis-Chem



Ladies' Beanie with Pom Pom
OR Men's Beanie
Assorted colours
149⁹⁵ each



Ladies' Chunky Neck Warmer
#382549
169⁹⁵



Men's Thermal Long Johns
Assorted sizes & colours
279⁹⁵ per pair



Ladies' Thermal Tights
Assorted sizes & colours
199⁹⁵ per pair



Oversized Luxury Throw
Assorted colours
499⁹⁵



Men's Long Sleeve Vest
Assorted sizes & colours
279⁹⁵ each



Kids' Socks
Assorted characters
119⁹⁵ per pair



Ladies' OR Men's Thermal Socks
Assorted characters
139⁹⁵ per pair

2+1
CHEAPEST
FREE
on ANY Basics
Microfibre
Fleece Blankets

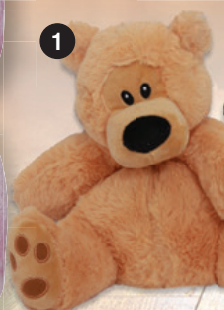
Basics
Microfibre Fleece Blankets
Assorted sizes

Small
Medium
Large

199⁹⁵ each
259⁹⁵ each
299⁹⁵ each



1 Warm Me Up Heat Pack with Cover
Assorted colours & characters
149⁹⁵



2 Warm Me Up Hot Water Bottle with Cover
2 litres / Assorted
159⁹⁵

Elektra Comfort Electric Hot Water Bottle
Assorted colours
149⁹⁵



3 Warm Me Up Feet Warmer
Assorted
239⁹⁵



Gear Slipper Boots
Assorted sizes & colours
FROM 229⁹⁵ per pair



Adult Sheepskin Slippers
Assorted sizes
779⁹⁵ per pair



Gear Men's Slippers with Memory Foam
Assorted colours, sizes & styles
229⁹⁵ per pair

Gear Men's Slippers
Assorted colours, sizes & styles
179⁹⁵ per pair



WINTER SPECIALISED BATH & BODY

Exclusive to Dis-Chem

mineraline®
ENRICHED WITH DEAD SEA MINERALS



Dead Sea Salt
Body Scrub
500g
Assorted
239⁰⁰



Body Butter
250ml
Assorted
349⁰⁰



Hand & Body
Lotion
400ml
Assorted
175⁰⁰ each



Dr Teal's

Epsom Salt
Body Scrub
454g / Assorted
134⁹⁵ each
WAS **159⁹⁵**



SAVE
25⁰⁰
each

Foaming
Bath Salt
1 litre / Assorted
129⁹⁵ each
WAS **154⁹⁵**

Vaseline



SAVE
10⁰⁰
each

Clinical Care
Body Cream
OR Lotion
400ml
Assorted
79⁹⁵ each
WAS **89⁹⁵**

HealingHands®



SAVE
25⁰⁰

Body Glove
Moisturising
Body Cream
with Vitamin E
SPF15
500ml
#122368
94⁹⁵
WAS **119⁹⁵**

Ingram's
THE SKIN DOCTOR



SAVE
15⁰⁰
each

Body Cream
450ml
#39478002
OR Lotion
400ml
#336662
49⁹⁵ each
WAS **64⁹⁵**

*Excludes Ingram's Tissue Oil Cream 400ml

E45

SAVE
30⁰⁰
each



Cream
Jar
OR Pump
500g
Assorted
239⁹⁵ each
WAS **269⁹⁵**

Skin eFX
NUTRISKIN

Exclusive to
Dis-Chem



Moisturising Cream
400g
48⁴¹
WAS **56⁹⁵**



Intensive
Moisturising Cream
400g
50⁹⁶
WAS **59⁹⁵**

*Advertised price already reflects discount

SBR® REPAIR &
SBR® PROTECT



15%
OFF
ALL Skin eFX
Nutriskin
products

Repair Cream
30g
120⁶⁶
WAS **141⁹⁵**
Protect Cream
100g
144⁴⁶
WAS **169⁹⁵**

*Advertised prices already reflect discount

Hydra-Oil®



15%
OFF
Hydra-Oil
200ml

Hydra-Oil
200ml
#74410
110⁴⁶
WAS **129⁹⁵**

*Advertised price already reflects discount

Bio-Oil®

Skincare Oil
200ml
269⁹⁵ each
Dry Skin Gel
200ml
199⁹⁵ each



2+1
CHEAPEST
FREE
on Bio-Oil
products*

*Excludes Banded Packs AND Value Packs

Eucerin®



2+1
CHEAPEST
FREE
on ANY Eucerin
body care
products

UreaRepair Plus
5% Urea
Body Cream
450ml
349⁹⁵ each

Aquaphor
Soothing
Skin Balm
45g
129⁹⁵ each

UreaRepair Plus
5% Urea
Body Wash
400ml
299⁹⁵ each

Cetaphil



2+1
CHEAPEST
FREE
on ANY Cetaphil
products

PRO Eczema-Prone
Skin Restoring Body
Moisturizing Lotion
OR Restoring
Body Wash
295ml
324⁹⁵ each

epi max®



2+1
CHEAPEST
FREE
on Epi-Max
products*

*Offer excludes Epi-Max Banded Packs AND Value Packs



WINTER SPECIALISED FACE CARE



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

Exclusive to Dis-Chem



PROXERA

BioNike's ProXera range protects, hydrates and repairs very dry and xerotic skin.

20%* OFF
ALL BioNike Proxera products

Keratoff 10% Urea Cream 100ml
WAS 145⁰⁰ **116⁰⁰**

Shower Cream 300ml
WAS 170⁰⁰ **136⁰⁰**

Repair Lip Balm 4.5g
WAS 99⁹⁵ **79⁹⁶**

Body Emulsion 400ml
WAS 245⁰⁰ **196⁰⁰**

EMULSIONE CORPO pelle secca e xerotica
EMULSION CORPS peaux sèches et très sèches
BODY EMULSION dry and very dry skin

*Advertised prices already reflect discount

DEFENCE HYDRACTIVE

- Hydrates skin with 5 active hyaluronic acid forms
- Energises skin with phyto-complex moisturisers
- Protects against free radical damage
- Prevents signs of early ageing
- Illuminates with special focus powders.

Hydra Moisturising Fluid SPF20 OR Hydra Jelly 50ml
each
210⁰⁰

Hydro-Nourishing Cream 50ml
295⁰⁰



*Excludes BioNike Proxera products

FREE

BioNike Defence Micro-Exfoliating Scrub
75ml valued at 195⁰⁰
when you purchase ANY TWO* BioNike face treatment products

Nutri Women dermaceutics



Hydra Vital Milky Cleanser Facial Wash Banded Pack 200ml
#330870
280⁰⁰ per pack
SAVE 70⁰⁰

Total Glow Vitamin C Facial Cleanser Banded Pack 200ml
360⁰⁰ per pack
SAVE 90⁰⁰

Clear Skin Purifying Cleanser Gel Banded Pack 200ml
280⁰⁰ per pack
SAVE 70⁰⁰

ACNE-SOLUTIONS DERMACEUTICS®

NATURE'S NOURISHMENT

Exclusive to Dis-Chem

VITAMIN E

2+1 CHEAPEST FREE
on ANY Nature's Nourishment face care products*



Eye Cream 20ml
#121609
55⁰⁰ each

Facial Scrub 125ml
#104908
45⁹⁵ each

Day Cream SPF 15 50ml
#121641
55⁰⁰ each

Cleansing Lotion 250ml
#103593
39⁹⁵ each

*Offer valid on Rooibos, Vitamin E, Tea Tree, Marula AND Aloe Vera variants

BIODERMA LABORATOIRE DERMATOLOGIQUE

20%* OFF
ALL Bioderma Atoderm AND H₂O Micellar Cleanser face care products



Sensibio H₂O Micellar Water Makeup Remover 500ml
300⁰⁰
WAS 375⁰⁰

Atoderm Intensive Gel-Crème Ultra-Soothing Cooling Care 200ml
WAS 395⁰⁰ **316⁰⁰**

Atoderm Intensive Ultra-Soothing Balm 500ml
452⁰⁰
WAS 565⁰⁰

*Advertised prices already reflect discount

SKOON®

Clean, kind and scientific beauty products embracing African ancestral beauty secrets to nourish and replenish your skin.

20%* OFF
ALL SKOON Sleep range



Sleep Depuff Eye Gel Pen 8ml
#416161
479⁹⁶
WAS 599⁹⁵

BFF Sleepover Overnight Regeneration Face Mask 2-piece
#416118
399⁹⁶
WAS 499⁹⁵

*Advertised prices already reflect discount

MVP

15%* OFF
ALL MVP products



Moisturising Lip Protection SPF20 8g
#159700
33⁹⁶
WAS 39⁹⁵

Ultra Lip Balm Shield SPF20 8g
#221683
42⁴⁶ each
WAS 49⁹⁵

*Advertised prices already reflect discount

Lipsano

20%* OFF
ALL Lipsano products



Lip Care Tube SPF30 10g
91⁹⁶
WAS 114⁹⁵

Lip Care SPF30 5g
77⁵⁶
WAS 96⁹⁵

Blistex

SAVE 20⁰⁰ each



Lip Medex OR DCT SPF20 7g
94⁹⁵ each
WAS 114⁹⁵

NATURE'S NOURISHMENT

Exclusive to Dis-Chem



Duo Lip Balm 9.6g / Assorted
29⁹⁵ each
WAS 34⁹⁵

Dis-Chem PHARMACIES



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.

VALUE PACK

Oscilloccinum Value Pack
30 x 1g vials
#169255

569⁹⁵ per pack
WITH CARD 484⁴⁶ per pack

INSTANT DISCOUNT 15%* OFF

Stodal Syrup
200ml
#36790

164⁹⁵ per pack
WITH CARD 140²¹ per pack

INSTANT DISCOUNT 10⁰⁰* OFF

Prospan Original Cough Syrup OR Cough Liquid with Menthol
200ml
#81112/#3255260

159⁹⁵ each
WITH CARD 149⁹⁵ each

INSTANT DISCOUNT 5⁰⁰* OFF

Efferflu C Immune Booster
20 effervescent tablets / Assorted

84⁹⁵ per pack
WITH CARD 79⁹⁵ per pack

INSTANT DISCOUNT 20⁰⁰* OFF

Sinupret Plus
40 coated tablets
#326450

329⁹⁵ per pack
WITH CARD 309⁹⁵ per pack

VALUE PACK

PharmaChoice ViralChoice C Immune Support Value Pack
120 capsules
#31495

314⁹⁵ per pack

2+1 CHEAPEST FREE
on ANY PharmaChoice ViralChoice products

PharmaChoice ViralChoice Junior Immune Support Syrup
200ml
#16495

164⁹⁵ each

PharmaChoice ViralChoice Effervescent Immune Support
30 effervescent tablets
#19895

198⁹⁵ each

BUY BOTH FOR ONLY 310⁰⁰
SAVE 103⁹⁰

Tibb Septogard Natural Antibiotic Syrup
200ml
#78144

PLUS Septogard Natural Antibiotic 60 tablets
#53157

1 FOR 136⁹⁵
2 FOR 199⁹⁵
SAVE 73⁹⁵

Gold Immune Support
60 vegcapsules

SAVE 15⁰⁰

Vitalmed Vita G
10 effervescent tablets
#214213

84⁹⁵ WAS 99⁹⁵

extra 20%* OFF

A.Vogel Echinaforce Echinacea Drops
30ml
#7996

79⁹⁶ WAS 99⁹⁵

20%* OFF

A.Vogel Echinaforce Echinacea Drops
30ml

20%* OFF

Flugon Capsules
50 capsules
#56959

95⁹⁶ WAS 119⁹⁵

20%* OFF

Flugon Plus C1000
20 effervescent tablets
#389739

103⁹⁶ WAS 129⁹⁵

FREE

VirAway Junior Syrup 200ml
valued at 136⁹⁵
when you purchase
VirAway Junior Syrup 500ml

VirAway Junior Syrup
200ml
#112303

239⁹⁵

SAVE 20⁰⁰

Airmune Immune System Supporter
30 effervescent tablets
#119966

209⁹⁵ WAS 229⁹⁵

SAVE 20⁰⁰ each

Immunadue
100 capsules
#10307

119⁹⁵ each WAS 139⁹⁵

SAVE 20⁰⁰

ViraVance Nutrient Support
30 days supply
#330938

149⁹⁵ WAS 169⁹⁵

SAVE 5⁰⁰

Plussz Cold & Flu Multivitamin
10 & 20 effervescent tablets / Assorted

99⁹⁵ WAS 104⁹⁵

VALUE PACK

VirAway Cold & Flu Value Pack
60 PLUS 60 capsules
#122316

199⁹⁵ per pack WAS 234⁹⁵

SAVE 30⁰⁰

LungShield Oxygen Enhancer
30 capsules
#224425

239⁹⁵ WAS 269⁹⁵



Bettaway Mega C1000 Vitamin C 1000mg Value Pack
180 tablets
335⁹⁶
per pack
WAS 419⁹⁵

Bettaway Mega C1000 Fizzi
30 effervescent tablets
#201531
103⁹⁶
WAS 129⁹⁵



Zinium Capsules
120 capsules
#384785
127⁹⁶
WAS 159⁹⁵

Zinium Immune Support
12 effervescent tablets
#390744
60⁷⁶
WAS 75⁹⁵



Lifestyle Health Vitamin D3 1000 IU
60 tablets
#297945
71⁹⁶
WAS 89⁹⁵

Lifestyle Health Zinc with added Vitamin A
100 tablets
67⁹⁵
WAS 84⁹⁵



BFC Viral C Plex200 Premium Immune Boosting Supplement
60 vegcaps
#26995
269⁹⁵
WAS 319⁹⁵



BFC Premium Zinc with Selenium, Vitamin C & Vitamin D3
60 vegcaps
#325625
174⁹⁵
WAS 204⁹⁵



Zyora Zyzinc
20 effervescent tablets
89⁹⁵
each



Vita C Select Buffered C 1000mg
30 tablets
89⁹⁵
each

Vita C Select Vitamin C 1000mg
15 effervescent tablets
74⁹⁵
each



Himalaya Septilin Syrup
200ml
164⁹⁵
each



Gold Vitamin E 400 IU
30 softgel capsules
74⁹⁵
WAS 88⁹⁵



Biogen Vitamin D3 with Coconut Oil
60 capsules
#184467
75⁹⁶
each
WAS 94⁹⁵



Gold Non-Acidic Vitamin C 1000mg
100 tablets



Lifestyle Health Vitamin C Fizzy 1000mg
3 x 10 effervescent tablets
132⁹⁵



Zinplex Picolinate
120 tablets
#4942
109⁹⁵
WAS 128⁹⁵



Sunlife Vitamin C 1000
20 effervescent tablets
#199334
94⁹⁵
WAS 104⁹⁵



FizzC Plus Immune System Supporter
30 effervescent tablets
#323113
89⁹⁵
WAS 99⁹⁵

Cal-C-Vita Combo
30 effervescent tablets
#14455
189⁹⁵
WAS 228⁹⁵

Cal-C-Vita Immune Support
30 effervescent tablets
#4076
198⁹⁵
WAS 248⁹⁵



Lifestyle Health Immune Fizzy
2 x 10 effervescent tablets
#389743
99⁹⁵
WAS 129⁹⁵

Lifestyle Health Immune Complex
60 vegcaps
#387492
114⁹⁵
WAS 144⁹⁵

Dis-Chem PHARMACIES



WINTER ESSENTIALS

BETTER HEALTH STARTS HERE

HUMIDIFIERS & NEBULIZERS



Sinus Inhaler

- #227636
- Easy 5 to 15 minutes application for sinus dryness relief
- Works with tap water for added convenience

595⁰⁰

Comforting Plug-In Vapors

- #214059
- Menthol & essential oils pads
- Suitable also for use during cough & colds

265⁰⁰



Warm Mist Humidifier

- #106555
- Quiet operation
- Adjustable settings
- Automatic shut-off
- Large opening for easy cleaning
- Operates at least 9 hours on a single filling

995⁰⁰

Cool Mist Sweet Dreams Humidifier

- #168334
- Enchanting and soothing bedtime environment
- Suitable also for use during cough & colds

1099⁰⁰



Mini Cool Mist Ultrasonic Humidifier

- #214052
- Suitable for use during cough & colds
- Safe for children's room

799⁰⁰



Personal Ultrasonic Cool Mist Humidifier

- #214054
- Suitable for use during cough & colds
- Helps reduce flu viruses

499⁰⁰

Portable Waterless Diffuser

- #299126
- Compact diffuser
- Menthol & essential oil pads
- Waterless, no spills or filling

219⁰⁰



VapoPads Scent Refill Pads

- 7-pack Assorted

169⁰⁰ per pack

MEDIC+



Ultrasonic Humidifier

- #323954
- Convenient top-filling design
- Spray amount control
- Unique design with strong evaporation
- Quiet when operating
- Automatic power-off when water tank is empty
- Add essential oils for aroma
- Room area: up to 25m²

399⁰⁰



Steam Humidifier

- #184085
- Auto switch-off
- Warm steam
- Energy efficient
- 8 hours running time per fill

429⁰⁰



Compressor Nebulizer

- #334951
- Latex free
- Easy to clean
- Ideal for all ages
- Easy carry handle
- Complete Nebulizer kit included

495⁰⁰



MEDIC+

BLOOD PRESSURE MONITOR

- #334938
- One-touch operation
- WHO BP indicator
- Travel bag
- Average of three measurements
- Automatic power-off to help extend battery life
- Accurate result detected by oscillograph

495⁰⁰



Compressor Nebulizer

- #334939
- Low noise
- Small and lightweight

699⁰⁰



Piston Nebulizer

- #334952
- Latex free
- Easy to clean
- Ideal for all ages
- Easy carry handle
- Complete Nebulizer kit included

495⁰⁰



ESSENTIAL OILS

A breath of **fresh air** this Winter

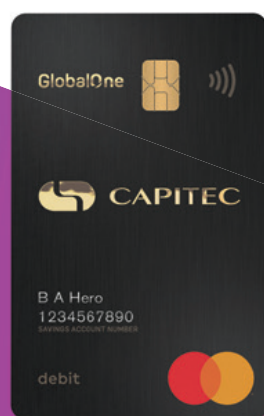
Essential oils are concentrated extracts of various plants turned into liquid form to give you a remedy filled with nature's best ingredients. These oils come in various ranges for different uses with benefits that include reducing stress and anxiety while improving your attentiveness.



20%^{*}
OFF
Dis-Chem
Aromatherapy
Oils^{**}

Dis-Chem +

*Discount to be deducted at tills **Offer excludes Diffuser



get **real**
cash back

CAPITEC

live
better

Pay with Capitec
in-store or online

Visit capitecbank.co.za to see terms and conditions that apply.



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.



StaminoGro Value Pack
 120 PLUS 30 tablets
449⁹⁵
WITH CARD
359⁹⁶

INSTANT DISCOUNT
20%* OFF
 ALL StaminoGro products



StaminoGro Woman
 30 tablets
168⁹⁶
WITH CARD
135¹⁶

INSTANT DISCOUNT
20%* OFF
 Solal Multivitamins only



Solal Multivitamin
 90 capsules
289⁹⁵
WITH CARD
231⁹⁶

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



2+1 CHEAPEST FREE
 on ANY Centrum products

Centrum Adult Multivitamin
 30 tablets
 #3807
159⁹⁵ each



2+1 CHEAPEST FREE
 on ANY DS-24 products

DS-24 Daily Supplement
 60 capsules
286⁹⁵ each

DS-24 Daily Supplement
 30 capsules
149⁹⁵ each



SAVE 70⁰⁰

Berocca Boost
 30 effervescent tablets
 #72084
219⁹⁵
WAS 289⁹⁵



SAVE 60⁰⁰

Berocca Performance
 30 effervescent tablets
 #4079
229⁹⁵
WAS 289⁹⁵



SAVE 30⁰⁰

Gold Multivit Supreme 50+
 60 softgel capsules
169⁹⁵
WAS 199⁹⁵

Gold Multivit Supreme Active
 60 softgel capsules
119⁹⁵
WAS 149⁹⁵



SAVE 15⁰⁰

ActiveVite Complete Multivitamin & Mineral
 30 caplets
 #93684
114⁹⁵
WAS 129⁹⁵



20%* OFF
 Biogen Multivitamin Plus Value Pack
 60 PLUS Free 30 tablets

Biogen Multivitamin Plus Value Pack
 60 PLUS Free 30 tablets
183⁹⁶ per pack
WAS 229⁹⁵



20%* OFF
 ALL Vital products

Vital Maxi B
 60 softgel capsules
191⁹⁶
WAS 239⁹⁵

Vital Gold Active
 30 softgel capsules
135⁹⁶
WAS 169⁹⁵

20%* OFF
 ALL Voost products



Voost Multivitamin
 20 effervescent tablets Assorted
151⁹⁶
WAS 189⁹⁵

Voost Magnesium
 10 effervescent tablets Assorted
79⁹⁶
WAS 99⁹⁵



20%* OFF
 Spectrum Multivitamin AND Senior 120 tablets

Spectrum Multivitamin OR Senior
 120 tablets
 #25838/#25840
263⁹⁵ each
WAS 329⁹⁵



2+1 CHEAPEST FREE
 on ANY Nativ Complex products

Nativa Digestive Complex
 60 capsules
199⁹⁵ each

Nativa MultiVit for Men Complex
 60 capsules
162⁹⁵ each



25%* OFF
 PregOmega Plus 30 day pack

PregOmega Plus
 30 day pack
239⁹⁶
WAS 319⁹⁵

*Advertised price already reflects discount



SAVE 20⁰⁰

SAVE 17⁰⁰

Bio-Strath Daily Nutritional Supplement
 100 tablets
189⁹⁵
WAS 209⁹⁵

Bio-Strath Daily Nutritional Supplement
 200ml
157⁹⁵
WAS 174⁹⁵



SAVE 10⁰⁰

The Real Thing Zeolite Powder
 300g
 #41974
179⁹⁵
WAS 189⁹⁵

*Advertised prices already reflect discount



MINERALS



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.

 VALUE PACK INSTANT DISCOUNT 20%* OFF MenaCal.7 Value Pack 90 tablets MenaCal.7 Value Pack 90 tablets #191440 354⁹⁵ per pack WITH CARD 283⁹⁶ per pack	 VALUE PACK INSTANT DISCOUNT 20%* OFF Lifestyle Health Cal K2 Bulk Value Pack 90 tablets Lifestyle Health Cal K2 Bulk Value Pack 90 tablets #199689 284⁹⁵ per pack WITH CARD 227⁹⁶ per pack	 INSTANT DISCOUNT 15%* OFF A. Vogel Multiforce 225g A. Vogel Multiforce Alkaline Powder 225g #14186 229⁹⁵ each WITH CARD 195⁴⁶ each	 INSTANT DISCOUNT 45⁰⁰* OFF Biogen Calmag Max 120 tablets Biogen Calmag Max 120 tablets #382849 344⁹⁵ each WITH CARD 299⁹⁵ each
--	---	--	---

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

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

Slow-Mag MAGNESIUM

- Contributes to a reduction of tiredness and fatigue
- Aids in rapid recovery after physical activity

Slow-Mag 60 capsules #69724
246⁹⁵ each

Slow-Mag 30 Fizzies

- Contributes to a reduction of tiredness and fatigue
- Aids in rapid recovery after physical activity
- Do by not overindulging on alcohol or smoking
- Helps not overindulge in stress

Slow-Mag 30 fizzies #173863
239⁹⁵ each

*Offer excludes Slow-Mag Fizzies Value Packs AND Tablets Value Packs

1 FOR 109⁹⁵
2 FOR 160⁰⁰
SAVE 59⁹⁰

Dis-Chem GOLD
SLOW RELEASE MAGNESIUM

Gold Slow Release Magnesium 100 tablets #71919

2+1 CHEAPEST FREE
on ANY Lifestyle Health Magnesium products

Lifestyle Health Magnesium 100 tablets
199⁹⁵ each

Lifestyle Health Magnesium Fizzy 10 effervescent tablets
62⁹⁵ each

Floradix Liquid iron and vitamin formula

Contains herbal extracts and fruit juice concentrates. Iron, vitamin B2, B6, B12 and C contribute to the reduction of tiredness and fatigue.

