



Are you being followed?

CHECK OUT THE
LATEST DEALS INSIDE

FOOD LOVER'S MARKET

THREE STAR POWERTRADE

Checkers FOOD TOWN HYPER

Dis-Chem
PHARMACIES

BOXER

HIJACKINGS ON THE INCREASE IN BRITS AND RUSTENBURG

Rustenburg/Brits – SAPS' North West office of the provincial commissioner issued a warning of an increase in hijackings in Brits and Rustenburg. *Platinum Weekly* reached out to specialist investigator Mike Bolhuis on Wednesday 21 June for an insight into the escalating situation. **Read more on page 4.**

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Robber killed by members of the public

Rustenburg - An unknown number of suspects held the staff of a local retail store at gunpoint on Friday 16 June 2023. The suspects then robbed the staff of cash and cellphones before fleeing towards an awaiting Ford Figo with the registration of FYK 376 MP. Taxi patrollers noticed their attempt to get away and approached them. Consequently, the suspects opened fire and two community members were injured and taken to hospital. One of the suspects was apprehended and assaulted by members of the public. The suspect later succumbed to his injuries and passed away in hospital. Police are investigating a case of attempted murder, robbery, and possession of an unlicensed firearm.

Anyone with information on the matter is encouraged to contact detective sergeant Patricia Meko on 082 416 0872.

PEDESTRIAN FATALITY ON RHENOSTER-FONTEIN ROAD

CRIME SCENE DO NOT CROSS

Rustenburg – A pedestrian was killed in a vehicle accident on Tuesday 13 June 2023 at approximately 18h00 on the Rhenosterfontein Road, Rietfontein, Rustenburg.

Eyewitnesses claim that the man walked right in front of the vehicle, and when they rushed over to assist, alcohol was found in the man's possession. The woman driving the vehicle immediately contacted the Police and ambulance services but was unable to get through to the police. She opened a case at the police station the next morning.

She expressed her sincerest condolences to the family and friends of the deceased.

Reaches Across Borders

PRICE LIST

WASH & DRY

Big Blanket - R200.00

Small Blanket - R175.00

Duvet - R145.00

WASH - DRY & IRON

Small Basket - R160.00

Big Basket - R200.00

SMALL BASKET

Wash only - R70.00

Dry only - R70.00

Iron only - R100.00

BIG BASKET

Wash only - R100.00

Dry only - R100.00

Iron only - R120.00

2, 2827 Modimokwane - Tlhabane (Dishopong)

073 746 9308 061 430 8356

kmkgomotsom@gmail.com

Kidnappings remain at a high

North West – While we await the release of the latest SAPS crime statistics, we issue an important reminder that kidnappings have not been on the decline. From January to March 2023 a total of 139 kidnappings were recorded in the North West. This is a significant increase of 14,9% from the period of January to March 2022, and if word of mouth is anything to go by, it is highly doubtful that we will see a percentage drop in the statistics which are set to be released in July. To minimise the chances of being kidnapped, be aware of your surroundings and avoid predictable routines; change your jogging route and take a different route to work as often as possible. If you are going somewhere, inform a trusted person. Don't discuss family with strangers, and don't reveal personal information on social media. Take extra precautions to keep your financial status private and avoid discussing money publicly.

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TWO TOURISTS DIE IN CROCODILE RIVER EXPEDITION

Hartbeespoort Dam – According to the National Sea Rescue Institute (NSRI), a multi-disciplinary team responded to an incident on the Crocodile River, between the Lion Park and Hartbeespoort Dam, on Sunday, 18 June 2023 at approximately 14h40. Reports of an accident involving canoes on the river with multiple casualties were reported.

NSRI Hartbeespoort Dam rescue swimmers, NSRI Hartbeespoort Dam medics, SRU rescue medics, Police and a paramedic from the Lion Park responded.

Ariver canoe expedition involving a total of 26 persons (20 Singapore tourists and six local river guides) turned into a nightmare as eight tourists had capsized four canoes.

On arrival on the scene, paramedics conducted cardiopulmonary resuscitation (CPR) efforts on an adult male and an adult female. Despite extensive CPR efforts to the two patients, both the man and the woman were sadly declared deceased by paramedics. Others were treated for injuries on the scene.

We extend our sincerest condolences to the family and friends of the deceased.

HIJACKERS CRASH INTO DERBY BUURTWAG'S VEHICLE

Derby – A blue Hyundai Elantra was hijacked in the Klerksdorp/ Stilfontein area on Saturday 17 June 2023.

As the vehicle was spotted along the R30 road, several community watch groups shared information to track down the vehicle, which by then passed through Ventersdorp, and was driving in the direction of Rustenburg. When the vehicle entered Derby, the suspects ironically crashed into the back of the Derby Buurtwag's Mahindra bakkie.

"When the suspects got out of the vehicle, they started apologising for crashing into our bakkie," said one of the Derby Buurtwag members. "But we soon realised that the suspects, three men and one woman, were driving the very same vehicle we were searching for."

The Derby Buurtwag members managed to apprehend two of the suspects (one man and the woman), but unfortunately, the remaining two men got away.

When the police arrived on the scene, they also deployed the flying squad to assist, but to no avail. Investigations continue.

A blue Hyundai Elantra was hijacked

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116

IS RUSTENBURG BECOMING TOO DANGEROUS?

Rustenburg – A WhatsApp message that has been doing the local rounds this week (21 June 2023), claims that Rustenburg is the most dangerous city in Africa. Concerned, *Platinum Weekly* set out to investigate.

10 MOST DANGEROUS CITIES IN AFRICA

The WhatsApp states that Rustenburg is the most dangerous city in Africa, followed by Pietermaritzburg, Benghazi (Libya), Johannesburg, Durban, Lagos (Nigeria), Cape Town, Port Elizabeth, Luanda (Angola) and the tenth most dangerous city being Nairobi (Kenya).

This list (with Rustenburg as number 1 most dangerous city) roughly coincides with an article by WorldAtlas (an online geography resource) published on 19 June 2019.

This list also correlates roughly to Peaking.com (a website who posts several 'top 10 lists' including hot-spot travel destinations), who also stated that Rustenburg (North West, South Africa) is the most dangerous city in Africa, published on 12 January 2023.

However, statista.com, a site which publishes statistics based on industry-based data backed up by empirical research by specialists, rates the following cities as the top 10 most dangerous in Africa for 2022, based on the highest crime rate: 1) Pretoria, 2) Johannesburg, 3) Durban, 4) Cape Town, 5) Bloemfontein, 6) Windhoek (Namibia), 7) Luanda (Angola), 8) Lagos (Nigeria), 9) Tripoli (Libya), and 10th most dangerous as Dar Es Salaam (Tanzania).

10 MOST DANGEROUS CITIES IN THE WORLD (2023)

According to statista.com, the top 10 most dangerous cities in the world for 2023, based on the murder rate per 100,000 inhabitants are:

- 1) Celaya (Mexico), 2) Tijuana (Mexico), 3) Ciudad Juarez (Mexico), 4) Ciudad Obregon (Mexico), 5) Irapuato (Mexico), 6) Ensenada (Mexico), 7) St. Louis (United States), 8. Uruapan (Mexico), 9) Fiera De Santana (Brazil), and 10th most dangerous as Cape Town (South Africa).



Are you being followed?

HIJACKINGS ON THE INCREASE IN BRITS AND RUSTENBURG

Rustenburg/ Brits - "Delivery vehicles and trucks are especially being targeted. This comes after several cases were reported recently," said police spokesperson colonel Adele Myburgh.

On Tuesday [midday], 13 June 2023, a 39-year-old man driving a white Scania truck, loaded with cooking oil, stopped along the N4, close to the Swartuggens toll gate to relieve himself. He was allegedly confronted by three suspects who drove a silver Toyota Yaris. The suspects blindfolded and forced him into their vehicle. All his possessions including personal documents and his cellular phone were taken. He was released at an unknown location and managed to contact the police in Swartuggens two days later.

In a second unrelated incident [reported on Wednesday 14 June at approximately 12:00], a 29-year-old driver was en-route to deliver medication in his white Toyota Hilux on the R511. A Ford Figo from the front and a Nissan Almera from the back, allegedly boxed him in and forced him to stop. After the driver pulled off the road the suspects pointed a firearm at him and forced him into the Nissan Almera while one of the suspects drove off with his vehicle. Shortly after the incident the victim was dropped off at an unknown location in Muldersdrift where a passer-by assisted him to contact the police.

Another unrelated incident was reported in Rustenburg on Thursday 15 June 2023 at approximately 05:30. The 45-year-old victim was

driving in his Toyota Fortuner on his way to work. He was allegedly stopped and boxed in by two vehicles (Ford Ranger and BMW) at a stop street on the corner of Boom and Zendeling Street. Four armed suspects ordered him out of his vehicle, and drove off with his vehicle, leaving him next to the road.

On the very same day at about 20:15 a 34-year-old man was driving on the R566 at Lokgalong in Marikana in a Toyota Quantum. He had just dropped off his colleague when a black Audi allegedly stopped next to him and one of the occupants pointed a firearm at him. Three suspects entered the Quantum and drove off with the victim. He managed to open the door of the Quantum and jumped out of the moving vehicle.

Motorists, especially drivers of delivery vehicles are urged to be vigilant:

- 1. Ensure that you aren't followed. Always be extra vigilant when leaving malls, your work, or when heading home late at night or early in the morning. If you suspect that you are being followed, drive to the nearest police station or any busy public area.
- 2. When stopping behind another vehicle or at junctions and traffic lights, leave enough space in front of your vehicle to make an emergency escape, if necessary, from hijackers.
- 3. Be cautious while on the road. Know where you are going beforehand, to avoid getting lost in unknown areas. Be mindful of areas where

there are high crime volumes and be on the lookout for suspicious vehicles/persons. Report suspicious vehicles and persons to the police.

- 4. Do not stop next to the road or give any person a lift. If you must use a bathroom, stop at a garage/shop, where there are other people around.

Office of the North West provincial commissioner, press release extracts, 18 June 2023.

According to specialist investigator Mike Bolhuis, hijackings commonly occur in the evenings and are mostly coordinated by syndicates with the intent on car theft, theft of goods transported, or kidnappings. "Most hijackings are carefully planned and thought through. Wealthy businesspersons as well as transport business are common targets of hijackings. Hijackings frequently occur on route to destinations, shopping centre parking areas, and stretches close to toll gates. Syndicates conduct an analysis on camera locations near toll gates and consequently tend to operate on stretches of road where they are out of camera view and are able to make an easy exit. Aside from delivery vehicles, the Toyota Cruiser, Fortuner, and Hilux remain popular target vehicles for theft. However, other vehicles—especially luxury SUVs—are also targeted depending on the hijackers' theft order. The reality is that crime can only flourish in the absence of law enforcement. How often do we pass roadblocks? Police vigilance needs to increase to eliminate the matter," said Bolhuis.

ROBBERS RAID ADULT SHOP

Rustenburg – The Rustenburg police are investigating a case of business robbery after an adult shop on Nelson Mandela Drive in the Rustenburg CBD was robbed by two armed men on Sunday 18 June 2023 at approximately 10:00. According to information received from Rustenburg police spokesperson sergeant Ofentse Mokgadi, it is alleged that the two suspects used a grinder to open the safe. The suspects subsequently stole an undisclosed amount of cash and could not contain the urge to help themselves to sex toys and pills before fleeing the scene. Unfortunately, no arrests have yet been made, however anyone with information is requested to contact the investigating officer, detective sergeant Patricia Meko on 082 416 0872.



What really remains of your loved one?

Rustenburg – On Tuesday 13 June 2023, *Platinum Weekly* reached out to the director of Leading Light Funeral Services, Joslyn Geldenhuys to shed light on the issue of cremated remains. Questionable sources often spread the misinformation that mourning families do not receive the entirety of their loved one's ashes. After cremation the average amount of ash for an adult is estimated to be between 3 to 3.5 kg, and 800 g to 2 kg for that of a child. However, what must be considered is that the return of ashes often excludes factors such as the ash of the casket in which a loved one is cremated and other miscellaneous material. This is because urns and most other forms of containers typically hold 700 g to 1 kg of ash. The cremation industry settled on this average as it is the average weight of the remaining dense remains of a loved one after cremation. This also means that bereaved families receive what matters most—the true remains of their loved one, and not the remains of a burnt casket or other disintegrated material.



Respectfully displaying the ashes of the dearly departed at the Leading Light Funeral Services' wall of remembrance in Rustenburg.

TENDERS | VACANCIES

GLENCORE

Invitation to Tender

Tender Name: Internal Material Handling at WCM (Yellow Machines)

Tender Number: WCM059-2023T

Invitation to tender for the provision & operation of Internal Material Handling services & Machines at Glencore Western Chrome Mines (WCM).

• Compulsory site meeting attendance for the above stated tender.

• RSVP for the above meeting is essential.

Kindly take note that access to the venue will not be granted if the RSVP is not received.

Date: 6th of July 2023

Time: 9:30

Venue: Glencore Waterval East Mine - Lekgotla Hall

GPS Coordinates

25°41'13.0"S 27°15'53.1"E

-25.686956, 27.264759

Registration: Interested parties should RSVP by the 3rd of July 2023 via email, to Carolien.Louw@glencore.co.za indicating the following: -

Name and Surname of Attendee

Company Representing

Contact Number

Identity Number

All communication will take place electronically.

Enquiries : Carolien Louw

Carolien.Louw@glencore.co.za

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EMPLOYMENT

SEMI SKILLED DIESEL MECHANIC

PLH Group has a vacancy available for Diesel technicians in the KOSH area:
The ideal candidate is a male (age between 25 and 50)
THE FOLLOWING QUALITIES WILL BE IN YOUR FAVOR:

- Sober habits and strong work ethics
- Must be willing to work overtime when necessary
- Must reside in the KOSH area
- No criminal record
- Medically fit
- No less than 2 years' experience

CV to be sent to wynand@plhgroup.co.za
Should we have not contacted you within 2 weeks, your application will have been unsuccessful.

21 Van Zyl Street, Pienaarsdorp, Klerksdorp, 2571 | proflab@gds.co.za | 018 464 4148 | 018 464 3098 | www.proflab.co.za

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PLH GROUP

LABOUR SERVICES AND CONSULTANTS

EMPLOYMENT

SEMI SKILLED AUTO ELECTRICIAN

PLH Group has a vacancy available for Semi-skilled auto electricians in the KOSH area:
The ideal candidate is a male (age between 25 and 50)
THE FOLLOWING QUALITIES WILL BE IN YOUR FAVOR:

- Sober habits and strong work ethics
- Must be willing to work overtime when necessary
- Must reside in the KOSH area
- No criminal record
- Medically fit
- Necessary qualification
- No less than 2 years' experience

Please email cv with certificates to wynand@plhgroup.co.za
Should we have not contacted you within 2 weeks, your application will have been unsuccessful.

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THIS SEASON'S BEST DEALS

WARMING UP WINTER ONE DEAL AT A TIME

AS SEEN ON TV

Tomato Thriftpacks 1 kg

2 FOR

R29



Avocados

4 FOR

R29



Orange Pockets

R29

each



Tenderised Steak

89⁹⁹

per kg



Food Lover's Ground Beef 2 x 400 g

R50

each

CONTAINS 5% SOYA



Food Lover's UHT Full Cream or Low Fat Long Life Milk 6 x 1 L

89⁹⁹

each



Food Lover's Canola Oil 2 L

2 FOR

R110



You First Almonds CSSR 1 kg

159⁹⁹

each



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

2 FOR

R99



Omo Auto 2 kg, Liquid 1.5 L or Capsules 16s

2 FOR

R150



FOOD LOVER'S MARKET

SPECIALS VALID UNTIL SUNDAY 25 JUNE 2023

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

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THE BEST IN FRESH GUARANTEED!



GET ALL YOUR FRESH WINTER FAVOURITES



Broccoli or Cauliflower
Prepaks
**2 FOR
R39**
BIG DEAL



Soup Packs
**2 FOR
R39**



Lettuce Prepaks
**2 FOR
R35**



Butternuts
9⁹⁹
per kg



Potjie Potato
Thriftpacks 1 kg
**2 FOR
R25**



Garlic Socks
19⁹⁹
each



Carrot Thriftpacks 1 kg
**3 FOR
R25**



Green Bean
Bags 600 g
19⁹⁹
each



Beetroot, Spinach or
Spring Onion Bunches
**2 FOR
R25**



Red Sweet
Potatoes
9⁹⁹
per kg



Mixed Pepper
Thriftpacks 4s
**2 FOR
R50**



Farm Fresh Cabbages
**2 FOR
R30**



Banana Thriftpacks
700 g
**2 FOR
R30**



Spanish Santé Cocktail
Tomato Punnets 200 g
**2 FOR
R19**



Green Pepper
Thriftpacks 4s
**2 FOR
R35**



Sweet Potato
Bags 2 kg
19⁹⁹
each



Food Lover's Butternut
Soup Mix, Minestrone Soup
Mix or Hearty Vegetable
Soup Mix 600 g
**2 FOR
R50**



Imported White, Red or
Black Grape Punnets 500 g
49⁹⁹
each



Avolands Ripe 'n Ready
Avocados 4s
29⁹⁹
each



Papaya Prepaks
**2 FOR
R50**



Food Lover's Diced
Butternut or Pumpkin
Bags 500 g
**2 FOR
R30**



Sweet C
Naartjies
12⁹⁹
per kg



Food Lover's Creamy
Potato Bake Tray 900 g
or Creamy Butternut Bake
Tray 1 kg
R50
each



Fuji, Kanzi, Mahana Red, Granny
Smith, Braeburn or Cripps Pink
Apple Econopacks 1.5 kg
**ANY 2 FOR
R39**



Naartjie Trays
**2 FOR
R39**



Oranges or Lemons
9⁹⁹
per kg

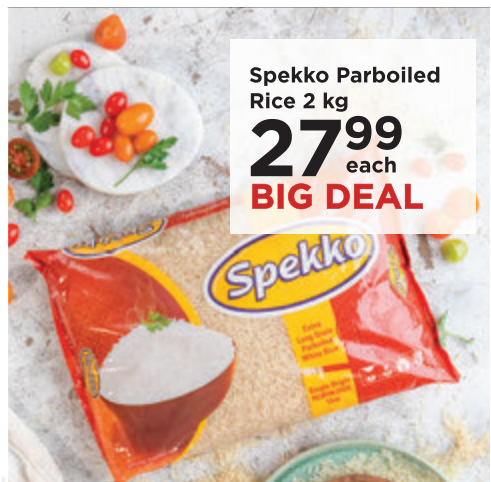


Naartjie, Orange or
Lemon Thriftpacks 1 kg
**ANY 2 FOR
R25**



FOOD LOVER'S MARKET

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Spekko Parboiled Rice 2 kg
27⁹⁹ each
BIG DEAL



Nescafé Classic or Black Roast Instant Coffee 200 g
83⁹⁹ each
BIG DEAL



Manhattan Pink & White Marshmallows 150 g
4 FOR R50
BIG DEAL



Blue Diamond Almond Breeze Assorted 1 L (Excl. Barista)
ANY 3 FOR R100
BIG DEAL



Blue Ribbon Classic Brown Bread 700 g
13⁹⁹ each



Food Lover's Nectar Assorted 1.5 L
2 FOR R50



Penny Lane Frozen Blueberries 1 kg
49⁹⁹ each



Knorr Packet Soups Assorted 50 g
ANY 6 FOR R30



Meadows Low Fat Yoghurt Assorted 2 kg
46⁹⁹ each
BIG DEAL



Bosparadys Full Cream, Low Fat or Fat Free Milk 2 L
29⁹⁹ each
BIG DEAL



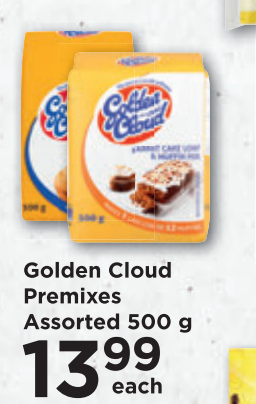
Parmalat Vanilla Custard or EasyGest Vanilla Custard 1 kg
22⁹⁹ each



Pepsi Max 2 L
2 FOR R25



COMBO
1 x Any Cerebos Sea Salt or Table Salt Flask 500 g,
1 x Any Cerebos Sea Salt or Table Salt Poly Bag 1 kg
R35



Golden Cloud Premixes Assorted 500 g
13⁹⁹ each



Clover Individually Wrapped Processed Cheese Slices Assorted 810 g
89⁹⁹ each
BIG DEAL



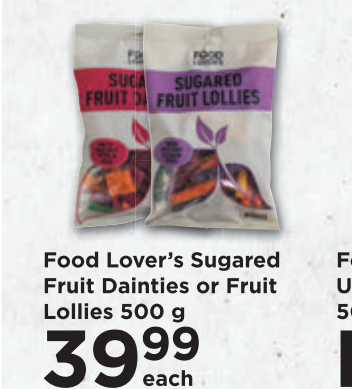
Lion Soup Mix 500 g
2 FOR R25



Food Lover's Blended Seed & Extra Virgin Olive Oil 1 L
2 FOR R120
BIG DEAL



Jungle Oats 2 kg
64⁹⁹ each
BIG DEAL



Food Lover's Sugared Fruit Dainties or Fruit Lollies 500 g
39⁹⁹ each



Food Lover's Unpitted Prunes 500 g
R50 each



Food Lover's Honey Squeeze 500 g
59⁹⁹ each



Bakers Good Morning Rusks or Tennis Rusks 450 g
3 FOR R100
BIG DEAL



Beacon Allsorts Assorted 150 g or Maynards Gums & Jellies Assorted 125 g
ANY 2 FOR R40



Food Lover's Mixed Cocktail, Prawn, Rashers, Salt & Vinegar or Steak & Onion Flavoured Snack 100 g
3 FOR R60



BAKERY
Cinnamon Doughnuts 9s
R30 per pack



SEAFOOD
Food Lover's Baby Hake 800 g
59⁹⁹ each



HOT FOODS
COMBO
Family Meal:
1 x Rotisserie Chicken,
1 x Family Pepper Steak Pie,
1 x Greek Salad,
1 x Potato Salad
199⁹⁹



COMBO
1 x Ouma Bread,
1 x Hamburger Buns 6s
or
1 x Hot Dog Rolls 6s
R25



BUTTERFLIED SNOEK
Food Lover's Braai Snoek 1 kg
79⁹⁹ each



CHEESE
Food Lover's Cheddar, Gouda, White Cheddar or Mozzarella 400 g - 3 Months Matured
3 FOR R155
BIG DEAL

world-class

SELECTED
QUALITY CUTS

Pork Belly Roast
(Scored & Squared)

79⁹⁹
per kg

BIG DEAL

Boneless Pork
Belly Roll

99⁹⁹
per kg

SA PORK

Pork Fillets

79⁹⁹
per kg

BIG DEAL

Lamb Leg Roast

159⁹⁹
per kg

BIG DEAL

Bulk Fresh
Chicken Fillets

69⁹⁹
per kg

BIG DEAL

Chicken Sosasies 100 g

6 FOR
R50

BIG DEAL

Beef Rump or
Sirloin Steak

149⁹⁹
per kg

BIG DEAL

Lamb Braai Chops

149⁹⁹
per kg

BIG DEAL

Beef Roast
or Goulash

99⁹⁹
per kg

BIG DEAL

blomus
EARN ADDITIONAL
STICKER
FREE

COMBO

1 x Food Lover's Sandwich
Ham 400 g,
1 x Food Lover's Pizza
Salami 200 g

R75

Van Wyngaardt Cocktail
Cheese Grillers 300 g

42⁹⁹
each

ESKORT
Smoked Wood
Lard
Smoked Streaky
Bacon

ESKORT
Smoked
Viennas

ESKORT
Smoked
Red Viennas

ESKORT Wood
Smoked Rindless
Streaky Bacon 200 g

2 FOR
R90

ESKORT Smoked or
Red Viennas 500 g

37⁹⁹
each

FOOD
LOVER'S
TRADITIONAL
SALAMI

Food Lover's
Traditional Salami 70 g

29⁹⁹
each

FOOD
LOVER'S
CERVELAT
SALAMI

Food Lover's
Cervelat Salami 70 g

29⁹⁹
each

FOOD
LOVER'S
CHORIZO
SALAMI

Food Lover's Chorizo
Salami 70 g

29⁹⁹
each

blomus

SHOP

TO GET A STICKER WITH
EVERY R100 YOU SPEND

STICK

YOUR STICKER ON THE COLLECTOR
CARD AND COLLECT 15 STICKERS

SAVE

UP TO 75% ON YOUR FAVOURITE
BLOMUS DINNERWARE ITEMS

EARN AN EXTRA STICKER WHEN YOU PURCHASE PARTICIPATING SUPPLIER PRODUCTS

THE BEST
IN FRESH
GUARANTEED

FOOD LOVER'S MARKET

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[Letter to the editor]

Thank you RLM, for new speed bumps!

Rustenburg – Thanks to the Rustenburg Local Municipality (RLM), Oliver Tambo Drive now has two added speed bumps.

One was installed near the Q4 Triple J petrol station and the other one near the Rustenburg Impala Rugby Club. It definitely makes all the difference to driver and pedestrian safety, helping to prevent reckless driving, as these are areas with high foot traffic.
#ThankfulResident



A speed bump installed in Oliver Tambo Drive

Stepping up to the plate

Rustenburg – As winter temperatures continue to drop, some churches and charity organisations have taken it upon themselves to provide a warm meal to Rustenburg's job seekers. With the South African unemployment rate at 32.9% for the first quarter of 2023, many street beggars do not know where their next meal will come from. Every Wednesday – at around 12:30 – scores of unemployed people can be seen standing in a single file along Brink Street, Rustenburg, awaiting Shekinah Tabernacle's soup drive. Before the vegetable soup and bread are dished out, members of Shekinah Tabernacle – a Protestant church in Tlhabane – share the Word of God. In an interview with *Platinum Weekly* on Tuesday 13 June 2023, Shekinah Tabernacle's leader, Apostle Daniel Tshehla said handing out the cups of soup every week is part of a broader initiative by the church to reach out to the hungry and

vulnerable members of the community. "We started this initiative in September 1996 when our church opened. It first started as a food parcel initiative in Boitekong. As the years went past, the initiative grew. We are grateful that the Lord has enabled us to help feed more people." Tshehla says that each Wednesday, their soup drive feeds between 70 and 100 people. "Proverbs 19:17 says when you give to poor and the needy, you are lending to God and He will repay you. We felt that as a ministry, we are under the auspices of God, so we need to lend to Him not only our hearts but also our purses. Psalms 41:1 – 3 says 'Whoever is kind to the poor lends to the Lord, and he will reward them for what they have done'," Tshehla said.

For more information, or if you would like to assist, contact Apostle Daniel Tshehla on 072 288 3899.



Penelope Pila (left) and Miriam Maphunye from Shekinah Tabernacle gave soup and bread to scores of unemployed people along Brink Street, Rustenburg.



Shekinah Tabernacle's leader, apostle Daniel Tshehla (left) and his wife prophetess Millicent Tshehla.

CLASSIFIEDS

OFFICE SPACE TO LET

Office space to let at established medical related practise, to rent by Medical practitioner/Occupational therapist/physiotherapist/audiologist/ etc. 176 Beyers Naude Drive. | Available Immediately. Contact 014 592 1665 for viewing

CHILD AND FAMILY WELFARE

The biological mother of girl child Sekatsi born on 2022/09/29 who was abandoned is hereby requested to contact the social worker urgently at 014 537 2014 / 071 896 6274 or louiselabuschnagne52@gmail.com.

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CAKES AND CUPCAKES

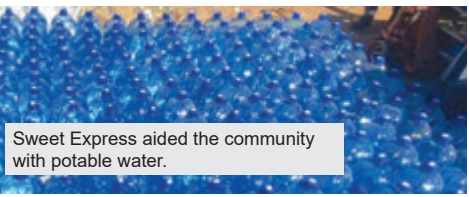
Cakes and cupcakes for all occasions
Contact Faith on 078 470 1498 or 065 968 1473.

LOST OR DESTROYED DEED

Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer ST44544/2022 passed by GILLIAN MACTAVISH, Identity Number 460507 0156 08 0, Married, which marriage is governed by the laws of ZIMBABWE and duly assisted herein by her spouse DOUGLAS ALISTAIR IAN MACTAVISH insofar as needs be in favour of GRACE GELLY JOBSON, Identity Number 641124 1080 08 7, Unmarried in respect of certain SECTION 20 as shown and more fully described on Sectional Plan SS117/1988 in the scheme known as BERGSIG in respect of the land and Building or buildings situated at SAFARITUINE EXTENSION 4 TOWNSHIP, LOCAL AUTHORITY: RUSTENBURG LOCAL MUNICIPALITY, which has been lost or destroyed. All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the Registrar of Deeds at PRETORIA, 600 Lilian Ngoyi Street, Pretoria Central, Pretoria, 0002 within two weeks from the date of the publication of this notice. **Dated at RUSTENBURG this 12 day of JUNE 2023. | VAN VELDEN-DUFFEY INC | Address: 67 Brink Street, Rustenburg, 0299**
E-mail address: veronicas@vvd.co.za
Contact number: 014 592 1135

Sweet Express helped community in crises

Rustenburg – When the community needed it the most, Sweet Express rose to the occasion. When the water crisis hit large parts of Rustenburg recently, leaving community members with dry taps, Sweet Express gave away free, bottled potable water. From 7 to 30 June 2023, affected community members collected 10-litre water, free of charge. A big thank you!



Sweet Express aided the community with potable water.

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Excelsa

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Kellogg's

59⁹⁹

Unity

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Ellis Brown

79.99

Surf

49⁹⁹

BIGGER, BETTER FRESHER

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Beef Lean Mince

350⁰⁰

Beef Stew

229⁹⁹

Beef Chuck

79⁹⁹

Crown National Kampvur Wors

50⁰⁰

Potatoes

59⁹⁹

Tomatoes

30⁰⁰

Naartjies

25⁰⁰

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TRADING HOURS: MON-THU: 07:00-17:30, FRI: 07:00-18:00, PUBLIC HOLIDAYS & SAT: 07:00-14:30, SUN: CLOSED.

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WHAT'S
Cooking?



Chef Abel Mokhosi



Egg fried rice

Egg fried rice

Rustenburg – Local chef Abel Mokhosi shared his favourite dish, egg fried rice with *Platinum Weekly* readers. The dish is easy to prepare with ingredients that will not leave your pocket empty. Enjoy!

Ingredients:

- One tablespoon of green onion
- One egg
- One and a half teaspoons of salt
- One tablespoon of cooking oil
- One cup of already-cooked rice

Method:

1. Wash the green onions and finely chop the green parts.
2. Beat the eggs in a bowl and set aside.
3. Add the rice to a non-stick pan to fry until they separate from each other (use a utensil to break any chunks).
4. Push the rice to one side of your pan. Heat up one tablespoon of cooking oil and pour in the egg liquid.
5. Mix the egg liquid with the rice quickly. Add salt and continue cooking until the grains are wrapped in the egg.
6. Add the chopped spring onion and stir-fry until everything is properly settled.
7. Transfer to the serving bowl/plate and garnish with some chopped spring onions for decoration.

If you want your recipe featured in the *Platinum Weekly* newspaper (free of charge), contact Sarel Oberholzer at 081 579 7000 or email editorial@platinumweekly.co.za.

Have your say / Sê jou sê

Do you know how to change a tyre?

Some people can change a tyre with their eyes closed—easy-peasy! While others might only know how to change a tyre in theory. Let's be honest, do you know how to physically change a tyre, and if not, why?



Yes, I believe that a man should be able to change a tyre if an emergency arises, whether you are wearing a suit or not, you should know how to change it. **Simon Thobane**



Yes, I learnt how to change a tyre when I was a youngster and recommend that every driver should know how to do this. Help is not always around the corner and safety comes first. **Heinrich Scheepers**



Yes, I know how to change the tyre, it looks easy, but it can be challenging; you must bend, squat, and make sure that you have the right tools which won't damage the threads! **Danny Moreo**

PUBLIC POLL: THE RESULTS ARE IN!

Do you know how to change a tyre?

NO **24%** YES **76%**



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

PLATINUM EVENT DIARY

Hartbeespoort Parkrun	Every Saturday	Hartbeespoort: Schoemansville Resort	082-442-5807
Brauhaus Afrika parkrun	Every Saturday	Rustenburg: Brauhaus Afrika	064-617-2423
Koster Parkrun	Every Saturday	Kosster: Koster Sports Club	015-257-0160
Entrepreneurship Workshop	23 - 24 Jun '23	Rustenburg: Madutle Community Hall	079-331-6439
Drommedaris DromDuo Buite lug Vertoning	24 Jun '23	Rustenburg: Harleys pub and grill	083-290-4503
Dorsfees	8 Jul '23	Rustenburg: Brauhaus Afrika	064-617-2423
Willem Botha Makeup Masterclass	22 Jul '23	Rustenburg: Hedgehog's Nest	072-559-4635
Musiek Pret Aand	28 Jul '23	Rustenburg: Rusoord	014-592-9218
Christmas in July	29 Jul '23	Rustenburg: Rustenburg Methodist Church	079-398-2750
Petrolkoppie Fees 2023	29 Jul '23	Rustenburg: 553 Garage	082-788-2109

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				8			5
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SUDOKU

WEATHER REPORT NORTH WEST			
RUSTENBURG			
Thursday	22 JUN 2023	23°C - 5°C	0%
Friday	23 JUN 2023	20°C - 4°C	8%
Saturday	24 JUN 2023	22°C - 5°C	8%
Sunday	25 JUN 2023	22°C - 5°C	4%
Monday	26 JUN 2023	22°C - 5°C	2%

At time of print

SOULFOOD

PROVERBS 8

The Excellence of Wisdom

8 Does not wisdom cry out,
And understanding lift up her voice?
2 She takes her stand on the top of the high hill,
Beside the way, where the paths meet.
3 She cries out by the gates, at the entry of the city,
At the entrance of the doors:
4 "To you, O men, I call,
And my voice is to the sons of men.
5 O you simple ones, understand prudence,
And you fools, be of an understanding heart.
6 Listen, for I will speak of excellent things,
And from the opening of my lips will come right things;
7 For my mouth will speak truth;
Wickedness is an abomination to my lips.
8 All the words of my mouth are with righteousness;
Nothing crooked or perverse is in them.

NEW KING JAMES VERSION (NKJV)

USD / ZAR	18.3631
EUR / ZAR	20.05111
GBP / ZAR	23.36534
AUD / ZAR	12.4154
Yuan / ZAR	2.5555
USD / EUR	0.9155
USD / GBP	0.78583
Bitcoin / USD	28907.16
Ethereum / USD	1818.64
Gold \$/oz	1 934.69
Platinum	954.10
Brent	75.90
Palladium	1 352.00
Silver	23.05

FINANCIAL INDICATORS

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POLL

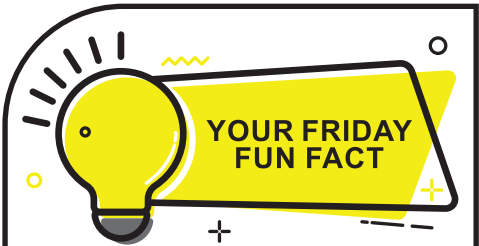
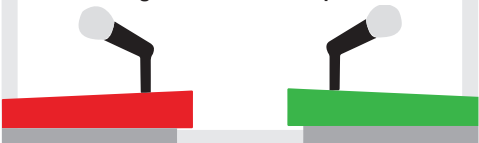
Do you swallow your gum?

When it comes to swallowing gum, some of us have probably heard some old wives' tales; maybe your gran mentioned many moons ago that swallowed gum would get stuck in your intestines, or perhaps you've heard the myth that swallowed gum will stay in your system for seven years. Although these tales have no validation, do you swallow your gum? 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 12 June 2023.

- Yes, I swallow my gum.
- No, I don't swallow my gum.
- 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.



Did you know?

The smallest mammal in the world is the bumblebee bat which weighs barely 2 grams and measures 2,54 to 3,30 cm in length—about the size of a large bumblebee! Discovered by Thai zoologist Kitti Thonglongya in 1974, it's also known as Kitti's hog-nosed bat because of its pink, pig-like snout.



Impala battles on

Rustenburg - Both teams of the Impala Rugby Club lost against the Welkom Rugby Club in Welkom on Saturday 17 June 2023. Impala's second team lost 59-0 and the first team lost 34-19. Two tries were converted by Phillip Laubscher, and additional tries were scored by Dirkie Pretorius and Hanru Botha. On Saturday 24 June Impala will be playing a home game against Klerksdorp Rugby Club. Currently Impala stands second place on the log with 25 points, and Welkom Rugby Club to first with 33 points. Good luck!



Johan Engelbrecht and man of the match Phillip Laubscher.

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Help Remmone tackle rugby in the USA!

Rustenburg – Lebone II College 2022 matriculant Remmone Tshoma, is set to leave for Wheeling University, West Virginia in the United States of America (USA) on Wednesday 9 August 2023. Here, Remmone will not only study Geology, but will also be playing in the National Collegiate Athletic Association (NCAA) division 1. “I tried my hand in many sports, but I fell in love with rugby; I love being able to sprint down the field, expose my aggression, and use my intellect to set up plays and outsmart the opposition. Through my love of the game, I have been able to participate in many rugby tournaments and went as far as to play for Bergsig Academy’s second team and I even became captain of the Lebone Raptor team,” says 19-year-old Remmone, “Rugby became my obsession, and this obsession has transformed into a dream which I want to make a reality. I aim to someday play in the USA Major League Rugby (MLR). But more than that, I would also like to one day represent my country at the Rugby World Cup, and I would like to use the sport as an opportunity to help my community.”

However, funding remains an obstacle in Remmone’s path to Wheeling University. If you would like to find out how you can assist, please contact Remmone’s mother, Virginia Tshoma on 072 084 0253.



Remmone Tshoma hopes to someday represent SA in the Rugby World Cup.

Impressive performance by Bafana

SA – In a much-anticipated match on Saturday 17 June 2023 at the FNB Stadium, our South African national soccer team, Bafana Bafana, most strikingly trumped Morocco 2-1. The victory saw South Africa climb to the summit of Group K table. They have accumulated seven points from four matches. Laduma!



A fiercely contested match!

Rustenburg – Rustenburg Ladies will have to dig deep within their arsenal on Saturday 24 June 2023 when they face North West University (NWU) Tawana at 15:00 at Olympia Park Stadium. The Sasol North West Stream B encounter between the two teams is one of the highlights of the upcoming fixtures. NWU Tawana are currently second on the log with 15 points and will be eager to maintain their spot by avoiding a defeat in their eighth match of the

season. However, Rustenburg Ladies (who are fourth on the log with 12 points) understand that a victory over NWU Tawana will see them drawing level on points with their opponents. It’s likely to be a fiercely contested match!

Meanwhile, log leaders Royal Queens will be out to maintain their unbeaten run when they face Rise and Shine in another match that will be played at the same event at 13:00.



Rustenburg Ladies will be aiming for their fifth win of the season.

RCC members are always up for a challenge!



From left: RCC members who participated in the 50 km race, Morné du Plessis took second place, Justin van der Linde took first place, and Herman de Bruin came in at third place.

Rustenburg – Rustenburg Cycling Club (RCC) members participated in the Yarona Rustenburg Race on Friday 16 June at the Rustenburg Waterfall Mall. Congratulations to all RCC members who participated in the race and received podiums.

LAERSKOOL ELANDSKRAAL GEE OM!

Rustenburg - Laerskool Elandskraal se diensraad het op Jeugdag, Vrydag 16 Junie 2023, Huis Bet-El, ‘n huis vir die bejaardes, net buite Mooinooi besoek as deel van hul gemeenskapsdiens. Daar is met hulp van hardwerkende ouers, elektrisiteit aangelê in 10 nuutgeboude kamers, die muur by die groentetuin is gevef en die inwoners is bederf met worsbroodjies en lekkernye. Laerskool Elandskraal is dankbaar vir elke leier en elke ouer se harde werk en betrokkenheid, asook vir die inwoners van Huis Bet-El vir die geleentheid om die dag saam met hul te kon deurbring.



Reg vir aksie!



Van links: Marni Scholtz, Suhané Kapp, Marné van Aswegen, Juané du Plessis, Nicolene Vosloo, Leandrie van Deventer, Kate-Linn Botha, Merlandi Kotze, Bobby Turnbull, Ray Furness, Dewan Havermans, Arnoldus Hattingh en Morné Jooste.

Bojanala dart teams aim for a bullseye

Rustenburg – Congratulations to the Bojanala district, Bojanala Association Men, and Bojanala Association Ladies dart teams who will be participating at the 2023 national championships. Pre-nationals will take place on 8 and 9 July, and the championship will take place from 10 to 14 July. Best of luck, you can do it!



From Left: Bojanala Association Ladies team members Alexe Rautenbach, Joey Kotze, Estie Stoltz, Louise Oosthuizen.



Back row from left: Bojanala Association Men team members, Dolf Breytenbach, Piet Walker, Alwyn Hefer, Zander Stoltz, JP Veldsman. Front from left: Bojanala Association Men team members Heinrich Stoltz, Herman Oosthuizen, Heindrich Rautenbach.



Back row from left: Bojanala District team Neil Jacobs, Alwyn Hefer, Piet Walker, Johan Erasmus. Front row from left: Roelf Barnard, Heinrich Stoltz, Walker Van der Merwe.

Ruggas!