Food supplement 250 ml

100 Years 1919-2019

SAVE 21⁹⁹

Floradix Liquid Iron and Vitamin Formula 250ml #32037
197⁹⁶
WAS 219⁹⁵

SAVE 10⁰⁰

REAL THING TRI-MAG CAPSULES

THE REAL THING TRI-MAG 90 capsules #389322
229⁹⁵
WAS 239⁹⁵

25%* OFF
ReVite Magnesium 30 capsules AND 100 tablets

ReVite Magnesium 30 capsules #87992
67⁴⁶
WAS 89⁹⁵

ReVite Slow Release Magnesium 100 tablets #49742
91⁴⁶
WAS 121⁹⁵

*Advertised price already reflects discount



ENERGY BOOSTERS

VALUE PACK

20%* OFF
 ReVite Super B Value Pack 60 tablets AND Fizzy 30 effervescent tablets

ReVite Super B Value Pack 60 tablets #218782
175⁹⁶ per pack
WAS 219⁹⁵

ReVite Super B Fizzy 30 effervescent tablets #145595
154³⁶
WAS 192⁹⁵

SAVE 10⁰⁰

High-B High Potency Vitamin B 60 capsules #87248
89⁹⁵
WAS 99⁹⁵

2+1 CHEAPEST FREE
on ANY Turbovite products

turbovite Turbocharge your life

turbovite BLAST 200ml
77⁹⁵ each

turbovite EXCEL 20 effervescent tablets
172⁹⁵ each

vita-thion SUSTAINED NATURAL ENERGY GRANULES

SAVE 20⁰⁰

Vita-thion 60 individual sachets #55396
274⁹⁵
WAS 294⁹⁵

2+1 CHEAPEST FREE
on BioPlus products*

BioPlus Syrup 500ml
176⁹⁵ each

*Offer excludes BioPlus Sachets, Sweets AND Drinks

SAVE 50⁰⁰

Dis-Chem GOLD B-COMPLEX SUSTAINED RELEASE

Gold B-Complex Sustained Release 180 tablets #85478
239⁹⁵
WAS 289⁹⁵



GUT HEALTH



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.

Iberogast Oral Liquid 9 Herb Treatment
50ml
#56952

322⁹⁵
WITH CARD 242²¹

INSTANT DISCOUNT
25%* OFF
Iberogast Oral Liquid 9 Herb Treatment 50ml

A. Vogel Molkosan
200ml
#15171

158⁹⁵
WITH CARD 127¹⁶

INSTANT DISCOUNT
20%* OFF
A. Vogel Molkosan 200ml

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



Enterogermina Infants
20 x 5ml vials
#334395

204⁹⁵
WAS 254⁹⁵

Enterogermina Family
20 x 5ml vials
#334396

229⁹⁵
WAS 279⁹⁵



Entiro Probiotic Value Pack
30 PLUS 30 capsules
#203982

299⁹⁵
per pack WAS 314⁹⁵



XtensioFlora 9 Strain Probiotic
60 vegetable capsules
#107218

269⁹⁵
WAS 299⁹⁵



Biogen Supreme Probiotic 9-Strain
60 PLUS 10 vegi capsules
#213679

199⁹⁵
WAS 249⁹⁵



Lifestyle Health Fibre Supplement
300g
#410348

99⁹⁵
WAS 129⁹⁵



Gold Colon Support
60 vegcaps
#100002

99⁹⁵
WAS 136⁹⁵

Gold Digestive Enzymes
60 tablets
#25404

99⁹⁵
WAS 134⁹⁵



Reuterina Drops
5ml
#49723

199⁹⁵
WAS 215⁹⁵



Reuterina Daily
30 tablets
#2198

199⁹⁵
WAS 214⁹⁵



Lp299v Digestive Support
60 capsules (vegetarian)
#10375

299⁹⁵
WAS 339⁹⁵

adcock ingram

ProbiFlora™



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



ProbiFlora™ Adult Intensive Rescue. Each capsule contains total probiotics 5 billion CFU (colony forming units), probiotic blend consisting of Lactobacillus acidophilus NCFM®, Bifidobacterium lactis HN019, Bifidobacterium lactis BI-04, Lactobacillus rhamnosus HN001, Lactobacillus casei Lc-11, Lactobacillus plantarum Lp-115, Lactococcus lactis LI-23, Bifidobacterium longum BI-05, Streptococcus thermophilus ST-21 and prebiotic: prebiotic FOS fibre 50 mg. Health Supplement. Category D: Complementary Medicine. 34.9. Probiotics. S0 ViralGuard Tablets. Each tablet contains: probiotics blend consisting of: Lactobacillus rhamnosus, Bifidobacterium longum 1 Billion cfu*, echinacea extract 80 mg, beta 1.3 glucans 5 mg, elderberry extract 4:1 20 mg, garlic extract 4:1 12.5 mg, vitamin A 1110 IU, pyridoxine HCl (Vitamin B6) 2mg, cyanocobalamin (Vitamin B12) 2 µg, Vitamin C 150 mg, Vitamin D 1.66 µg, Vitamin E 100 µg, folic acid 150 µg, biotin 100 µg, iron as ferrous lactate 2 mg, zinc oxide 3 mg, selenium AAC 20 µg. These unregistered medicines have not been evaluated by the South African Health Products Regulatory Authority for quality, safety or intended use. Adcock Ingram Limited. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Customer Care: 0860 ADCKCK / 232625. www.adcock.com 2022120710246991 December 2022



PNEUMOCOCCAL VACCINE

Pneumonia is a severe lung infection that affects millions of people around the globe. Take the necessary precautions against pneumonia with the Pneumococcal vaccine.

Make your health a priority, book an appointment for the Pneumococcal vaccine today at your nearest Dis-Chem Wellness Clinic.

To find out more about Dis-Chem Wellness Clinics, visit the Dis-Chem website, scan the QR code, download the App to book an appointment, ask any of our friendly nursing practitioners or contact our Clinic Call Centre at 0861 117 427



Dis-Chem PHARMACIES



CHILDREN'S HEALTH



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
10% OFF



Reuterina Junior
 30 chew tablets
 #77794

194⁹⁵ each
WITH CARD
184⁹⁵ each

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



20%* OFF
 ALL Growing Pains products

Growing Pains Syrup
 200ml

103⁹⁶
WAS 129⁹⁵

Growing Pains Night Capsules
 30 snap-caps

115⁹⁶
WAS 144⁹⁵



20%* OFF
 ALL Crèche Guard products



Crèche Guard Immune Multivit Syrup
 200ml

167⁹⁶
WAS 209⁹⁵

Crèche Guard Gummies Multivit
 30 gummies

179⁹⁶
WAS 224⁹⁵

*Advertised prices already reflect discount

SAVE 45⁰⁰ each



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

149⁹⁵ each
WAS 194⁹⁵

2+1 CHEAPEST FREE
 on ANY Gummy Vites products



Gummy Vites Multi Vitamin OR Vitamin C
 120 jelly bears / Assorted

259⁹⁵ each



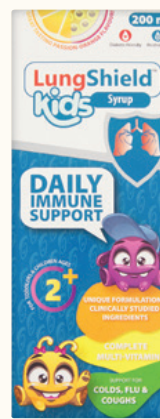
1 FOR 94⁹⁵
2 FOR 149⁹⁵
SAVE 39⁹⁵

Lifestyle Health Emulsion
 200ml
 #155531



1 FOR 87⁹⁵
2 FOR 139⁹⁵
SAVE 35⁹⁵

Lifestyle Health Immune Syrup for Kids
 120ml
 #335656



SAVE 15⁰⁰

LungShield Kids Syrup
 200ml
 #299921

159⁹⁵
WAS 174⁹⁵



SAVE 27⁰⁰

Healthy Living VirAway Junior Syrup
 200ml
 #25710

109⁹⁵
WAS 136⁹⁵



SAVE 10⁰⁰

Biogen Zinc Mune Junior Syrup
 200ml
 #295299

65⁹⁵
WAS 75⁹⁵



SAVE 20⁰⁰

Biogen Multi Vitamin Junior Gummies
 60 gummies
 #329259001

99⁹⁵
WAS 119⁹⁵



SAVE 17⁰⁰

Bio-Homeopathic Rescue+ Kids
 180 tablets
 #26540

109⁹⁵
WAS 126⁹⁵

SAVE 10⁰⁰ each



Flugon Fizzy Kidz + Vita C Immune Support
 12 effervescent tablets
 #106611

109⁹⁵ each
WAS 119⁹⁵



SAVE 7⁰⁰

Zinplex Junior Syrup D3 Immune Booster
 200ml
 #328921

59⁹⁵
WAS 66⁹⁵



20%* OFF
 A. Vogel Echinaforce Junior 120 chewable tablets

A. Vogel Echinaforce Junior
 120 chewable tablets
 #14529

183⁹⁶
WAS 229⁹⁵

*Advertised price already reflects discount



MMR (MEASLES MUMPS RUBELLA) VACCINE

In South Africa, the MMR (Measles, Mumps, & Rubella) vaccine can be administered from the age of 12 months into adulthood. All adults, including women looking to fall pregnant, should get the MMR vaccine.

Make your health a priority, book for the MMR vaccine at your nearest Dis-Chem Wellness Clinic today.

To find out more about Dis-Chem Wellness Clinics, visit the Dis-Chem website, scan the QR code, download the App to book an appointment, ask any of our friendly nursing practitioners or contact our Clinic Call Centre at 0861 117 427





BONE AND JOINT HEALTH



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

INSTANT DISCOUNT
20%* OFF
ALL OsteoEze products



OsteoEze Gold
90 capsules
#32196

316⁹⁵
WITH CARD
253⁵⁶

INSTANT DISCOUNT
30⁰⁰* OFF



Piascledine
30 capsules
#141286

329⁹⁵
WITH CARD
299⁹⁵

SAVE **50⁰⁰** per pack



Flexi-Cal Triple Pack
30 days supply
#174434

299⁹⁵ per pack
WAS **349⁹⁵**

20%* OFF
Posteon Joint Health Osteoarthritis 30 capsules



Posteon Joint Health Osteoarthritis
30 capsules
#420026

263⁹⁶
WAS **329⁹⁵**

SAVE **40⁰⁰** per pack



ArthrAway Chronic Joint Therapy Value Pack
180 tablets
#107211

279⁹⁵ per pack
WAS **319⁹⁵**

SAVE **30⁰⁰**



THRESHHold Real MSM
120 tablets
#54007

254⁹⁵
WAS **284⁹⁵**

*Advertised price already reflects discount



OMEGAS & HEART HEALTH

2+1 FREE
on Gold Omega 3 Salmon Oil 1000mg 90 softgel capsules



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

134⁹⁵ each

20%* OFF
Solal Omega-3 Krill Oil 60 capsules



Solal Omega-3 Krill Oil
60 capsules
#52959

299⁹⁶
WAS **374⁹⁵**

SAVE **40⁰⁰**



The Real Thing Mega Omega Supreme
150 capsules
#389321

399⁹⁵
WAS **439⁹⁵**

SAVE **30⁰⁰**



Biogen Supreme Omega 3
60 PLUS 10 softgel capsules
#229306

159⁹⁵
WAS **189⁹⁵**

SAVE **20⁰⁰** each



Gold Omega 3 & 6 Salmon & EPO 1000mg
90 softgel capsules
#427629

129⁹⁵ each
WAS **149⁹⁵**

SAVE **23⁰⁰**



ReVite Omega-3 Fish Oil Concentrate 1000mg
90 softgels
#49895

119⁹⁵
WAS **142⁹⁵**

*Advertised price already reflects discount



COGNITIVE HEALTH

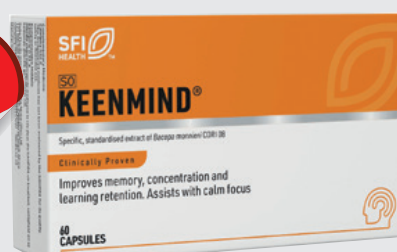
INSTANT DISCOUNT
30⁰⁰* OFF



NeuroXCEL
30 days supply
#334580

309⁹⁵
WITH CARD
279⁹⁵

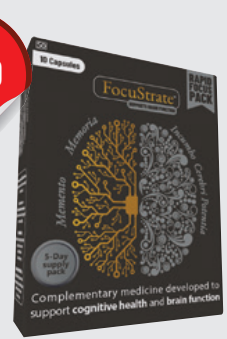
SAVE **30⁰⁰**



Keenmind
60 capsules
#94617

299⁹⁵
WAS **329⁹⁵**

SAVE **13⁰⁰**



Focusstrate
10 capsules
#428031

59⁹⁵
WAS **72⁹⁵**

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



WOMEN'S HEALTH

SAVE **15⁰⁰**



Biogen Collagen
60 PLUS 30 capsules
#20137

199⁹⁵
WAS **214⁹⁵**

SAVE **25⁰⁰**



MenopilPlus
60 capsules
#224756

249⁹⁵
WAS **274⁹⁵**

SAVE **17⁰⁰**



Lifestyle Health Hair, Skin & Nails
60 vegcapsules
#25545

79⁹⁵ each
WAS **96⁹⁵**

Dis-Chem
PHARMACIES



FACE CARE

NEW
VITAMIN C*
BOOSTER
SERUM

3.5%

NIACINAMIDE
+
VITAMIN C*
+
SALICYLIC ACID

Even & Matte
Vitamin C
Serum
30ml
148⁹⁶
WAS **185⁹⁵**



By **GARNIER**,
Naturally!

20%*
OFF

ALL Garnier
face care products

Even & Matte
Vitamin C
Cleansing Gel
400ml

103⁹⁶
WAS **129⁹⁵**

Even & Matte
Vitamin C
Protective
Cream
50ml

95⁹⁶
WAS **119⁹⁵**

Hydra Bomb
Sheet Mask
1-piece / Assorted
51⁹⁶
each
WAS **64⁹⁵**



MICELLAR
CLEANSING
WATER

SA's
No 1*
MICELLAR
WATER

Micellar
Cleansing
Water for
Sensitive
Skin
400ml
95⁹⁶
WAS **119⁹⁵**

Micellar
Purifying
Jelly Water
400ml
87⁹⁹
WAS **109⁹⁵**



*Vitamin C derivative ***Based on NielsenIQ RMS data for the Face Care Category of Client's "GARNIER SKIN ACTIVE MICELLAR CLEANSING WATER 400 ML 1" item in value sales in Micellar Brands in the Face Care Category for the 12-month period ending 31/10/21 for South Africa total retail market (Copyright © 2020, NielsenIQ)

GARNIER | COMMITS TO
GREEN BEAUTY

Cruelty Free
INTERNATIONAL

100% RECYCLED
PLASTIC

find out more on
africa.garnier.com



celltone
SKIN CARE

PIGMENT
CORRECTOR

30%*
OFF

Celltone face
care products**



Face Wash
140ml
118⁹⁷
WAS **169⁹⁵**

Day SPF30
OR
Night Cream
50ml
237⁹⁷
each
WAS **339⁹⁵**

*Advertised prices already reflect discount
**Offer excludes Celltone Value Packs

OLAY TOTAL EFFECTS



7 in One Night
Moisturiser
50ml
OR 7 in One
Moisturiser +
Serum Duo
SPF20
40ml
239⁹⁶
each
WAS **299⁹⁵**

20%*
OFF

ALL Olay
face care
products



Luminous
Moisturiser
50g
OR Super
Serum
30ml
415⁹⁹
each
WAS **519⁹⁵**

*Advertised prices already reflect discount

POND'S Flawless Radiance



20%*
OFF

ALL Pond's
face care
products**

3in1 Brightening
Micellar water
400ml OR Bright and
Fresh Even Tone Toner
150ml
79⁹⁶
each
WAS **99⁹⁵**

Mattifying
Day Cream
SPF15
50ml
103⁹⁶
WAS **129⁹⁵**

Perfecting
Serum
30ml
103⁹⁶
WAS **129⁹⁵**

*Advertised prices already reflect discount
**Offer excludes Pond's Value Packs AND Banded Packs

Neutrogena
DEVELOPED WITH DERMATOLOGISTS



Hydro Boost
Exfoliator
Smoothing Gel
150ml
149⁹⁵
each

Hydro Boost
Eye Cream
15ml
174⁹⁵
each

Hydro Boost Triple
Micellar Water
400ml
149⁹⁵
each

2+1
CHEAPEST
FREE

on ANY Neutrogena
face care
products



Cellular Boost Day
Cream SPF20 OR
Night Cream 50ml
OR Dark Spot
Corrector 15ml
319⁹⁵
each

Bright
Boost Gel
Cream
SPF30
50ml
229⁹⁵
each

Bright
Boost
Resurfacing
Polish
75ml
164⁹⁵
each

Himalaya
SINCE 1930



2+1
CHEAPEST
FREE

on ANY Himalaya
face care
products



Detoxifying
Face Wash
with Activated
Charcoal &
Green Tea
150ml
114⁹⁵
each

Detoxifying
Charcoal
Foaming
Face Wash
150ml
119⁹⁵
each

Clear
Complexion
Day Cream
50ml
114⁹⁵
each

Be healthy. Be rewarded.

There's a REWARD for EVERY BODY.

momentum

multiply

Join Multiply today.

PLUS, score up to 12%
back when you shop at

Dis-Chem
PHARMACIES

Ts&Cs apply

Speak to your
financial adviser or
visit multiply.co.za
today.



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

Dove



1 FOR 76⁹⁵
2 FOR 110⁰⁰
SAVE 43⁹⁰

Body Lotion
400ml
Assorted



Shower Gel
500ml / Assorted
54⁹⁵
WAS 69⁹⁵

Beauty Cream Bar
Value Pack
4 x 100g
Assorted
48⁹⁵ per pack
WAS 58⁹⁵

Shower to Shower



Body Wash
500ml
Assorted

1 FOR 52⁹⁵
2 FOR 80⁰⁰
SAVE 25⁹⁰

Radox



Bodywash
400ml
Assorted
OR
Foam Bath
500ml
Assorted
39⁹⁵ each
WAS 52⁹⁵

SAVE 13⁰⁰ each

GOOD STUFF



1 FOR 62⁹⁵
2 FOR 100⁰⁰
SAVE 25⁹⁰

Body Cream
450ml
Assorted

nuovaPure



1 FOR 25⁹⁵
2 FOR 42⁰⁰
SAVE 9⁹⁰

Glycerine Soap Bar
100g / Assorted

Exclusive to Dis-Chem

dalan



d'Olive Shower Gel
400ml
84¹⁵ each
WAS 99⁰⁰

15%
OFF
Dalan products**



Glycerine Soap
100g
Assorted
12⁷¹
WAS 14⁹⁵

Therapy Liquid Hand Wash
400ml
Assorted
38²¹
WAS 44⁹⁵

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

NATURE'S NOURISHMENT

15%
OFF
Nature's Nourishment products**



Hand & Body Lotion
175ml / Assorted
31⁴¹
WAS 36⁹⁵

Aqueous Cream Winter Formula
500ml
32²⁶
WAS 37⁹⁵

Billions of Bubbles
1 litre / Assorted
45⁰¹
WAS 52⁹⁵

*Advertised prices already reflect discount
**Offer only applicable on the above Nature's Nourishment products

Dettol



Hand Wash
200ml
Assorted

1 FOR 39⁹⁵
3 FOR 99⁰⁰
SAVE 20⁸⁵



SAVE 20⁰⁰ each

Disinfectant Spray
400ml
Assorted
59⁹⁵ each
WAS 79⁹⁵

Don't forget to keep your bathroom clean with Dettol's multi-purpose disinfectant spray

Vaseline



Body Lotion
400ml
Assorted*

1 FOR 67⁹⁵
2 FOR 100⁰⁰
SAVE 35⁹⁰



Body Cream
400ml
Assorted*

*Offer excludes Vaseline Clinical Care range

SAFEGUARD



Shower Gel
1 litre
Assorted

1 FOR 70⁰⁰
2 FOR 110⁰⁰
SAVE 30⁰⁰

Sanex



2+1
FREE
on ANY Sanex
Shower Gel
750ml

Shower Gel
750ml / Assorted
99⁹⁵ each

NIVEA



2+1
CHEAPEST
FREE
on ANY NIVEA Body
Firming Q10
products

Firming + Even
Body Oil
100ml / Assorted
129⁹⁹ each

Firming + Extra
Nourishing Q10
Body Lotion
400ml / Assorted
145⁹⁹ each

PALMOLIVE



3+1
FREE
on ANY Palmolive
Naturals Soap Bar
150g

Naturals Soap Bar
150g / Assorted
17⁹⁵ each

Dis-Chem
PHARMACIES



INSTANT DISCOUNTS Exclusive to Benefit Card holders.

Sign up in-store, online (dischem.co.za) or WhatsApp "Hi" to 086 034 7243 and follow the easy steps.