Currie Cup 2023

Semi-finale: Cheetahs XV vs Blue Bulls
In Bloemfontein wen die Cheetahs gemaklik 39-10 ou grote. Die Cheetah afrigter Hawies Fourie se troefkaart Ruan Pienaar op losskakel was ‘n meester skuif. Pienaar op ‘n jeugdige 39 jaar oud was geniaal en teken 22 punte aan met ‘n 100% slaagsyfer met sy skopskoen ses strafskoppe en twee doelskoppe. Sy taktiese spel was ook uitstaande en hou die druk op die Bulle met puik geplaaste skoppies. Die Bokke het tans ‘n nummer 10 probleem en hopelik het Rassie ook die wedstryd gekyk. Ruan het al oor die tagtig wedstryde vir die Bokke uitgedraf en is fisies fiks en reg vir groot ruggas. Die Vrystaters het die Bulle voor aangevat en met dodelike verdediging vir tagtig minute karnuffel. Die Bulle het planloos gelyk en dalk is Jake se dae getel in Pretoria. Die Cheetahs dring dan deur na die finale om teen die Pumas in Bloemfontein uit te draf.

Sharks vs Pumas
In die Haaitenk slaag die Pumas teen die verwagting in daarin om die Haaie met 26-20 te klop. Die Pumas was meer honger vir ‘n wen en het as ‘n span saamgestaan en het welverdiend



as oorwinnaars van die veld gestap. Die span van kragman Jimmy Stonehouse slaag dan daarin om vir die tweede agtereenvolgende jaar in die finale te speel en het die boodskap gestuur dat hulle nie maklik van hulle 2022 kampioen titel afstand gaan doen nie. Vir ‘n klein unie soos die Pumas is dit voorwaar ‘n uitstaande prestasie. Vir die groter unies gaan Saterdag ‘n heerlike gras sny middag wees.....

Finaal: Bloemfontein Saterdag 24 Junie 16:00. Mag die wedstryd gespeel word sonder rooi en geel kaarte en hopelik is die wedstryd beaamptes van plan om die bal die werk te laat doen.

Super Rugby Pacific 2023

Semi finale uitslae: Crusaders vs Blues
In Christchurch daag die Saders op met mening en hardloop die Blues van hulle voete af! Daar was nie baie ondersteuners aan beide kante wat gedink het dat hulle ‘n rekord telling van 52-15 in die guns van die Saders sou sien nie. Die Blues kon eenvoudig net nie aan die gang kom nie en ‘n paar All Black sterre in hul span het ‘n gagga dag op kantoor gehad. Die Saders se afrigter Scott Robinson het



gewys hoekom hy welverdiend as die nuwe All Black aangewys is. Sonder ses van sy gereelde spelers wat met beserings sukkel, het hy steeds daarin geslaag om ‘n baie goeie Blues span uit te oorlê.

Chiefs vs Brumbies
In Wellington het die Chiefs in ‘n klipharde stryd daarin geslaag om ‘n begeesterde klomp Aussies met 19-6 die loef af te steek. Die Brumbies het puik verdedig en het aanslag na aanslag van die Chiefs oorleef maar op ‘n stadium het die wal gebreek. Vir oom Eddie het die vertoning van die Brumbies en die Reds sekerlik bietjie hoop gebring vir die Wallabies in die internasionale arena wat oor ‘n maand begin. En net so terloops, geen Aussie span kon nog nooit ‘n Kiwi span in Nieu-Seeland klop in ‘n uitspeel wedstryd nie! Die Chiefs sluit dan hulle seisoen af met ‘n tuis finale in Wellington teen die verdedigende kampioene, die Crusaders. Mag daar ook ‘n wedstryd sonder kaarte wees. Hierdie stryd gaan ‘n skouspel wees tussen twee spanne wat glo die bal doen die werk.

Finaal: Wellington Nieu-Seeland Saterdag 24 Junie 09:05

World Rugby U20 Championship

Die 2023 o/20 Rugby Wêreld Beker Kampioenskappe skop af in Kaapstad eerskomende Saterdag. Dit is die eerste keer sedert 2019 dat die toernooi gaan plaasvind weens al die Covid-19 implikasies. Frankryk is die huidige Wêreld kampioene. Van die Franse spelers wat in 2019 gespeel het is tans in die Franse senior span wat tans hard kraai. Die jong Franse Hane kan egter strawwe teenstand van Suid-Afrika, Engeland, Australië en Nieu-Seeland.

Bepalings eersteronde: Saterdag 24 Junie
• Argentinië 11:00 Italië
• Engeland 13:30 Ierland
• Frankryk 14:00 Japan
• Wallis 16:00 Nieu Seeland
• Australië 16:30 Fidji
• Suid-Afrika 19:00 Georgia



In 2012 was Jan Serfontein die speler van die toernooi en in 2014 het die eer Handre Pollard te beurt geval. Pollard was direk na die toernooi opgeroep om vir die Springbokke teen Wallis sy debuut te maak. Die Bokkies het die titel in 2012 gewen met Pollard, Pieter-Steph du Toit, en Steven Kitshoff wat ook dan later vir die Springbokke in 2019 gehelp het om die titel te wen. Go bokkies, en nag ou grote.....



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FREE





Rustenburg - Rustenburg Rapid Transport (RRT) held its second annual non-motorised campaign, the Cycling & Marathon Festival for 2023, with the executive mayor of Rustenburg Local Municipality, cllr Sheila Mabale-Huma in attendance. On Friday 16 June 2023 over one thousand three hundred participants congregated at the Rustenburg Waterfall Mall for this year's edition, which included the participation of many large corporations. This year, more than 200 cyclists, 800 marathoners, and 400 aerobics participants registered for the event, and Yarona Rustenburg invited children to participate. At 07:30, the 50 km road cycling event kicked off, followed by the 42 km marathon at 07:45. These races were then followed by the 25 km road cycling event at 08:00 and the 21 km half marathon at 08:15. At 09:00, the 5 km fun walk participants left the starting line in large numbers, making them the final group to depart. Aerobics was performed between 07:00 and 13:00, but for a random duration of 30 minutes. The marathons had categories to distinguish the winners, they were separated by gender, the first prize was 1,500 rand, the second prize was 1,000 rand, and the third prize was 500 rand across all categories, including cycling. However, for the 5 km fun walk, there were health vouchers up for grabs. Partners presented themselves and sponsored a number of incentives and benefits. Yarona collaborated with Maemo Motors, Doctor K, NTGR, Standard Bank, Zap Oil, and Rustenburg Waterfall Mall to make the event successful. Both the 21 km (half-marathon) and 42 km (full marathon)

distances were sanctioned by Athletics North West (ANWN). "The main purpose of the non-motorised transport campaign is to ensure that motorists understand the value in leaving cars and utilizing the bus system. With only 600 people present at the launch of the non-motorised transport campaign last year, it was clear that there was a strong interest in the system. The Department of Transportation recognised our effort in this campaign since it not only educates and involves the appropriate parties, but also aims to improve the system as a whole", said YARONA Rustenburg marketing & communications manager Theron Rapoo. This year, over 200 cyclists from every part of life participated in the campaign, including the majority of the Rustenburg marathon and running Clubs. The executive mayor of Rustenburg was ecstatic about the turnout, and in her speech, she emphasised the significance of the system and how crucial it is that it be completed and put into full operation. "The campaign is effective because it directly addresses the concerns of those who matter. I'd like to congratulate the team for reaching such an impressive milestone of 1,600 registered participants. To everybody who helped with the campaign, we're grateful, and rest certain that the service will be expanded to additional areas. We regret the delay but assure you that everything is in place and that the remaining sections will soon be completed," said RLM executive mayor cllr Sheila Mabale-Huma. **YARONA Rustenburg, press release extracts, 20 June 2023.**

More than 200 cyclists, 800 marathoners, and 400 aerobics participants registered for the second annual NMT campaign.

YARONA Rustenburg's NMT campaign succeeds yet again

FOOD TOWN HYPER RUSTENBURG
TRANS Shopping Mall
PROMOTION VALID 22 - 28 JUNE 2023
Combo Deal!

BUY ALL FOR R399
White Star Maize Meal 10kg+Sasko Cake Flour 10kg+Excella Oil 2lt+Unity UHT Long Life Milk 6x1lt

Fresh Market Deals!

49 ⁹⁹	44 ⁹⁹	49 ⁹⁹
129 ⁹⁹	119 ⁹⁹	79 ⁹⁹
49 ⁹⁹	9 ⁹⁹	24 ⁹⁹
9 ⁹⁹	24 ⁹⁹	11 ⁹⁹
R99	84 ⁹⁹	

RAINBOW	72 ⁹⁹
99 ⁹⁹	28 ⁹⁹
99 ⁹⁹	R26
R20	28 ⁹⁹

PRICE LOCK SAVINGS!
BIGGER SAVINGS BETTER LIVING
69⁹⁹
54⁹⁹
28⁹⁹



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

<https://www.facebook.com/RustenburgFoodTownHyper/>

MON - FRI: 08:00 - 18:00, SAT: 08:00 - 16:00, PUBLIC HOLIDAYS - 08:00 - 14:00, SUNDAY: OPEN

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. VALID WHILE STOCKS LAST. PICTURES ARE FOR ILLUSTRATION PURPOSES. ALL PRICES INCLUDE VAT, E & OE

GOLDI
IQF Mixed
Chicken
Portions

5kg

BUY TWO
350
2 x 5kg

SASKO
Premium
Slices
White Bread

BUY THREE
39
3 x 700g

SUNSHINE D
Original Margarine 80% Fat
Spread Brick

BUY FIVE
90
5 x 500g

COCA-COLA
Original Taste Soft Drink

BUY THREE
66
3 x 2L

MORE BOXER BIRTHDAY

Lower Prices EVERYDAY

MORE COMBOS + **MORE FREE DEALS** + **GET R50 BACK**

WHEN YOU SPEND R750 OR MORE ON ADVERTISED PRODUCTS* Ts & Cs Apply

AS SEEN ON TV

ELLIS BROWN
Creamer

BUY TWO
75
2 x 750g

AS SEEN ON TV

ALL GOLD
Tomato Sauce
700ml &
CROSSE & BLACKWELL
Tangy Mayonnaise
750g

BUY BOTH
60
per combo

AS SEEN ON TV

KNORR
Soup
Assorted

BUY TEN
45
10 x 50g

SHIBOBO
Super
Maize
Meal

12.5kg

BUY TWO
R190
2 x 12.5kg
SAVE R9

Excella
Long Grain
Parboiled
Rice

10kg

129⁹⁹
10kg

EXCELLA
Long Grain
Parboiled
Rice

2L

SUNFOIL
Pure
Sunflower
Oil

59⁹⁹
2L each

BUY TWO
R110
2 x 2L
SAVE R9

PRICES VALID: 22/06/2023 - 09/07/2023

HOME OF THE MARKET DAY DEAL

FRIDAYS ONLY

Apples



2 x 1.5kg

SATURDAYS ONLY

Oranges



2 x 6kg

Tomatoes
1kg &
Green Pepper
1kg



per combo

BEST COOK
Frozen Mixed Vegetables



2 x 1kg

DEW DROP
Medium Cream
Maas



2 x 2kg

MORE BOXER BIRTHDAY

MORE COMBOS



MORE FREE DEALS

HOME OF THE SWEET DEAL

FRIDAYS ONLY

Imitation Cream
Ready Made
Cake & PEPSI
Original
Soft Drink 1L



BUY BOTH
89

per combo

SATURDAYS ONLY

Imitation Cream
Black Forest
Cake & PEPSI
Original
Soft Drink 1L



BUY BOTH
69

per combo



Imitation Cream
Black Forest
Cake Slice

21⁹⁹

each



Dreams

17⁹⁹

4's



Beacon
Chocolate
Slab

BUY TWO
25

2 x 80g



Cream
Combo Pack

24⁹⁹

each



Queen
Cakes

22⁹⁹

10's



YUM FUN
Pink & White
Mallows

BUY TWO
30

2 x 130g

HOME OF THE CHICKEN DEAL

FRIDAYS ONLY

Go Meal 2 &
COCA-COLA Soft
Drink Assorted
440ml / 500ml



ALL FOR
30

per combo

SATURDAYS ONLY

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



ALL FOR
125

per combo



Value Pie
Assorted

BUY TWO
26

2's



Large
Eggs

69⁹⁹

30's



Frozen Cubed
Chicken Thighs

44⁹⁹

per kg



Go Meal 6 &
FANTA /
SPRITE
2L

ALL FOR
99

per combo



GOLDI
IQF Mixed
Chicken
Portions

76⁹⁹

2kg



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

49⁹⁹

per kg

HOME OF THE BRAAI DEAL

FRIDAYS ONLY

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



79⁹⁹

per kg

SATURDAYS ONLY

BOXER
Boerewors



79⁹⁹

per kg



Frozen Sliced
Pork Chops

69⁹⁹

per kg

189⁹⁹

3kg

SAVE R19

299⁹⁹

5kg

SAVE R49



Fresh Vuyo's
Wors

89⁹⁹

per kg



Fresh Cubed Beef
(Bone In) Class A

89⁹⁹

per kg



Frozen Sliced
Beef Liver

49⁹⁹

per kg



Fresh
Ground Beef Mince

79⁹⁹

per kg

SUNSHINE D
Original 60% Fat Spread Tub



BUY TWO
78
2 x 1kg



BUY BOTH
60
per combo

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



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



BUY BOTH
50
per combo

+ GET R50 BACK WHEN YOU SPEND R750 OR MORE ON ADVERTISED PRODUCTS*
TO BE REDEEMED BETWEEN 10th JULY TO 23rd JULY 2023 *Ts & Cs Apply



BUY THREE
90
3 x 1kg



BUY THREE
28
3 x 500g



32.99
500g each
BUY TWO
R60
2 x 500g
SAVE R5



59.99
2kg each



DANONE
Danup
2 In 1
19.99
950g



64.99
800g



BUY THREE
50
3 x (6 x 100g)



46.99
2L



29.99
2L



BUY TWO
50
2 x 1kg / 1L



49.99
400g



36.99
1kg



BUY TWO
15
2 x 500ml



84.99
5L



BUY TWO
36
2 x 1L



BUY THREE
42
3 x 120g



BUY TWO
22
2 x 2L



BUY TWO
20
2 x 500ml



BUY TWO
20
2 x 500ml



STAND A CHANCE TO

WIN
1 OF 300 PEPSI BRANDED
COOLER BOXES

*Image may vary from actual product

In partnership with **BOXER** & **pepsi**

- To Enter:
1. Buy 4 x 2L Pepsi Regular
 2. Check your till slip
 3. Dial *120*26937*uniquenumber# (20c per 20 seconds)
 4. Follow the prompts

Competition valid: 22 June 2023 – 10 September 2023
Winners will be announced: 26 September 2023 Ts & Cs Apply.
Visit www.boxer.co.za



BUY FOUR
56
4 x 2L



BUY
ANY 3
CADBURY COUNTLINES
Excl. Lunch Bar Max

DIAL
*120*4862#
TO ENTER
(20c/20s)

In partnership with **BOXER**

*PRIZE MAY DIFFER FROM THAT SHOWN. Ts & Cs APPLY. WWW.BOXER.CO.ZA
COMPETITION DATES: 22 JUNE 2023 TO 10 SEPTEMBER 2023

GET FUELLED BY A LEGEND
AND STAND A CHANCE TO

WIN
A TAXI

CADBURY
Lunch Bar / P.S. / 5 Star Chocolate Bar
Excl. Lunch Bar Max



BUY THREE
33
3's



FRISCO
Instant
Coffee

BUY TWO
60
2 x 250g

Selected
Stores



AMAZON
Monsta Cream Biscuits Assorted

BUY THREE
21
3 x 130g

+
& GET THIS
FREE!



LUCKY
STAR
Pilchards
Assorted

BUY FIVE
109
5 x 400g

MORE BOXER BIRTHDAY

MORE
COMBOS



MORE
FREE DEALS



TRINCO
Tagless
Teabags

21⁹⁹
100's



CRE-MEAR
Creamer

34⁹⁹
750g



YUMEEZ
Chocolate Coated
Biscuits
Assorted

BUY FIVE
22
5 x 24g

+
& GET THIS
FREE!



LAAGER
Pure Rooibos
Teabags

34⁹⁹
80's



FIVE ROSES
Ceylon Blend
Tagless Teabags

46⁹⁹
100's



WHEELS
Cream Biscuits
Assorted

BUY TWO
26
2 x 180g



HENRO
Marie
Biscuits

BUY TWO
22
2 x 150g



HOME SQUARE
Zodiac Mug
Assorted

BUY TWO
30
2's



HOME SQUARE
Hand Painted
Mug Assorted

BUY TWO
30
2's



PARMALAT
EverFresh
Long Life
Milk
Assorted

99⁹⁹
6 x 1L



FUTURELIFE
Smart Food Cereal
Assorted

39⁹⁹
500g

+
& GET THIS
FREE!



GOLDEN RAY
Quick
Cooking Oats

29⁹⁹
1kg



HAPPY VALLEY
Rice Puffs Assorted

29⁹⁹
350g / 400g



GOLDEN RAY
Corn Flakes

24⁹⁹
500g



NUTRIFIC
Wholewheat Biscuits

24⁹⁹
450g

STAND A CHANCE TO

WIN

1 OF 5 BRANDED CONTAINERS

TO ENTER:

- Buy this combo
- Check your till slip
- Dial *120*26937*uniquenumber#
(20c per 20 seconds)
- Follow the prompts



BOKOMO
Weet-Bix 900g &
GOLDEN RAY
Corn Flakes 1kg

BUY BOTH

90
per combo

Competition valid: 22/06/2023 - 10/09/2023. Ts & Cs apply - visit www.boxer.co.za

STAND A CHANCE TO

WIN

1 OF 5 BRANDED CONTAINERS

TO ENTER:

- Buy this combo
- Check your till slip
- Dial *120*26937*uniquenumber#
(20c per 20 seconds)
- Follow the prompts



KELLOGG'S
Corn Flakes 750g &
SHIBOBO
Instant Maize
Porridge
Assorted 1kg

BUY BOTH

70
per combo

Competition valid: 22/06/2023 - 10/09/2023. Ts & Cs apply - visit www.boxer.co.za

AS SEEN ON
TV



BEST COOK
Baked
Beans

BUY SIX
66

6 x 410g

AS SEEN ON
TV



BEST COOK
Macaroni

BUY THREE
39

3 x 500g

AS SEEN ON
TV



BEST COOK
Instant
Noodles
Multipack
Assorted
5's

BUY TWO
40

x 2 packs

+ GET R50 BACK WHEN YOU SPEND R750 OR MORE ON ADVERTISED PRODUCTS*
TO BE REDEEMED BETWEEN 10th JULY TO 23rd JULY 2023 *Ts & Cs Apply



GOLDEN RAY
Baked Beans
410g &
BULL BRAND
Corned Meat
300g



BUY BOTH
38

per combo



KOO
Baked Beans

BUY TWO
26

2 x 410g



BEST COOK
Tomato &
Onion Mix

BUY TWO
28

2 x 410g



BEST COOK
Sweet Corn
Cream Style

BUY TWO
30

2 x 410g



BEST COOK
Chakalaka
Assorted

BUY TWO
32

2 x 410g

BEST COOK Spaghetti 500g,
LUCKY STAR Soya Mince And
Veg Stew 400g & BEST COOK
Frozen Mixed Vegetables 250g



BUY ALL
30

per combo



BEST COOK
Seasoning
Assorted

12.99

90g



KNORROX
Soya Mince
Assorted

21.99

400g



RAJAH
Curry
Powder
Assorted

BUY TWO
36

2 x 100g



KNORROX
Stock
Cubes
Assorted

BUY TWO
40

2 x 24's



SHIBOBO
Samp 5kg &
GOLDEN RAY
Red Speckled
Beans 2kg

BUY BOTH
120

per combo



GOLDEN RAY
White Sugar

179.99

10kg



GOLDEN RAY
Cake Wheat
Flour

118.99

10kg



GOLDEN RAY
Brown Sugar

BUY TWO
70

2 x 2kg



KING KORN
GS Malt

64.99

3kg



GOLDEN RAY
Parboiled Rice

23.99

2kg

Switch your SASSA Grant to TymeBank
at **BOXER** and stand a chance to

WIN your share of R1 million.

36
winners
in every
store.

Visit your nearest
TymeBank kiosk
at Boxer today.

BOXER

In association with



TymeBank
You've got this

Plus, these
great benefits:

Access your grant early with
GrantAdvance.* Available from
the 20th of each month.
*Limited to a maximum
of R500.

Withdraw cash for FREE with
a TymeCode at Boxer tills.

Ts and Cs apply.

Go to boxer.co.za/page/competitions to view.
Valid from 22 June – 10 September 2023.

TymeBank is an Authorised Financial Services (FSP 49140) and Registered Credit Provider (NCRCP 10774). Tyme Bank Limited Reg no: 2015/231510/06.

COLGATE
Triple Action Toothpaste
Value Pack



BUY THREE

45

3 x 125ml

PROTEX
Bath Soap
Assorted



BUY FOUR

50

4 x 150g

INGRAM'S Camphor Cream Assorted 450ml &
EVOLVE 360° Skin Science Tissue Oil 125ml



44⁹⁹
450ml each

34⁹⁹
125ml each

BUY BOTH

R60

per combo

SAVE R19

MORE BOXER BIRTHDAY

MORE COMBOS

MORE FREE DEALS

COLGATE
Herbal Toothpaste 125ml &
COLGATE
Charcoal Toothpaste 100ml



BUY BOTH

50

per combo

COLGATE Toothpaste
100ml + Toothbrush
Value Pack & **COLGATE**
Plax Mouthwash 55ml



BUY BOTH

45

per combo

AQUASMILE
Family Pack
Toothbrush



39⁹⁹
5 pack



HYGIENE
Soap Bar

BUY TWO

25

2 x 175g



FRESH WAVE
Your Family
Soap
Assorted

BUY TWO

25

2 x 200g



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

19⁹⁹
each

PERFECT CHOICE
Moisturising Lotion
With Avocado
Oil 250ml /
Oil Moisturising
Spray 250ml / Oil
Sheen Pro-Vitamin
B5 Hair Spray
240ml



34⁹⁹
each



INECTO
Super Black Hair Colour

BUY TWO

36

2 x 28ml



STAYFREE
Maxi Pads
Assorted
8's / 10's

BUY TWO

26

x 2 packs

AS SEEN ON TV

SHIELD
Roll On
Assorted



BUY TWO

38

2 x 50ml



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

34⁹⁹
each



VASELINE
Blue Seal Pure
Petroleum
Jelly

BUY TWO

66

2 x 250ml



CLERE
Body Cream
Assorted

31⁹⁹
450ml /
500ml
each



GENTLE MAGIC
Skincare
Lotion

BUY TWO

22

2 x 125ml



& GET THIS FREE!

EVOLVE
Male / Female
Roll On Assorted



BUY TWO
38

2 x 50ml

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



BUY TWO

80

2 x 400ml



& GET THIS FREE!

EVOLVE
360° Skin
Science
Vanishing
Cream

34⁹⁹
50ml



EVOLVE

360° Skin

Science

Gentle Daily

Scrub

39⁹⁹
150ml

EVOLVE

360° Skin

Science

Gentle Daily

Scrub



& GET THIS FREE!



2 FOR
R220
129⁹⁹
each

each



LOW PRICE
R149⁹⁹

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



LOW PRICE
R19⁹⁹

PURITY
Cream of Maize
Porridge
Assorted
400g



LOW PRICE
R29⁹⁹

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

each



LOW PRICE
R29⁹⁹

PANADO
Pain &
Fever
Paediatric
Syrup
50ml



4 FOR
R50

PURITY
Pouches
Assorted
110ml



LOW PRICE
R44⁹⁹

JOHNSON'S
Baby Jelly
Assorted
500ml



LOW PRICE
R89⁹⁹

GAVISCON
Liquid
150ml



FRESH WAVE
Hand Washing
Powder 3kg &
Laundry
Soap 500g

BUY BOTH
89
per combo



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

BUY BOTH
79
per combo

+ GET R50 BACK WHEN YOU SPEND R750 OR MORE ON ADVERTISED PRODUCTS*
TO BE REDEEMED BETWEEN 10th JULY TO 23rd JULY 2023 *Ts & Cs Apply



STA-SOFT
Ultra Concentrate
Value Pack
Assorted

500ml

BUY TWO
70
2 x 500ml

& GET THIS FREE!



SUNLIGHT
Dishwashing
Liquid 750ml &
Refill 750ml

BUY BOTH
58
per combo



HANDY ANDY
Assorted 750ml &
DOMESTOS
Assorted 750ml

BUY BOTH
58
per combo



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

BUY BOTH
58
per combo



STA - SOFT
Refill Assorted

BUY TWO
58
2 x 500ml



JIK
Bleach
Assorted

36⁹⁹
1.5L



SUNBEAM /
COBRA
Floor
Polish

34⁹⁹
350ml each



KIWI
Shoe Polish

15⁹⁹
50ml



BRITELITE
Candles 6's

BUY TWO
45
2 x 400g

CONTE
1 Ply
300 Sheets
Toilet Tissue
Rolls

TWINSAYER
2 Ply
200 Sheet
Toilet Tissue
Rolls



49⁹⁹
9's



BUY TWO
28
2 x 7L



NUWARE
Splash Jug

BUY TWO
26
2 x 2.5L



TIARA
Face Cloth

BUY TWO
20
2 x (30cm x 30cm)



VITAGEN
Dry Dog Food

149⁹⁹
8kg



SMART STYLE
Aluminium 10 Piece
Cookware Set

389⁹⁹
10pc

& GET THIS FREE!



MAMA'S
Aluminium Stew Pot

239⁹⁹
21L

& GET THIS FREE!



HOME SQUARE
Frying Pan

89⁹⁹
24cm

& GET THIS FREE!



SAVLON
Antiseptic
Liquid
500ml

LOW PRICE
R49⁹⁹



DISPRIN
Regular Strength Pain
Tablets 24's

LOW PRICE
R89⁹⁹



RE-JOOVENA
1L



VICKS
VapoRub
50g



BENLYN
Cough Syrup
Assorted 100ml

LOW PRICE
R54⁹⁹



VICKS
Lozenges Assorted
8's



MED-LEMON
Cold & Flu Medication
8's

LOW PRICE
R59⁹⁹

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



10kg **10kg** **10kg**

BUY IT IN A COMBO AND SAVE

BUY ALL 299
per combo



GOLDEN RAY Mayonnaise **750g**

BUY THREE 75
3 x 750g

+ & GET THIS FREE!

MAMA'S Plain / Chilli Russians

49⁹⁹ per kg

174⁹⁹ 4kg

SAVE R24

299⁹⁹ 8kg

SAVE R99

BUY IT IN BULK AND SAVE

DOUBLE YOUR GRANT



AT BOXER

ON THE

OLD AGED GRANTS
4th JUL

DISABILITY GRANTS
5th JUL

CHILD SUPPORT GRANTS
6th JUL

STAND A CHANCE TO **WIN**

1 BUY any 2 Advertised Combos on This Leaflet

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

3 You could be a WINNER!

COMPETITION VALID: 4th JULY to 9th JULY

WINNERS WILL BE ANNOUNCED: 14th JULY 2023 *Ts & Cs APPLY. Visit www.boxer.co.za



AS SEEN ON TV

SURF Hand Washing Powder

BUY THREE 145
3 x 2kg



AS SEEN ON TV

SUNLIGHT Laundry Soap

BUY THREE 56
3 x 500g



CASTLE Lite Cans 2 x (6 x 500ml)

330ml

BUY TWO 155

+ & GET THIS FREE!

SAVANNA NRB Assorted 2 x (6 x 330ml)

BUY TWO 185

THREE SHIPS Bourbon Cask Premium Whisky 750ml

NEW IN BOXER

1L

BUY TWO 199⁹⁹

+ & GET THIS FREE!

RUSSIAN BEAR Vodka 2 x 750ml

BUY TWO 270

BOXER LIQUORS

DROSTDY HOF Adelpracht 2 x 5L

1L

BUY TWO 330

+ & GET THIS FREE!

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**

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

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

XTRA EASY COMFORT FOOD

From frozen meals to air fryer favourites and loadshedding solutions.

FORAGE AND FEAST

Specially Selected



NEW

11⁹⁹

20g bag
Pasta Mix
Herbs

SAVE 10%

44⁹⁹

260g/330g/
520g

X WITH CARD

Forage and Feast
Pasta Sauce
All Variants
Each



SAVE 15%

29⁹⁹

each

X WITH CARD

Forage and Feast
Mezze Maniche
Rigate 500g/Cannelloni
250g - R29.99
Cassarecce/Linguine
500g - R24.99



NEW

89⁹⁹

150g each

Forage and Feast
Parmigiano Reggiano/
Pecorino Romano/
Grana Padano Hard
Cheese



98⁹⁹

per kg
Beef Brisket
Bone-In

SAVE R50

649⁹⁹

each

X WITH CARD

Platinum
Slow Cooker
with Glass Lid
6.5L



#WinterWithCheckers



SCAN ME
FOR RECIPE

Checkers

better and better

Ready to eat



BUY ANY 2 &
SAVE 15%

2 x 220g/225g/250g/
280g/300g
Simply Great Salad
All Variants
(From R44,99 Each)



BUY ANY 2 &
SAVE 15%

2 x 200g/250g Simply Great
Wrap/Roti All Variants
(From R44,99 Each)

Ready in 10 mins



SAVE R40
ANY 2 FOR
R140

2 x Bella Vita Pizza
All Variants



BUY ANY 2 &
SAVE 15%

2 x 280g/400g
Café Culture
Spinach & Feta/
Quiche Lorraine
(From R64,99 Each)



BUY ANY 3 &
GET A FREE
CROUTON PACK
SAVE R20

BUY 3 x 600g Platinum
Soups All Variants (From
R39,99) Each & GET 60g
Simply Great Biltong/
Cheese & Onion Croutons
(R19,99) Each FREE!



BUY ANY 2 &
SAVE 15%

2 x 600g Forage and
Feast Cauliflower & Bacon/
Roast Pepper & Tomato/
Prawn & Sweetcorn Chowder
(R74,99 Each)

Ready in 30 mins



BUY ANY 2 &
SAVE 20%

2 x 800g/900g/
1kg Bella Vita
Ready Meals
(From R139,99 Each)



BUY ANY 2 &
SAVE 15%

2 x 1,6kg Café
Culture Cornish
Beef/Chicken &
Vegetable Pie
(R129,99 Each)

LOADSHEDDING LUXURY

We've cut out the prep-time so
you can eat gourmet all the time.



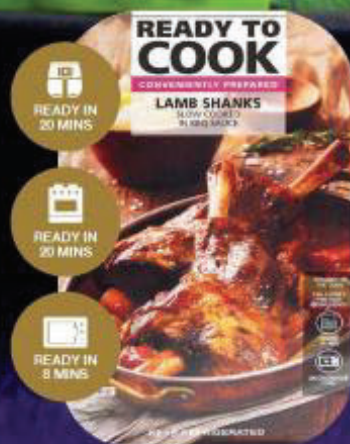
BUY ANY READY TO COOK MEAL

AND THE MENU PUDDING &

SAVE 20%

X WITH CARD

700g/800g/900g/1kg/1,2kg
Ready to Cook Meal Each &
300g/450g/460g/470g/550g
The Menu Pudding Each





#LoadsheddingDinners



SCAN ME
FOR RECIPE

SAVE 10%

39⁹⁹
200g each

WITH CARD

Simple Truth

Plain/Asian Sesame/Coconut
Curry Extra Firm Tofu



Trending
plant-based curry

FUSS-FREE

CURRIES

So you don't have to hurry



BUY ANY 2 &
SAVE 15%

WITH CARD

2 x 300g Spice Ready Meals
Chicken Korma/Butter Chicken/
Bombay Potatoes & Bhaji's
(From R59,99 Each)



SAVE
R25
BOTH FOR
R160

WITH CARD

800g Ready to Cook
Butter Chicken &
480g Spice White/
Wholewheat Rotis Each



BUY ANY 2 &
SAVE 20%

WITH CARD

2 x 200g Spice
Plain/Kalonji Naan
(R34,99 Each)

FROZEN

Freezer favourites, freshly baked in no time.



FRESH ARTISANAL BREAD


READY IN 5 MINS

SAVE 10%
57⁹⁹
480g
X WITH CARD
The Bakery
German Pretzels



Hearty plant-based options ready in a flash

Simple Truth

Simple Truth
Plant-Based
Curry Pie




READY IN 45 MINS



SAVE 10%
FROM
26⁹⁹ each
X WITH CARD
The Bakery Frozen Bread/
Confectionery Range All
Variants



BUY ANY 2 & SAVE 10%
X WITH CARD
2 x 900g The Artisan Baker
Frozen Sourdough Bread
All Variants
(R64,99 Each)

THE NEW FRESH

ed
dash.

SAVE R15
64⁹⁹ 400g

X WITH CARD

Simple Truth
Plant-Based Curry Pie

Frozen family meals,
ready in minutes.

GOURMET EVERY DAY

READY IN
30 MINS



Gourmade
Burrito Bake

GOURMADE
FROZEN
for FRESHNESS

SAVE 15%
139⁹⁹ 700g

X WITH CARD

Gourmade Burrito Bake
Ready Meal



READY IN 45 MINS

Simple Truth VEGAN

PLANT-BASED
CURRY PIE

READY IN 7 MINS

Simple Truth VEGAN

PLANT-BASED
SPINACH & FETA
CANNELLONI

Simple Truth VEGAN

PLANT-BASED
AUBERGINE MELANZANI
PARMIGIANA

Simple Truth VEGAN

PLANT-BASED
COTTAGE PIE

READY IN 4 MINS

Simple Truth VEGAN

PLANT-BASED
COTTAGE PIE

SAVE R15
64⁹⁹ 350g/400g each

X WITH CARD

Simple Truth
Plant-Based Curry/Cottage
Pie/Aubergine Melanzane
Parmigiana/Spinach & Feta
Cannelloni

Simple Truth VEGAN

PLANT-BASED
MINCE

READY IN 5 MINS

Simple Truth VEGAN

PLANT-BASED
MINCE

SAVE R5
49⁹⁹ 400g

X WITH CARD

Simple Truth
Plant-Based Mince

GOURMADE

CHICKEN
AND BROCCOLI

GOURMADE

SHREDDED BEEF
COTTAGE PIE
WITH MUSTARD SAUCE

READY IN 50 MINS

SAVE R25

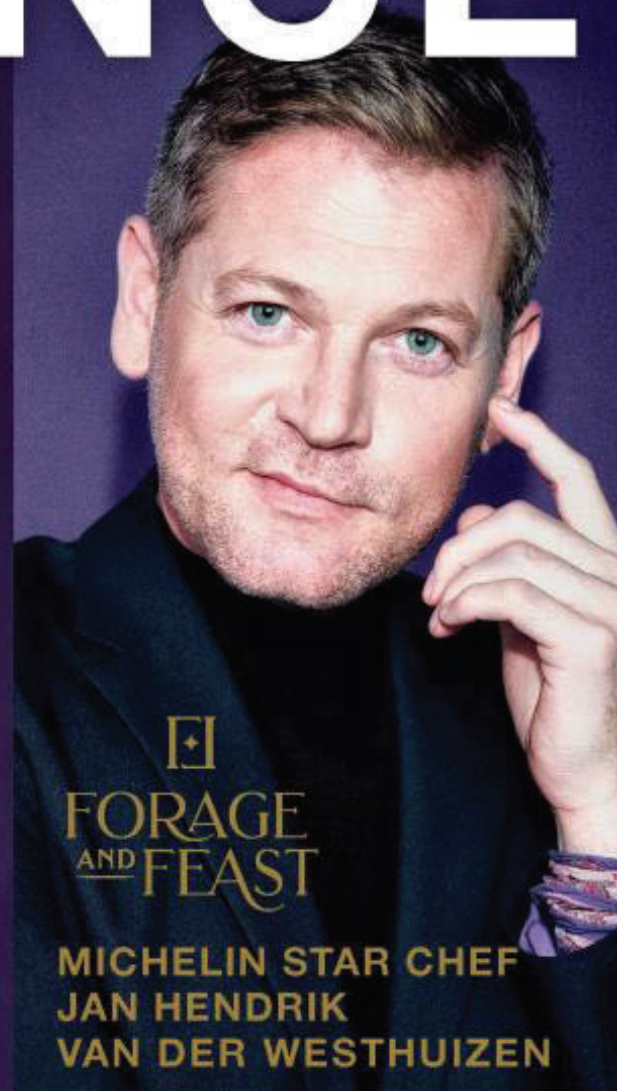
X WITH CARD

Gourmade Ready Meal

- Beef Lasagne 1kg - R174,99
- Macaroni & Cheese 1kg - R174,99
- Chicken & Broccoli 1kg - R174,99
- Cottage Pie 1kg - R174,99
- Hake Bake 1kg - R174,99
- Meatball Bake - R174,99
- Beef Cannelloni 800g - R164,99

EFFORTLESS INDULGENCE

Discover a decadent range, designed to give you more time to make special memories.



**FORAGE
AND FEAST**

**MICHELIN STAR CHEF
JAN HENDRIK
VAN DER WESTHUIZEN**



74⁹⁹
300g

**Forage and Feast
Boston Brownies**



Scan here for Chef Jan Hendrik's menu, designed exclusively for you.



69⁹⁹
200g/
210g

**Forage and Feast
Chocolate Lava Cakes/
Berry Cheesecake Each**



159⁹⁹
800g/
830g

**Forage and Feast
Ebony & Ivory/
New York Style
Cheesecake Each**



**SAVE 15%
74⁹⁹**
250g

X WITH CARD

**Forage and Feast
Dark/White Hot Chocolate/
Chai Latte Each**

FORAGE AND FEAST
PATAGONIAN SQUID TUBES & TENTACLES
350g
UNCOOKED, KEEP FROZEN

SAVE R30
199⁹⁹
350g
X WITH CARD
Forage and Feast Patagonian Squid Tubes & Tentacles

Forage and Feast Patagonian Squid Tubes & Tentacles

Gourmet Seafood Potjie with Patagonian Squid

Forage and Feast Extra Virgin Olive Oil

SAVE R10
59⁹⁹
250ml
X WITH CARD
Forage and Feast Extra Virgin Olive Oil

FORAGE AND FEAST
COLD EXTRACTED EXTRA VIRGIN OLIVE OIL

FORAGE AND FEAST
DARK CHOCOLATE WITH POMEGRANATE
100g

NEW

Forage and Feast Dark Chocolate with Pomegranate Slab

49⁹⁹
100g

SCAN ME FOR RECIPE

FORAGE AND FEAST
PECORINO ROMANO PDO
150g

NEW

Forage and Feast Pecorino Romano Hard Cheese

89⁹⁹
150g

FORAGE AND FEAST
HALKIDIKI/KALAMATA OLIVES

SAVE 10% FROM
44⁹⁹
290g/295g/300g
X WITH CARD
Forage and Feast Halkidiki/Kalamata Olives All Variants Each

FORAGE AND FEAST
ANTIPASTI

SAVE 10%
53⁹⁹
190g
X WITH CARD
Forage and Feast Antipasti All Variants Each

FORAGE AND FEAST
TYROLEAN SPECK/MATURED COPPA/PANCETTA/JAMÓN SERRANO/PROSCIUTTO CRUDO

FROM
59⁹⁹
100g each
Forage and Feast Tyrolean Speck/Matured Coppa/Pancetta/Jamón Serrano/Prosciutto Crudo

FORAGE AND FEAST
FYNBOS/WILDFLOWER/EUCALYPTUS HONEY/CANADIAN MAPLE SYRUP

SAVE R15
94⁹⁹
250ml/475g
X WITH CARD
Forage and Feast Fynbos/Wildflower/Eucalyptus Honey/Canadian Maple Syrup

FORAGE AND FEAST
SWORDFISH PORTIONS
300g

SAVE R30
99⁹⁹
300g
X WITH CARD
Forage and Feast Swordfish Portions

FORAGE AND FEAST
NORWEGIAN SALMON PORTIONS
500g

SAVE R40
299⁹⁹
500g
X WITH CARD
Forage and Feast Norwegian Salmon Portions

AIR FRYER

FAVOURITES

Crispy on the outside, tender on the inside. Guaranteed to be a hit.



- ✓ Locally sourced
- ✓ Versatile & full of flavour

Farmstead Pork
Belly on the Bone

89⁹⁹ per kg

PORK BELLY #AirFryerRecipes



SCAN ME FOR RECIPE



BUY ANY 2 &
SAVE 20%

WITH CARD

500g bag Pumpkin Cubes/
Unpeeled Baby Potato & Garlic
Butter/750g bag Everyday
Roast Veg/800g bag
Cut Potato Chips/Roast
Veg Mix/Oven
Roast Sweet Potato Chips



179⁹⁹ per kg

Steakhouse Classic
Beef Picanha Roast

Also Available:
Class A Beef Ribcane - R149.99 per kg

STEAKHOUSE CLASSIC

- ✓ 20 Cuts perfectly matured for maximising flavour and succulence
- ✓ Hand-trimmed and thick cut to our expert butchers standards
- ✓ Vacuum-packed for added tenderness

All of the goodness, none of the fuss



NO JUNK PROMISE:

- ✓ No added MSG
- ✓ No artificial colours or flavours
- ✓ No artificial sweeteners



Oh My Goodness!

Chicken Chipolatas



BUY ANY 3 &
SAVE 20%

WITH CARD

3 x Oh My Goodness Product
Range All Variants
(From R34.99 Each)



SAVE R1000
1999⁹⁹ each

WITH CARD

Philips
Essential XL Airfryer
1.2kg · 6.2L

GNFOCQJLWIE



Winter warmers, delivered in 60 minutes. Just Sixty60 it.

Download the app



OFFERS VALID FROM MONDAY 19/06/2023 UNTIL SUNDAY 09/07/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES: GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES. FOODS SHOWN AS SERVING SUGGESTIONS. ACCESSORIES NOT INCLUDED. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. 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).