INSTANT DISCOUNT
10%* OFF
Reflections Sulphate Free Shampoo OR Conditioner 250ml

Reflections Sulphate Free Black OR Gold OR Hazel OR Red OR Silver Shampoo OR Conditioner 250ml

129⁹⁵ each
WITH CARD 116⁹⁶ each

INSTANT DISCOUNT
10%* OFF
Reflections Shampoo OR Conditioner 250ml

Reflections Silver Rebalance OR Anti Frizz Keratin OR Charcoal Purifying OR Hair Follicle Stimulating Shampoo OR Conditioner 250ml

119⁹⁵ each
WITH CARD 107⁹⁶ each

INSTANT DISCOUNT
10%* OFF
Supreme Deep Moisture Banded Pack Shampoo & Conditioner 946ml

Supreme Deep Moisture Banded Pack 1 x Shampoo 946ml 1 x Conditioner 946ml #140633

149⁹⁵ per pack
WITH CARD 134⁹⁶ per pack

BANDED PACK

DEEP MOISTURE BANDED VALUE
1 x 946 ml Moisturising Shampoo 1 x 946 ml Moisturising Conditioner

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

1+1 CHEAPEST FREE
on Pantene products*

Pantene Shampoo OR Conditioner 400ml/360ml Assorted

89⁹⁵ each

Pantene 3 Minute Miracle Conditioner 200ml/300ml

99⁹⁵ each

1+1 CHEAPEST FREE
on Head & Shoulders products*

Head & Shoulders Shampoo OR Conditioner 400ml/360ml/275ml

109⁹⁵ each

20%* OFF
ALL Dove Shampoo OR Conditioner 400ml/350ml/200ml products

Dove Shampoo OR Conditioner 400ml/350ml/200ml Assorted

67⁹⁶ each
WAS 84⁹⁵

SAVE 10⁰⁰ each

Revlon Shampoo OR Conditioner 650ml / Assorted

49⁹⁵ each
WAS 59⁹⁵

*Offer excludes Pantene 1 litre products

*Offer excludes Head & Shoulders Shampoo 1 litre products AND Supreme range

*Advertised price already reflects discount

1 FOR 79⁹⁵
2 FOR 114⁹⁵
SAVE 44⁹⁵

Garnier Ultimate Blends Shampoo OR Conditioner 400ml / Assorted

1 FOR 89⁹⁵
2 FOR 124⁹⁵
SAVE 54⁹⁵

L'Oréal Elvive Shampoo OR Conditioner 400ml / Assorted

1 FOR 99⁹⁵
2 FOR 139⁹⁵
SAVE 59⁹⁵

Schwarzkopf Gliss Shampoo OR Conditioner 400ml / Assorted

1 FOR 84⁹⁵
2 FOR 120⁰⁰
SAVE 49⁹⁰

Organics Shampoo OR Conditioner 1 litre / Assorted

20%* OFF
ALL L'Oréal Elvive Hair Treatments

L'Oréal Elvive Moisture Hair Mask 300ml

99⁹⁶ each
WAS 124⁹⁵

20%* OFF
ALL Schwarzkopf Gliss Hair Treatments

Schwarzkopf Gliss Ultimate Repair 2-in-1 Treatment 300ml

90⁹⁶ each
WAS 129⁹⁵

*Advertised prices already reflect discounts

30%* OFF
ALL Naobay products

Naobay Shampoo OR Conditioner 250ml / Assorted

118⁹⁷ each
WAS 169⁹⁵

20%* OFF
ALL Gerald Wells hair care products

Gerald Wells Shampoo 300ml / Assorted

119⁹⁶ each
WAS 149⁹⁵

Gerald Wells Conditioner 300ml / Assorted

127⁹⁶ each
WAS 159⁹⁵

20%* OFF
Vigro Bio hair care products**

Vigro Bio-Shampoo 150ml

103⁹⁶ each
WAS 129⁹⁵

Vigro Bio-Tonic 150ml

133⁵⁶ each
WAS 166⁹⁵

Vigro Bio-Capsules 30 capsules

119⁹⁶ each
WAS 149⁹⁵

*Advertised prices already reflect discounts

**Offer excludes Vigro Intensive for Her products

PERFECT TOUCH

Spiking Gel

250g / Assorted

47⁹⁵ each

Freezing Gel

500g / Assorted

84⁹⁵ each

FIESTA hairspray

Hairspray

300ml / Assorted

54⁹⁵ each

Serum

50ml / Assorted

84⁹⁵ each

2+1 CHEAPEST FREE

on ANY Perfect Touch, Fiesta AND Kair hair care products

EXPERT kair

High-Light Kit

Contains:

- Decolouring Powder 50g
- Activator 100ml

109⁹⁵ each

ECO STYLE

20% OFF

Eco Style hair gel products**

Olive Oil Styling Gel

236ml

71⁹⁶

WAS 89⁹⁵

Argan Oil Styling Gel

473ml

103⁹⁶

WAS 129⁹⁵

Black Castor & Flaxseed Oil Styling Gel

236ml

114³⁶

WAS 142⁹⁵

*Advertised prices already reflect discount

**Offer excludes Eco Style Gel Black 236ml/450ml

NILOTIQA

20% OFF

ALL Nilotiqa hair care products

Anti-Itch Hair & Scalp Spray

250ml

OR Hair Growth Oil

125ml

79⁹⁶ each

WAS 99⁹⁵

Deep Moisture Butter

50ml

23⁹⁶

WAS 29⁹⁵

*Advertised prices already reflect discount

Sta-Sof-Fro

SAVE 8⁰⁰ each

Braid Spray

350ml / Assorted

54⁹⁵ each

WAS 62⁹⁵

Luster's

30% OFF

Luster's hair care products**

Pink ShortLooks Texturizer Curl Softener

1 x application

118⁹⁷

WAS 169⁹⁵

Scurl 360 Style Wave Control Pomade

85g

97⁹⁷

WAS 139⁹⁵

Scurl Curl Activator Moisturizer

236ml

125⁹⁷

WAS 179⁹⁵

*Advertised prices already reflect discount

**Offer excludes Luster's Curl Activator Gel Lite

afri pure

20% OFF

Afri Pure Hair Oils 100ml AND 50ml**

Hemp Seed Oil

50ml

79⁹⁶

WAS 99⁹⁵

Multi-Use Natural Hair Oil

100ml Assorted

39⁹⁶ each

WAS 49⁹⁵

*Advertised prices already reflect discounts

**Offer excludes Afri Pure Tea Tree Oil 100% Pure Oil 50ml

MPL

For the life of my hair

SAVE 10⁰⁰ each

Hair Oil

125g Assorted

42⁹⁵ each

WAS 52⁹⁵

MIELLE

20% OFF

Mielle hair care products**

Rosemary Mint Strengthening Shampoo

355ml

207⁹⁶

WAS 259⁹⁵

Pomegranate & Honey Curl Smoothie

355ml

263⁹⁶

WAS 329⁹⁵

Pomegranate & Honey Leave-In Conditioner

52ml

47⁹⁶

WAS 59⁹⁵

*Advertised prices already reflect discount

**Offer excludes Mielle Hawaiian Ginger Moisturising Scalp Treatment and Go-Moisture Overnight Conditioner

CREME OF NATURE

10% OFF

ALL Creme of Nature hair care products

Argan Oil Perfect Edge Control

66.5ml

125⁹⁶

WAS 139⁹⁵

Argan Oil Leave-In Conditioner

250ml

139⁴⁶

WAS 154⁹⁵

Aloe & Black Castor Oil Healthy & Long Fortifying Hair Mask

355ml

159²⁶

WAS 176⁹⁵

*Advertised prices already reflect discount

dippity-do

SAVE 20⁰⁰ each

NEW

Shampoo OR Conditioner OR Boosting Mousse

400ml

179⁹⁵ each

WAS 199⁹⁵



DEODORANTS



2+1 FREE
on ANY Shield
Roll-On for Men OR
Women 50ml

Shield
Anti-Perspirant
Roll-On for Men
OR Women
50ml / Assorted
24⁹⁵
each



1 FOR 32⁹⁵
3 FOR 73⁰⁰
SAVE 25⁸⁵

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



1 FOR 28⁵⁰
3 FOR 55⁰⁰
SAVE 30⁵⁰

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



1 FOR 26⁹⁵
3 FOR 55⁰⁰
SAVE 25⁸⁵

Impulse
Perfumed
Body Spray
90ml / Assorted



1 FOR 44⁹⁵
2 FOR 75⁰⁰
SAVE 14⁹⁰

Yardley
English Blazer
Anti-Perspirant
Deodorant Spray
125ml / Assorted



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
10%* OFF
Nature's Nourishment products**

Nature's Nourishment
Deodorant Spray 118ml
OR Crystal Rock Body
Deodorant Stick 120g
OR Deodorant Roll-On
66ml / Assorted

79⁹⁵ each
WITH CARD
71⁹⁶ each

*Swipe your Dis-Chem Benefit Card to claim your Instant Discount
**Offer only applicable on the above Nature's Nourishment products



FREE
Brut Anti-Perspirant
Roll-On 50ml valued
at 26⁹⁵ when you
purchase ANY TWO
Brut Deodorant Body
Spray 200ml

Brut
Deodorant
Body Spray
200ml / Assorted
51⁹⁵ each



SAVE 20⁰⁰ each

SuperDry
Body Spray
200ml / Assorted
59⁹⁵ each
WAS 79⁹⁵



1 FOR 27⁹⁵
2 FOR 40⁰⁰
SAVE 15⁹⁰

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



1 FOR 62⁹⁵
2 FOR 90⁰⁰
SAVE 35⁹⁰

Old Spice
Deodorant Stick
50ml / Assorted
OR Anti-Perspirant
Deodorant Gel
70ml / Assorted



1 FOR 31⁹⁵
2 FOR 50⁰⁰
SAVE 13⁹⁰

Mum
Cream Deodorant
25ml
#5258



SAVE 30⁰⁰ each

Perspirex
Original
Anti-Perspirant
Roll-On
20ml
#207267001
119⁹⁵ each
WAS 149⁹⁵



Blade
Body Spray
Value Size
300ml / Assorted
34⁹⁵ each
WAS 39⁹⁵

Exclusive to
Dis-Chem



Axe
Deodorant
Body Spray
200ml / Assorted
39⁹⁵ each
WAS 50⁹⁵

momentum
multiply

Be healthy. Be rewarded.
There's a REWARD for EVERY BODY.

Join Multiply today.

PLUS, score up to 12%
back when you shop at

Dis-Chem
PHARMACIES

Speak to your
financial adviser or
visit multiply.co.za
today.

Ts&Cs apply



DENTAL CARE

It's important to keep that smile healthy with daily essential dental products from toothbrushes to toothpastes, floss and mouthwashes.



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

1+1 CHEAPEST FREE
on ANY Oral-B Brush Head 2-pack

Powerbrush Replacement Brush Head 2-pack / Assorted
FROM 249⁹⁵ per pack

2+1 CHEAPEST FREE
on ANY Oral-B Manual Toothbrush AND Toothpaste

ALL ROUNDER Toothbrush 3-pack #227434
72⁹⁵ each

SAVE 750⁰⁰

Pro 3 Cross Action Electric Powerbrush #409633
749⁹⁵
WAS 1499⁹⁵

SAVE 2950⁰⁰

Genius X Powerbrush #266317003/02/01
2949⁹⁵
WAS 5899⁹⁵

SAVE 330⁰⁰

D100 Kids Rechargeable Powerbrush Assorted characters* 2-minute timer with Disney Magic Timer App
329⁹⁵
WAS 659⁹⁵

*Excludes Oral-B D100 Powerbrushes

closeup



1 FOR 21⁹⁵
2 FOR 30⁰⁰
SAVE 13⁹⁰

Toothpaste 125g / Assorted

meridol
Gum Expert

meridol® helps fight the cause of gum problems

Soft Toothbrush #279017002
97⁹⁵ each

Mouthwash 400ml #279013
132⁹⁵ each

Toothpaste 75ml #279012001
97⁹⁵ each



2+1 CHEAPEST FREE
on ANY Meridol products



ORIGINAL SWISS TECHNOLOGY



Exclusive to Dis-Chem

dentalmate



1 FOR 34⁹⁵
2 FOR 50⁰⁰
SAVE 19⁹⁰

Pro White Toothpaste PLUS Toothbrush 150g #106891



1 FOR 59⁹⁵
2 FOR 100⁰⁰
SAVE 19⁹⁰

Flossers Mint 90-pack #142114



SAVE 5⁰⁰

Whitening Mouthwash 500ml / Assorted
34⁹⁵
WAS 39⁹⁵

SENSODYNE



1 FOR 79⁹⁵
2 FOR 129⁰⁰
SAVE 30⁹⁰

Toothpaste 75ml
• Repair & Protect
• Sensitivity & Gum
• Rapid Relief



1 FOR 68⁹⁵
2 FOR 109⁰⁰
SAVE 28⁹⁰

Toothbrush 1-pack
• Repair & Protect
• Sensitivity & Gum

LISTERINE



SAVE 23⁰⁰

NEW LOOK

Listerine Total Care Mouthwash Value Pack 750ml #170757
76⁹⁵ each
WAS 99⁹⁵

G·U·M



SAVE 30⁰⁰

Soft-Picks Advanced #174541
30 soft picks
99⁹⁵
WAS 129⁹⁵

Colgate



Total Dental Floss Mint 50ml #76211
78⁹⁵ each



Slim Soft Charcoal Toothbrush
72⁹⁵ each

2+1 CHEAPEST FREE
on ANY Colgate products



Plax White + Charcoal Mouthwash 500ml
97⁹⁵ each

For a Future to Smile About



Optic White Charcoal Toothpaste 75ml / Assorted
71⁹⁵ each

Dis-Chem PHARMACIES



SMOOTH SAVINGS



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

Exclusive to Dis-Chem

Buy ANY 2 MaxShave products, swipe your **Dis-Chem** Benefit Card and stand a chance to

WIN 1 of 50 R500⁰⁰

Dis-Chem Gift Vouchers
(Competition excludes Namibia & Botswana)
T's and C's apply



MaxShave



Aura 5 5-Blade Cartridges
4-pack
#329367
164⁹⁵ per pack



Bikini 1-Blade Disposable Razors
3-pack
#220783
24⁹⁵ per pack



Eva 3 Essence 3-Blade Crossover System PLUS 6 Cartridges
#329403
109⁹⁵ per pack

Disposable 1-Blade Razor
5-pack
#329880
14⁹⁵ per pack



TechEdge Starter Kit
Contains: Handle
PLUS
2 Cartridges
#329366
129⁹⁵ per pack



CARTRIDGES ALSO FIT FUSION5™



CARTRIDGES ALSO FIT MACH3™



TechEdge Men's 5-Blade Refill Cartridges
4-pack
#329365
199⁹⁵ per pack

TechEdge Men's 3-Blade Refill Cartridges
4-pack
#329364
129⁹⁵ per pack



Matrix 3 Pro Disposable 3-Blade Razor
4-pack
#329881
44⁹⁵ per pack



Magnum 5 5-Blade Crossover System
Contains: Handle
PLUS 5 Cartridges
#329371
149⁹⁵ per pack

*These products are not affiliated in any way with the Gillette company LLC

Gillette A CLOSE SHAVE THAT IS GENTLE ON YOUR SKIN



Fusion5 2UP Razor
2 Cartridges
#203507
179⁹⁵
WAS 259⁹⁵



ProGlide5 Flexball Power 1UP Razor
1 Cartridge
#159975
186⁹⁵
WAS 269⁹⁵

2+1 CHEAPEST FREE
on Gillette Mach 3, Mach 3 Turbo, Skinguard, Fusion 4, 5 & 8 Blades

ProGlide5 Cartridges
8-pack
899⁹⁵ each

Fusion5 Cartridges
4-pack
364⁹⁵ each

Mach3+ Cartridges
5-pack
259⁹⁵ each

Mach3 Turbo Cartridges
8-pack
529⁹⁵ each

Gillette Venus

SAVE 120⁰⁰ each

2+1 CHEAPEST FREE
on Gillette Venus Smooth Sensitive Blades*



Deluxe Smooth Platinum
#223115
OR
Comfortglide 5-Blade 2UP Razor
Contains: Handle
PLUS 2 Cartridges
#125730
264⁹⁵
each
WAS 384⁹⁵



Smooth Sensitive Cartridges
4-pack
466⁹⁵ per pack

Comfortglide Breeze Cartridges
4-pack
356⁹⁵ per pack

*Offer only applicable on Gillette Venus Smooth Sensitive Cartridges 4-pack AND Comfortglide Cartridges 4-pack

FEMININE HYGIENE



always
DreamZzz All-Night Ultra Thin Value Pack
14-pack
38⁹⁵ per pack
WAS 47⁹⁵

20% OFF
ALL Always Duo Packs



*Advertised price already reflects discount

Kotex



Ultra Thin Pads with Wings Duo Value Pack
16 Super
49⁹⁵ per pack

*Offer excludes Kotex Tampons

lillets



Smartfit Tampons
16 Mini
16 Regular
16 Super
16 Super Plus

1 FOR 27⁹⁵
2 FOR 50⁰⁰
SAVE 5⁹⁰

Summer's Eve



SAVE 20⁰⁰

5 in 1 Fragrance Free Cleansing Wash
444ml
#416368
109⁹⁹
WAS 129⁹⁹



CONFECTIONERY



2+1
CHEAPEST
FREE
on ANY Mentos
Gum products



1 FOR 8⁹⁵
3 FOR 22⁰⁰
SAVE 4⁸⁵

Super C Rolls
12-piece / Assorted



1 FOR 10⁹⁵
2 FOR 16⁰⁰
SAVE 5⁹⁰

Halls
Flavoured
Lozenges
10-piece / Assorted



1 FOR 18⁹⁵
2 FOR 35⁰⁰
SAVE 2⁹⁰

Cadbury
Chocolate
Slab
80g / Assorted



SAVE
5⁰⁰
each

Snickers **OR**
Twix **OR** Mars
OR Bounty
Chocolate Bar
50g/51g/57g
9⁹⁵
each
WAS 14⁹⁵



1 FOR 8⁹⁵
2 FOR 14⁰⁰
SAVE 3⁹⁰

Britannia
Snack Time
Biscuits
40g
#427594



1 FOR 16⁹⁵
2 FOR 22⁰⁰
SAVE 11⁹⁰

Lipton
Ice Tea
300ml / Assorted



SAVE
14⁴⁵
per
6-pack

**Includes
sugar-free
variants

Coca-Cola
OR Stoney **OR** Fanta
6 x 300ml** / Assorted
58⁵⁰
per 6-pack
WAS 72⁹⁵



NEW

1 FOR 22⁹⁵
2 FOR 38⁰⁰
SAVE 7⁹⁰

Lay's
Potato Chips
120g / Assorted



1 FOR 22⁹⁵
2 FOR 38⁰⁰
SAVE 7⁹⁰

Doritos
Corn Chips
145g / Assorted



1 FOR 24⁹⁵
2 FOR 36⁰⁰
SAVE 13⁹⁰

Simba
Peanuts
& Raisins
OR Peanuts
150g / Assorted



SAVE
8⁰⁰
each

Nestlé
Mini Bags
180g/182g / Assorted
34⁹⁵
each
WAS 42⁹⁵



SAVE
4⁰⁰
each

Sweets From
Heaven
126g / Assorted
18⁹⁵
each
WAS 22⁹⁵



Gingerbon
Peppermint **OR**
Honey Lemon
Soft Chews
125g
34⁹⁵
each
WAS 36⁹⁵



SAVE
10⁰⁰
each



Glucose C
Gums **OR** Jellies
500g / Assorted
44⁹⁵
each
WAS 54⁹⁵



SAVE
35⁰⁰
each

Lindt
Swiss
Premium
Chocolate Bar
300g / Assorted
119⁹⁵
WAS 154⁹⁵



SAVE
10⁰⁰

Beyers
Sweetie Pie
Chocolate
6 x vanilla mallow pies
150g
#152836
72⁹⁵
WAS 82⁹⁵



SAVE
14⁰⁰
each

Clorets
Sugar Free
Gum
72.5g
#328582
38⁹⁵
WAS 52⁹⁵

Stimorol
Sugar Free
Gums
60-piece / Assorted
38⁹⁵
each
WAS 52⁹⁵



SAVE
5⁰⁰
each

Amajoya
Toffee
100g / Assorted
19⁹⁵
each
WAS 24⁹⁵



NEW

SAVE
7⁰⁰
each

Manhattan
Gums & Jellies
OR Mister Sweet
Gums & Jellies
125g/150g
Assorted
19⁹⁵
each
WAS 26⁹⁵



SAVE
2⁰⁰
each

M&M
Milk Chocolate
45g / Assorted
14⁹⁵
WAS 16⁹⁵

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



FUTURELIFE
 Smart nutrition for life



Smart* Food
 500g / Assorted

1 FOR 52⁹⁵
 2 FOR 90⁰⁰
 SAVE 15⁹⁰



Bran* Flakes
 PLUS
 10 Probiotic Capsules
 910g
 #297957
59⁹⁵
 WAS 83⁹⁵

Kids Cereal
 375g / Assorted
42⁹⁵
 WAS 52⁹⁵



1 FOR 64⁹⁵
 2 FOR 100⁰⁰
 SAVE 29⁹⁰

Lifestyle Food
 Granola Crunch
 750g / Assorted



1 FOR 69⁹⁵
 2 FOR 129⁹⁵
 SAVE 9⁹⁵

Bokomo Weet-Bix
 900g
 #388293



SAVE 10⁰⁰

Kellogg's All-Bran Flakes
 1kg
 #389835
89⁹⁵
 WAS 99⁹⁵

SUGAR ALTERNATIVES



VALUE PACK

SAVE 10⁰⁰

SAVE 10⁰⁰ each

Canderel Low Kilojoule Sweetener Value Pack
 500 tablets
 PLUS FREE 100 tablets
 #155819
106⁹⁵ per pack
 WAS 116⁹⁵

Canderel Low Kilojoule Sweetener
 200 cafe sticks Assorted
117⁹⁵ each
 WAS 127⁹⁵

Lifestyle Food Erythritol
 1kg
 #412346
154⁹⁵
 WAS 174⁹⁵



SAVE 23⁰⁰

Lifestyle Food Xylitol
 1kg
 #87852
139⁹⁵
 WAS 162⁹⁵

EDIBLE OILS



1 FOR 169⁹⁵
 2 FOR 299⁹⁵
 SAVE 39⁹⁵

Lifestyle Food Cold Pressed Extra Virgin Olive Oil
 1 litre
 #220742



SAVE 10⁰⁰

Lifestyle Food Odourless Coconut Oil
 1 litre
 #158946
59⁹⁵
 WAS 69⁹⁵



SAVE 15⁰⁰

Lifestyle Food Organic Odourless Coconut Oil
 1 litre
 #123560
89⁹⁵
 WAS 104⁹⁵



SAVE 25⁰⁰

Lifestyle Food Organic Cold Pressed Virgin Coconut Oil
 1 litre
 #101990
124⁹⁵
 WAS 149⁹⁵

GLUTEN-FREE



Lifestyle Food Coconut Flour
 500g
 #185475
39⁹⁵
 WAS 49⁹⁵



1 FOR 54⁹⁵
 2 FOR 90⁰⁰
 SAVE 19⁹⁰

Lifestyle Food Free from Gluten Pre-Mixes
 350g/375g Assorted

WARM UP WITH A CUPPA...



20%* OFF
 ALL Bean There Coffee Beans AND Ground Coffee 250g

*Discount to be deducted at tills



SAVE 15⁰⁰ each

Horlicks Malt Based Drink
 400g / Assorted
99⁹⁵ each
 WAS 114⁹⁵



1 FOR 59⁹⁵
 2 FOR 90⁰⁰
 SAVE 29⁹⁰

Lifestyle Food Skinny Hot Chocolate
 120g
 #409915

TEAS & HOT DRINKS



1 FOR 15⁹⁵
2 FOR 25⁰⁰
SAVE 6⁹⁰

Tetley Green Tea Mint
20 teabags

20%* OFF
ALL Eve Ginger Teas

2+1 FREE
on Closemyer Slimming Coffee
10 sachets OR Green Tea 20 teabags

4+1 FREE
on Biogen Collagen Hot Chocolate 10.5g

Closemyer Slimming Coffee
10 sachets
OR Green Tea 20 teabags
64⁹⁵ each

INSTANT HONEYED GINGER DRINK
WITH LEMON

INSTANT HONEYED GINGER DRINK

*Discount to be deducted at tills

MILK & MILK ALTERNATIVES



20%* OFF
ALL Blue Diamond Almond Breeze Almond Milk 1 litre products

1 FOR 46⁹⁵
2 FOR 75⁰⁰
SAVE 18⁹⁰

Lifestyle Food Oat Milk
1 litre
#125931

1 FOR 37⁹⁵
2 FOR 60⁰⁰
SAVE 15⁹⁰

ButtaNutt Macadamia Milk
1 litre
#295823

*Discount to be deducted at tills

FUNCTIONAL FOODS



20%* OFF
ALL Replace products

20%* OFF
Lifegain Advanced Nutritional Supplement 1kg

*Discount to be deducted at tills

SNACK TIME



3+1 CHEAPEST FREE
on ANY Safari Snacks 55g

2+1 CHEAPEST FREE
on ANY Lifestyle Food Sugarfree Sweets AND Snacks

20%* OFF
ALL Uncle Joe's Biltong products

20%* OFF
ALL Gaby's 1kg products

*Discount to be deducted at tills

LIFEGAIN
IS GIVING BACK

For every LIFEGAIN® 1 Kg you **BUY** from 1 May - 30 June 2023,

LIFEGAIN® will **DONATE R15** through the **Dis-Chem Foundation**
Caring for the Community
towards sustainable community vegetable garden projects.



Find out how on www.lifegain.co.za

*ALL-IN-ONE Advanced Nutritional Supplement • Nativia (Pty) Ltd • 260 Cradock Avenue, Lyttelton, Centurion, South Africa, 0157 • Customer Care Line: 0860 628 482 • YDLIF024/01

Regain your Strength.

Tried and Trusted
for 20 Years!



SPORTS SUPPLEMENTS

BIOGEN
FOR THE RESULTS YOU WANT



Premium Iso-Whey
1.5kg / Assorted
839⁹⁵
WAS **899⁹⁵**



Creatine Ultra Load
860g / Assorted
199⁹⁵
WAS **229⁹⁵**



Rage Pump Nos
510g / Assorted
314⁹⁶
WAS **419⁹⁵**



Pre-Burn
Pulse
180g / Assorted
167⁹⁵
WAS **209⁹⁵**

25%*
OFF
Biogen Rage
Pump Nos
510g

SAVE
42⁰⁰

SAVE
60⁰⁰

SAVE
30⁰⁰

*Advertised price already reflects discount



PRIMAL
SPORTS NUTRITION



Whey Isolate
High Quality
Protein
750g / Assorted
549⁹⁵
WAS **599⁹⁵**



Mass
High Impact
Bulking Agent
4kg / Assorted
399⁹⁵
WAS **449⁹⁵**



L-Glutamine
5000
Micronised
Powder
500g
#410810
299⁹⁵
WAS **369⁹⁵**



Creatine
5000 Pure
Monohydrate Powder
400g
#391214
369⁹⁵
WAS **419⁹⁵**

SAVE
70⁰⁰

SAVE
50⁰⁰

SAVE
50⁰⁰



Hyper Gain All-In-One Mass
4kg / Assorted
399⁹⁵
WAS **469⁹⁵**



Anarchy
Pre Workout
160g / Assorted
199⁹⁵
WAS **239⁹⁵**



BCAA Amino Pro
360g / Assorted
319⁹⁵
WAS **364⁹⁵**



Pro Test
150 capsules
#211819
579⁹⁵
WAS **639⁹⁵**

SAVE
45⁰⁰

SAVE
60⁰⁰

SAVE
70⁰⁰

SAVE
40⁰⁰



I AM **HARDCORE**



Fast Grow Anabol^{9H}
All-in-One Ultra
Lean Gainer
4kg / Assorted
749⁹⁵
WAS **824⁹⁵**



Blue Lab 100% Whey
Premium Protein
2kg / Assorted
1099⁹⁵
WAS **1199⁹⁵**



Hyperbolic
Mass ^{9H} All-in-One
Extreme Mass Gainer
4kg / Assorted
479⁹⁵
WAS **524⁹⁵**



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

SAVE
45⁰⁰

SAVE
70⁰⁰

SAVE
100⁰⁰

SAVE
75⁰⁰

ENERGY DRINKS



Monster Energy Drink
500ml / Assorted



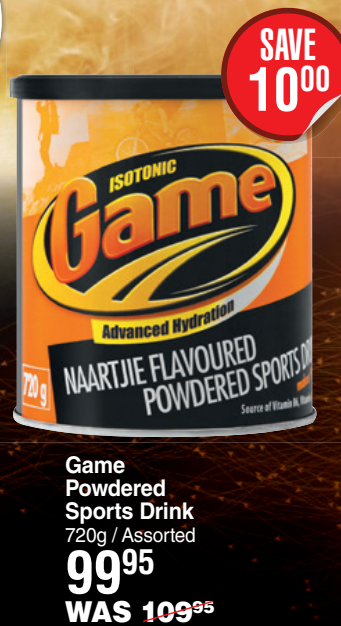
Red Bull Energy Drink
250ml / Assorted



5+1 FREE
on ANY Lucozade
Glucose Drink
360ml



5+1 FREE
on ANY Energade
Sports Drink
500ml



Game Powdered Sports Drink
720g / Assorted
99⁹⁵
WAS **109⁹⁵**



Biogen Pure Energy+
500g / Assorted
59⁹⁵
WAS **74⁹⁵**

SPORTS FOODS



SAVE 20⁰⁰
each

Futurelife High Protein Meal or Shake
1kg / Assorted
129⁹⁵
WAS **149⁹⁵**



20%* OFF
ALL Tony Ferguson products

*Discount to be deducted at tills

GET READY GET BODY FIT™

Nougat Protein Snack Bar
50g / Assorted
27⁹⁵
WAS **32⁹⁵**

SAVE 5⁰⁰
each

Diet Protein Shake
600g / Assorted
199⁹⁵
WAS **234⁹⁵**

SAVE 35⁰⁰
each

#1

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

L-Carnitine Liquid 2500
480ml / Assorted
219⁹⁵
WAS **249⁹⁵**

SAVE 30⁰⁰

Thermo Cuts
120 capsules
#185973
319⁹⁵
WAS **364⁹⁵**

SAVE 45⁰⁰

Diet Pro High Protein Shake
908g / Assorted
319⁹⁵
WAS **369⁹⁵**

SAVE 50⁰⁰

PRIMAL

SPORTS NUTRITION

Protein Shake
350ml
5+1 FREE
on ANY Primal Ready to Drink Protein Shake 350ml

Diet Shake
1.5kg / Assorted
539⁹⁵
WAS **599⁹⁵**

SAVE 60⁰⁰

CLA Value Pack
270 softgels capsules
#194365
299⁹⁵
per pack
WAS **379⁹⁵**

SAVE 80⁰⁰
per pack



HOUSEHOLD ESSENTIALS



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

1 FOR 79⁹⁵
2 FOR 110⁰⁰
SAVE 49⁹⁰

Sta-Soft Ready to Use Ultra Concentrate Fabric Conditioner
 1 litre Assorted

1 FOR 47⁹⁵
3 FOR 85⁰⁰
SAVE 58⁸⁵

Sta-Soft Dilutable Concentrate Refill Pack
 500ml Assorted

1 FOR 46⁹⁵
2 FOR 70⁰⁰
SAVE 23⁹⁰

Comfort Fabric Conditioner Refill Value Pack
 800ml / Assorted

SAVE 30⁰⁰ each

Ariel Auto Concentrated Washing Liquid
 3 litres
OR 3in1 Capsules
 30 capsules
166⁹⁵ each
WAS 196⁹⁵

SAVE 18⁰⁰ each

OMO Auto Power Capsules
 16 capsules
OR Auto Washing Powder
 2kg
OR Auto Washing Liquid
 1.5 litres
79⁹⁵ each
WAS 97⁹⁵

SAVE 5⁰⁰ per pack

Baby Soft Fresh White Moist Toilet Tissue
 42-pack
 #145571
29⁹⁵ per pack
WAS 34⁹⁵

Exclusive to Dis-Chem

1 FOR 39⁹⁵
3 FOR 80⁰⁰
SAVE 39⁸⁵

HOME butler Air Freshener Beads
 150g / Assorted

BUY ANY 2 FOR 50⁰⁰
SAVE 14⁹⁰

HOME butler All Purpose Cleaner
 400ml / Assorted

VALUE SIZE **NEW** **SAVE 9⁰⁰**

HOME butler Dishwashing Liquid
 1.5 litres
 #205494003
37⁹⁵
WAS 46⁹⁵

SAVE 13⁰⁰

DQUIP Lint Remover
 Gently removes fluff, lint, pilling, fuzzes and bobbles from fabrics
 #59513
76⁹⁵
WAS 89⁹⁵

1 FOR 32⁹⁵
2 FOR 55⁰⁰
SAVE 10⁹⁰

Twinsaver 2 Ply White Tissue Tube
 80-pack Assorted

1 FOR 33⁹⁵
2 FOR 55⁰⁰
SAVE 12⁹⁰

Twinsaver 2 Ply Tissues
 180-pack
 #84043

BUY ALL 3 FOR 200⁰⁰
SAVE 92⁸⁹

Sunlight Regular Dishwashing Liquid
 750ml / #76595
PLUS Refill Pack
 750ml / #287051
PLUS 5-IN-1 Auto Dishwashing Tablets
 56-pack / #223644

1 FOR 32⁹⁵
2 FOR 45⁰⁰
SAVE 20⁹⁰

Handy Andy Cream Dishwashing Liquid
 750ml / Assorted

SAVE 70⁰⁰ each

Finish Powerball All-in-1 Max
 56 tabs / Assorted
OR Quantum All-in-1 Max
 50 tabs
189⁹⁵ each
WAS 259⁹⁵

SAVE 20⁰⁰ each

Scotch-Brite Lint Roller
 #15108
89⁹⁵ each
WAS 109⁹⁵

Live Xtra every day

22 MAY - 11 JUNE 2023



Save on over 1000 products on deal.



Checkers

better and better

also at
Hyper



Scan to add Checkers to WhatsApp



Download the app

OFFERS VALID FROM MONDAY 22/05/2023 UNTIL SUNDAY 11/06/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, UMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFKENG, UCHTENBURG & CHECKERS FOODS STORES. WINE ONLY AVAILABLE AT STORES WITH WINE DEPARTMENTS. BEER & SPIRITS ONLY AVAILABLE AT LIQUORSHOP STORES. DUE TO GOVERNMENT REGULATIONS, LIQUOR TRADING HOURS MAY VARY. PLEASE VISIT WWW.CHECKERS.CO.ZA/LIQUORSHOP FOR THE LATEST TRADING HOURS. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES, WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 (9 (TOLL-FREE)). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).

OUR BUTCHERS' BEST FOR LESS



59⁹⁹ per kg
Smoked
Eisbein
Uncooked



79⁹⁹ per kg
Pork
Bangers



89⁹⁹ per kg
Champion
Mince



99⁹⁹ per kg
Farmstead
Pork Rillet



89⁹⁹ per kg
Smoked Pork
Spare Ribs



89⁹⁹ per kg
Farmstead Pork Belly
On The Bone



99⁹⁹ per kg
Beef
Goulash



149⁹⁹ per kg
Simple Truth Certified
Natural Lamb Neck

CERTIFIED
NATURAL LAMB

- ✓ NO ADDED GROWTH PROMOTERS OR PROTECTANTS
- ✓ A DIET FREE FROM ANIMAL BY-PRODUCTS
- ✓ THE FIRST SUPPLIER OF CERTIFIED NATURAL LAMB SINCE 2018

Simple Truth

QUALITY SEAFOOD AT HARBOUR PRICES



SAVE R10
119⁹⁹ 200g
Forage and Feast
Frozen Pacific Half
Shell Oysters



SAVE 10%
62⁹⁹ 500g
Cape Point
Frozen White Clams



SAVE R10
119⁹⁹ 400g
Fisherman's Deli
Frozen Large
Peeled Prawns



SAVE R20
BUY 2 FOR R180
Fisherman's Deli
Frozen Calamari Rings
2 x 400g



SAVE R10
189⁹⁹ 500g
Forage and Feast Frozen
Rainbow Trout Portions



FRESH!
69⁹⁹ per kg
Farmer's Choice
Fresh 12-Piece
Chicken Breast Fillets



57⁹⁹ per kg
Farmer's Choice
Fresh 8-Piece
Chicken Wings



84⁹⁹ per kg
Farmer's Choice
Fresh Deboned &
Skinless Chicken Thighs



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



99⁹⁹ per kg
Simple Truth
Free-Range Chicken
Breast Rillet



SAVE R15
59⁹⁹ 500g each
I&J Beefers Mega
Frozen Beef Patties
All Variants



SAVE R15
72⁹⁹ 500g each
Sea Harvest Crisp &
Chunky Frozen Crumbed
Fish All Variants



SAVE R17
62⁹⁹ 400g each
I&J Out O' the Oven
Frozen Crumbed
Fish All Variants



SAVE R26
69⁹⁹ 800g
Sea Harvest Frozen
Fish Fingers



SAVE R10
69⁹⁹ 450g
Sea Harvest Frozen
Hake Medallions



SAVE 16%
44⁹⁹ 400g
County Fair Frozen
Crumbed Chicken
Breast Nuggets



SAVE R30
BUY 2 FOR R120
Sea Harvest Frozen
Fish Nuggets 2 x 500g



SAVE R10
44⁹⁹ 400g
County Fair
Frozen Crumbed
Chicken Strips



SAVE 16%
44⁹⁹ 400g each
Rainbow Simply
Chicken Frozen
Steaklets All Variants



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



SAVE R10
44⁹⁹ 200g each
Eskort
Streaky Bacon



SAVE R14
64⁹⁹ 700g/1kg each
Rainbow Simply
Chicken Polony
All Variants



SAVE R12
42⁹⁹ 1kg each
Eskort French/
Garlic Polony



SAVE R12
52⁹⁹ 875g each
Eskort Frozen Pork
Sausages All Variants



SAVE R10
69⁹⁹ 1kg each
Eskort
Smoked/Red
Viennas

OFFERS VALID FROM 22 MAY 2023 UNTIL 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFKENG, LICHTENBURG & CHECKERS FOODS STORES.

A WIDE RANGE OF CHEESES



SAVE 17%

32⁹⁹
150g each

With CARD
Clover Natural Cheese Slices All Variants



SAVE R12

49⁹⁹
350g each

With CARD
Meze Foods Feta Cheese All Variants



SAVE 18%
26⁹⁹
125g each

With CARD
The Laughing Cow Cheese Wedges All Variants



SAVE 15%
32⁹⁹
125g each

With CARD
Fairview Brie/Camembert Cheese



SAVE R10
34⁹⁹
50g each

With CARD
Meze Foods Parmesan Cheese Shavings/Gratings



SAVE 16%
39⁹⁹
140g

With CARD
The Laughing Cow Dip & Crunch



BUY ANY &
SAVE 10%

With CARD
Kiri Cream Cheese 108g/200g Each



SAVE R15
49⁹⁹
400g each

With CARD
Parmalat Cheese Slices All Variants



SAVE R10
49⁹⁹
250g

With CARD
Lancewood Mozzarella Cheese Ball



SAVE 14%
42⁹⁹
230g each

With CARD
Lancewood Cream Cheese All Variants



SAVE R10
59⁹⁹
300g

With CARD
Galbani Mozzarella Cheese



SAVE R10
59⁹⁹
300g

With CARD
Lancewood Mature Cheddar Cheese

FRESHLY BAKED EVERY DAY AT OUR BAKERY



SAVE R10

129⁹⁹
each

With CARD
The Bakery Decadent Chocolate Cake



SAVE R10
44⁹⁹
each

With CARD
Carrot Swiss Roll

BUY 2 &
SAVE 15%

With CARD
Freshly Baked Milk Tart x 2



BUY ANY &
SAVE 10%

With CARD
The Bakery Plain/Olive Ciabatta Bread



BUY ANY 2 &
SAVE 20%

With CARD
The Artisan Baker Frozen Sourdough Bread All Variants 2 x 900g



SAVE 14%
29⁹⁹
250g each

With CARD
Ready to Braai Baguette All Variants

FUSS-FREE MEALS



SAVE R15

BOTH FOR
R215

With CARD
The Menu Chicken & Broccoli Ready Meal 1kg & Sticky Toffee Baked Pudding 450g



SAVE R15
ANY 3 FOR
R150

With CARD
Oh My Goodness Ready Meals All Variants 3 x 200g



SAVE R14
BOTH FOR
R140

With CARD
The Menu Malva Pudding 1.2kg & Danone Ultra Mel Vanilla Flavoured Custard 1/



BUY ANY &
SAVE R10

With CARD
Cafe Culture Fresh Pie All Variants 1kg/1.6kg Each



BUY ANY &
SAVE 10%

With CARD
Bella Vita Pasta Ready Meal All Variants 1kg Each



BUY ANY &
SAVE R10

With CARD
Ready to Cook Beef Oxtail/Chubney Chicken/Lamb Shanks 1kg/1.2kg Each



Scan here for 101 recipes!

101 WAYS TO AMPLIFY YOUR VEGGIE MEALS!



SAVE R13
39⁹⁹
380g each

With CARD
Fry's Plant-Based Frozen Spicy OR Braai Sausages/Polony



SAVE R23
49⁹⁹
380g each

With CARD
Fry's Plant-Based Frozen Chunky/Chicken-Style Strips

SAVE R16
46⁹⁹
380g

With CARD
Fry's Plant-Based Frozen Original Hot Dogs



DELI



SAVE R10
ANY 2 FOR
R70

With CARD
Gudness Plant-Based Cold Cut Slices All Variants 2 x 100g



BUY ANY 2 &
SAVE R10

With CARD
Tirolean Meats Sliced Salami All Variants 2 x 125g



BUY ANY 2 &
SAVE R15

With CARD
Forage and Feast Tyrolean Speck/Chortzo Colons/Milanese/Matured Coppa 2 x 100g

SAVE R18

ANY 2 FOR

R50

WITH CARD

Danone

Ultra Mel

Vanilla

Flavoured

Custard

All Variants

2 x 1ℓ

SAVE R25

54⁹⁹

2/ each

WITH CARD

Country Fresh

Dairymaid

Country Fresh

Ice Cream

All Variants

SAVE R10

69⁹⁹

500g each

WITH CARD

Bonnita

Salted Butter

AS SEEN ON TV

SAVE R12

29⁹⁹

1kg each

WITH CARD

Parmalat

Yoghurt

All Variants

AS SEEN ON TV



VIEW PROMOTIONAL LEAFLETS ON WHATSAPP

Checkers

value

SAVE 19%

ANY 2 FOR

R32

WITH CARD

Clover Classic

Dairy Snack

All Variants

2 x 6x100g

per pack

SAVE R16

ANY 2 FOR

R64

WITH CARD

Clover Krush

100% Fruit

Juice Blend

All Variants

2 x 1,5ℓ

AS SEEN ON TV

SAVE R12

32⁹⁹

1kg

WITH CARD

Blossom Lite

Medium

Fat Spread

SAVE R20

39⁹⁹

1kg each

WITH CARD

Canola

Margarine/40% OR

50% Medium Fat Spread

SAVE R10

39⁹⁹

1kg

WITH CARD

Sunshine D

Full Fat Spread

AS SEEN ON TV

SAVE R25

ANY 2 FOR

R109

WITH CARD

Flora

Regular/Light

Medium Fat Spread 2 x 1kg

SAVE 20%

35⁹⁹

1kg each

WITH CARD

Clover Bliss

Double Cream

Dairy Snack All Variants

SAVE 20%

15⁹⁹

700g each

WITH CARD

Sunbake

Low GI

Brown Bread

SAVE 15%

16⁹⁹

6 per pack

WITH CARD

Sunbake

White Hot Dog/

Hamburger Rolls

SAVE R16

34⁹⁹

6x40g per pack

WITH CARD

Tinkies

Sponge

Cake All Variants

SAVE 17%

18⁹⁹

500g each

WITH CARD

Danone

Yog Sip

Yoghurt

Drink All Variants

SAVE 19%

ANY 3 FOR

R36

WITH CARD

Clover Super M

Flavoured

Milk All Variants 3 x 300ml

SAVE R30

89⁹⁹

5 per pack

WITH CARD

Ola

Magnum Mini

Ice Creams All Variants

BUY ANY 2 &

SAVE 20%

WITH CARD

Alpro

Soya/Almond/Oat

Milk All Variants 2 x 1ℓ

SAVE 18%

29⁹⁹

2ℓ each

WITH CARD

Clover Tropika

Dairy

Fruit Blend All Variants

SAVE R15

59⁹⁹

5ℓ each

WITH CARD

Take 5

100% Fruit

Juice Blend All Variants

SAVE R12

34⁹⁹

1kg

WITH CARD

Natures Garden

Mixed

Vegetables

SAVE R10

36⁹⁹

1kg each

WITH CARD

McCain

Country Crop/Garden

Mix Frozen Vegetables

SAVE R15

59⁹⁹

each

WITH CARD

Dr. Oetker

Ital Pizza

Familia Frozen Pizza

All Variants

SAVE R45

99⁹⁹

4 per pack

WITH CARD

Dr. Oetker

Ital Pizza

Classic Frozen

Margherita Pizza

AS SEEN ON TV

SAVE R25

99⁹⁹

4/6 per pack

WITH CARD

Pieman's

Frozen Pies

All Variants

SAVE R15

44⁹⁹

350g each

WITH CARD

Dr. Oetker

Nice 'n Easy

Frozen Ready Meals

All Variants

OFFERS VALID FROM 22 MAY 2023 UNTIL 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFKENG, LICHTENBURG & CHECKERS FOODS STORES.

SAVE R10

34⁹⁹_{1kg}

WITH CARD

Jungle Oats Original Porridge

AS SEEN ON TV

SAVE 23%

36⁹⁹_{80 per pack}

WITH CARD

Freshpak Pure Rooibos Teabags

AS SEEN ON TV

SAVE R20

59⁹⁹_{500g}

WITH CARD

Nestlé Hot Chocolate Beverage

AS SEEN ON TV

SAVE R63 BOTH FOR R139

WITH CARD

Nescafé Gold Instant Coffee All Variants 200g Each & Bokomo Rusks All Variants 500g Each

AS SEEN ON TV

AS SEEN ON TV

TRISA SAVINGS

Checkers

OVER R25 MILLION IN DAILY SAVINGS

AS SEEN ON TV

Checkers value

SAVE R80

199⁹⁹_{1kg each}

WITH CARD

House Of Coffees Beans All Variants

SAVE 26%

24⁹⁹_{250g}

WITH CARD

Nestlé Dessert & Cooking Cream

SAVE 26%

24⁹⁹_{330ml each}

WITH CARD

Nestlé Ideal Evaporated Milk All Variants

SAVE 27%

26⁹⁹_{360g each}

WITH CARD

Nestlé Caramel/Mint Treat Cake Filling All Variants

SAVE R16 ANY 2 FOR R30

WITH CARD

Rhodes Peach Slices/Halves In Syrup 2 x 410g

BUY ANY 2 & SAVE 20%

WITH CARD

Trumps Baking Products x 2

SAVE R11 ANY 3 FOR R25

WITH CARD

Mol's Jelly All Variants 3 x 80g

SAVE 18%

34⁹⁹_{500g}

WITH CARD

Mol's Vanilla Custard Powder

SAVE R10

34⁹⁹_{900g}

WITH CARD

All Gold Smooth Apricot Jam

SAVE R10

49⁹⁹_{370g}

WITH CARD

Little Bee Honey

SAVE R30

129⁹⁹_{200g each}

WITH CARD

Jacobs Krönung/Gold Instant Coffee All Variants

SAVE R15

89⁹⁹_{500g each}

WITH CARD

Mostra Di Café Ground Coffee All Variants

SAVE R20

74⁹⁹_{500g each}

WITH CARD

Café Enrsta Instant Coffee Sachets All Variants

SAVE R24 BUY 2 FOR R80

WITH CARD

Ellis Brown Coffee Creamer 2 x 750g

SAVE R10

44⁹⁹_{100 per pack}

WITH CARD

Five Roses Ceylon Blend Tea Bags

BUY ANY 2 & SAVE 25%

WITH CARD

Freshpak Rooibos Teabags All Variants 2 x 20 per pack

BUY ANY 2 & SAVE 20%

WITH CARD

Forage and Feast Tagless Teabags All Variants x 2

AS SEEN ON TV

BUY ANY 3 & SAVE 25%

WITH CARD

Jacobs/L'Or/illy Coffee Capsules All Variants 3 x 10 per pack

AS SEEN ON TV

SAVE R33 ANY 2 FOR R99

WITH CARD

Jacobs Cappuccino Sticks All Variants 2 x 10 per pack

SAVE R10

77⁹⁹_{1kg}

WITH CARD

Kellogg's All-Bran Flakes Cereal

AS SEEN ON TV

BUY ANY 3 & SAVE 25%

WITH CARD

Bokomo Pronutro Product Range All Variants x 3

AS SEEN ON TV

SAVE 19%

29⁹⁹_{500g}

WITH CARD

Housebrand Bran Flakes Cereal

SAVE 20%

59⁹⁹_{750g each}

WITH CARD

Jungle Muesli All Variants

SAVE R30

69⁹⁹_{1.35kg}

WITH CARD

Bokomo Weet-Bix Cereal

AS SEEN ON TV

ANY 2 FOR R80

WITH CARD

Bokomo Otees Cereal All Variants 2 x 375g/400g

SAVE R20

Live Xtra every day

OFFERS VALID FROM 22 MAY 2023 UNTIL 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFKENG, LICHTENBURG & CHECKERS FOODS STORES.