Checkers
better and better



Scan to add Checkers on WhatsApp and my 60

Download the app

VIEW PROMOTIONAL
LEAFLETS ON
WHATSAPP.
SIMPLY SCAN TO
ADD CHECKERS
AND SAY "HI"



XL SAVINGS



NEW DEALS EVERY WEEK!

VALID 19 - 25 JUNE 2023



**SAVE
R71**

**ANY 2 FOR
R149**

X WITH CARD

Nescafé Classic
Instant Coffee
All Variants
2 x 200g

**AS SEEN
ON TV**



**SAVE
R20**

99⁹⁹

6x1L
per pack

X WITH CARD

Clover
Long Life Milk
All Variants



**SAVE
R50**

199⁹⁹

X WITH CARD

Huggies
Dry Comfort
Disposable
Nappies/Gold
Pants
Jumbo Pack



**SAVE
R20**

79⁹⁹

each

X WITH CARD

Omo Auto
Washing
Powder 2kg/
Liquid
Detergent 1.5L



59⁹⁹

per kg

Simple Truth
Free-Range Whole
Chicken



- FRESH
- FREE-RANGE
- 100% SOUTH AFRICAN GROWN



FRESH!

69⁹⁹

per kg

Farmer's Choice
Fresh 12-Piece
Chicken Breast
Fillets



R36

Steakhouse Classic
Rib-Eye Steak on the
Bone per 300g
(Equals to R12 per 100g)

**STEAKHOUSE
CLASSIC**

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

**VOTED
FAVOURITE
SUPERMARKET
STEAK
BRAND**



**AS SEEN
ON TV**

**SAVE R25
99⁹⁹**

800g
each

X WITH CARD

Clover Cheddar/
Gouda Cheese

Checkers

better and better

also at
**Checkers
Hyper**



Scan to add Checkers
on WhatsApp and say "Hi"



Download the app

OFFERS VALID FROM MONDAY 19/06/2023 UNTIL SUNDAY 25/06/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFKENG, 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&O). 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).

69⁹⁹ per kg
Pork Roast

A WIDE SELECTION OF OUR EXPERT **BUTCHERS' CUTS**

69⁹⁹ per kg
Pork Braai Chops

89⁹⁹ per kg
Marinated Beef Ribs

89⁹⁹ per kg
Bushveld's Finest Venison Boerewors/Meatballs/Patties

119⁹⁹ per kg
Lamb Stasamb

169⁹⁹ per kg
Simple Truth Lamb Shank

Simple Truth
CERTIFIED NATURAL LAMB
NO ADDED GROWTH PROMOTERS OR ANTIBIOTICS
A BOTT FROM ANIMAL BY-PRODUCTS
THE FIRST SUPPLIER OF COMBINED NATURAL LAMB SINCE 2004

KING PATAGONIAN RED PRAWNS
AS SEEN ON TV

SAVE R100
199⁹⁹ 800g
WITH CARD
Cape Point Frozen King Patagonian Red Prawns

QUALITY **SEAFOOD** AT HARBOUR PRICES

14⁹⁹ per 100g
Extra Large West Coast Soles

SAVE R15
114⁹⁹ 400g
WITH CARD
Fisherman's Deli Frozen Prawn Meat

SAVE 15%
84⁹⁹ 700g
WITH CARD
Cape Point Frozen Seafood Mix

SAVE 10%
116⁹⁹ 400g
WITH CARD
Fisherman's Deli Frozen Peeled Prawns

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

FRESH!

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

County Fair
Crumbed Chicken Burgers
SAVE 17%
42⁹⁹ 400g each
WITH CARD

County Fair
Crumbed Chicken Strips
SAVE R12
42⁹⁹ 400g each
WITH CARD

I&J BEEFERS
10 BEEF BURGERS
SAVE R13
56⁹⁹ 500g each
WITH CARD

Sea Harvest
Oven Crisp
SAVE R17
59⁹⁹ 400g each
WITH CARD

FRESH!

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

Sea Harvest
Fish Fingers
SAVE R26
69⁹⁹ 800g each
WITH CARD

Sea Harvest
Fish Friday
SAVE R17
79⁹⁹ 400g each
WITH CARD

Sea Harvest
Fish Nuggets
SAVE R40
BUY 2 FOR R110
WITH CARD

Eskort
Streaky Bacon
SAVE R18
BUY 2 FOR R90
WITH CARD

FRESH!

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

Eskort
Smoked Viennas
SAVE R12
32⁹⁹ 500g each
WITH CARD

Eskort
French/Garlic Polony
SAVE R12
42⁹⁹ 1kg each
WITH CARD

Eskort
Smoked Viennas
SAVE R14
67⁹⁹ 1kg each
WITH CARD

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

BUY ANY 2 & SAVE 25%
WITH CARD
Porcupine Ridge Syrah - Cabernet Sauvignon - Merlot 2 x 750ml

wine route WE BRING THE WINE ROUTE TO YOU!

SAVE R15
69⁹⁹ 750ml each
WITH CARD
Protea Chardonnay - Sauvignon Blanc - Chenin Blanc - Rosé

SAVE R20
99⁹⁹ 750ml
WITH CARD
De Grendel Sauvignon Blanc

SAVE R20
89⁹⁹ 750ml each
WITH CARD
Delheim Shiraz - Cabernet Sauvignon - Sauvignon Blanc - Pinotage Rosé

SAVE R20
ANY 2 FOR R120
WITH CARD
The Wolftrap Red Blend - VCG White Wine 2 x 750ml

SAVE R60
BUY 2 FOR R200
WITH CARD
Kanonkop Kadette Red Wine 2 x 750ml

SAVE R15
99⁹⁹ 750ml each
WITH CARD
Warwick The First Lady Pinotage - Sauvignon Blanc

SAVE R20
109⁹⁹ 750ml each
WITH CARD
Rustenberg Cabernet Sauvignon - Shiraz - Merlot

AS SEEN ON TV

Not for Persons Under the Age of 18. Drink Responsibly. **#NoSwearing**

OFFERS VALID FROM 19 JUNE 2023 UNTIL 25 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

A WIDE RANGE OF CHEESES

SAVE 18%
34⁹⁹
125g each
WITH CARD
Fairview Brie/
Camembert Cheese
All Variants

SAVE 14%
42⁹⁹
250g each
WITH CARD
Lancewood
Cream Cheese
All Variants

SAVE R10
44⁹⁹
85g each
WITH CARD
Meze Foods Parmesan
Cheese Shaker

SAVE R10
49⁹⁹
100g/125g each
WITH CARD
Castello Blue
Cheese/Camembert/
Brie Cheese

SAVE R10
64⁹⁹
300g
WITH CARD
Galbani Mozzarella
Cheese

SAVE 12%
47⁹⁹
180g each
WITH CARD
Meze Foods Haloumi
Cheese Fingers

**BUY ANY 2 &
SAVE 20%**
WITH CARD
Lancewood
Fresh Dip All Variants
2 x 175g

SAVE R30
99⁹⁹
900g each
WITH CARD
Parmalat/Melrose
Cheese Slices
All Variants

SAVE R13
49⁹⁹
400g each
WITH CARD
Clover Feta
Cheese
All Variants

DELI

SAVE 16%
62⁹⁹
850g each
WITH CARD
Tirolean Meats
Sliced Loaf
All Variants

**SAVE R15
ANY 3 FOR
R120**
WITH CARD
Farmer's Deli
Pastrami/Pressed
Tongue/Black Forest
Beef 3 x 100g

FRESH BAKERY DELIGHTS

SAVE R10
54⁹⁹
12 per pack
WITH CARD
GWK
Assorted
Muffins

**SAVE R16
ANY 2 FOR
R90**
WITH CARD
Blue Shirt Bakery
Large Wraps
All Variants
2 x 8 per pack

**BUY ANY 2 &
SAVE R10**
WITH CARD
Freshly Baked
Sourdough Baguette/
Ciabatta All Variants x 2

**SAVE R12
BOTH FOR
R130**
WITH CARD
Freshly Baked Chocolate
Rocky Road Cake &
Carrot Swiss Roll

FUSS FREE MEALS

**BUY ANY 2 &
SAVE R10**
WITH CARD
Simply Great
Filled Wrap/Roti/
Burrito All Variants
2 x 200g/250g

**BUY ANY 2 &
SAVE 15%**
WITH CARD
Simply Great
Salad All Variants
2 x 220g-300g

**BUY ANY 2 &
SAVE 15%**
WITH CARD
Oh My Goodness
Ready Meals
All Variants
2 x 200g

**BUY ANY &
SAVE R10**
WITH CARD
Asia
Poké Bowl
All Variants
340g Each

SAVE R10
79⁹⁹
each
WITH CARD
Bella Vita
Fresh Pizza
All Variants

**BUY ANY &
SAVE R10**
WITH CARD
Ready to Braai
Chicken Steaklets
Lamb Neck

LiquorShop

OR SHOP
ONLINE
WWW.LIQUORSHOP.CO.ZA

SAVE R40
129⁹⁹
750ml each
WITH CARD
Wild Africa
Premium Cream Liqueur
All Variants

SAVE R50
229⁹⁹
750ml each
WITH CARD
Cruz Vodka
All Variants

**SAVE R125
BUY 2 FOR
R675**
WITH CARD
Jameson
Triple Distilled Irish
Whiskey 2 x 750ml
(Equates to R337,50 each)
AS SEEN ON TV

**SAVE R50
BUY 2 FOR
R170**
WITH CARD
Corona
Extra Beer NRB
2 x 6x355ml

**SAVE R50
ANY 2 FOR
R140**
WITH CARD
Bernini Classic/Amber
Spirit Cooler NRB
2 x 6x275ml

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

OFFERS VALID FROM 19 JUNE 2023 UNTIL 25 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

SAVE R10

34⁹⁹ 1,5l each

X WITH CARD

Clover Krush 100% Fruit Juice All Variants

SAVE R12

34⁹⁹ 1kg each

X WITH CARD

Lancewood Double Cream Yoghurt All Variants

SAVE R11

42⁹⁹ 1kg

X WITH CARD

Stork Country Spread 40% Fat Spread

SAVE R10

44⁹⁹ each

X WITH CARD

Bella Vita Frozen Pizza All Variants

VIEW PROMOTIONAL LEAFLETS ON WHATSAPP

SIMPLY SCAN TO ADD CHECKERS AND SAY "HI"

SAVE R40

79⁹⁹ 1,5l each

X WITH CARD

Nestlé Premium/Dairymaid Gelata Roma Ice Cream All Variants

SAVE 11%

BUY 2 FOR R30

X WITH CARD

Sasko Premium Slices White Bread 2 x 700g

SAVE 13%

BUY 2 FOR R40

X WITH CARD

Sunshine D Original Margarine 2 x 500g

BUY ANY 2 & SAVE 20%

X WITH CARD

Alpro Soya/Oat/Almond Milk All Variants 2 x 1l

SAVE R20

49⁹⁹ 2l each

X WITH CARD

Spoonfulls Ice Cream All Variants

SAVE R26

ANY 2 FOR R68

X WITH CARD

McCain Country Crop/Garden Mix Frozen Vegetables 2 x 1kg

SAVE 21%

17⁹⁹ 4x100g per pack

X WITH CARD

Parmalat Smooth Yoghurt All Variants

SAVE R10

24⁹⁹ 1kg

X WITH CARD

Parmalat Vanilla Flavoured Custard

SAVE 21%

ANY 2 FOR R30

X WITH CARD

Clover Tropika Dairy Fruit Blend All Variants 2 x 500ml

BUY ANY 3 & SAVE 20%

X WITH CARD

Danone Ultra Mel Milkshake All Variants 3 x 275ml

SAVE R10

29⁹⁹ 1kg each

X WITH CARD

Lancewood Low Fat Yoghurt All Variants

SAVE R24

ANY 2 FOR R60

X WITH CARD

Danone Nutriday Fruit Dairy Snack All Variants 2 x 900g

SAVE R12

29⁹⁹ 700g each

X WITH CARD

Natures Garden Frozen Stir Fry Vegetables All Variants

SAVE R11

34⁹⁹ 1kg

X WITH CARD

Natures Garden Frozen Mixed Vegetables

SAVE R10

39⁹⁹ 180g each

X WITH CARD

Like Meat Chick'n Frozen Grilled/Bites/Nuggets/Schnitzel

SAVE R13

39⁹⁹ 350g each

X WITH CARD

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

SAVE R16

46⁹⁹ 360g each

X WITH CARD

Fry's Plant-Based Frozen Hot Dogs

SAVE 25%

19⁹⁹ 400g each

X WITH CARD

Today Frozen Puff Pastry/Short Crust Pastry

OFFERS VALID FROM 19 JUNE 2023 UNTIL 25 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

SAVE R61
BUY 2 FOR R99
X WITH CARD

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

AS SEEN ON TV

SAVE R22
ANY 2 FOR R50
X WITH CARD

Kellogg's Instant Noodles All Variants 2 x 5x70g per pack

SAVE 19%
34⁹⁹
X WITH CARD

Laager Pure Rooibos Teabags

AS SEEN ON TV

SAVE 26%
BOTH FOR R99
X WITH CARD

Bokomo Weet-Bix Cereal 900g & Corn Flakes Cereal 1kg

AS SEEN ON TV

GREAT DEALS IN EVERY AISLE



SAVE R10
ANY 2 FOR R28
X WITH CARD

Mr. Pasta Shapes All Variants 2 x 500g

SAVE R12
ANY 2 FOR R22
X WITH CARD

Hinds Spice Refill All Variants x 2

SAVE 14%
BUY 2 FOR R24
X WITH CARD

Rhodes Baked Beans in Tomato Sauce 2 x 410g

SAVE R14
ANY 2 FOR R34
X WITH CARD

Rhodes Cream Style/Whole Kernel Sweetcorn 2 x 410g

SAVE R10
34⁹⁹
X WITH CARD

Crosse & Blackwell Tangy Mayonnaise

SAVE 18%
32⁹⁹
X WITH CARD

All Gold Tomato Sauce

SAVE R33
BUY 2 & GET A 3RD FREE!
X WITH CARD

BUY 2 x Knorr Liquid Stock Pot All Variants & GET a 3rd one FREE!

SAVE R35
BUY 2 & GET A 3RD FREE!
X WITH CARD

BUY 2 x Knorr Mate Meal Kit All Variants & GET a 3rd one FREE!

SAVE R16
49⁹⁹
X WITH CARD

Jacobs Cappuccino Sticks All Variants

AS SEEN ON TV

SAVE 22%
28⁹⁹
X WITH CARD

Yum Yum Peanut Butter All Variants

SAVE 15%
54⁹⁹
X WITH CARD

Spoonfulls Hot Chocolate All Variants

SAVE R25
BUY 2 FOR R85
X WITH CARD

Five Roses Tagless Tea Bags 2 x 102 per pack

SAVE R13
49⁹⁹
X WITH CARD

Nestlé Cremora Original Creamer

SAVE R35
139⁹⁹
X WITH CARD

Douwe Egberts Instant Coffee All Variants

SAVE R30
169⁹⁹
X WITH CARD

Nescafé Dolce Gusto Coffee Capsules

SAVE 19%
29⁹⁹
X WITH CARD

Bokomo Traditional Oats

SAVE 19%
41⁹⁹
X WITH CARD

Futurelife Kids Cereal All Variants

SAVE R15
49⁹⁹
X WITH CARD

Hulett's White Sugar

SAVE R10
27⁹⁹
X WITH CARD

Golden Cloud Premixes All Variants

SAVE 14%
29⁹⁹
X WITH CARD

Spekko Long Grain Parboiled Rice

SAVE R10
69⁹⁹
X WITH CARD

Sunfoil Sunflower Oil

OFFERS VALID FROM 19 JUNE 2023 UNTIL 25 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.



SAVE R30
199⁹⁹ per set
X WITH CARD
Home Discovery Oval/Rectangular Glass Roaster Set - 3-Piece



2-PIECE
SAVE R70
229⁹⁹ per set
X WITH CARD
Cook & Love Non-Stick Frying Pan Set - 24cm & 28cm



16-PIECE
SAVE R50
279⁹⁹ per set
X WITH CARD
Home Discovery Glass Container Set - 20-Piece



20-PIECE
SAVE R50
249⁹⁹ per set
X WITH CARD
Paris Dinner Set - 16-Piece



7-PIECE
SAVE R300
999⁹⁹ per set
X WITH CARD
Inferna Cast Aluminium Cookware Set - 7-Piece

PHILIPS



1,7l
SAVE R50
299⁹⁹ each
X WITH CARD
Russell Hobbs 360° Cordless Kettle - 1,7l / Ceraglide Steam Iron - 2000W



6,2l
SAVE R1000
1999⁹⁹ each
X WITH CARD
Philips Essential XL Airfryer - 1,2kg/6,2l



6,5l
SAVE R50
649⁹⁹ each
X WITH CARD
Platinum Slow Cooker with Glass Lid - 6,5l



4-SLICE
SAVE R100
699⁹⁹ each
X WITH CARD
Platinum Stainless Steel 4-Slice Sandwich Press



20l
1199⁹⁹ each
Platinum Silver Mirror Finish Microwave Oven - 20l

BUY ANY 4 OF THE SAME & SAVE 15%
X WITH CARD
4 x My Kitchen Side Plate/Coffee Mug/Soup Bowl/Tea Cup & Saucer/Dinner Plate



Side Plate - R24,99
Mug - R27,99
Bowl - R29,99
Dinner Plate - R39,99
Cup & Saucer - R39,99

BUY ANY 2 & SAVE R15
X WITH CARD
2 x Natural Soup Bowl/Knitted Soup Mug - All Variants



Natural Soup Bowl - R49,99
Knitted Soup Mug - R39,99

BUY ANY 2 & SAVE R40
X WITH CARD
2 x 4 per pack Sommelier's Chest Glasses - All Variants



Burgundy 560ml - R129,99
Brandy 440ml - R129,99
Plate 230ml - R129,99
Whisky 240ml - R129,99

BUY ANY 2 & SAVE R40
X WITH CARD
2 x 10 per pack Hang It Up! Grey/White/Blue Hangers



Hangers 10-Pack - R39,99

BUY ANY 2 & SAVE 30%
X WITH CARD
2 x Fridge & Pantry Storage Organiser - All Variants



Low Container - R89,99
Narrow Container - R69,99
Egg Container 18 - R89,99
Medium Container - R109,99
Large Container - R109,99

OFFERS VALID FROM 19 JUNE 2023 UNTIL 25 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

SAVE R10
89⁹⁹ each
WITH CARD
Travelvac Stainless Steel Vacuum Flask - 500ml
Vacuum Flask 1z - R139.99 - SAVE R10

4-PACK
SAVE R10
59⁹⁹ per pack
WITH CARD
Plain White Coffee Mugs - 4-Pack

4-PACK
SAVE R10
69⁹⁹ per pack
WITH CARD
Latte Coffee Mugs - All Variants - 4-Pack

5-PIECE
SAVE R50
199⁹⁹ per set
WITH CARD
Prochef Wooden Block Knife Set - 5-Piece

SAVE R10
59⁹⁹ each
WITH CARD
Rubber Hot Water Bottle - 2z - All Variants

SAVE R10
89⁹⁹ each
WITH CARD
Knitted Hot Water Bottle - 2z - All Variants

4-PACK
SAVE R30
99⁹⁹ per pack
WITH CARD
Coffee Time Acapulco/Classic Glass Mugs - 4-Pack

4-PACK
SAVE R20
59⁹⁹ per pack
WITH CARD
Blush Glassware Range - 4-Pack

4-PACK
SAVE R20
129⁹⁹ per pack
WITH CARD
Leona Red/White/Stainless Wine Lead-Free Crystal Glasses - 4-Pack

20-PIECE
SAVE R50
299⁹⁹ per set
WITH CARD
Sequence Valore Stainless Steel Cutlery Set - 20-Piece

Whisky Glasses - R59.99 - SAVE R20
Hi-Ball Glasses - R59.99 - SAVE R20
Champagne Flute - R68.99 - SAVE R20
Red Wine Glasses - R69.99 - SAVE R20
Beer Glasses - R69.99 - SAVE R20

4-PACK
SAVE R30
149⁹⁹ per pack
WITH CARD
Essentials Oakland Kitchen Cloths - 4-Pack

5-PIECE
SAVE R30
149⁹⁹ per set
WITH CARD
Essentials Molly Kitchen Set - 5-Piece

SAVE R30
169⁹⁹ each
WITH CARD
Grey Microfibre Spotless Spray Mop

SAVE R10
FROM 19⁹⁹ each
WITH CARD
M-Home Grey Brushware Range

Dish Brush - 19.99 - SAVE R10
Scrub Brush - 29.99 - SAVE R10
Toilet Brush - 39.99 - SAVE R10
Dustpan & Brush - 39.99 - SAVE R10
Floor Broom - 59.99 - SAVE R10

Double Sided - 199.99 - SAVE R50

Linen Bin - 99.99 - SAVE R20
SAVE R20
59⁹⁹ each
WITH CARD
Alphas White Hipster Laundry Basket

SAVE R70
229⁹⁹ each
WITH CARD
Profile Concepts Purple Wooden Ironing Board

40L - 179.99 - SAVE R20
SAVE R20
129⁹⁹ each
WITH CARD
M-Home Eco-Swing Bin - 25L

SAVE R5
19⁹⁹ each
WITH CARD
Lumaglo CLA LED Globe - 5W - CW/WW - ES/BC

SAVE R10
79⁹⁹ each
WITH CARD
Eurolux Rechargeable LED Daylight Lamp - E27/B22 - 5W

SAVE R20
159⁹⁹ per pack
WITH CARD
Duracell Plus AA/AAA Alkaline Batteries - 12-Pack

SAVE R20
179⁹⁹ per set
WITH CARD
SCE Electrical Socket & Adapter Set - 3-Piece

MoneyMarket

NOKIA 105
FEATURE PHONE

- 1.77" Display
- ± 15 Hours Talk Time Battery
- Up to 4MB Memory
- FM Radio
- Dual SIM Network Locked

SAVE R30
R249
Includes free starter pack

ITEL V51
SMARTPHONE 4G LTE

- 5" Display
- 2050mAh Battery
- 5MP + 2MP Camera
- 8GB
- 1GB
- Dual SIM Network Locked

SAVE R50
R649
Includes free starter pack

OFFERS VALID FROM 19 JUNE 2023 UNTIL 25 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

BUY ANY 3 & SAVE 20%
WITH CARD

Lay's Potato Chips All Variants 3 x 120g

SAVE R12
34⁹⁹
450g/500g each
WITH CARD

Bokomo Rusks All Variants

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

BUY 2 x Nestlé Mini Chocolate Fun Bags & GET a 3rd one FREE!