Page 6

SAVE R10
ANY 2 FOR
R30

WITH CARD

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

SAVE 19%

29⁹⁹
2kg

WITH CARD

Spekko
Long Grain
Parboiled Rice

SAVE 18%

32⁹⁹
700ml each

WITH CARD

All Gold
Tomato
Sauce

SAVE R51
BUY 2 FOR
R99

WITH CARD

Olive Joy
Sunflower &
Extra Virgin
Olive Oil Blend
2 x 1L

KEEP SWIPING, KEEP SAVING

Checkers value

SAVE R20

69⁹⁹
2L

WITH CARD

B-well
Canola Oil

SAVE R15
ANY 2 FOR
R45

WITH CARD

Denny Ready To Serve Soup
All Variants 2 x 400g/405g

**BUY ANY 2 &
SAVE 20%**

WITH CARD

Miami Canned Tomato
All Variants 2 x 410g

SAVE R15
BUY 5 FOR
R50

WITH CARD

Miami Tomato
Paste 5 x 115g

SAVE R17
ANY 3 FOR
R55

WITH CARD

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

SAVE R11
34⁹⁹
120g each

WITH CARD

Ina Paarman's
Pesto Sauce All Variants

SAVE R15
ANY 2 FOR
R55

WITH CARD

Ina Paarman's Sauce
All Variants 2 x 200ml

SAVE R20
ANY 2 FOR
R50

WITH CARD

Knorr Mate
Meal Kits
All Variants
x 2

SAVE 26%
16⁹⁹
100ml each

WITH CARD

I Love Popcorn
Seasoning All Variants

SAVE R10
29⁹⁹
100g each

WITH CARD

Robertson's Rajah Curry
Powder All Variants

SAVE R10
36⁹⁹
140g/200g each

WITH CARD

Ina Paarman's Liquid Stock/
Stock Powder All Variants

SAVE R14
ANY 2 FOR
R40

WITH CARD

Hinds Southern Coating
All Variants 2 x 200g

SAVE R25
ANY 5 FOR
R60

WITH CARD

Hinds Spice Refill
All Variants x 5

SAVE R10
49⁹⁹
300ml each

WITH CARD

Cook 'n Bake Non-Stick
Spray All Variants

SAVE 33%
19⁹⁹
200g each

WITH CARD

Imbo Black/Brown/
Red Lentils

SAVE R10
ANY 5 FOR
R20

WITH CARD

Royco Soup Packet
All Variants 5 x 50g

SAVE R12
ANY 2 FOR
R28

WITH CARD

Knorr Cook-In-Bag
All Variants 2 x 35g

SAVE 16%
ANY 2 FOR
R32

WITH CARD

Knorr Cup A Soup
All Variants 2 x 3/4 per pack

SAVE R36
ANY 2 FOR
R40

WITH CARD

Knorr Aromat Seasoning
All Variants 2 x 200g

SAVE R10
34⁹⁹
150g

WITH CARD

Crosse & Blackwell
Tangy Mayonnaise

SAVE 20%

69⁹⁹
1kg

WITH CARD

Kellogg's
Corn Flakes Cereal

SAVE R20

94⁹⁹
1.25kg each

WITH CARD

Futurelife Smart Food
Cereal All Variants

SAVE R14

35⁹⁹
2kg

WITH CARD

Selati Golden
Brown Sugar

SAVE R15

54⁹⁹
2.5kg

WITH CARD

Snowflake
Self Raising Wheat Flour

SAVE R15

59⁹⁹
100 per pack

WITH CARD

Canderel
Sweetener
Sticks

SAVE R40

129⁹⁹
1L each

WITH CARD

B-well Pure Extra
Virgin Olive Oil

OFFERS VALID FROM 22 MAY 2023 UNTIL 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFKENG, LICHTENBURG & CHECKERS FOODS STORES.

NEW & EXCLUSIVE

Ariete

DESIGNED IN ITALY

Removable filter
Cordless with 360° base
Visible water level

SAVE R100
699⁹⁹ each
WITH CARD

1,7€

2-Slice
Metal body
6 Browning settings

SAVE R1000
1999⁹⁹ each
WITH CARD

PHILIPS

Philips Essential Airfryer XL
1,2kg/6,2L

6,2€

Rapid Air technology
XL size, 1,2kg cooking capacity
7 x faster airflow
"Save your favourite" cooking setting

PLATINUM
QUALITY AND STYLE

NON-STICK
2000W

SAVE R20
229⁹⁹ each
WITH CARD

Platinum Ultimate Black Steam Iron - 2000W

Russell Hobbs
Elegantly modern in traditionally stylish

CERAMIC
2000W

SAVE R50
299⁹⁹ each
WITH CARD

Russell Hobbs Ceraglide Steam Iron - 2000W

199⁹⁹ each

Ottimo Black Cordless Immerse Kettle - 1,7L

SAVE R50
299⁹⁹ each
WITH CARD

Ottimo Stainless Steel Cordless Kettle - 1,7L

2-SLICE

SAVE R50
449⁹⁹ each
WITH CARD

Platinum Stainless Steel 2-Slice Toaster

2-SLICE

SAVE R50
299⁹⁹ each
WITH CARD

Platinum 2-Slice Sandwich Maker

4-SLICE

SAVE R100
699⁹⁹ each
WITH CARD

Platinum 4-Slice Sandwich Press

5L

SAVE R50
449⁹⁹ each
WITH CARD

Platinum Electric Frying Pan with Glass Lid - 5L

SAVE R100
499⁹⁹ per set
WITH CARD

Platinum Stainless Steel Stick Blender Set

1,5L

SAVE R50
549⁹⁹ each
WITH CARD

Platinum Glass Jug Blender - 700W - 1,5L

6,5L

SAVE R50
649⁹⁹ each
WITH CARD

Platinum Silver Oval Slow Cooker with Glass Lid - 6,5L

6L

SAVE R200
999⁹⁹ each
WITH CARD

Platinum Electric Pressure Cooker - 6L

PLATINUM
QUALITY AND STYLE

20L

1199⁹⁹ each

Platinum Silver Mirror Finish Microwave Oven - 20L

SAVE UP TO R50
FROM 279⁹⁹ each
WITH CARD

Platinum 50/50 Range

Stick Blender	250W	279,99	SAVE R20
Hand Mixer	200W	349,99	SAVE R50
Bowl Mixer	200W	499,99	SAVE R50
Jug Blender	450W	549,99	SAVE R50
Food Processor	500W	599,99	SAVE R50

QUICK WAYS TO WARM UP

SAVE R100
599⁹⁹
per set
WITH CARD

Majoré Stainless Steel Cookware Set - 12-Piece



SAVE R20
179⁹⁹
per pack
WITH CARD

Gourmet Glassware Range - 4-Pack



Magnum Glasses
Flute Glasses
White Wine Glasses
Burgundy Wine Glasses

SAVE R30
199⁹⁹
per set
WITH CARD

Vogue Dinner Set - 12-Piece



12-PIECE

SAVE R30
179⁹⁹
per set
WITH CARD

Ivy Black & White Dinner Set - 12-Piece



SAVE R30
199⁹⁹
per set
WITH CARD

Home Discovery Oval/Rectangular Glass Bakeware Set - 3-Piece



SAVE R20
109⁹⁹
per pack
WITH CARD

Coffee Time Acapulco/Classic Mugs - 4-Pack



SAVE R10
69⁹⁹
per pack
WITH CARD

Willy Beer/Zombie/Hi-Ball Glasses - 10-Pack



14⁹⁹
each

Alcanta/Seville Coffee Mug - 365ml/400ml - All Variants



39⁹⁹
each

Matt/Tuscany Soup Mug/Bowl - 620ml/700ml



129⁹⁹
each

Travelvac Travel Mug with Grip - 500ml



129⁹⁹
each

Cuppa Double Wall Stainless Steel Travel Mug - 380ml



109⁹⁹
each

Travelvac Vacuum Flask - 1L



Vacuum Flask - 1.8L - 129.99

SAVE R100
499⁹⁹
each
WITH CARD

Essentials Reversible Faux Fur Sherpa Blanket - 220cm x 200cm



199⁹⁹
each

Essentials Printed Fleece Blanket - 150cm x 200cm



SAVE R10
59⁹⁹
each
WITH CARD

Rubber Hot Water Bottle - 2L - Various Colours



SAVE R10
109⁹⁹
each
WITH CARD

Pom Pom Hot Water Bottle - Various Colours - 2L



SAVE R50
199⁹⁹
each
WITH CARD

SCE White Fan Heater - 2000W



SAVE R30
249⁹⁹
each
WITH CARD

SCE Non-Fitted Single Electric Blanket - 150cm x 75cm



Double Non-Fitted - 150cm x 110cm - R299.99 SAVE R50

SAVE R5
24⁹⁹
each
WITH CARD

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



SAVE R30
149⁹⁹
per pack
WITH CARD

Duracell AA/AAA Alkaline Batteries - 12-Pack



SAVE R30
169⁹⁹
per set
WITH CARD

SCE Electrical Socket & Adapter Set - 3-Piece



MoneyMarket

Hisense U605 SMARTPHONE 3G

4" Display
1500 mAh Battery
5MP + 2MP Camera
Android Operating System
8GB
1GB
Dual SIM Network Locked



+free 1GB WhatsApp data!

SAVE R50
R479
WITH CARD

Nokia C21 Plus SMARTPHONE 4G LTE

6.5" Display
5050 mAh Battery
13MP & 2MP + 5MP Black Camera
Android Operating System
32GB
3GB
Fingerprint Sensor
Dual SIM Network Locked



+free 5GB DATA

SAVE R300
R1749
WITH CARD

99% INFOCLIQUE

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SAVE R30

99⁹⁹
224/288 per pack

WITH CARD

Johnson's Baby Wipes All Variants

SAVE UP TO R60

ANY 2 FOR R99

WITH CARD

Nivea Body Cream/Lotion All Variants 2 x 400ml

AS SEEN ON TV

SAVE R40

69⁹⁹
400ml each

WITH CARD

Schwarzkopf Gliss Shampoo/Conditioner All Variants

SAVE R25

69⁹⁹
2L each

WITH CARD

Satiskin Foam Bath All Variants

SAVE ON PERSONAL CARE ESSENTIALS

BUY ANY 2 & SAVE 30%

WITH CARD

Pampers/Huggies Jumbo Pack/ Premium Care Value Pack Disposable Nappies/Pants 16 x 24/5

SAVE 24%

ANY 2 FOR R26

WITH CARD

Dettol Bath Soap All Variants 2 x 175g

EXCLUDING TRIPLE ACTION

SAVE 28%

ANY 3 FOR R39

WITH CARD

Lux Bath Soap All Variants 3 x 175g

SAVE 22%

26⁹⁹
50ml/120ml each

WITH CARD

Revlon Men/Ladies Deodorant All Variants

SAVE R15

ANY 2 FOR R45

WITH CARD

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

SAVE R10

34⁹⁹
150ml each

WITH CARD

Dove Men/Ladies Deodorant All Variants

SAVE R90

179⁹⁹
500g each

WITH CARD

E45 Dermatological Body Cream

SAVE FROM R8

18⁹⁹
100ml each

WITH CARD

Colgate Gel/Cavity Protection/Herbal Toothpaste

SAVE 19%

64⁹⁹
75ml each

WITH CARD

Sensodyne Rapid/Sensitive/Repair Toothpaste All Variants

SAVE 27%

39⁹⁹
3 per pack

WITH CARD

Colgate Charcoal Toothbrushes

SAVE FROM R15

74⁹⁹
500ml each

WITH CARD

Listerine Premium Mouthwash Selected Variants

SAVE 21%

54⁹⁹
500ml each

WITH CARD

Dove Shower Gel All Variants

SAVE R60

ANY 2 FOR R160

WITH CARD

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

BUY ANY & SAVE 30%

WITH CARD

Nivea Face Care Products

SAVE R8

19⁹⁹
915/10 per pack

WITH CARD

Kotex Ultra Thin Sanitary Pads All Variants

SAVE FROM R28

ANY 2 FOR R70

WITH CARD

Always Maxi/Ultra/Platinum Duo Pack Sanitary Pads All Variants x 2

SAVE R15

ANY 2 FOR R55

WITH CARD

Twinsaver Facial Tissues All Variants 2 x 180 per pack

SAVE R10

39⁹⁹
500ml each

WITH CARD

Protex Fresh/Herbal Liquid Hand Wash

SAVE R80

ANY 2 FOR R90

WITH CARD

Sanex Shower Gel All Variants 2 x 500ml

ANY 5 FOR R48

WITH CARD

Purity Baby Food Pouches All Variants 5 x 110ml

SAVE R12

ANY 4 FOR R44

WITH CARD

Purity 2nd Foods Baby Food All Variants 4 x 125ml

SAVE R16

SAVE R16

74⁹⁹
500g each

WITH CARD

Nestlé Cerelec Baby Cereal All Variants

SAVE R10

39⁹⁹
125ml each

WITH CARD

Johnson's Baby Oil All Variants

SAVE R15

44⁹⁹
125ml/500ml each

WITH CARD

Johnson's Baby Jelly All Variants

ANY 2 FOR R80

WITH CARD

Johnson's Baby Powder All Variants 2 x 400g

SAVE R18

SAVE R75

149⁹⁹
46/56 per pack

WITH CARD

Sunlight 5-in-1/Extra Power Dishwasher Tablets

AS SEEN ON TV

SAVE R10

34⁹⁹
4 per pack

WITH CARD

Twinsaver White Roller Towels

AS SEEN ON TV

SAVE R80

BUY 2 & GET A 3RD FREE

WITH CARD

BUY 2 x Sta-soft Ultra Fabric Softener Bottle All Variants 1st & GET a 3rd one FREE!

GET ONE FREE!

SAVE R20

109⁹⁹
each

WITH CARD

Omo Auto Washing Powder 3kg/Liquid Detergent 2^l/Capsules 22/24 per pack

SWIPE FOR INSTANT CASH SAVINGS

Checkers value

SAVE R10

39⁹⁹
750ml each

WITH CARD

Cobra Tile Cleaner All Variants

AS SEEN ON TV

BUY ANY 3 & SAVE 30%

WITH CARD

Glade Air Freshener Product Range x 3

SAVE 36%

24⁹⁹
750ml each

WITH CARD

Handy Andy Cleaning Agent All Variants

SAVE 17%

28⁹⁹
750ml each

WITH CARD

Domestos Thick Bleach All Variants

SAVE 18%

29⁹⁹
750ml

WITH CARD

Sunlight Dishwashing Liquid

SAVE R12

34⁹⁹
750ml each

WITH CARD

Handy Andy Floor Cleaner All Variants

SAVE R10

34⁹⁹
300ml each

WITH CARD

Pledge Multisurface Cleaner All Variants

SAVE R10

39⁹⁹
600ml each

WITH CARD

Handy Andy Spray Cleaner All Variants

SAVE R46 ANY 2 FOR R54

WITH CARD

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

SAVE 21%

32⁹⁹
300ml each

WITH CARD

Doom Insecticide All Variants

SAVE R15

34⁹⁹
750ml/1^l each

WITH CARD

Plush Pine Gel Tub/Bottle All Variants

SAVE 21%

29⁹⁹
30 per pack

WITH CARD

Tuffy Budget Black Refuse Bags

SAVE R20

169⁹⁹
24 per pack

WITH CARD

Twinsaver Luxury White Toilet Rolls

Health

32⁹⁹
24 per pack

Calpol 500mg Paracetamol Tablets

49⁹⁹
100ml each

Boristol Cough Syrup All Variants

SAVE 25%

74⁹⁹
750ml each

WITH CARD

Dettol Original/Aloe Vera Antiseptic Liquid

99⁹⁹
All per pack

Madiritz Hair, Skin & Nails Gummies

104⁹⁹
30 per pack

A. Vogel Echinacea Echinacea Tablets

BUY ANY 3 & GET THE CHEAPEST FREE

WITH CARD

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

SAVE R15

59⁹⁹
10kg

WITH CARD

Marlons Cat Litter

SAVE R30

159⁹⁹
2kg each

WITH CARD

Whiskas Cat Food All Variants

ANY 2 FOR R220

WITH CARD

Whiskas Cat Food Multipack All Variants 2 x 12x85g per pack

SAVE R40

BUY ANY 3 & SAVE 25%

WITH CARD

Pedigree Dentastix Small/Medium/Large Dog Treats x 3

BUY 2 & GET A 3RD FREE

WITH CARD

BUY 2 x Beeno Mallow Dog Treats All Variants 500g & GET a 3rd one FREE!

AS SEEN ON TV

GET ONE FREE!

SAVE R80

ANY 4 FOR R99

WITH CARD

Husky Dog Food All Variants 4 x 775g

AS SEEN ON TV

SAVE R60

SAVE R60

189⁹⁹
6kg each

WITH CARD

Bob Martin Dog Food All Variants

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we bring the wine route to you



SAVE R10

74⁹⁹

Protea
Sauvignon Blanc
Chenin Blanc · Rosé
Chardonnay



SAVE R15

74⁹⁹

Laborie · Merlot · Shiraz
Cabernet Sauvignon
Cabernet Sauvignon
Merlot



SAVE R20

89⁹⁹

Delheim
Sauvignon Blanc
Rosé
Cabernet Sauvignon
Shiraz

SAVE R30

99⁹⁹

Nell Ellis
Sauvignon Blanc

SAVE R10

74⁹⁹

Nederburg
Baronne

SAVE R10

79⁹⁹

Franschhoek Cellar
Merlot · Shiraz
Cabernet Sauvignon

SAVE R15

84⁹⁹

Kleine Zalze
Merlot
Cabernet Sauvignon
Pinotage



SAVE R15

74⁹⁹

Darling Cellars
Chocoholic Pinotage
Merlot · Shiraz
Pinotage
Cabernet Sauvignon

SAVE R15

119⁹⁹

Glenelly
Syrah

SAVE R35

134⁹⁹

La Motte
Cabernet Sauvignon

SAVE R20

139⁹⁹

Glen Carrou
Merlot

BUY ANY &

SAVE

20%

KWV
Cabernet
Sauvignon Shiraz
Sauvignon Blanc
2x Each



LiquorShop

OR SHOP
ONLINE
WWW.LIQUORSHOP.CO.ZA



SAVE R75

BOTH FOR

R345

Smirnoff 1818
Original Vodka 750ml &
J&B Blended Scotch
Whisky 750ml



SAVE R40

ANY 2 FOR

R150

Flying Fish Lemon &
Lime/Raspberry/Apple
Hard Seltzer Cans
2 x 6x300ml



SAVE R25

164⁹⁹

Richelleu
Brandy



209⁹⁹

Bell's Blended
Scotch Whisky



219⁹⁹

Bacardi Carta
Blanca Rum



SAVE R75

FREE DEAL

279⁹⁹

BUY Tanqueray
London Dry/Flor
De Sevilla/ Royle
Blackcurrant & Vanilla
Flavoured Gin & GET
Schweppes
All Variants 1x Each
FREE!



GET THIS FREE!

SAVE R55

FREE DEAL

209⁹⁹

BUY Skyy Vodka All Variants
Each & GET Schweppes All
Variants 1x Each FREE!



SAVE R15

BUY 3 FOR

R70

Heineken Premium
Lager Beer NRB
3 x 650ml



74⁹⁹

Jack Black's
Brewers
Lager Beer NRB



SAVE R10

104⁹⁹

Cia Cocktails
All Variants



ANY 2 FOR

R170

Bernini Sparkling Wine
Classic/Amber Spirit Cooler
Cans 2 x 6x500ml



ANY 2 FOR

R195

Brooks Strawberry Kiwi/
Dragon Granadilla Hard
Seltzer Cans 2 x 6x300ml

NOT FOR PERSONS UNDER THE AGE OF 18. DRINK RESPONSIBLY.

#NO16 aware.org

Checkers
Sixty



Get the same in-store deals,
delivered in 60 minutes.

Download the app

Checkers

better and better

also at
**Checkers
Hyper**

Checkers
Sixty



download the app

OFFERS VALID FROM MONDAY 22/05/2023 UNTIL SUNDAY 11/06/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAPKENG, LICHTENBURG & CHECKERS FOODS STORES. WINE ONLY AVAILABLE AT STORES WITH WINE DEPARTMENTS. BEER & SPIRITS ONLY AVAILABLE AT LIQUORSHOP STORES. DUE TO GOVERNMENT REGULATIONS, LIQUOR TRADING HOURS MAY VARY. PLEASE VISIT WWW.CHECKERS.CO.ZA/LIQUORSHOP FOR THE LATEST TRADING HOURS. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 35 (TOLL-FREE).

WE HAVE IT ALL

AT SUPERMARKET PRICES



SAVE R60
379⁹⁹ 750ml
X WITH CARD
Monkey Shoulder
Blended Malt
Scotch Whisky



SAVE R80
469⁹⁹ 750ml
X WITH CARD
Benriach
12-Year-Old
Single Malt
Scotch Whisky

STAND A CHANCE
TO WIN



SAVE R70
279⁹⁹ 750ml
X WITH CARD
KWV
10-Year-Old
Brandy



SAVE R95
FREE DEAL
449⁹⁹ 750ml
X WITH CARD
BUY 750ml
Meukow
V.S. Cognac
& GET 1x
Schweppes
All Variants
Each FREE!



299⁹⁹ 750ml each
Bombay
London Dry
Sapphire/Bramble
Gin



399⁹⁹ 750ml
Belvedere
Original Vodka

W H I S K Y

HOUSE of
FINE WHISKY
Finest Whiskies at Supermarket Prices.



149⁹⁹ 750ml
Firstwatch
Imported
Whisky



169⁹⁹ 750ml
Vat 69
Blended Scotch
Whisky



SAVE R75
224⁹⁹ 750ml
X WITH CARD
Ballantine's
Finest Blended
Scotch Whisky



SAVE R55
FREE DEAL
279⁹⁹ 750ml
X WITH CARD
BUY 750ml
Jack Daniel's
Original
Tennessee
Whiskey & GET
1x Coca-Cola
Original/Zero Cold
Drink Each FREE!

EXCLUSIVE

PRIVATE BARREL CO.



NEW RELEASE
LIMITED BOTTLING

SAVE R50
379⁹⁹ 750ml
X WITH CARD
Private Barrel Co.
No. 62 12-Year-Old
Single Malt Scotch
Whisky



LIMITED BOTTLING

SAVE R50
279⁹⁹ 750ml
X WITH CARD
Private Barrel Co.
No. 127 Irish
Whiskey

B R A N D Y , S P I R I T S & L I Q U E U R S



139⁹⁹ 750ml
Olof Bergh
Solera Brandy



199⁹⁹ 750ml
Red Heart
Original Rum



139⁹⁹ 750ml
Russian Bear
Vodka
(Excl. Energy Fusion)
All Variants Each



129⁹⁹ 750ml
Cape Velvet
Original Cream
Liqueur

NEW!



139⁹⁹ 750ml
Cape Velvet
White Chocolate
Cream Liqueur

G I N



SAVE R25
139⁹⁹ 750ml
X WITH CARD
Belgravia
London Dry Gin
All Variants Each



154⁹⁹ 750ml
GinMG
London Dry
Gin



SAVE R50
279⁹⁹ 750ml
X WITH CARD
Cape Town Gin
Rooibos/The Pink
Lady Gin Each



399⁹⁹ 750ml
Hendrick's
Small Batch
Handcrafted Gin

LiquorShop

Checkers

OR HAVE IT DELIVERED



Not for Persons Under the Age of 18. Drink Responsibly. **#NO18** aware.org

BRINGING YOU THE COLDEST BREWS

2 FOR R125

2 x 6x330ml
Castle Lite Beer NRB

2 FOR R145

2 x 6x330ml
Windhoek Premium Lager Beer NRB

NEW FLAVOUR

SAVE R40

ANY 2 FOR R120

X WITH CARD

2 x 6x275ml
Brutal Fruit Sparkling Ruby Apple/Litchi Sèche Spirit Cooler NRB

SAVE R50

2 FOR R130

X WITH CARD

2 x 6x330ml
Flying Fish Premium Lemon Flavoured Beer NRB

2 FOR R125

2 x 6x330ml
Castle Double Malt Pure Lager Beer NRB

2 FOR R175

2 x 6x275ml
Extreme Energy Cider NRB

99% GNLS/CAHZE_REV

WE BRING THE WINE ROUTE TO YOU

PURCHASE ANY KWV BRANDY OR KWV CLASSIC WINE AND STAND A CHANCE TO **WIN** A WEEKLY SHOPPING VOUCHER TO THE VALUE OF R10 000!

XTRA SAVINGS
checkers

SWIPE YOUR XTRA SAVINGS CARD FOR AUTOMATIC ENTRY.

KWV
ESTABLISHED 1818

VALID UNTIL 6 AUGUST 2023

STAND A CHANCE TO WIN

SAVE R15

X WITH CARD

750ml KWV Classic Wine All Variants Each

SAVE R25

X WITH CARD

750ml Fat Bastard Red Wine All Variants Each Equates to R119,99 Each

SAVE R30

X WITH CARD

750ml Simonsig Kaapse Vonkel Nectar Rosé Nectar Brut Brut Rosé Sparkling Wine Each Equates to R159,99 Each

SAVE R20

119⁹⁹

750ml

X WITH CARD

Cederberg Sauvignon Blanc White Wine

SAVE R20

219⁹⁹

750ml

X WITH CARD

Boekenhoutsloof The Chocolate Block Red Wine

SAVE R20

239⁹⁹

750ml

X WITH CARD

Vilafonté Seriously Old Dirt Red Wine

AS SEEN ON TV

BUY 2 & SAVE R60

X WITH CARD

2 x 750ml Roodeberg Classic Red Blend Wine Equates to R79,99 Each

SAVE R30

X WITH CARD

750ml Simonsig Kaapse Vonkel Nectar Rosé Nectar Brut Brut Rosé Sparkling Wine Each Equates to R159,99 Each

LiquorShop

Checkers

OR HAVE IT DELIVERED



OFFERS VALID FROM WEDNESDAY 24/05/2023 UNTIL SUNDAY 11/06/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER LIQUORSHOPS GAUTENG. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. ALL WINE OFFERS ALSO AVAILABLE AT LIQUORSHOP STORES. LIQUOR TRADING HOURS ARE SUBJECT TO GOVERNMENT REGULATIONS. PLEASE VISIT WWW.CHECKERS.CO.ZA/LIQUORSHOP FOR THE LATEST TRADING HOURS. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. ERRORS & OMISSIONS EXCEPTED (E&OE). WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).

Not for Persons Under the Age of 18. Drink Responsibly. **#NO18** aware.org

PERSONAL CARE

Essentials



PROMOTION
NOW ON!

22 MAY - 11 JUNE 2023

SAVE UP TO R60

ANY 2 FOR
R99

X WITH CARD

Nivea Body
Cream/Lotion
All Variants
2 x 400ml

Visibly **reduces**
& **smoothes**
stretch marks
in 2 weeks*

NEW

NIVEA

Radiant + Beauty
Advanced Care

WITH OILS & VITAMINS

400ml

NIVEA

Radiant + Beauty
Advanced Care

400ml

for your
SHADE
OF
BEAUTIFUL

NIVEA

Radiant + Beauty
Even Glow

WITH 95% PURE
VITAMIN C

500ml

Visibly **reduces**
dark spots*

NEW

NIVEA

Radiant + Beauty
Even Glow

500ml

SAVE UP TO R60

ANY 2 FOR
R100

X WITH CARD

Nivea
Shower
Gel/Cream
All Variants
2 x 500ml

Diamond
& Argan Oil

Diamond
& Argan Oil

500ml

NIVEA

TRUSTED *Care* FROM NIVEA

Your Skin Deserves the Best

checkers

better and better

also at
**checkers
Hyper**

checkers
SIXTY
60



download the app

OFFERS VALID FROM MONDAY 22/05/2023 UNTIL SUNDAY 11/06/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).

TRUSTED SKINCARE BEST SELLERS

By **GARNIER**, Naturally!

OFFICIALLY APPROVED
Cruelty Free

BUY ANY & SAVE 20%
X WITH CARD

Garnier Face Care Products

GARNIER | COMMITS TO GREEN BEAUTY | Cruelty Free INTERNATIONAL | FORMULA 100% PLANT-BASED | find out more on www.africa.garnier.com

Johnson's® Power of GENTLE

BUY ANY & SAVE 25%
X WITH CARD

Johnson's Face Care Products

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

SAVE R50 FROM 119⁹⁹ each
X WITH CARD

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

Olay Total Effects 7 in One

- Facial Day Cream 50ml R219,99
- Facial Night Cream 50ml R219,99
- Facial Wash 150ml R119,99

Power of herbs for healthy, glowing skin

THE HERBAL EXPERT | Himalaya SINCE 1930

SELECTED STORES

BUY ANY & SAVE 50%
X WITH CARD

Himalaya

- Gentle Face Wash 150ml
- Charcoal Face Wash 150ml
- Charcoal Face Scrub 150ml

LIVE WELL, LIVE HERBAL

NIVEA TRUSTED Care FROM NIVEA Your Skin Deserves the Best

Get visibly clearer skin*

*Visible results when used twice a day

BUY ANY & SAVE 30%
X WITH CARD

NIVEA

- Rose Care • Naturally Good
- Perfect & Matte • Clear Up
- Q10 • Luminous Facial Care Range

L'ORÉAL PARIS

AGE PERFECT | REVITALIFT

BUY ANY & SAVE 20%
X WITH CARD

L'Oréal Revitalift/ Age Perfect Face Care Cream

N¹ ANTI-AGING WORLDWIDE

Discover our commitment to product tolerance and safety at www.lorealparis.com/our-tests

*N¹ of sales in units and value on the anti-aging market. 35 countries reported accounting for 80% of the worldwide. Gross National Income. MAT December 2019 Nielsen IRI and SRI Databases. Massmarket Face Care databases. *Among the serums L'Oréal Paris. **Clinical score, 53 women.

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

SKINCARE TO KEEP YOU GLOWING



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

X WITH CARD

BUY ANY 3 x
Oxy
Face Care
Products &
GET the
Cheapest
one FREE!



**BUY ANY &
SAVE
20%**

X WITH CARD

African Extracts Rooibos Range
Purifying · Advantage

SELECTED
STORES



**BUY ANY &
SAVE
25%**

X WITH CARD

Young
Solution
Face Care
Products



**BUY ANY 2 &
SAVE
20%**

X WITH CARD

Clean &
Clear
Face Care
Products x 2



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

X WITH CARD

BUY ANY 3 x
Eskamel
Face Care
Products &
GET the
Cheapest
one FREE!



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

X WITH CARD

BUY ANY 3 x
Portia M
Face Care
Products &
GET the
Cheapest
one FREE!



**STILL THE
ONE.**

SINCE 1865

**SOLUTIONS FOR
PROBLEM SKIN**

Cuticura®

HEALTHY SKIN FOR LIFE

**BUY ANY 2 &
SAVE
25%**

X WITH CARD

Cuticura
Face Care
Products x 2

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

STAY GLOWING WITH SKINCARE ESSENTIALS

NIVEA

SAVE R81
ANY 2 FOR
R139
X WITH CARD

Nivea Body Lotion All Variants 2 x 625ml

SAVE R10
BUY 2 FOR
R30
X WITH CARD

Dolly Varden Glycerine 2 x 100ml

SAVE R15
44⁹⁹
450ml/500ml each
X WITH CARD

Ingram's Body Cream All Variants

SAVE R20
59⁹⁹
400ml each
X WITH CARD

Dove Body Lotion All Variants

BUY ANY &
SAVE
20%
X WITH CARD

Bio-Oil Tissue Oil 25ml/60ml/125ml/200ml Each

BUY &
SAVE
20%
X WITH CARD

Bodi Doc Tissue Oil Cream 500ml

SAVE 23%
29⁹⁹
500ml
X WITH CARD

Reitzer's Aqueous Cream

EXCLUDING PLUS

SAVE R35
84⁹⁹
400g each
X WITH CARD

Epi-Max Body Cream All Variants

SAVE R90
179⁹⁹
500g each
X WITH CARD

E45 Dermatological Cream

Vaseline

All Your Skincare Essentials

EXCLUDING FIRMING

SAVE 15%
39⁹⁹
250ml each
X WITH CARD

Vaseline Petroleum Jelly All Variants

SAVE R20
49⁹⁹
400ml each
X WITH CARD

Vaseline Body Lotion/Cream All Variants

SAVE R20
69⁹⁹
625ml each
X WITH CARD

Vaseline Body Lotion All Variants

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

BEAUTIFUL SKIN STARTS HERE

HealingHands®



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



**BUY ANY &
SAVE
20%**

X WITH CARD

**Healing
Hands
Product
Range**



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

Specialist
Hand Care

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



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



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



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

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

Johnson's®

Power of GENTLE



**SAVE R20
ANY 2 FOR
R70**

X WITH CARD

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

**BUY ANY &
SAVE
20%**

X WITH CARD

Renew
• Tissue Oil 200ml
• Tissue Oil Body Butter 250ml
• Tissue Oil Magnolia 100ml
• Tissue Oil Cocoa Butter 100ml
• Tissue Oil 125ml
• Derma Tissue Gel 100ml
• Derma Tissue Oil Spray 100ml



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

X WITH CARD

**BUY ANY 3 x
Dove Cotton
Wool/Buds/
Wands/Wipes
Products & GET
the Cheapest
one FREE!**



**BUY ANY &
SAVE
20%**

X WITH CARD

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



**SAVE R25
69⁹⁹**

X WITH CARD

Lipsano
Lip Balm
Stick/Tub

**SAVE R7
27⁹⁹**

X WITH CARD

Labello
Lip Balm
All Variants



**SAVE R25
59⁹⁹**

X WITH CARD

Labello
Lip Balm
Colour
All Variants



OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

ALL THE BASICS COVERED



SAVE 24%
ANY 2 FOR R26
X WITH CARD

Dettol Bath Soap
All Variants 2 x 175g

SAVE 25%
14⁹⁹
10 per pack
X WITH CARD

Dettol Wet Wipes
All Variants

SAVE R20
59⁹⁹
600ml each
X WITH CARD

Dettol Body Wash
All Variants

EXCLUDING CHARCOAL

SAVE R12
ANY 3 FOR R39
X WITH CARD

Lifebuoy Bath Soap
All Variants 3 x 175g

SAVE 21%
49⁹⁹
750ml each
X WITH CARD

Lifebuoy Body Wash
All Variants

SAVE 27%
39⁹⁹
400ml each
X WITH CARD

Radox Body Wash
All Variants

SAVE 20%
59⁹⁹
750ml each
X WITH CARD

Radox Body Wash
All Variants

SAVE 28%
ANY 3 FOR R39
X WITH CARD

Lux Bath Soap
All Variants 3 x 175g

SAVE 15%
64⁹⁹
750ml each
X WITH CARD

Lux Body Wash/Shower Gel
All Variants

SAVE R80
ANY 2 FOR R90
X WITH CARD

Sanex Shower Gel
All Variants 2 x 500ml

BUY ANY & SAVE 20%
X WITH CARD

**Fenjal Body Butter 250ml/
Shower Cream 200ml/
Foam Bath 200ml Each**

SAVE R7
15⁹⁹
150g each
X WITH CARD

Pure Soap Glycerine Soap
All Variants

SAVE R16
BUY 2 FOR R30
X WITH CARD

Reitzer's Aqueous Bath Soap
2 x 100g

SAVE R16
BUY 2 FOR R40
X WITH CARD

Tetmosol Medicated Bath Soap
2 x 75g

BUY ANY & SAVE 20%
X WITH CARD

Renew Bath Soap
All Variants 175g Each

NIVEA

SAVE R20
69⁹⁹
750ml each
X WITH CARD

**Nivea Shower Gel/
Cream/
Foam Bath**
All Variants

HYPERS ONLY

BUY ANY & SAVE 20%
X WITH CARD

Epimax Body Wash
All Variants 450ml Each

epi max our hearts, for ever family
epimax.co.za

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



PROTECT YOUR HEALTH

SAVE R10

39⁹⁹

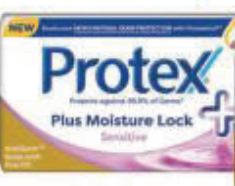
300ml each

WITH CARD




Protex
Herbal/Fresh
Liquid Hand Wash

NEW




SAVE FROM 22%

13⁹⁹

150g each

WITH CARD

Protex
Plus Moisture Lock
All Variants

NEW



SAVE R10

44⁹⁹

500ml each

WITH CARD

Protex
Plus Moisture Lock
All Variants

SAVE R10

44⁹⁹

500ml each

WITH CARD




Protex
Shower Gel
All Variants

SAVE R10

34⁹⁹

500ml each

WITH CARD



Matey
Bubble Bath
All Variants

BUY ANY & SAVE 20%

WITH CARD





Fozzi Bath
Products
All Variants

*MAINTAINS SKIN'S NATURAL MOISTURE

BUY ANY & SAVE 20%

WITH CARD




Happy Feet
Foot Powder
100g/Spray 120ml

BUY ANY & SAVE 20%

WITH CARD




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

SAVE R18 ANY 2 FOR R30

WITH CARD




Cutex
Nail Polish Remover
All Variants
2 x 100ml

SAVE R10

34⁹⁹

200g

WITH CARD



Johnson's
Hygiene Powder

SAVE R25

74⁹⁹

100g

WITH CARD



Eulactol
Heel Balm

BUY ANY 2 & SAVE R10

WITH CARD





Nonova
Body Sponge 3pc/
Body Gloves Set/
Sponge/Shower
Cap 4s

SAVE R25

69⁹⁹

2l each

WITH CARD



Satiskin
Foam Bath
All Variants

SAVE 29%

54⁹⁹

1l each

WITH CARD



Satiskin
Foam Bath Refill
All Variants

SAVE 26%

FROM 36⁹⁹

each

WITH CARD




Satiskin
Shower Gel
All Variants
• 400ml R36,99
• 1l R69,99

SAVE 21%

34⁹⁹

400ml each

WITH CARD



Satiskin
Liquid Handwash
All Variants

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99% GNFOCCNJD/E

Page 7

FEEL FRESH AND CONFIDENT



SAVE 26%
19⁹⁹
50ml each
X WITH CARD

Garnier Ladies Roll-On All Variants



SAVE R13
34⁹⁹
50ml each
X WITH CARD

Mitchum Ladies Roll-On All Variants



SAVE R14
ANY 2 FOR R40
X WITH CARD

Yardley Ladies Roll-On All Variants 2 x 50ml



SAVE R20
ANY 2 FOR R50
X WITH CARD

Sanex Ladies Roll-On All Variants 2 x 50ml



SAVE R10
34⁹⁹
90ml each
X WITH CARD

Yardley Ladies Deodorant All Variants



SAVE 22%
26⁹⁹
90ml each
X WITH CARD

Revlon Ladies Deodorant All Variants



SAVE 18%
26⁹⁹
90ml each
X WITH CARD

Playgirl Ladies Deodorant All Variants



SAVE R10
29⁹⁹
90ml each
X WITH CARD

Coty Ladies Deodorant All Variants



SAVE R10
28⁹⁹
90ml each
X WITH CARD

Lenthéric Hoity Toity Ladies Deodorant All Variants



SAVE R10
ANY 2 FOR R50
X WITH CARD

Lenthéric I Love Ladies Deodorant All Variants 2 x 90ml

99% GNFOCCNJDVE



SAVE 23%
19⁹⁹
50ml each
X WITH CARD

Shield Ladies Roll-On All Variants



SAVE 21%
29⁹⁹
150ml each
X WITH CARD

Shield Ladies Deodorant All Variants



SAVE R8
31⁹⁹
90ml each
X WITH CARD

Adidas Ladies Deodorant All Variants



BUY ANY & SAVE 20%
X WITH CARD

Shower to Shower Ladies Deodorant 150ml/ Shower Cream 500ml All Variants



NIVEA

Nivea Ladies Roll-On All Variants 2 x 50ml

SAVE R20
ANY 2 FOR R40
X WITH CARD

NEW

SAVE R13
32⁹⁹
150ml each
X WITH CARD

Nivea Ladies Deodorant All Variants



Dove

Dove Ladies Roll-On All Variants 2 x 50ml

SAVE R15
ANY 2 FOR R45
X WITH CARD

SAVE R10
34⁹⁹
150ml each
X WITH CARD

Dove Ladies Deodorant All Variants

SAVE 16%
ANY 2 FOR R98
X WITH CARD

Dove Bath Soap All Variants 2 x 4x90g/100g per pack

SAVE 21%
54⁹⁹
500ml each
X WITH CARD

Dove Shower Gel All Variants

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

TOTAL HYGIENE CARE



SAVE R12
29⁹⁹
12 per pack
X WITH CARD

Mandys Face/Legs Soft-Feel Wax Strips



BUY ANY & SAVE 20%
X WITH CARD

Bic Soleil Disposable Razor/Shaving Gel All Variants Each



Bic Soleil
Shine Your Way

SMOOTH SHAVE
SOFT ON SKIN
EASY GUIDE



SAVE R15
54⁹⁹
125ml each
X WITH CARD

No Hair Depilatory Cream All Variants



BUY ANY 3 & GET THE CHEAPEST FREE
X WITH CARD

BUY ANY 3 x Loving Touch Disposable Razors/Shaving Gel & GET the Cheapest one FREE!



BUY ANY & SAVE 30%
X WITH CARD

Schick Razor Blades/Razor All Variants Each



SAVE R20
379⁹⁹
each
X WITH CARD

Philips Wet & Dry Satin Shave Electric Shaver - HP6341



SAVE R20
74⁹⁹
200ml each
X WITH CARD

Mandys Depilatory Cream



BUY ANY 3 & GET THE CHEAPEST FREE
X WITH CARD

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



BUY ANY & SAVE 20%
X WITH CARD

Femagene Feminine Intimate Products



BUY ANY & SAVE 20%
X WITH CARD

Veet Depilatory Cream/Lotion All Variants Each



GOOD STUFF
THE BEINCARE COMPANY

bee natural
PURE EPSOM & MINERAL FOOT SCRUB
WILD HONEY, SHEA BUTTER & VANILLA YOGHURT
24hour NOURISHING SKIN REPAIR BODY LOTION

extra care & repair
AVOCADO BUTTER & VITAMIN E
CITY SKIN THERAPY

You're the BOMB
Fragrant Bath Bombs

Selected Stores

SAVE FROM 14%
FROM 24⁹⁹
each
X WITH CARD

- Good Stuff**
- Body Mist 100ml R24,99
 - Bath Milk 400ml R44,99
 - Bath Bombs 2 per pack R54,99
 - Body Lotion 700ml R59,99
 - Body Wash 700ml R59,99
 - Bee Natural Foot Scrub 200ml R54,99
 - Bee Natural Heel Balm 100ml R44,99
 - Bee Natural Foot Soak 700g R74,99

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

TOTAL HYGIENE CARE



Choose the
RIGHT SIZE
for you



UP TO 100%
LEAK
PROTECTION
No odour &
Irritation worries



Reassuring
THICK PROTECTION

OUR NO. 1
SOFTNESS and
THIN PROTECTION



All around SOFT
PROTECTION all night

SAVE FROM R26
ANY 2 FOR
R70
X WITH CARD

Always
Maxi/Ultra/
Platinum
Sanitary Pads
All Variants
Duo Pack
12/14/16/18/20
per pack x 2



SAVE R10
19⁹⁹
40 per pack
X WITH CARD

Comfitex Pantyliners
All Variants



SAVE R10
39⁹⁹
100 per pack
X WITH CARD

Comfitex Pantyliners
All Variants

Stayfree Cotton comfort and
protection everyday



SAVE R10
19⁹⁹
16/20 per pack
X WITH CARD

Stayfree Maxi Sanitary
Pads All Variants



SAVE R10
29⁹⁹
76 per pack
X WITH CARD

Stayfree Pantyliners
All Variants

WE'VE GOT YOU COVERED DAY & NIGHT.
CHOOSE THE RIGHT SIZE FOR YOUR FLOW.



SAVE R10
32⁹⁹
16/18/20 per pack
X WITH CARD

Libresse Maxi Sanitary Pads
Duo Pack All Variants



SAVE R18
34⁹⁹
16/20 per pack
X WITH CARD

Libresse Sanitary Pads
Duo Pack All Variants

TRY OUR THIN AND SUPER
ABSORBENT LINERS



SAVE R13
19⁹⁹
40 per pack
X WITH CARD

Libresse
Pantyliners
All Variants



REGULAR



DAY
TIME



LONG



DAY
TIME



GOODNIGHT+



NIGHT
TIME

Choose what
works for you



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

Lil-Lets
Sanitary
Products

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

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SAVE R11
16⁹⁹
8/10
per pack
X WITH CARD

Kotex Maxi Pads

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

SAVE R10
32⁹⁹
16/20
per pack
X WITH CARD

Kotex Maxi Pads

- Normal 20
- Super 16
- All Nighter 16

SAVE R8
19⁹⁹
7/8/10
per pack
X WITH CARD

Kotex Ultra Thin Pads

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



SAVE R14
38⁹⁹
14/16/20
per pack
X WITH CARD

Kotex Ultra Thin Pads

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



SAVE R4
16⁹⁹
16/18/20
per pack
X WITH CARD

Kotex Daily Protect Liners

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



www.kotex.co.za | @kotex_sa | KotexSouthAfrica

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



Trademark of Kimberly-Clark Worldwide, Inc. © KOWW

Buy TENA today!

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

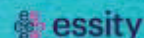
TENA



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

FROM
39⁹⁹
per pack
X WITH CARD

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



BLADDER LEAKS?