GET ONE FREE!

SAVE R20
BUY 2 & GET A 3RD FREE
WITH CARD

BUY 2 x Beacon Marshmallows All Variants 150g & GET a 3rd one FREE!

GET ONE FREE!

All the same deals, delivered in 60 minutes.

Download the app

SAVE R20
ANY 2 FOR R50
WITH CARD

Bakers Salticrux All Variants 2 x 200g

SAVE R10
27⁹⁹
150g each
WITH CARD

Nestlé Aero Chocolate Slab All Variants

SAVE R65
BUY 2 & GET A 3RD FREE!
WITH CARD

BUY 2 x Lindt Excellence Chocolate Slab All Variants 100g & GET a 3rd one FREE!

SAVE R11
ANY 3 FOR R28
WITH CARD

Jungle Energy Bar All Variants 3 x 40g

SAVE R14
ANY 2 FOR R30
WITH CARD

Cadbury Dairy Milk Biscuit All Variants 2 x 80g

SAVE R10
ANY 2 FOR R30
WITH CARD

Beacon Jelly Tots All Variants 2 x 100g

SAVE R20
ANY 3 FOR R55
WITH CARD

Bakers Red Label Cream Biscuits All Variants 3 x 200g

SAVE R30
ANY 2 FOR R60
WITH CARD

Bakers Mini Biscuits/Cheddars All Variants 2 x 200g

SAVE R10
ANY 2 FOR R26
WITH CARD

Monster Energy Drink All Variants 2 x 500ml

SAVE R22
BUY 2 & GET A 3RD FREE!
WITH CARD

BUY 2 x Pin Pop Lollipops All Variants 8 per pack & GET a 3rd one FREE!

SAVE R23
BUY 2 & GET A 3RD FREE!
WITH CARD

BUY 2 x Sweets from Heaven Gum Sweets All Variants 125g & GET a 3rd one FREE!

SAVE R85
BUY 2 & GET A 3RD FREE!
WITH CARD

BUY 2 x Sally Williams Nougat All Variants 125g-170g & GET a 3rd one FREE!

SAVE 16%
19⁹⁹
WITH CARD

Craves Crispy Snack All Variants

SAVE R14
ANY 2 FOR R30
WITH CARD

Willards Fling/Cheese Curls All Variants 2 x 150g

SAVE R10
24⁹⁹
1.25l each
WITH CARD

Hall's Squash Concentrate All Variants

SAVE R12
19⁹⁹
1.5l each
WITH CARD

Lipton Ice Tea All Variants

SAVE R12
46⁹⁹
6x500ml per pack
WITH CARD

Thirsti Flavoured Sparkling Water All Variants

ANY 2 FOR R32
WITH CARD

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

SAVE R12

ANY 2 FOR R78
WITH CARD

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

SAVE R32

SAVE 20%
22⁹⁹
3l
WITH CARD

Thirsti Still Water

SAVE UP TO
R15

ANY 3 FOR
R39

WITH CARD

EXCLUDING CHARCOAL

Lux/Lifebuoy Bath Soap All Variants 3 x 175g

SAVE
R40

69⁹⁹

400ml each

WITH CARD

Schwarzkopf Gliss Shampoo/Conditioner All Variants

SAVE UP TO
R60

ANY 2 FOR
R99

WITH CARD

AS SEEN ON TV

Nivea Body Lotion/Cream All Variants 2 x 400ml

SAVE
R20

169⁹⁹

per pack

WITH CARD

AS SEEN ON TV

Lovies Jumbo Pack Disposable Nappies

KEEP SWIPING, KEEP SAVING

Health

SAVE 43%

34⁹⁹

35g

WITH CARD

Deep Heat Rheumatic Rub

SAVE UP TO 17%

39⁹⁹

15/24 per pack

WITH CARD

Disprin Regular/Extra Strength Tablets

SAVE R10

34⁹⁹

30ml/125ml each

WITH CARD

Yardley Men/Ladies Deodorant All Variants

SAVE R55

BUY 2 & GET A 3RD FREE!

WITH CARD

BUY 2 x Lux Body Wash All Variants 400ml & GET A 3rd one FREE!

SAVE FROM R10

22⁹⁹

per pack

WITH CARD

Libresse Sanitary Pads Duo Pack/Pantyliners All Variants

SAVE R10

29⁹⁹

300ml each

WITH CARD

Purity Aqueous Cream/Baby Jelly All Variants

SAVE R7

ANY 2 FOR
R33

WITH CARD

Purity 4th Foods Baby Food All Variants 2 x 250ml

SAVE R10

ANY 5 FOR
R40

WITH CARD

Delish Baby Food Pouches All Variants 5 x 110ml

SAVE 17%

72⁹⁹

16/24 per pack

WITH CARD

Strepsils Throat Lozenges All Variants

SAVE 22%

87⁹⁹

each

WITH CARD

Gaviscon Aniseed/Peppermint Liquid Antacid 150ml/Sachets 12x10ml

BUY ANY 3 & GET THE CHEAPEST ONE FREE!

WITH CARD

BUY ANY 3 x Benlyn Cough Syrup/Rehidrat Supplement Powder/Doktor Mom Lozenges/Doktor Mom Cough Syrup/Savlon/Nicorette Gum/Sinutab All Variants & GET The Cheapest One FREE!

SAVE 25%

26⁹⁹

150ml each

WITH CARD

Shower to Shower Men/Ladies Deodorant All Variants

SAVE R30

74⁹⁹

200ml each

WITH CARD

Batiste Dry Shampoo All Variants

BUY ANY & SAVE 30%

WITH CARD

Schick Shaving Products

SAVE R21

ANY 2 FOR
R45

WITH CARD

Futurelife Tots Toddler Cereal All Variants 2 x 250g

SAVE R30

99⁹⁹

234/280 per pack

WITH CARD

Johnson's Extra Sensitive/Gentle All Over Baby Wipes

BUY ANY 2 & SAVE 20%

WITH CARD

Dove Product Range All Variants x 2

XL SAVINGS

parodontax

SAVE 20%

39⁹⁹

75ml each

WITH CARD

Parodontax Toothpaste All Variants

parodontax

EXPERT GUM CARE

Helps stop and prevent bleeding gums

With 67% specialised mineral salts making it 4x MORE EFFECTIVE* THAN REGULAR TOOTHPASTE

IS WHAT YOU EAT EATING YOUR ENAMEL?

SAVE R15

54⁹⁹

75ml each

WITH CARD

Sensodyne Pronamel Toothpaste All Variants

CHOOSE Aquafresh AND MAKE TODAY A BIG DAY

SAVE 24%

24⁹⁹

75ml each

WITH CARD

Aquafresh Toothpaste All Variants

OFFERS VALID FROM 19 JUNE 2023 UNTIL 25 JUNE 2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES.

Page 9

SAVE R100

149⁹⁹ 46/56 per pack

X WITH CARD

Sunlight Sin1/Extra Power Dishwashing Tablets

SAVE R10

49⁹⁹ 1.5L each

X WITH CARD

Handy Andy Lemon Fresh Cleaning Agent

SAVE R21

ANY 2 FOR R95

X WITH CARD

Comfort Fabric Conditioner Bottle All Variants 2 x 800ml

EXCLUDING DELUXE RANGE

SAVE R100

BUY 2 & GET A 3RD FREE

X WITH CARD

BUY 2 x Omo Detergent Capsules 16/17 per pack & GET a 3RD one FREE!

AS SEEN ON TV

GET ONE FREE!

Checkers SIXTY

All the same deals, delivered in 60 minutes.

Download the app

SAVE R10

29⁹⁹ 1000ml each

X WITH CARD

Harpic Toilet Cleaner All Variants

SAVE R10

39⁹⁹ 1000ml each

X WITH CARD

Windolene Window Cleaner All Variants

SAVE R10

49⁹⁹ 1000ml each

X WITH CARD

Plush Supreme Floor Polish All Variants

SAVE R10

59⁹⁹ 1.5L

X WITH CARD

Sunlight Dishwashing Liquid

SAVE R17

62⁹⁹ 1.5L each

X WITH CARD

Cobra Tile Cleaner All Variants

SAVE R15

69⁹⁹ 9 per pack

X WITH CARD

Dinu Rose 2-Ply Toilet Rolls All Variants

SAVE 20%

19⁹⁹ 2 per pack

X WITH CARD

Dinu Roller Towels

SAVE 21%

29⁹⁹ 20 per pack

X WITH CARD

Tuffy Budget Refuse Bags

SAVE R10

34⁹⁹ 300ml each

X WITH CARD

Pledge Multisurface Cleaner All Variants

SAVE R15

44⁹⁹ 500g

X WITH CARD

Mr. Sheen Oxi Ultra Stain Remover Powder

SAVE R8

ANY 2 FOR R40

X WITH CARD

Petley's Cat Food All Variants 2 x 375g

SAVE R18

ANY 2 FOR R68

X WITH CARD

Petley's Dog Food All Variants 2 x 775g

SAVE R20

79⁹⁹ 1.8kg

X WITH CARD

Pet Shop Cat Litter Crystals

SAVE R16

69⁹⁹ 1kg each

X WITH CARD

Pamper Cat Food All Variants

SAVE R45

154⁹⁹ 8kg each

X WITH CARD

Epel Dog Food All Variants

BUY ANY 2 & SAVE 20%

X WITH CARD

Glade Products All Variants x 2

AS SEEN ON TV

XL SAVINGS

Take a Load Off Load-shedding!

BUY ANY 2 PARTICIPATING BRANDS

Swipe your Xtra Savings Card & stand a chance to

WIN

1 OF 12

TROLLEY INVERTERS

finish

Mr Min

HARPIC

JIK

Mortein

AIR WICK

cobra

Ts & Cs apply. <https://www.checkers.co.za/termsAndConditions>. Selected stores have a limited range. Promotion is valid from 12 June to 6 August 2023.

Checkers

better and better

also at **Checkers Hyper**

Scan to add Checkers on WhatsApp and say "Hi"

Download the app

OFFERS VALID FROM MONDAY 19/06/2023 UNTIL SUNDAY 25/06/2023. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & CHECKERS FOODS STORES. WINE ONLY AVAILABLE AT STORES WITH WINE DEPARTMENTS. BEER & SPIRITS ONLY AVAILABLE AT LIQUORSHOP STORES. DUE TO GOVERNMENT REGULATIONS, LIQUOR TRADING HOURS MAY VARY. PLEASE VISIT [WWW.CHECKERS.CO.ZA/LIQUORSHOP](https://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&O). 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).

Dis-Chem PHARMACIES

BETTER BEAUTY STARTS HERE

Exclusive to Dis-Chem

BioNike
HEALTH AND BEAUTY

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



**20%
OFF**

ALL BioNike
Serums
AND
Ampoules

**Defence My Age
Renewing Concentrated
Ampoules**
60 single-dose ampoules
WAS 575⁰⁰
460⁰⁰

**Defence My Age
Intensive
Renewing Serum**
30ml
WAS 475⁰⁰
380⁰⁰



**Defence Hydractive
Intensive
Moisturising Serum**
30ml
WAS 345⁰⁰
276⁰⁰

**Defence Skinergy
Reactivating
Concentrated
Ampoules**
60 single-dose ampoules
WAS 515⁰⁰
412⁰⁰

*Advertised prices already reflect discount

Our skin ampoules are meticulously formulated with a potent blend of vitamins, antioxidants and nourishing botanical extracts. Each ampoule contains a high concentration of active ingredients, ensuring maximum efficacy and visible results in minimal time. Whether you're targeting fine lines, uneven skin tone or dehydration, our ampoules have got you covered.

PAYOT
PARIS

Discover our new cleansing range with NUE products infused with organic orange blossom floral water to gently cleanse and rescue skin. It provides skin with a breath of fresh air for a fresh and naturally radiant complexion.



**NEW
DOUBLE
UP VALUE
400ml***

**NUE
Radiance-Boosting
Toning Lotion**
#425087
OR **Cleansing Micellar Water**
#425088
OR **Cleansing Micellar Milk**
#425089
400ml
NOW ONLY
395⁰⁰
each

*Limited edition while stocks last

ESTÉE LAUDER

Youth-Dew
EDP 67ml
#146614
WAS 1475⁰⁰
1106²⁵

Cinnabar
EDP 50ml
#146398
WAS 1515⁰⁰
1136²⁵

Pleasures
EDP 50ml
#146620
WAS 1615⁰⁰
1211²⁵



**25%
OFF**

Estée
Lauder
fragrances**

White Linen
EDP 60ml
#146616
WAS 1695⁰⁰
1271²⁵

Beautiful
EDP 75ml
#146617
WAS 2195⁰⁰
1646²⁵

*Advertised prices already reflect discount

**Offer only applicable on the above advertised Estée Lauder fragrances

women'ssecret



**Intimate
Daydream
OR Rose
Seduction
OR Intimate**
EDP 100ml
565⁰⁰
each

Thursday 15 June - Sunday 9 July 2023

**VALUE
FOR
WOMEN**



Available to Dis-Chem Health policyholders

20% OFF

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

**MAYBELLINE
NEW YORK**

**20%
OFF**

Maybelline
cosmetic
products**



**Baby Skin Instant
Pore Eraser Primer**
30ml
#159611
WAS 135⁰⁰
108⁰⁰



**Fit Me
Primer SPF20**
30ml / Assorted
WAS 139⁹⁵
111⁹⁶
each

**Fit Me 24H
Setting Spray**
60ml / Assorted
WAS 149⁹⁵
119⁹⁶

**Lasting Fix
Setting Spray**
100ml
#218204
WAS 199⁹⁵
159⁹⁶

*Advertised prices already reflect discount

**Offer only applicable on Maybelline Baby Skin Primer 30ml, Fit Me Primers 30ml, Fit Me Setting Sprays 60ml AND Lasting Fix Setting Spray 100ml

**PANTENE
PRO-V**

**2+1
CHEAPEST
FREE**

on ANY
Pantene
hair care
products



Treatment
300ml/200ml
Assorted
99⁹⁵
each

Conditioner
400ml / Assorted
89⁹⁵
each

Shampoo
1 litre / Assorted
194⁹⁵
each



**MILLION
COMFORTS**

HELP KEEP MILLIONS OF GIRLS IN SCHOOL.

Simply purchase a pack of sanitary pads from our participating brands in-store, online or via the Dis-Chem App.

SEE PAGE 16 FOR DETAILS



**WINTER IS WARMER
THANKS TO YOU**

TOGETHER WE DONATED

5300 BLANKETS AS WELL AS BEANIES, GLOVES AND SCARVES

Get more. Save more. Give more

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





4-5	World of Colour Great offers on cosmetics Top tips on applying mascara and shaping brows
6-7	Beauty Essentials Nail care, Hand care, Face masks & Lip care
8-9	Specialised Face Care Great offers on a wide range of specialised face care products Benefits of facial cleansing and massaging devices
10	L'Oréal & Garnier
11	Face Care
12-13	Bath, Body Care & Foot Care
14-16	Hair Care
17	Deodorants & Shaving
18	Million Comforts & Feminine Hygiene
19	Women's Health



MILLION COMFORTS

HELP KEEP MILLIONS OF GIRLS IN SCHOOL

Simply purchase a pack of sanitary pads from these participating brands below and deposit in the Million Comforts Bin available in-store. Thank you to these brands who will match every pack with an equal donation.

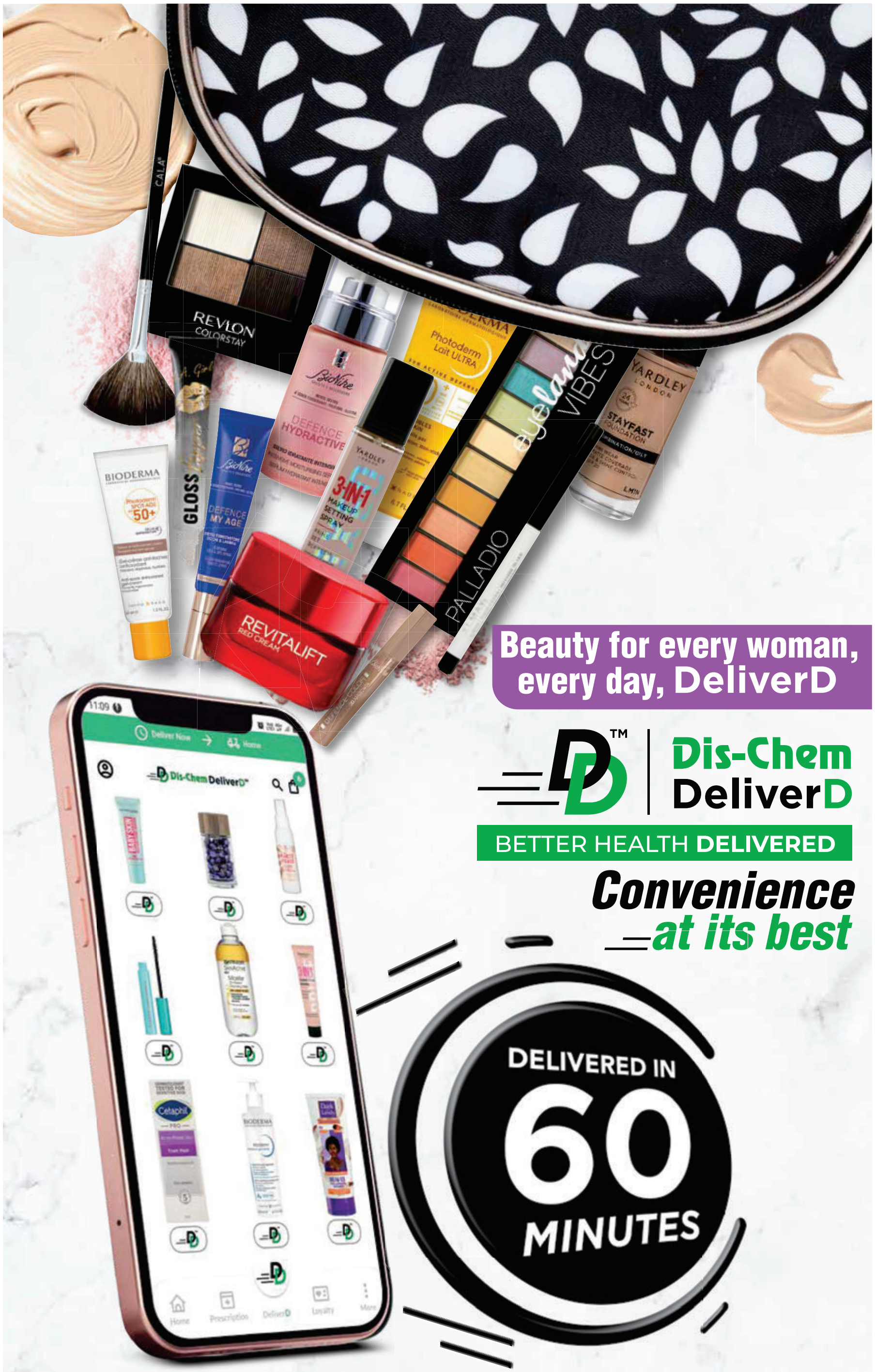


#MillionComforts

15 June - 13 August 2023

HELP US CARE FOR EVEN MORE GIRLS THIS YEAR





Beauty for every woman,
every day, DeliverD

Dis-Chem
DeliverD

BETTER HEALTH DELIVERED

Convenience
— at its best



Selected over-the-counter medication now available

D Download the App today!

Download on the
App Store

GET IT ON
Google Play

EXPLORE IT ON
AppGallery



WORLD OF COLOUR

RIMMEL LONDON

2+1
CHEAPEST
FREE

on
ANY
Rimmel
products



FROM
149⁹⁵
each

REVLON®

15%*
OFF

ALL
Revlon Eye
AND Brow
products**



Colorstay
Eyeliner
Assorted
shades

WAS **159⁹⁵**
135⁹⁵

Colorstay
Browlights
Pencil
Assorted colours

WAS **209⁹⁵**
178⁴⁵

Colorstay
Eyeshadow
Palette
Assorted colours

WAS **259⁹⁵**
220⁹⁵

*Advertised prices already reflect discount
**Offer applicable on Revlon Mascaras, Eyeliners,
Eyebrow AND Eyeshadow products

YARDLEY
LONDON

20%*
OFF

ALL Yardley
Liquid
Foundations,
Mousses,
Concealers,
Primers AND
Setting Sprays



3-in-1
Perfection
Primer
25ml

WAS **149⁹⁵**
111⁹⁶

3-in-1
Makeup
Setting Spray
100ml

WAS **169⁹⁵**
135⁹⁶

StayFast
Foundation
SPF20
Assorted shades

WAS **239⁹⁵**
191⁹⁶

Even
Complexion
Foundation
SPF30
Assorted
shades

WAS **249⁰⁰**
196⁰⁰

*Advertised prices already reflect discount

L.A. Girl®

Tinted
Foundation
Assorted shades

225⁰⁰
each
WITH CARD
205⁰⁰
each

Instant Finish
Blurring Loose
Powder
Assorted shades

145⁰⁰
WITH CARD
125⁰⁰



INSTANT
DISCOUNT

20⁰⁰
OFF
these L.A. Girl
products



Exclusive to Dis-Chem

Volumatic
Lash Lifting
Mascara
Assorted

149⁹⁵
WITH CARD
129⁹⁵

Lip Mousse
Velvet Lip
Color
Assorted colours

95⁰⁰
each
WITH CARD
75⁰⁰
each



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

BEAUTY BEYOND BOUNDARIES.

PASSIONPRO

1+1
CHEAPEST
FREE

on ANY
Passion
Pro
products

FROM
19⁹⁵
each



CATRICE
COSMETICS

20%*
OFF

ALL
Catrice
Foundations



HD Liquid
Coverage
Foundation
Assorted shades

WAS **169⁹⁵**
135⁹⁶

True Skin
Hydrating
Foundation
Assorted shades

WAS **169⁹⁵**
135⁹⁶

Tinted Serum
Foundation
Assorted shades

WAS **199⁹⁵**
159⁹⁶

*Advertised prices already reflect discount

ALMAY®

Exclusive to
Dis-Chem

15%*
OFF

ALL
Almay Eye
AND Brow
products**



Brow Styler
Eyebrow Gel
Assorted

WAS **164⁹⁵**
140²⁰

Shadow Squad
Holographic
Eyeshadow
Assorted

WAS **169⁹⁵**
144⁴⁵
each

Multi-Benefit
Mascara
Assorted

WAS **209⁹⁵**
178⁴⁵

*Advertised prices already reflect discount
**Offer applicable on Almay Mascaras, Eyeliners,
Eyebrow AND Eyeshadow products

TOP TIPS

APPLYING MASCARA
LIKE A PRO

When choosing a mascara
brush, consider the type of
look you want to achieve and
the shape of your eyes and
lashes. Experiment with
different types of brushes
to find the one that works
best for you.



Straight Brush: The most basic and
traditional type of mascara brush.
Bristles are evenly spaced and straight,
and it is designed to provide a natural
look by coating each lash evenly.



Curved Brush: Slightly curved
shape that helps to lift and
curl your lashes. It is particularly
good for those who want to
create a more dramatic, voluminous look.

Hourglass Brush: Has a unique shape
that is narrower in the middle and wider
at the ends. It provides volume and
length to your lashes while also
separating them and preventing
clumping.



Silicone Brush:
Flexible, elastic and durable.
This brush is designed
to provide precision and
separation and allows you
to build volume and length
without clumping.



Pointed Tip Brush:
The wand is made for lash
perfectionists. The duality
of the brush allows for the
bulk of the application to
happen evenly and create
volume, while the pointed
tip can separate and add
density. The pointed end
allows easy access to
hard-to-hit areas like the
inner shorter lashes.



Beauty
Treats

Exclusive to
Dis-Chem

1 FOR 195⁰⁰
2 FOR 315⁰⁰
SAVE **75⁰⁰**



Eyeshadow
Palette
24 colours
Assorted

PLAYgirl®

2+1
CHEAPEST
FREE

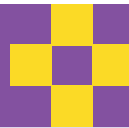
on ANY
Playgirl
cosmetic
products



FROM
29⁹⁵
each

Come Out & Play!

PlaygirlBeauty Playgirlbeautyofficial



Exclusive to Dis-Chem

TOP TIPS

SCULPT & DEFINE YOUR FACE
WITH THIS YEAR'S TRENDIEST
BROW SHAPES



From slim to boldly arched and fluffy eyebrows, there's power in manipulation when framing the eyes. If you're looking to define your face in the simplest ways, nothing quite beats how you shape your brows. Whether there's a brow trend you fell in love with last year, you're getting in on a trend that's still going strong, or you're looking for something that's easy and effortless, there is a brow look to suit your needs and lifestyle.



BROW PENCIL:
What it's for:
It's the key to adding soft, natural-looking definition to arches. Reach for a brow pencil if you have gaps in your brows, asymmetry, or sparse tails.

BROW POWDER:
What it's for:
Helps fill in any gaps or sparse areas in the brows. It also helps set brow pencils to make them last longer and makes brows look even fuller.

BROW POMADE:
What it's for:
Gives brows a dramatic, defined look, and can give them a subtle hold. Ideal for those with very sparse brows. For those with brows on the thicker side, a pomade will make them more powerful.

BROW PEN:
What it's for:
The go-to product for covering scar tissue or bald spots. People after a dramatic brow will also love its ability to get a crisp, defined line and the staying power of liquid marker-style brow fillers.

ACCESSORIES

TWEEZERMAN.



Mini Slant
Tweezer
Assorted
229⁰⁰
each



Classic
Lash Curler
#78470
279⁰⁰

LASHES



Lashes FROM
Assorted styles
and lengths
79⁹⁵
each

DISCO

Exclusive to
Dis-Chem



Eyelashes PLUS
Eyelash
Glue 5g
BUY BOTH FOR
89⁹⁵

MAVALA
SWITZERLAND



Double-Lash
Eye Care
10ml
#16009
425⁰⁰

BASICS
Essentials



Eyebrow Razors
3-pack
#156359
34⁹⁵
per pack

Heated
Eyelash Curler
#123964
89⁹⁵

Tweezer
#88929
29⁹⁵

SPONGES & BRUSHES

INSTANT
DISCOUNT
10% OFF
on ANY CALA
Makeup
Brushes



Trendest Makeup
Brush Shampoo
OR Daily Brush
Cleaner
150ml
#199196/7
98⁹⁵
each

Care for your brushes and keep them sanitised by washing them regularly. Simply dip your brushes in a mixture of Trendest Makeup Brush Shampoo and water. Disinfect by spraying Trendest Daily Brush Cleaner in between washes.

Exclusive to
Dis-Chem

1 Cala Brow &
Liner Brush
69⁹⁵
WITH CARD
62⁹⁶

2 Cala Blending
Brush OR
Eyeshadow
Brush
59⁹⁵
each
WITH CARD
53⁹⁶
each

3 Cala Large
Shading Brush
OR Angled
Eyeshadow Brush
OR Foundation Brush
79⁹⁵
each
WITH CARD
71⁹⁶
each

4 Cala Fan
Brush
84⁹⁵
WITH CARD
76⁹⁶

5 Cala Deluxe
Powder Brush
164⁹⁵
WITH CARD
148⁴⁶



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

TYPES OF BEAUTY
BLENDER SPONGES

Egg Shaped Blender	The original blender, perfect for the cheek and under-eye area
Flat Ended Blender	Covers broader areas; flat edge tackles small spaces and helps contour
Tear Drop Shaped Blender	Gives 360 degree perfection by controlling amount of coverage
Wedge Shaped Blender	Absorbs less makeup, gives more coverage
Silicone Beauty Blender	Does not absorb makeup, useful only for liquid products, gives smooth coverage



Basics
Beauty
Makeup
Sponges
Assorted shapes
FROM
49⁹⁵
per pack

Basics Beauty
Makeup Sponge
6-pack
Assorted shapes
24⁹⁵
per pack



Cala
Cosmetic Makeup
Wedges Small
16-pack
#158042
49⁹⁵
per pack



Cala Cosmetic
Makeup Wedges
6-pack
#158021
19⁹⁵
per pack

Dis-Chem
PHARMACIES

BEAUTY ESSENTIALS

NAILLUSION®

Exclusive to
Dis-Chem

20%
OFF

ALL
Naillusion
Perfect Luxe
Collection
Press-On Nails

NEW



Perfect
Luxe Collection
Press-On Nails
24 nails / Assorted
colours and designs
WAS 134⁹⁵
107⁹⁶ each

*Advertised price already reflects discount

ELEGANT
TOUCH
LONDON

25%
OFF

ALL
Elegant
Touch nail
products

Exclusive to
Dis-Chem



False Nails
24/48 nails
Assorted colours
and designs
WAS 119⁰⁰
89²⁵ each

*Advertised price already reflects discount

CALA®

Exclusive to
Dis-Chem



FROM
79⁹⁵ each

BASICS
Beauty

Exclusive to
Dis-Chem



FROM
69⁹⁵ each

imPRESS®
PRESS-ON MANICURE®

20%
OFF

ALL
imPress nail
products

Color Press-On
Manicure
30 nails
Assorted colours
and designs
WAS 145⁹⁵
116⁷⁶

Press-On
Manicure
30 nails
Assorted colours
and designs
WAS 179⁹⁵
143⁹⁶

*Advertised prices already reflect discount



False Nails
30 nails
Assorted colours
and designs
WAS 149⁹⁵
119⁹⁶

GELLUSION

Exclusive to
Dis-Chem



Gel Like Shine
Nail Colour
13ml
Assorted colours
76⁹⁵ each

NAILLUSION®

NEW



Water Based
Nail Lacquer
6ml
Assorted colours
27⁹⁵ each

CLEAN AND CARE

Exclusive to
Dis-Chem



BioNike
ONails Onix
Nail Biting
Solution
11ml
#119467
115⁰⁰

Mineraline
Cuticle Oil
#74953
OR Nail Hardener
14ml
#74955
139⁰⁰ each



Pink Armor
Nail Gel
13.3ml
#144721
184⁹⁵

2+1
CHEAPEST
FREE on ANY
Mavala
5ml Nail
Polishes



112⁹⁵ each

SOFTI

Exclusive to
Dis-Chem

Rolled
Cotton Balls
100g
#102091
34⁹⁵

3 in 1
Cosmetic Set
112-piece
#168996
34⁹⁵

Cotton Buds
300-piece
#76028
29⁹⁵



Dis-Chem
Nail Polish Remover
300ml
Assorted
WAS 31⁹⁵
24⁹⁵



Cutex
Nail Polish Remover
100ml
Assorted
WAS 21⁹⁵
19⁹⁵

NOURISHED HANDS



Mellor & Russell
Simply Essentials
Hand & Nail Balm
75ml / Assorted
WAS 27⁹⁵
17⁹⁵

Healing Hands
Hand, Nail &
Cuticle Crème
75ml
#17045
WAS 41⁹⁵
31⁹⁵

Difeel
Hand Cream
40g / Assorted
WAS 64⁹⁵
54⁹⁵

Dermactin-TS
Restorative
Hand Treatment
96.11ml
#14313
WAS 209⁹⁵
189⁹⁵

Payot
Hand Cream
75ml
#294501
WAS 269⁰⁰
249⁰⁰



FACE MASKS

SKINSTRATEGY



Exclusive to
Dis-Chem

Deep Cleansing
Facial Sheet
Mask
5 x 23ml
Assorted

124⁹⁵
each

Bubble
Multi-Zone Mask
5 x 10g sachets
Assorted

99⁹⁵
each

SHEET MASKS deliver an instant burst of hydration to your skin, giving longer lasting results. Use two to three times a week to repair, awaken and quench thirsty skin. There's no need to rinse off product, instead gently pat the leftover serum into your skin until it's fully absorbed.

CLAY MASKS gently exfoliate and deeply cleanse by drawing out impurities and absorbing excess oil from your skin to prevent breakouts. Use once or twice a week to brighten dull skin, unclog pores and prevent breakouts.

PEEL-OFF MASKS come in handy when you need to unclog pores, control shine, and remove dead skin cells, dirt and blackheads. They exfoliate while nourishing the skin to reveal a smooth gorgeous glow.

CREAM MASKS soothe and hydrate your skin with ingredients that restore your skin's natural radiance. They're gentle enough to use as an overnight treatment, working their magic while you sleep.



TEAOLOGY TEA INFUSION SKINCARE® GREENER LIVING

**2+1
CHEAPEST
FREE**

on ANY
Teaology
Masks



Masks
FROM
140⁰⁰
each

FEEMAN®
feeling beautiful.

Exclusive to
Dis-Chem

**2+1
CHEAPEST
FREE**

on ANY
Freeman
products



Masks
FROM
79⁹⁵
each

Exclusive to Dis-Chem

CLEANSE



Beauty Treats
Makeup Remover
Cleansing Tissues
30-pack / Assorted

54⁹⁵
per pack

Cala
Make-Up Remover
Cleansing Tissues
30-pack / Assorted

FROM
47⁹⁵
each

SKINREPUBLIC
SKIN LABORATORY



**2+1
CHEAPEST
FREE**

on ANY
Skin
Republic
products

Masks
FROM
45⁹⁵
each



Serums
30ml
Assorted

230⁰⁰
each

Qureet

Exclusive to
Dis-Chem



**2+1
CHEAPEST
FREE**

on ANY
Qureet
Masks OR
Serums

Masks
FROM
25⁰⁰
each



Serums
30ml
Assorted

179⁹⁵
each

BASICS
Beauty



Re-usable Magic Cloth
Makeup Remover
1-piece
#415896

59⁹⁵

Re-usable Makeup
Remover Pad
4-pack
#218640

74⁹⁵
per pack

CLEANLOGIC®



Dual-Texture
Face Cloth
Assorted colours
WAS **64⁹⁵**
55²¹
each

**15%
OFF**

ALL
Cleanlogic
products

Bath and Body
Dual-Texture
Facial Buffers
3-pack
WAS **74⁹⁵**
63⁷¹
per pack



Detoxify
Dual-Texture
Body Exfoliator
1-piece
WAS **59⁹⁵**
50⁹⁶

*Advertised prices already reflect discount

Dis-Chem
PHARMACIES

LIP CARE



Nature's Nourishment
Duo Lip Balm
9.6g
Assorted
WAS **34⁹⁵**
24⁹⁵
each



MVP
Moisturising
Lip Protection
8g
#159700
WAS **39⁹⁵**
29⁹⁵



Softlips
Lip Conditioner
SPF20
OR Repair Lip Balm
SPF15
Assorted*
WAS **36⁹⁵**
26⁹⁵
each

*Offer excludes Softlips Duo Packs



SPECIALISED

FACE CARE

Exclusive to Dis-Chem

Facial cleansing and massaging devices have gained popularity in recent years due to their potential benefits for skin-care routines.

Benefits of Facial Cleansing Devices:

- Deeper cleansing
- Exfoliation
- Enhanced absorption of skin-care products
- Improved circulation

Benefits of Facial Massaging Devices:

- Relaxation and stress relief
- Improved blood circulation for skin rejuvenation
- Removal of toxins and excess fluid from the face
- Enhanced absorption of skin-care products

DQUIP Sonic Eye Massager

- Reduces puffiness
- Sonic vibration
- Relaxes and soothes under-eye skin

#192720

179⁹⁵



DQUIP Facial Cream Booster

- 2 x vibration modes for facial massage
- Refreshes & cleanses skin
- Enhances absorption of moisturising creams

#192725

214⁹⁵



Cala 2-in-1 Facial Cleansing System

- Includes soft bristles & silicone cleansing brush
- Deep cleansing
- Gentle exfoliation
- Removes makeup

#328145

299⁹⁵



Pure Silk Spa Therapy Brush Set*

- 5-piece
- Cleanses & exfoliates skin
- 4 attachments
- Waterproof
- Battery operated
- 2-year warranty

#415494

WAS 499⁹⁵

349⁹⁵

*While stocks last

BETTER BEAUTY STARTS HERE

BIODERMA
LABORATOIRE DERMATOLOGIQUE

Bioderma is a brand built on ecobiology which is the heart of its approach to respect the skin's eco system and preserve its health.

20%* OFF

ALL Bioderma Atoderm products



Intensive Eye 3-in-1 Anti-Irritation Care

100ml

#416065

WAS 395⁰⁰

316⁰⁰

Intensive Gel-Crème

500ml

#27314

WAS 595⁰⁰

476⁰⁰

Gel Douch Shower Gel

500ml

#293936

WAS 615⁰⁰

492⁰⁰

*Advertised prices already reflect discount

SOLAL
HEALTHY AGING SPECIALISTS

A universal range suitable to all skin types and for those who care as much about the inside, as the outside. It's all about healthy ageing.

2+1 CHEAPEST FREE

on ANY Solal face care products

FROM 309⁰⁰ each



VICHY
LABORATOIRES

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

LiftActiv

20%* OFF

ALL Vichy LiftActiv products



Night Supreme

50ml

WAS 525⁰⁰

420⁰⁰

Vitamin C Serum

20ml

WAS 575⁰⁰

460⁰⁰

Collagen Specialist

50ml

WAS 595⁰⁰

476⁰⁰

*Advertised prices already reflect discount

Elizabeth Arden
NEW YORK

Elizabeth Arden's daily hydrating products leave your skin feeling soft, smooth and moisturised for up to 8 hours.

EIGHT HOUR CREAM

Eight Hour: Formulated with the perfect blend and aroma of classic eight hour® hydration.

2+1 CHEAPEST FREE

on ANY Elizabeth Arden Eight Hour products

FROM 345⁰⁰ each



Exclusive to Dis-Chem

Dermactin-TS
INTENSIVE SKIN CARE

Dermactin-TS is a collection of intensive skin-care products that deliver the ultimate in skin-care rejuvenation and hydration.

AGE-DEFYING



Soothing Complex Stretch Mark & Wrinkles Serum

30ml

495⁰⁰



90 Second Eye Perfector

10ml

345⁰⁰

FREE

Dermactin-TS Age-Defying Clarifying Age Spot Serum 30ml valued at 329⁹⁵ when you purchase ANY Dermactin-TS products to the value of 695⁰⁰ OR more



URIAGE
EAU THERMALE

Offer exclusive to Dis-Chem

Uriage's distinctive and uniquely rich formulations reinforce your skin's natural barriers, contain the exclusive Uriage Thermal Water and are applicable to all skin ailments and ages.



Travel Kit

- Cleansing Cream 50ml
- Thermal Water 50ml
- Thermal Micellar Water 50ml
- Water Cream 15ml

#417332

355⁰⁰ per kit

Cetaphil

Cetaphil's Bright Healthy Radiance range is specifically designed for sensitive skin and is clinically proven to help reduce the appearance of dark spots and improve the skin's radiance in 4 weeks.

Bright Healthy Radiance

30%* OFF

Cetaphil products**



Brightness Reveal Bar

100g

#333826

WAS 194⁹⁵

164⁹⁵

Brightness Refresh Toner

150ml

#333111

WAS 249⁹⁵

219⁹⁵

Brightening Comfort Night Cream

50g

#333110

WAS 449⁹⁵

419⁹⁵

*Advertised prices already reflect discount

**Offer only applicable on the above Cetaphil products

NIP + FAB

Vegan, cruelty-free and with over a decade of research and know-how. Nip + Fab is an ingredient-lead skin-care range with purpose.

Purify Salicylic

Salicylic acid is used for unblocking pores and reducing the appearance of blemishes, all without drying out skin.