Take back control



SAVE R10
FROM
29⁹⁹
per pack
X WITH CARD

Lil-lets Drylock Range

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

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

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

HOT-LISTED HAIRCARE



ELVIVE HYALURON PLUMP

SAVE R35

59⁹⁹ 400ml each
X WITH CARD

L'Oréal Elvive Shampoo/Conditioner All Variants

BUY ANY & SAVE 30%
X WITH CARD

L'Oréal Elvive Hair Treatment All Variants Each

WITH PLUMPING [HYALURONIC ACID]

FOR 72H* HYDRATION 2X REPLUMPED HAIR*

*instrumental test after application of shampoo + conditioner



TRESemmé

PROFESSIONAL QUALITY STYLING EVERY DAY

USED BY PROFESSIONALS

SAVE R60

ANY 2 FOR R160
X WITH CARD

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



SAVE R5

29⁹⁹ per set
X WITH CARD

Pretty Woman Aliceband Set with Elastic Bands - 20-Piece



SAVE R10

59⁹⁹ per set
X WITH CARD

B Dry Brush & Combo Set - 3-Piece



SAVE R50

299⁹⁹ each
X WITH CARD

Philips Thermoprotect Hairdryer



SAVE R50

399⁹⁹ each
X WITH CARD

Philips Thermoprotect Hair Straightener



SAVE R50

749⁹⁹ each
X WITH CARD

Philips Heated Straightening Brush



Glyco-Lemon Shampoo All Variants

SAVE 18%

34⁹⁹ 750ml each
X WITH CARD



Revlon Flex Shampoo/Conditioner All Variants

SAVE R12

47⁹⁹ 650ml each
X WITH CARD



SAVE R30

74⁹⁹ 200ml each
X WITH CARD

Batiste Dry Shampoo All Variants



Renew Shampoo/Conditioner All Variants 1€ Each

BUY ANY & SAVE 20%
X WITH CARD

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

GOOD HAIR DAYS

**BUY ANY &
SAVE
40%**

X WITH CARD

**Head &
Shoulders
OR Pantene
Shampoo
All Variants
1ℓ Each**



HYPERS ONLY

PANTENE

SAVE R99

ANY 2 FOR

R99

X WITH CARD

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

**SAVE R100
ANY 2 FOR
R129**

X WITH CARD

**Head &
Shoulders
Shampoo/
Conditioner
All Variants
2 x 400ml**

**BUY ANY &
SAVE
40%**

X WITH CARD

**Pantene
Hair Treatment
All Variants
200ml/300ml Each**



99% GNFOCCN/DVE

**Schwarzkopf
GLISS
HAIR REPAIR**



**Schwarzkopf
Gliss
Treatment
All Variants
Each**

**BUY ANY &
SAVE
30%**

X WITH CARD

**SAVE R40
69⁹⁹
400ml
each**

X WITH CARD

**Schwarzkopf
Gliss
Shampoo/
Conditioner
All Variants**

TRY GLISS ULTIMATE REPAIR FOR
SHINY AND HEALTHY-LOOKING HAIR.

Repair what you love.

Organics



**SAVE R20
64⁹⁹
1ℓ
each**

X WITH CARD

**Organics
Shampoo/
Conditioner
All Variants**

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

GET THE SALON LOOK FOR LESS

MARC ANTHONY. Make Hair Play™

**BUY ANY &
SAVE
20%**

X WITH CARD

Marc Anthony Shampoo/Conditioner All Variants 250ml Each

SELECTED STORES

By **GARNIER**, Naturally!

N°1 IN SOUTH AFRICA

GARNIER Ultimate Blends 100% VEGAN

GARNIER Nutrisse Crème DEEPLY NOURISHING PERMANENT HAIR COLOUR UP TO 100% COVERAGE UP TO 8 WEEKS ANTI-DRYNESS

BUY ANY & SAVE 20%

X WITH CARD

Garnier

- Ultimate Blends Shampoo/Conditioner 400ml
- Nutrisse Crème Hair Colour Each

GARNIER | COMMITS TO GREEN BEAUTY | **Cruelty Free** INTERNATIONAL | **100% RECYCLED PLASTIC** | find out more on www.africa.garnier.com

SELECTED STORES

BUY ANY & SAVE 30%

X WITH CARD

Controllice Lice Treatment Range

SELECTED STORES

BUY ANY & SAVE 30%

X WITH CARD

Vigro Hair Growth Range



**BUY ANY &
SAVE
20%**

X WITH CARD

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



**BUY ANY &
SAVE
20%**

X WITH CARD

Got2b Glued
Hair Styling Products



**BUY ANY &
SAVE
20%**

X WITH CARD

L'Oréal Studio Line Styling
Gel All Variants 150ml Each



**BUY ANY &
SAVE
20%**

X WITH CARD

Revlon Flex Mousse/Styling
Gel All Variants 150ml Each



**BUY ANY &
SAVE
20%**

X WITH CARD

Perfect Touch Hairspray/Mousse/
Styling Gel All Variants Each



SAVE R20
59⁹⁹
236ml each

X WITH CARD

Eco Style Styling
Gel All Variants



SAVE R15
69⁹⁹
75g each

X WITH CARD

Gatsby Styling Wax
All Variants



SAVE R50
**ANY 2 FOR
R120**

X WITH CARD

Revlon Colorsilk Hair
Colour All Variants x 2

OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

TREAT YOUR HAIR WITH CARE

SELECTED STORES

SAVE UP TO R30
69⁹⁹
250ml each
X WITH CARD

The Perfect Hair Hair Range All Variants

BUY ANY & SAVE 20%
X WITH CARD

Sta-Sof-Fro Hair Care Range All Variants Each

SELECTED STORES

BUY ANY & SAVE 20%
X WITH CARD

Cantu Hair Range All Variants Each

BUY ANY & SAVE 20%
X WITH CARD

Perfect Choice Hair Care Range All Variants Each

Dark and Lovely
PROFESSIONAL EXPERTISE

BUY ANY & SAVE 20%
X WITH CARD

Dark & Lovely Hair Range All Variants Each

LEVEL UP WITH 4 EASY STEPS

1 WASH
2 TREAT
3 MOISTURISE
4 STYLE

48H EXTRA HOLD STYLING GEL

WORLD'S 1ST WATERLESS CLEANSER
FOR PROTECTIVE HAIR STYLES

99% INFOCONDUITE

ACHIEVE YOUR SALON RELAXER LOOK AT HOME

UNSTOPPABLE MOISTURE FOR NATURAL HAIR

f /DarkandLovelySA @darkandlovelyafrika @DarkandLovely

*SAGACI, 2020 Hair brand image survey, South Africa/Kenya/Nigeria/Ivory Coast

I AM DARK AND LOVELY

SAVE R10
29⁹⁹
100ml each
X WITH CARD

Amla Oil Hair Food/Oil Treatment

SAVE R12 ANY 2 FOR R40
X WITH CARD

Black Chic Hair Care Range 2 x 250ml

SAVE R10 BUY 2 FOR R40
X WITH CARD

Isoplus Styling Gel 2 x 425ml

SAVE R11 BUY 2 FOR R55
X WITH CARD

Isoplus Oil Sheen Spray 2 x 275ml

BUY ANY & SAVE 20%
X WITH CARD

ORS Oil Sheen Spray 275ml/ Hair Food 125ml Each

SAVE R15
84⁹⁹
207ml each
X WITH CARD

ORS Organic Root Mousse

SAVE R10
49⁹⁹
250ml each
X WITH CARD

Sofn'free Styling Gel All Variants

BUY ANY 2 & SAVE 20%
X WITH CARD

Sofn'free Spray/Lotion All Variants 2 x 125ml/350ml

SAVE UP TO R13
49⁹⁹
each
X WITH CARD

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

SAVE R10
39⁹⁹
2x250ml per pack
X WITH CARD

Easy Waves Styling Gel & Spray Banded Pack

SAVE R8 ANY 2 FOR R40
X WITH CARD

Easy Waves Hair Food All Variants 2 x 150ml

SAVE FROM R10 ANY 2 FOR R70
X WITH CARD

Easy Waves Relaxer All Variants 2 x 250ml

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TOTAL ORAL CARE

Colgate

The power of natural charcoal

Cleans and whitens teeth



SAVE 27%
39⁹⁹
2 per pack
X WITH CARD

Colgate Charcoal Double Action Toothbrush



SAVE 20%
79⁹⁹
2 per pack
X WITH CARD

Colgate Charcoal Slim Soft Toothbrush



SAVE 40%
59⁹⁹
500ml each
X WITH CARD

Colgate Plax Mouthwash All Variants



SAVE 18%
44⁹⁹
75ml each
X WITH CARD

Colgate Total/Pro Toothpaste All Variants



SAVE 20%
59⁹⁹
75ml each
X WITH CARD

Colgate Optic/Naturals/Pro-Relief Toothpaste All Variants



13⁹⁹
100ml each

Oralwise Original/Herbal/Tri Protect Toothpaste



14⁹⁹
each

Oralwise Protector Toothbrush



19⁹⁹
each

Oralwise Denture Toothbrush



29⁹⁹
each

Oralwise Pro-Whitening/Pro-Platinum Toothbrush



SAVE FROM R8
18⁹⁹
100ml each
X WITH CARD

Colgate Gel/Herbal/Cavity Protection Toothpaste



SAVE 27%
15⁹⁹
125ml each
X WITH CARD

Closeup Toothpaste All Variants



SAVE FROM R5
17⁹⁹
75ml each
X WITH CARD

White Glo Toothpaste All Variants



SAVE 27%
ANY 2 FOR R44
X WITH CARD

Mentadent P Protection/Herbal Toothpaste 2 x 100ml



SAVE 14%
59⁹⁹
each
X WITH CARD

Sensodyne Rapid/Sensitive Toothbrush



SAVE 19%
64⁹⁹
75ml each
X WITH CARD

Sensodyne Rapid/Sensitive/Repair Toothpaste All Variants

Choose the **Gum Expert** for Healthy Gums and Strong Teeth

THE HERBAL EXPERT | **Himalaya** SINCE 1930



BUY ANY & SAVE 50%
X WITH CARD

Himalaya Toothpaste All Variants 75ml Each

SELECTED STORES

LIVE WELL, LIVE HERBAL

100% Vegetarian | Free from Parabens

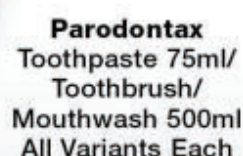
Oral-B

Oral-B Toothbrush/Toothpaste Selected Variants 75ml Each

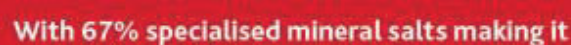
BUY ANY & SAVE 20%
X WITH CARD



OFFERS VALID FROM MONDAY 22 MAY 2023 UNTIL SUNDAY 11 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



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



**4x MORE EFFECTIVE* THAN
REGULAR TOOTHPASTE**

*removal of plaque



Pearl Drops
Smokers Toothpaste



Pearl Drops
Hollywood
Smile Toothpaste



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



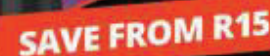
Dentek Floss Picks



Andolex-C
Anti-Bacterial
Mouthwash



Philips Sonicare
Power Toothbrush
Series 1100



74⁹⁹
500ml
each

**Listerine
Premium
Mouthwash
Selected
Variants**

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



Listerine Mouthwash Selected Variants

DOI: 10.1002/gn.200000000



SUNSTAR

**SELECTED
STORES**

GUM Dental Range x 2

- Super Tip Toothbrush Medium 2 per pack
- Dome Trim Toothbrush Medium
- Fresh Mint Flavoured Dental Flossers 30 per pack
- Toothbrush Covers 4 per pack
- Soft-Picks 40 per pack
- Tongue Cleaner
- Expanding Waxed Dental Floss 30 Uses
- Ortho Dental Floss 50 Uses
- Trav-Ler Interdental Brushes 0,8mm 6 per pack
- Advance Soft-Picks 30 per pack

**BUY ANY 2 &
SAVE
20%**

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FEEL FRESH AND CONFIDENT

L'ORÉAL MEN EXPERT



**BUY ANY &
SAVE
20%**

X WITH CARD

L'Oréal Men Expert Face Care Range Each



SAVE 26%

19⁹⁹

50ml each

X WITH CARD

Garnier Men's Roll-On All Variants



SAVE R13

34⁹⁹

50ml each

X WITH CARD

Mitchum Men's Roll-On All Variants



SAVE R14

ANY 2 FOR

R40

X WITH CARD

Yardley English Blazer Men's Roll-On All Variants 2 x 50ml



SAVE R20

ANY 2 FOR

R50

X WITH CARD

Sanex Men's Roll-On All Variants 2 x 50ml

SAVE 22%

26⁹⁹

120ml each

X WITH CARD

Revlon Men's Deodorant All Variants

SAVE 25%

26⁹⁹

150ml each

X WITH CARD

Playboy Men's Deodorant All Variants

SAVE R10

29⁹⁹

120ml each

X WITH CARD

Coty Men's Deodorant All Variants

SAVE R10

28⁹⁹

150ml each

X WITH CARD

Lenthéric Solo Men's Deodorant All Variants

SAVE R10

ANY 2 FOR

R50

X WITH CARD

Lenthéric Masculin Men's Deodorant All Variants 2 x 150ml

SAVE R8

31⁹⁹

150ml each

X WITH CARD

Adidas Men's Deodorant All Variants

SAVE R10

34⁹⁹

125ml each

X WITH CARD

Yardley Men's Deodorant All Variants

**BUY ANY &
SAVE
20%**

X WITH CARD

Shower to Shower Men's Deodorant All Variants 150ml Each

NIVEA MEN

UP YOUR GAME WITH NIVEA MEN

**BUY ANY &
SAVE
30%**

X WITH CARD



1 WASH



2 SHAVE



3 MOISTURISE



SAVE R20

ANY 2 FOR

R40

X WITH CARD

Nivea Men Roll-On All Variants 2 x 50ml



SAVE R13

32⁹⁹

150ml each

X WITH CARD

Nivea Men Deodorant All Variants



SAVE R50

549⁹⁹

X WITH CARD

Philips OneBlade 2 Click-On Shaver

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FEEL FRESH AND CONFIDENT



SAVE R22

64⁹⁹

200ml each
X WITH CARD

DX Smooth
Hair Remover



SAVE R26

69⁹⁹

65ml
X WITH CARD

Bump Patrol
Shaving Gel
Treatment



SAVE 23%

19⁹⁹

50ml each
X WITH CARD

Shield Men's
Roll-On All Variants



SAVE 21%

29⁹⁹

150ml each
X WITH CARD

Shield Men's
Deodorant All Variants

MEN+CARE



SAVE R15

ANY 2 FOR

R45

X WITH CARD

Dove Men's Roll-On
All Variants 2 x 50ml



SAVE R10

34⁹⁹

150ml each
X WITH CARD

Dove Men's
Deodorant All Variants



BUY ANY &

SAVE

30%

X WITH CARD

Duel Shaving
Gel/Foam
All Variants
200ml Each



SAVE R10

29⁹⁹

150ml each
X WITH CARD

Axe Men's Deodorant
All Variants



SAVE R15

39⁹⁹

200ml each
X WITH CARD

Axe Men's Deodorant
All Variants



SAVE 26%

19⁹⁹

50ml each
X WITH CARD

Brut Men's Roll-On
All Variants



SAVE R10

29⁹⁹

120ml each
X WITH CARD

Brut Men's Deodorant
All Variants

99% GNFOCCNJDIE



BUY ANY &

SAVE

30%

X WITH CARD

Schick
Shaving Gel/
Razors/Blades
All Variants
Each



BUY ANY 3

& GET THE

CHEAPEST

FREE
X WITH CARD

BUY ANY 3 x BIC Men's
Selected Shaving Products &
GET the Cheapest One FREE!

Gillette

A NEW LOOK ACROSS OUR RANGE
GET A PERFECT SHAVE



SAVE R60

119⁹⁹

each
X WITH CARD

Gillette Mach 3+
Razor 2Up



SAVE R100

139⁹⁹

each
X WITH CARD

Gillette Mach 3
Turbo Razor 2Up



BUY ANY 3

& GET THE

CHEAPEST

FREE
X WITH CARD

BUY ANY 3 x Gillette Mach Mach 3/
Mach 3+ Turbo/Plus Blades &
GET the Cheapest One FREE!

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Affordable Healthcare Made Easy

Health



SAVE 30%
BUY 2 FOR
R49
WITH CARD
Medirite Aloe
Vitamin Tablets
2 x 30 per pack



49⁹⁹
20 per pack
Black Forest
Tea All Variants



SAVE 30%
69⁹⁹
10 per pack
WITH CARD
Inteflora Probiotic
Capsules



84⁹⁹
120g each
Citro-Soda
Original/Cranberry
Anti Acid Granules



119⁹⁹
2L
Savlon
Antiseptic Liquid



99⁹⁹
60 per pack
Medirite
Hair, Skin &
Nails Gummies



104⁹⁹
20 per pack
Cal-C-Vita
Effervescent Tablets



119⁹⁹
30 per pack
Vital Hair,
Skin & Nails
Capsules



119⁹⁹
60 per pack
Threshold
Real MSM Anti-
Inflammatory Tablets



134⁹⁹
30 per pack
Nativa Bladder
Complex Capsules



SAVE 23%
149⁹⁹
300ml each
WITH CARD
Gaviscon
Original Aniseed/
Peppermint
Antacid Liquid



FROM
129⁹⁹
each
WITH CARD
BUY ANY 1 x
Medirite Calcium
with K2 & D3
30 per pack & GET
one FREE!



FROM
114⁹⁹
each
WITH CARD
BUY 1 x Medirite
A-Z/50+
Multivitamin
30 per pack
& GET one FREE!



BUY ANY &
SAVE
20%
WITH CARD
Deep Heat/
Deep Freeze
All Variants Each



SAVE 29%
ANY 2 FOR
R200
WITH CARD



249⁹⁹
50ml
Iberogast Herb
Oral Liquid



264⁹⁹
90 per pack
Osteoeze Gold
Supplement Capsules



299⁹⁹
300g
Medirite Peptide
Collagen Powder



329⁹⁹
300g
Medirite Bone &
Joint Collagen Powder



Replace
Classic Meal
Replacement
All Variants
2 x 400g



Get the exact same deals,
delivered in 60 minutes.

Download the app

Checkers
better and better

also at
**Checkers
Hyper**



download the app

OFFERS VALID FROM MONDAY 22/05/2023 UNTIL SUNDAY 11/06/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).



PROMOTION VALID FROM 23 MAY TO 4 JUNE 2023

SIGN UP TO

NEW SPAR Rewards

AND STAND A CHANCE TO

WIN A CAR

You could WIN

1 of 60

SPECIAL EDITION HYUNDAI i20s

Scan to download the WIN A CAR participating products.

Visit www.sparwinacar.co.za for more details.

AS SEEN ON TV

BUY ME TO ENTER

WITH CARD

BUY ANY 2 FOR

32⁰⁰

SAVE R10

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

92⁹⁹ per pack

AS SEEN ON TV

BUY ME TO ENTER

WITH CARD

27⁹⁹ each

SAVE R12

89⁹⁹ per tray

44⁹⁹ each

64⁹⁹ each

AS SEEN ON TV

BUY ME TO ENTER

WITH CARD

239⁹⁹ per pack

SAVE R30

119⁹⁹ each

BEST IN BUTCHERY SAVINGS

49⁹⁹ per kg

SPAR Rewards deals: Maximum 10 per customer. While stocks last.

SPAR Rewards

More for You

SIGN UP FOR MORE!

MORE SAVINGS. MORE WINS. MORE FOR YOU.

Exclusive to SPAR Rewards customers.

SPAR Rewards

More for You

Specials available at selected SUPERSPAR and SPAR stores (excluding KWIKSPAR and SPAR Express stores) from 23 May 2023 up to and including 4 June 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).

SC_SSR1732 1

YOUR LOCAL
BUTCHER

WE'RE FOR LEAN DEALS & BIG FLAVOURS



SPAR
Tender
and Tasty
Beef Prego
Steak

139⁹⁹
per kg



SPAR
Tender and Tasty
BBQ or Peri-Peri
Buffalo Style
Chicken Wings

89⁹⁹
per kg



SPAR
Select
Rooiberg
Boerewors

99⁹⁹
per kg



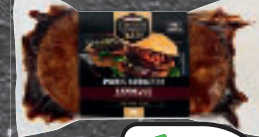
SPAR
Select
Tenderised
Steak

119⁹⁹
per kg



SPAR
Previously
Frozen
Oxtail

84⁹⁹
per kg



SPAR
Tender
and Tasty
Pork Rib
Burger
600g

WITH
CARD
69⁹⁹
per pack
SAVE R10

freshline

WE'RE FOR EVERYDAY FRESHNESS

YOUR LOCAL
GROCCER



SPAR
freshline
Lemons
1 kg

14⁹⁹
each



SPAR
freshline
Oranges
2.5 kg

27⁹⁹
each



SPAR
freshline
Long Life
Tomatoes
1 kg

22⁹⁹
each



SPAR
freshline
Potatoes
4 kg

55⁹⁹
each



SPAR
freshline
Soup Greens
700 g

24⁹⁹
per pack



SPAR
freshline
Lettuce Head

13⁹⁹
each

YOUR LOCAL
BAKERY

WE'RE FOR EARLY MORNING SAVINGS



SPAR
Bakery
Rusk
400 g
Assorted

45⁹⁹
each



SPAR
Bakery
Death By
Chocolate or
Dark and White
Chocolate Cake

89⁹⁹
each



SPAR
Bakery
Hamburger or
Hotdog Rolls
Brown or White
6's

16⁹⁹
per pack



SPAR
Bakery
Garlic Bread
330 g

28⁹⁹
each

WE'RE FOR COOKING UP FRESH SAVINGS

YOUR LOCAL
KITCHEN

Gourmet Recipe
McCOY
REAL DEAL PIES

Only at
SPAR

McCOY
Pies
Assorted

BUY ANY
2 FOR **58⁰⁰**
per combo

GRAB
your favourite
PIE ON PROMOTION
AT THE FOOD STALL

PIEMAN'S
PIES & ROLLS

Pieman's
Pies or
Sausage Rolls
(Excl. Burger Pies)
+
Coca Cola, Fanta, Sprite,
Sparletta or Stony
440ml/500ml
Assorted

BUY BOTH
FOR **32⁹⁹**
per combo

STICKY WINGIN' GOODNESS

STICKY WINGS
BBQ, Peri Peri, or Sweet & Sticky

CHIKKA CHICKEN

160⁰⁰ 22⁰⁰ 44⁰⁰ 66⁰⁰

THE FOOD STALL

Available at The FOOD STALL. Only at SPAR.

SPAR Rewards deals: Maximum 10 per customer. While stocks last.

SUPERSPAR

SPAR

Valid from **23 May – 4 June 2023.**
T's & C's Apply.

For customer queries
call: 080 007 9610



3 SIMPLE STEPS TO ENTER

STEP 1

Sign up for your
NEW SPAR Rewards
card for more!

STEP 2

Buy any
participating
Win a Car product.

STEP 3

Swipe your
NEW SPAR Rewards
card for an instant entry.

See in-store for more details.

EVERY PARTICIPATING PRODUCT YOU BUY GETS YOU ANOTHER ENTRY TO WIN

YOUR FRIDGE

WE'RE FOR COOL OFFERINGS



Lancewood Cream Cheese
230 g Assorted

43⁹⁹ each



SPAR Processed Cheddar or Gouda Cheese Slices
400 g

46⁹⁹ per pack



Blue Ribbon Classic White Sliced Bread
700 g

WITH CARD
14⁹⁹ each
SAVE R4



Stork Country Spread Tub
1 kg

45⁹⁹ each



Butro Full Cream Butter Spread Tub
500 g

BUY ME TO ENTER
74⁹⁹ each



SPAR Hot Doggers Red, Smoked or Chicken Viennas
1 kg

49⁹⁹ per pack



SPAR French Polony
2 kg

57⁹⁹ each



Rainbow Simply Chicken Premium Folio
700 g/ 1 kg Assorted

62⁹⁹ each



SPAR Prepacked Sliced Cold Meat
200 g Assorted

21⁹⁹ per pack



Flora Medium Fat Spread Tub
1 kg

56⁹⁹ each



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

29⁹⁹ per pack



Clover Bliss Double Cream Yoghurt
1 kg Assorted

35⁹⁹ each



Clover Super M Flavoured Milk
300 ml Assorted

BUY ANY 2 FOR **27⁰⁰**



SPAR Long Life Cream
300 ml

21⁹⁹ each



Tropika Dairy Blend (incl. Zero)
2 litre Assorted

29⁹⁹ each

YOUR FREEZER

WE'RE FOR COOL OFFERINGS



SPAR Frozen Mixed Chicken Portions
5 kg

189⁹⁹ each



Sea Harvest Batter Dipped Hake Portions
500 g Assorted

72⁹⁹ each



Rainbow Simply Chicken Original or Cheese Nuggets, Fingers, Bites, Burgers or Steaklets
350 g/ 360 g/ 400 g

44⁹⁹ per pack



Eskort Pork Sausages
750 g

84⁹⁹ each



McCain Frozen Garden Mix or Country Crop
1 kg

36⁹⁹ each



SPAR Chicken & Beef Burgers
1.2 kg

59⁹⁹ each



Dr. Oetker Ital Pizza (Margherita, Hawaiian, BBQ Chicken, Regina or Spare Rib and Bacon)

45⁹⁹ each



Ola Cornetto Ice Cream
120ml/125 ml Assorted

BUY ANY 2 FOR **35⁰⁰**



Farmhouse Ice Cream
2 litre Assorted

49⁹⁹ each



Ola Gino Ginelli Ice Cream
1.4 litre Assorted

94⁹⁹ each



SPAR Rewards deals: Maximum 10 per customer. While stocks last.

SUPERSPAR

SPAR

Valid from **23 May – 4 June 2023.**
T's & C's Apply.

For customer queries
call: **080 007 9610**

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3 SIMPLE STEPS TO ENTER

STEP 1

Sign up for your **NEW SPAR Rewards card** for more!

STEP 2

Buy any participating Win a Car product.

STEP 3

Swipe your **NEW SPAR Rewards card** for an instant entry.

See in-store for more details.

EVERY PARTICIPATING PRODUCT YOU BUY GETS YOU ANOTHER ENTRY TO WIN

YOUR BREAKFAST

WE'RE FOR EVERYDAY SAVINGS



Tetley
Premium Tea Blend Teabags 102s

28⁹⁹ per pack



Freshpak
Rooibos Tagless Teabags 80s

35⁹⁹ each



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

49⁹⁹ each
SAVE R18



Douwé Egbert
Instant Coffee 200 g Assorted

129⁹⁹ each



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

94⁹⁹ per pack



All Gold
Apricot or Peach & Apricot Jam 900 g

34⁹⁹ each



Yum Yum
Peanut Butter (Incl. Caramel & Chocolate Dreams) 380 g / 400 g Assorted

27⁹⁹ each



Nescafé
Ricoffy Coffee Granules (Excl. Decaf) 750 g

84⁹⁹ each
SAVE R25



Nestlé
Cremora 750 g

38⁹⁹ each
SAVE R10



Nestlé
Milo Tin 500 g

49⁹⁹ each
SAVE R18



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

39⁹⁹ each



Bokomo
Pronutro 500 g Assorted

39⁹⁹ each
SAVE R18



Kellogg's
Corn Flakes 1 kg

67⁹⁹ each



Nescafé
Gold Coffee 200 g Assorted (Excl. Decaf)

129⁹⁹ each



Nescafé
Gold Cappuccino Sticks 8s / 10s Assorted

59⁹⁹ each

YOUR PANTRY

WE'RE FOR EVERYDAY SAVINGS



Maggi
2 Minute Noodles 5s or Sauce 375 ml Assorted

BUY ANY 3 FOR 75⁰⁰



SPAR
Canola Oil 2 litre

69⁹⁹ each



Nespray
Forti Grow 850 g

99⁹⁹ each
SAVE R24



Ace
Super Maize Meal 2.5 kg

32⁹⁹ each



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

BUY ANY 2 FOR 34⁰⁰



Snowflake
Self Raising Wheat Flour 1 kg

21⁹⁹ each



Nestlé
Treat or Ideal Milk 360 g / 380 g

24⁹⁹ each



SPAR Rewards deals: Maximum 10 per customer. While stocks last.




Valid from **23 May – 4 June 2023.**
T's & C's Apply.

For customer queries call: **080 007 9610**

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WINNING PRICES

YOUR
SAUCES/
SPICES &
CANS

WE'RE FOR
TASTY OFFERINGS



Rhodes
Chopped and
Peeled Tomato
410 g
Assorted

17⁹⁹
each



Rhodes
Tomato & Onion
Mix or Gravy
410 g

WITH
CARD
BUY ANY 2 FOR
30⁰⁰



SPAR
Light Meat
Shredded Tuna
in Oil or Water
170 g

BUY ANY
3 FOR
50⁰⁰



Koo
Baked Beans in
Tomato Sauce
(Excl. Lite)
410 g

WITH
CARD
BUY 2 FOR
25⁰⁰
SAVE R9



Koo
Butter Beans
in Brine or Sauce
410 g / 420 g
Assorted

19⁹⁹
each



Lucky Star
Pilchards
in Tomato, Chilli or
Sweet Chilli
Sauce
400 g

BUY ANY
2 FOR
48⁰⁰



Koo
Creamstyle Sweetcorn 415 g,
Whole Kernel Corn 410 g,
Mixed Veg 410 g / 420 g or
Sweet Garden Peas 400 g

BUY ANY
2 FOR
37⁰⁰



Pakco
Atchar
385 g
Assorted

WITH
CARD
32⁹⁹
each
SAVE R10



All Gold
Tomato Sauce
700 ml

WITH
CARD
28⁹⁹
each
SAVE R11



SPAR
Salad &
Chip Sauce
700 ml

46⁹⁹
each



Wellington's
Sweet Chilli Sauce
700 ml

37⁹⁹
each



Crosse &
Blackwell
Tangy or
Creamy
Mayonnaise
750 g

33⁹⁹
each



Ina Paarman's
Pasta Sauces
400 g
Assorted

44⁹⁹
each



Knorr
Packet Soup
(Incl. Tasty Range)
50 g
Assorted

BUY ANY
4 FOR
18⁰⁰



Robertson's
Rajah
Curry Powder
100 g
Assorted

18⁹⁹
each



Royco
Dry Cook-in-Sauce
or Potato Bake
37 g - 55 g
Assorted

BUY ANY
2 FOR
28⁰⁰



Knorr
Cup a Soup or
Cup a Snack
(Excl. Thick and Creamy)
3s / 4s
Assorted

BUY ANY
2 FOR
32⁰⁰

Only at

SPAR

MasterChef
CUTLERY COLLECTION



SAVE up to **70%**

*3 piece silver coloured STARTER SET and DINNER SET *3 piece gold coloured STARTER SET and DINNER SET *3 piece TEASPOON SET *4 piece PASTRY FORK SET *2 piece SERVING SET *24cm cast iron CASSEROLE with lid *MasterChef HAND BLENDER (no stickers required)

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



SPAR Rewards deals: Maximum 10 per customer. While stocks last.

SUPERSPAR

SPAR

Valid from **23 May – 4 June 2023.**
T's & C's Apply.

For customer queries
call: 080 007 9610

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SUPER SAVINGS

**YOUR
TREATS**

**WE'RE FOR
SWEET SAVING DEALS**



SPAR Rewards deals: Maximum 10 per customer. While stocks last.

SUPERSPAR

SPAR

Valid from **23 May – 4 June 2023.**
T's & C's Apply.

For customer queries
call: 080 007 9610

WINNING PRICES

HOME
ESSENTIALS

WE'RE FOR
CLEANING-MUST HAVES



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

29⁹⁹
each



Sta Soft
Ultra
Concentrate
Liquid
1 litre
Assorted

WITH
CARD
54⁹⁹
each



Omo
Auto
Washing Powder
2 kg,
Liquid 1.5 litre or
Capsules 385 ml
Assorted

79⁹⁹
each



Sunlight
2in1
Hand
Washing
Powder
3 kg
Assorted

WITH
CARD
74⁹⁹
each
SAVE R22



Sunlight
Dishwashing
Liquid Refill
Pouch
750 ml

24⁹⁹
each



Finish
All in One
Dishwash
Tablets
50s/56s
Assorted

199⁹⁹
each



SPAR
All-in-1
Dish Wash It
Dishwasher
Tablets
16s

WITH
CARD
49⁹⁹
each



Handy Andy
Cream
Refill Pouch
750 ml
Assorted

22⁹⁹
each



Domestos
Multipurpose
Thick Bleach
750 ml
Assorted

29⁹⁹
each



Mr Muscle
Tile Cleaner
750 ml
Assorted

WITH
CARD
36⁹⁹
each



Mr Muscle
Kitchen or
Bathroom
Cleaner
500 ml
Assorted

37⁹⁹
each



Mr Min
Multi Surface
Cleaner
300 ml
Assorted

39⁹⁹
each



Airwick
Air Freshener
280 ml
Assorted

27⁹⁹
each



Energizer
Maxplus
AA or AAA
Batteries
6s

69⁹⁹
per pack



SPAR
Heavy Duty
Refuse Bags
10s

39⁹⁹
per pack



Scotch Brite
Jumbo,
Heavy Duty or
Multi-Coloured
Scourer
3s / 4s / 5s

25⁹⁹
per pack



Glad
Cling Wrap
15 meter

62⁹⁹
each



Whiskas
Meaty Nuggets
1 kg
Assorted

BUY
ANY
2
FOR
160⁰⁰



Snappy
On The Go Mug
Assorted
373 ml

75⁹⁹
each



H/Traders
Soup Mug
Assorted

35⁹⁹
each



Yanaka
Mug
Assorted

35⁹⁹
each



Charka
Brikettes
5 kg

89⁹⁹
each



SPAR
Pro-Balance Dog Food
8 kg
Assorted

229⁹⁹
each



Snappy
Plastic Tumbler
Assorted
473 ml

75⁹⁹
each



SPAR
Good Living
Vacuum Flask
Assorted

169⁹⁹
each



SPAR
Good Living
Floor Broom

49⁹⁹
each



SPAR
Good Living
Twist Mop

149⁹⁹
each



Salton
3 Bar Heater
Slimline

389⁹⁹
each



SPAR Rewards deals: Maximum 10 per customer. While stocks last.

SUPERSPAR



SPAR



Valid from **23 May – 4 June 2023.**
T's & C's Apply.

For customer queries
call: 080 007 9610

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**SIGN UP TO
NEW SPAR Rewards
AND STAND A CHANCE TO
WIN A CAR**



You could **WIN** **1 of 60**
**SPECIAL EDITION
HYUNDAI i20S**

COMPETITION ENDS 4 JUNE 2023 | Visit www.sparwinacar.co.za for more details.

See in-store for more details.

EVERY PARTICIPATING PRODUCT YOU BUY GETS YOU ANOTHER ENTRY TO WIN



WITH CARD
BUY BOTH FOR
179⁰⁰
SAVE R35

Richelieu
International
Premium
Brandy
750ml and
Coca-Cola
Original Taste
1L



WITH CARD
BUY BOTH FOR
349⁰⁰
SAVE R73

Jameson
Triple Distilled
Irish Whiskey
750ml and
Schweppes
Soda Water
2L



WITH CARD
BUY BOTH FOR
145⁰⁰
SAVE R55

Stretton's
Original
London Dry Gin,
Triple Berry or
Wild Berries
Flavoured Gin
750ml and
Fitch & Leedes
Tonic
(All Variants)
1L



WITH CARD
129⁹⁹ each
SAVE R45

4th Street
Sweet Red,
Sweet White,
Sweet Rosé
or Sweet
Late Harvest
5L



WITH CARD
250⁰⁰ per case
SAVE R30

Castle Lite
Handies
24 x 330ml



SPAR Rewards deals: Maximum 12 per customer. While stocks last.

Specials available at all TOPS at SPAR stores from 23 May up to and including 4 June 2023.

TOPS at SPAR



aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

GREAT START

ONLY AVAILABLE AT SELECTED STORES

Johnnie Walker
Gold Label Reserve
Blended Scotch Whisky
750ml

The Glenlivet
12 Year Old
Single Malt
Scotch Whisky
750ml

Honor VS
Cognac
750ml

Espolòn
Reposado
Tequila
750ml

Inverroche
Amber
(Including Flavours)
Gin
750ml

Gentleman Jack
Double Mellowed
Tennessee Whiskey
750ml and
Fitch & Leedes
Tonic
(All Variants)
1L

Johnnie Walker
Red Label
Blended Scotch Whisky
750ml

Firstwatch
Extra Fine
Whisky
750ml

Captain Morgan
Spiced Gold
750ml

Smirnoff 1818
Vodka
750ml

SKYY
Vodka
(Including Flavours)
750ml and
Schweppes
Lemonade
(All Variants)
1L

Wild Africa
Premium Cream
(All Variants)
Liqueur
750ml

Jägermeister
The Herbal Liqueur
750ml

Sedgwick's
The Original
Old Brown
750ml

MasterChef
CUTLERY COLLECTION

SHOP

**Spend R100 and get
one MasterChef sticker**

SAVE

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

COLLECT

Fill your collector card with **15 stickers**

Stickers will be issued at TOPS at SPAR stores, however, MasterChef products may only be redeemed at SPAR stores.

**MASTERCHEF
CASSEROLE TO
COMPLETE YOUR
COLLECTION!**

tops!
at SPAN

aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

SAUVIGNON BLANC
The go-to for those of us who order the salad and then eat the chips off everyone else's plates. The farm will tell you about tasting like freshly cut grass. They mean it goes well after an afternoon of cutting the grass.

WITH CARD
BUY 2 FOR 140⁰⁰
SAVE R20

KWV
Classic Collection Sauvignon Blanc, Chardonnay, Chenin Blanc or Grenache Blanc 750ml

54⁹⁹ each

Nederburg
Classic Sauvignon Blanc, Chenin Blanc, Lyric or Stein 750ml

64⁹⁹ each

Spier
Chardonnay, Chardonnay Pinot Noir or Sauvignon Blanc 750ml

99⁹⁹ each

Olive Brook
Carnival Natural Sweet White, Dry White or Rosé 3L

54⁹⁹ each

Nederburg
Classic Cabernet Merlot, Cabernet Sauvignon, Merlot or Duet 750ml

175⁰⁰

Fat Bastard
Chardonnay, Rosé or Sauvignon Blanc 750ml

115⁰⁰

Arabella
Sauvignon Blanc, Pink Panacea, Chardonnay or Chenin Blanc 750ml

80⁰⁰

The Saints
Saint Anna, Saint Claire Rosé, Saint Morand, Saint Celine, Saint Vincent or Saint Raphael 750ml

225⁰⁰

Fat Bastard
Golden Reserve, Cabernet Sauvignon, Shiraz, Pinotage or Merlot 750ml

64⁹⁹ each

Du Toitskloof
Merlot, Pinotage Merlot Ruby Cabernet or Shiraz 750ml

119⁹⁹ each

Olive Brook
Carnival Classic Red or Natural Sweet Red 3L

115⁰⁰

Arabella
Cabernet Sauvignon, Merlot, Pinotage or Shiraz 750ml

WINE
kulcha
WITH **tops!**

EXclusives
(Wines you can only get from your favourite TOPS)

Olive Brook
Chenin Blanc 750ml

44⁹⁹

Olive Brook
Sauvignon Blanc 750ml

44⁹⁹

Olive Brook
Chardonnay 750ml

44⁹⁹

Olive Brook
Moscato White 750ml

54⁹⁹

Olive Brook
Moscato Rosé 750ml

54⁹⁹

Olive Brook
Cabernet Sauvignon/Merlot 750ml

54⁹⁹

Olive Brook
Shiraz/Cabernet Red Blend 750ml

49⁹⁹

Olive Brook
Pinotage 750ml

49⁹⁹

Olive Brook
Merlot 750ml

54⁹⁹

SHORTWOOD
WHERE LESS IS MORE

Shortwood
Chenin Blanc, Rosé or Red 750ml

39⁹⁹ each

For our Shortwood range, we take our time to carefully prune each vine, leaving only two to three buds. This cutting technique, coincidentally also called short wood, not only controls the harvest but vastly enhances the quality of the grapes that create our elegant and outstanding wines.

OLIVE BROOK | TERROIR SELECTION

Olive Brook
Cape Town Sauvignon Blanc 750ml

59⁹⁹

Olive Brook
Hemel & Aarde Pinot Noir 750ml

89⁹⁹

Olive Brook
Stellenbosch Cabernet Sauvignon 750ml

79⁹⁹



aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

tops!
at SPAR

FREE DELIVERY WITH



200⁰⁰

Red Square
Energising Vodka
(All Variants)
Handies
6 x 275ml



185⁰⁰

Belgravia
Gin & Dry Lemon
or Gin & Tonic
Handies
6 x 275ml



180⁰⁰

Sol Cerveza
Mexican Beer
Handies
6 x 330ml



299⁹⁹
per pack

Ice Tropez
Wine Based Cocktail
Original Peach or
Exotic Ginger
Handies
6 x 275ml



165⁰⁰

Hunter's
Real Dry or Gold
Cider
Handies
6 x 330ml



150⁰⁰

Flying Fish
Pressed Lemon or
Chilled Green Apple
Flavoured Beer
Handies
6 x 330ml



89⁹⁹
per pack

Klipdrift & Cola
Spirit Cooler
(Including Zero Sugar)
Handies
6 x 275ml



150⁰⁰

Budweiser
Handies
6 x 330ml



150⁰⁰

Castle Lager
Cans
6 x 500ml



170⁰⁰

Stella Artois
Cans
6 x 410ml



180⁰⁰

Heineken
Premium Lager
Cans
6 x 440ml

GEAR UP WITH THESE RESPONSIBLE OPTIONS



89⁹⁹
per pack

Bavaria
0.0% or
IPA Edition
Handies
6 x 330ml



94⁹⁹
per pack

Savanna
Lemon
Non-Alcoholic
Handies
6 x 330ml



WITH CARD
74⁹⁹
each
SAVE R20

J.C. Le Roux
Le Domaine,
La Chanson or
La Fleurette
Non-Alcoholic
Sparkling Wine
750ml



499⁹⁹

Courvoisier
VS
Cognac
750ml



199⁹⁹

Grant's
Triple Wood
Blended Scotch
Whisky
750ml



369⁹⁹
each

Aerstone
Single Malt
Scotch Whisky
Land or Sea Cask
750ml



129⁹⁹
each

Cape Velvet
Original,
Chocolate
Caramel or
Strawberry
Cream Liqueur
750ml



159⁹⁹

KWV
3 Year Old
Brandy
750ml



94⁹⁹
each

Warwick
The First Lady
Pinotage,
Sauvignon Blanc or
Unoaked Chardonnay
750ml



179⁹⁹
each

Graham Beck
Brut, Rosé,
Bliss Demi Sec
or Nectar Rosé
750ml



109⁹⁹

Warwick
The First Lady
Cabernet
Sauvignon
750ml



Savanna
Dry
Premium Cider
Handies
6 x 500ml

134⁹⁹
per pack



SPAR Rewards deals: Maximum 12 per customer. While stocks last.

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 23 May up to and including 4 June 2023 (including the Free State, Mpumalanga and North West Province) while stocks last.

Not available in KwaZulu-Natal, Lowveld, Limpopo, Eastern, Northern or Western Cape. We reserve the right to limit quantities. Price and product availability may vary by region.

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



aware!org
www.aware.org.za

Not For Persons Under The Age Of 18.

GREAT SAVINGS

PERSONAL CARE

WE'RE FOR ATTRACTIVE PRICES



Nivea
Shower Gel
or Cream for
Men or Women
500 ml

54⁹⁹
each



Dawn
Lotion or Cream
for Men or
Women
400 ml
Assorted

27⁹⁹
each



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

47⁹⁹
each



Vaseline
Petroleum
Jelly
250 ml
Assorted

38⁹⁹
each



Dettol
Hygiene Soap
175 g
Assorted

BUY ANY
2
FOR **25⁰⁰**



Pantene
Shampoo,
Conditioner,
3 in 1 or
3 minute Treatment
200 ml/ 360 ml / 400 ml
Assorted

49⁹⁹
each



Shield
Anti-Perspirant
Roll On for
Men or Women
50 ml
Assorted

BUY ANY
2
FOR **40⁰⁰**



Mitchum
Roll On
Deodorant
50 ml
Assorted

WITH
CARD
34⁹⁹
each



Yardley
Body Spray for
Men or Women
90 ml/ 125 ml
Assorted

33⁹⁹
each



Dove
Beauty Soap
4 x 90 g
Assorted

51⁹⁹
per pack



Colgate
Triple Action,
Winterfresh Gel,
Herbal,
Herbal White or
Maximum Protection
100 ml/150 ml

21⁹⁹
each



Sensodyne
Fresh Mint,
Clean & Fresh,
Gentle Whitening,
Multi Care
Natural White or
Herbal Multi Care
Base Range
Toothpaste
75 ml

39⁹⁹
each



Colgate
Optic White
or Naturals
75 ml
Assorted

WITH
CARD
59⁹⁹
each



Gillette
Mach 3
Razor - 2 Up

WITH
CARD
119⁹⁹
each



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

19⁹⁹
per pack



Savlon
Antiseptic
Liquid
750 ml

69⁹⁹
each



Benylin
Cough Syrup
100 ml
Assorted

54⁹⁹
each



Gaviscon
Antacid
Liquid or Sachet
150 ml / 12s

89⁹⁹
each



Grandpa
Powder Sticks
38s or
Tablets
76s

69⁹⁹
each



Vicks
Cough Syrup or
Acta Plus
100 ml

54⁹⁹
each

WE'RE FOR THE BEST FOR YOUR BABY

BABY CARE



Purity
2nd Baby Food
125 ml
Assorted
or
Purity
Puree Pouches
110 ml
Assorted

BUY ANY
2
FOR **25⁰⁰**



Nestlé
Cerelac
No. 1 2 or 3
250 g
Assorted

42⁹⁹
each



Nestlé
Nido Powdered
Drink - 3 Plus Only
900 g

184⁹⁹
each



Johnson's
Gentle or
Sensitive
Baby Wipes
56s / 72s

BUY ANY
2
FOR **52⁰⁰**



Purity
Aqueous
Cream
450 ml

39⁹⁹
each



Elizabeth Anne
Baby Oil
200 ml

39⁹⁹
each



SPAR Rewards deals: Maximum 10 per customer. While stocks last.

Add SPAR chat as a contact on WhatsApp to see specials, store details, SPAR Rewards and more!

Let's
chat

0860 313 141

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

SPAR

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SUPERSPAR

Specials available at selected SUPERSPAR and SPAR stores (excluding KWIKSPAR and SPAR Express stores) from 23 May 2023 up to and including 04 June 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).