2+1 CHEAPEST FREE

on ANY Nip + Fab face care products



Fix Spot Patches

30 patches

169⁹⁵ each

Fix Facial Scrub

75ml

219⁹⁵ each

Fix Moisturiser

40ml

219⁹⁵ each

Teen Skin Fix Night Pads

60 pads

349⁹⁵ each



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

Neutrogena

Retinol Boost

For visibly younger looking skin as of week 1
 Unique pure retinol formula

NEW

**2+1
CHEAPEST
FREE**

on ANY
Neutrogena
face care
products



Day SPF15 50ml
 OR
 Eye Cream 15ml
329⁹⁵
 each

Serum 30ml
 OR Night Cream
 50ml
329⁹⁵
 each



Fresh Hydration
 Power of Micellar + Hydration of Rose Water

**2+1
CHEAPEST
FREE**

on ANY
Johnson's
face care
products



Water
Gel Cleanser
150ml
#204785
64⁹⁵
 each

Day
SPF20
#204786
 OR
 Night Cream
50ml
#204649
84⁹⁵
 each

CREIGHTONS

MADE IN ENGLAND

Creightons skin care offers a range of ingredient-driven formulations for all skin types.

Vitamin C Superfruits

Vitamin C is ideal for targeting dull complexion and uneven skintone.

**2+1
CHEAPEST
FREE**

on ANY
Creightons
face care
products



Glow
Enzyme
Scrub
150ml
99⁹⁵
 each

2% Bright
Eye Serum
15ml
119⁹⁵
 each

2% Ultra
Glow
Serum
30ml
149⁹⁵
 each



IQ products are specifically developed for the South African climate and, as such, have broad spectrum SPF protection, contain antioxidants, and are highly emollient and moisturising.

**2+1
CHEAPEST
FREE**

on ANY
IQ
face care
products



DermaQuench
Anti-Ageing
Cream
Cleanser
195ml
124⁹⁵
 each

Vitamin C
Antioxidant
Serum
30ml
239⁹⁵
 each

UltraRich
Advanced
Anti-Ageing
Day Cream
SPF15
50ml
249⁹⁵
 each



Exclusive to
Dis-Chem



Aknet
Sunscreen
SPF50+
50ml
 WAS 210⁰⁰
168⁰⁰

*Advertised prices already reflect discount

**20%*
OFF**

ALL
BioNike Aknet
AND Acteen
products



Acteen
Rebalancing
Cleansing Water
150ml
 OR Anti-
Imperfection
Quick Pen
100ml
 WAS 135⁰⁰
108⁰⁰
 each

ACNE-SOLUTIONS
DERMACEUTICS®
 CLEAR SKIN
ACNE CONTROL

**30%*
OFF**

ALL
Acne-Solutions
Dermaceutics®
products

Acne Pads
50 pads
 WAS 165⁰⁰
115⁵⁰

Exclusive to
Dis-Chem



Blemish SOS
Spot Corrector
30ml
 OR Post Acne
Scar Cream
50ml
 WAS 295⁰⁰
206⁵⁰
 each

*Advertised prices already reflect discount

young solution

**2+1
CHEAPEST
FREE**

on ANY
Young
Solution
face care
products



Triple Take
3 in 1 Cleanser,
Scrub & Mask
100ml
89⁹⁵
 each

Wipe Out
Spot
Eliminating
Drops
30ml
49⁹⁵
 each

Wash
All Over
Spot Clearing
Bar
120g
36⁹⁵
 each

Eucerin®

LIFE-CHANGING POWER OF DERMATOLOGICAL SKINCARE

**2+1
CHEAPEST
FREE**

on
Eucerin
products*



[Hyaluron]
Cleansing
Gel
200ml
#91700
209⁹⁵
 each

GENTLE CLEANSING

Eucerin® DermatoCLEAN gently and effectively cleanses for clean and hydrated skin.



5% Urea
Body Wash
400ml
#177420
299⁹⁵
 each

DRY, ROUGH & FLAKY SKIN

Eucerin® UreaRepair PLUS provides immediate relief plus 48 hour delay of dry skin symptoms.



Cleansing Gel
400ml
#193405
309⁹⁵
 each

ALL DAY OIL CONTROL

Eucerin® DermoPURIFYER helps reduce blemishes and soothes irritation.



Oil Control
Dry Touch
Sun Spray
SPF50+
200ml
#184891
379⁹⁵
 each

ADVANCED SUN PROTECTION

Eucerin® Sun Protection for different skin needs.



Dual
Serum
30ml
#212868
619⁹⁹
 each

UNEVEN SKIN TONE

Eucerin® EVEN PIGMENT PERFECTOR with Thiamidol™ clinically and dermatologically proven to visibly reduce dark spots.



3D
Serum
30ml
#2911812
639⁹⁵
 each

ADVANCED ANTI-AGE

Eucerin® HYALURON-FILLER + ELASTICITY plumps up deeper wrinkles and improves skin's elasticity.

*Offer excludes Eucerin Banded Packs AND Value Packs

L'ORÉAL
PARIS



MY MAKEUP MY STATEMENT

True Match
Nude
Plumping
Tinted Serum
Assorted shades
WAS 295⁹⁰
236⁰⁰ each

True Match
Super Blendable
Foundation
Assorted shades
WAS 249⁹⁵
199⁹⁶ each



20%* OFF
L'Oréal Paris
True Match
Foundations
AND
Paradise
Mascaras

BECAUSE YOU ARE WORTH IT..
N°1 BEAUTY BRAND WORLDWIDE

+98%
LENGTHENING
EFFECT****
Lash Paradise
Mascara
Assorted
WAS 219⁹⁵
175⁹⁶ each



*Advertised prices already reflect discount



MY SKINCARE MY CONFIDENCE

REVITALIFT

REPLUMP RESULTS IN 1 HOUR

WRINKLES WERE
REDUCED FOR
100% OF WOMEN***



20%* OFF
L'Oréal Paris
Revitalift Filler
AND Laser
Serums 30ml
AND Creams
50ml

Filler
+Hyaluronic Acid
Replumping
Anti-Ageing Day
Cream SPF50
50ml
WAS 369⁹⁵
295⁹⁶

Filler Renew
Deep Replumping
Anti-Ageing
Night Cream
50ml
WAS 369⁹⁵
295⁹⁶

Filler
1.5% Hyaluronic
Acid Serum
30ml
WAS 389⁹⁵
311⁹⁶

Laser
Pure Retinol
Night Serum
30ml
WAS 389⁹⁵
311⁹⁶

Laser
Renew
Night Cream
50ml
WAS 369⁹⁵
295⁹⁶

Laser
Renew Cream
SPF20
50ml
WAS 384⁹⁵
307⁹⁶

*Advertised prices already reflect discount



MY HAIRCARE MY CHARACTER



Elvive
Shampoo
OR
Conditioner
400ml / Assorted

20%* OFF
ALL
L'Oréal Paris
Elvive
treatments



Elvive 72H Moisture
Wrapping Mask 300ml
OR Hyaluron Moisture
Plump Serum 150ml
WAS 115⁹⁵
92⁷⁶ each

20%* OFF
ALL L'Oréal
Magic Retouch
Instant Root
Concealer
Spray 75ml



Magic Retouch
Instant Root
Concealer
Spray
75ml / Assorted
WAS 119⁹⁵
95⁹⁶ each



20%* OFF
ALL
L'Oréal Paris
Casting
Crème Gloss
Hair Colours

Casting Crème
Gloss
Conditioning
Hair Colour
Assorted shades
WAS 159⁹⁵
127⁹⁶ each



20%* OFF
ALL
L'Oréal Paris
Excellence
Crème
Permanent
Hair Colours

Excellence Crème
Triple Care Colour
Hair Colour
Assorted shades
WAS 165⁹⁵
132⁷⁶ each

*Advertised prices already reflect discount

L'Oréal Paris - The World's #1 Beauty BrandSource Euromonitor International Limited; Beauty and Personal Care 2022ed; as per beauty & personal care definitions; UBN; in retail value terms; 2021 data. **Based on NielsenIQ RMS data for the face Care Category Client "L'Oréal Revitalift Lift Filler" item in value sales in the Anti Age, Serum segment for the 12-month period ending 31/10/2021 for South Africa total retail market (copyright © 2020, NielsenIQ). ***Clinical study on 49 women: clinical scoring of face wrinkles at 4 months. ****Instrumental test after application of shampoo + conditioner *****Instrumental Test

By GARNIER,
Naturally!

MICELLAR
CLEANSING
WATER

Oil-Infused
All-in-1 Micellar
Cleansing Water
400ml
#174031
WAS 119⁹⁵
95⁹⁶

Sensitive
All-in-1 Micellar
Cleansing Water
400ml
#164256001
WAS 119⁹⁵
95⁹⁶



SA's No. 1
MICELLAR
WATER

20%* OFF

Garnier
SkinActive &
PureActive
face care AND
Nutrisse hair
care products**



PureActive
AHA + BHA
Charcoal
Serum
30ml
#423548
WAS 219⁹⁵
175⁹⁶



Nutrisse
Crème
Deeply
Nourishing
Permanent
Hair Colour
Assorted shades
WAS 129⁹⁵
103⁹⁶

*Advertised prices already reflect discount **Offer excludes Garnier SkinActive Masks

***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) *Before & after from clinical test, results obtained after twice daily application for 21 days. Clinical scoring on 37 subjects. Medium case, results may vary. The model was not part of the clinical test. **Residual acne marks.

GARNIER

COMMITTS TO
GREEN BEAUTY

Cruelty Free
INTERNATIONAL

VEGAN
FORMULA*

100% RECYCLED

find out more on
www.africa.garnier.com





AfricanExtracts
ROOIBOS
SKIN CARE

Advantage

Night Cream
50ml
OR Intensive Day Cream SPF15
50ml
WAS 184⁹⁵
147⁹⁶ each

Misting Toner
150ml
WAS 129⁹⁵
103⁹⁶



20%* **OFF** ALL African Extracts Advantage Range products

Skin care inspired by nature

MADE LOCALLY
CRUELTY FREE
ORGANIC ROOIBOS

Hydrating Creamy Cleanser
125ml
WAS 98⁹⁵
79¹⁶

Daily Repair Facial Oil
125ml
WAS 215⁰⁰
172⁰⁰

*Advertised prices already reflect discount



celltone
SKIN CARE

Celltone is a unique skin-care range made with Snail Gel extract. This global phenomena taps into one of nature's beautiful secrets.



Pigment Corrector Day Cream SPF30
50ml
339⁹⁵ each

2+1 CHEAPEST FREE

on Celltone products*

Sensitive Day Cream SPF50
50ml
229⁹⁵ each



Tissue Oil
200ml
214⁹⁵ each



*Offer excludes Celltone Value Packs

OLAY

RETINOL24
BRIGHTENS AND SMOOTHES

TOTAL EFFECTS
MOISTURISES AND PROTECTS

2+1 CHEAPEST FREE on ANY Olay skin care products

NIACINAMIDE + VITAMIN C
EVEN TONE AND RADIANT GLOW



Regenerist Fragrance-Free Night Serum
30ml
519⁹⁵ each



7 in One Day Moisturiser SPF15
50ml
299⁹⁵ each



Eyes Eye Cream
15ml
519⁹⁹ each



Luminous Moisturiser
50ml
519⁹⁹ each



NIVEA

Your **Trusted Skincare Expert**

PERFECT & RADIANT LUMINOUS 630

WORLD'S NO.1
ANTI DARK MARK SERUM

VISIBLY REDUCE STUBBORN DARK MARKS

Anti Dark Marks Eye Treatment
15ml
329⁹⁹ each

Anti Dark Marks Advanced Night Cream
50ml
349⁹⁹ each



2+1 CHEAPEST FREE

on ANY NIVEA ladies' face care products



Anti Dark Marks Triple Protection Day Cream SPF50
40ml
349⁹⁹ each

Anti Dark Marks Advanced Treatment Serum
30ml
384⁹⁹ each

CELLULAR LIFT

BAKUCHIOL
Anti-Ageing Breakthrough Ingredient



Expert Advanced Anti-Age Day Cream SPF15
OR Night Cream
50ml
339⁹⁵ each



Visibly Younger Looking Skin in 7 Days



Q10 Power Anti-Wrinkle + Pore Minimising Day Cream SPF15
50ml
219⁹⁵ each



Q10 Energy Healthy Glow Day Cream SPF15
50ml
219⁹⁵ each



Q10 Anti-Wrinkle Power Revitalising Night Cream
50ml
219⁹⁵ each

SHOP ONLINE
24/7
365

FREE



click&collect

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

FREE delivery on orders of 600⁰⁰ or more in major metropolitan areas.
No charge for collection in-store.



Dis-Chem
PHARMACIES

BATH & BODY CARE



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

INSTANT DISCOUNTS Exclusive to Benefit Card holders.

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



PROXERA

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

Lip Balm
10ml / #81447
OR Lip Balm Stick
4.5g / #81449
OR Nourishing Hand Cream
75ml / #81425

99⁹⁵ each
WITH CARD
79⁹⁶ each

Keratoff 10% Urea Cream
100ml / #87352

145⁰⁰
WITH CARD
116⁰⁰



Exclusive to Dis-Chem

Body Emulsion
400ml / #61523

245⁰⁰
WITH CARD
196⁰⁰

Body Emulsion
200ml / #87354

155⁰⁰
WITH CARD
124⁰⁰

INSTANT DISCOUNT
20%*
 BioNiké ProXera, Triderm AND Triderm A.D products**

Len'Oil
100ml

155⁰⁰
WITH CARD
124⁰⁰

TRIDERM

A line specifically formulated for cleansing and treating sensitive and highly reactive skin, even in cases of dermatological conditions.



A.D. Cleansing Cream
500ml

225⁰⁰
WITH CARD
180⁰⁰

Marseille Soap
500ml

165⁰⁰
WITH CARD
132⁰⁰

**Offer excludes BioNiké Triderm Baby products

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



Cetaphil Bright Healthy Radiance Brightening Lotion
245ml
#333824

SAVE 30⁰⁰ each
WAS 329⁹⁵
299⁹⁵

Cetaphil Bright Healthy Radiance Brightness Reveal Body Wash
245ml
#333825

WAS 309⁹⁵
279⁹⁵



EpiMax Ultra Ointment
40g
#168872
SAVE 15⁰⁰
WAS 74⁹⁵
59⁹⁵

EpiMax Cream Banded Pack
125g
PLUS 400g
#205340
104⁹⁵ per pack



SAVE 20⁰⁰

Epizone E Ointment with Cetomacrogol
400ml/500ml
WAS 122⁹⁵
102⁹⁵



SAVE 60⁰⁰ each

E45 Cream Pump OR Jar
500g / Assorted
WAS 269⁹⁵
209⁹⁵ each

GREENER LIVING

Dead Sea minerals such as magnesium, sodium, calcium, and potassium are well-known for their anti-ageing properties as well as for improving skin ailments like psoriasis and acne, relieving allergies and alleviating rheumatological conditions.



Mineraline Dead Sea Salt Body Scrub
500g / Assorted

270⁰⁰ each
WITH CARD
216⁰⁰ each

Mineraline Body Butter
250ml / Assorted

259⁰⁰
WITH CARD
207²⁰

INSTANT DISCOUNT
20%*
 ALL Mineraline Hand AND Body products



Mineraline Hand & Body Lotion
400ml / Assorted

225⁰⁰ each
WITH CARD
180⁰⁰ each



Mineraline Hand Cream
100ml / Assorted

129⁰⁰
WITH CARD
103²⁰



Mineraline Genuine Dead Sea Bath Salts
500g
#51682

159⁰⁰
WITH CARD
127²⁰

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

Palmer's Cocoa Butter Formula Body Oil
250ml
#22331
OR
Body Lotion
400ml
Assorted
WAS 86⁹⁵
69⁹⁵ each



Playgirl Body Lotion
400ml / Assorted
WAS 49⁹⁵
39⁹⁵ each

20%*
OFF
 ALL B.O.N. Eucalyptus Oil products



B-O-N Eucalyptus Oil
500ml
#138918
WAS 72⁹⁵
58³⁶

B-O-N Eucalyptus Oil
200ml
#293405
WAS 149⁹⁵
119⁹⁵

*Advertised prices already reflects discount

2+1 CHEAPEST FREE
 on ANY Ingram's products



1 FOR 99⁹⁵
2 FOR 150⁰⁰
SAVE 49⁹⁰



Sanex Shower Gel
750ml
Assorted



INSTANT DISCOUNTS

Exclusive to Benefit Card holders.

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



INSTANT DISCOUNT
15%* OFF

Nature's Nourishment Shower Gel
1 litre
Assorted

61⁹⁵ each
WITH CARD
52⁶⁶ each

Exclusive to Dis-Chem



Vitamin e 7000 Intense Moisturising Cream Banded Pack
500ml **PLUS FREE** 50ml tube

54⁹⁵ per pack
WITH CARD
46⁷¹ per pack

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



1 FOR 17⁹⁵
3 FOR 45⁰⁰
SAVE 8⁸⁵

Protex Soap Bar
150g
Assorted

SAVE 3⁵⁵ each



Lux Soap Bar
175g
Assorted
WAS 17⁵⁰
13⁹⁵ each

SAVE 11⁰⁰ per pack



Dove Soap Bar Value Pack
4 x 90g
Assorted
WAS 58⁸⁵
47⁹⁵ per pack

SAVE 15⁰⁰ per pack



Reitzer's Pure Soap Super Value
6-pack
#172254
WAS 114⁹⁵
99⁹⁵ per pack

10%* OFF
ALL Good Stuff Body Butter
250ml



Good Stuff Body Butter
250ml / Assorted
WAS 59⁹⁵
53⁹⁶ each

15%* OFF
Good Stuff products**



Good Stuff Body Wash OR Lotion
700ml / Assorted
WAS 74⁹⁵
63⁷¹ each

Good Stuff Crème Foam Bath
1.3 litres / Assorted
WAS 79⁹⁵
67⁹⁶

Good Stuff Hand Wash Value Pack
1 litre / Assorted
WAS 82⁹⁵
70⁵¹

Good Stuff Hand Cream
75ml / Assorted
WAS 36⁹⁵
26⁹⁵

*Advertised prices already reflect discounts

**Offer only applicable on Good Stuff Body Washes 700ml, Body Lotions 700ml, Foam Baths 1.3 litres AND Hand Wash Refills 1 litre

2+1 CHEAPEST FREE
on ANY Johnson's Deep Clean AND Vita-Rich range



1 FOR 69⁹⁵
2 FOR 110⁰⁰
SAVE 29⁹⁰



Nivea Shower Gel
500ml
Assorted

1 FOR 74⁹⁵
2 FOR 118⁰⁰
SAVE 31⁹⁰



NIVEA Body Cream OR Lotion*
400ml
Assorted

*Offer excludes NIVEA Radiant & Beauty, Repair & Care AND Q10 range

SAVE 20⁰⁰ each



Satskin Foam Bath
2 litres / Assorted
WAS 89⁹⁵
69⁹⁵ each

FOOT CARE

Exclusive to Dis-Chem



DQUIP Luxurious Massage Foot Spa
• 4 x massage rollers
• Easy drainage
• Selector switch
• Detachable splash cover
#405185

549⁹⁵



Cleanlogic 4 in 1 Foot Buffer
#293292
34⁹⁵ each



Basics Wooden Foot File
#72849
39⁹⁵



Basics Double Sided Foot File
#134535
26⁹⁵



Stepping Out Foot Powder
150g
#113697
34⁹⁵



Beauty Treats Foot Cream OR Foot Scrub
100ml/100g
Assorted
75⁰⁰ each



Stepping Out Foot Soak
180ml / Assorted
29⁹⁵

Stepping Out Foot Lotion
180ml / Assorted
34⁹⁵

Natures' Nourishment Foot Scrub
180ml / Assorted
39⁹⁵

Dis-Chem PHARMACIES

HAIR CARE

NEW

20%* OFF
ALL OGX hair care products



OGX Shampoo OR Conditioner
385ml / Assorted
WAS 199⁹⁵
159⁹⁶ each

*Advertised price already reflects discount



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
20%* OFF
ALL Gerald Wells hair care products

Exclusive to Dis-Chem



Masque
250ml Assorted
149⁹⁵ each
WITH CARD
119⁹⁶ each

Silver Shampoo OR Conditioner
300ml / Assorted
OR Leave In Detangler Hair Mist
250ml
169⁹⁵ each
WITH CARD
135⁹⁶ each

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

30%* OFF
ALL Marc Anthony hair care products



Marc Anthony Repair Bond + RescuerX Shampoo OR Conditioner
250ml
WAS 229⁹⁵
160⁹⁷ each

Marc Anthony Repair Bond + RescuerX Leave-In Treatment OR Mask
250ml
WAS 279⁹⁵
195⁹⁷ each

*Advertised prices already reflect discount

10%* OFF
ALL Be Care Love Superfoods hair care products

Exclusive to Dis-Chem

NEW



Be Care Love Superfoods Natural Haircare Shampoo OR Conditioner
355ml / Assorted
WAS 209⁹⁵
188⁹⁶ each

Be Care Love Superfoods Natural Haircare Mask Treatment
236ml / Assorted
WAS 239⁹⁵
215⁹⁶

*Advertised prices already reflect discount

20%* OFF
ALL PRO:VOKE hair care products



PRO:VOKE Touch of Silver Advanced Brighten + Repair Intensive Purple Shampoo OR Conditioner
200ml
WAS 149⁹⁵
119⁹⁶ each

*Advertised price already reflects discount

15%* OFF
ALL Salon Selectives hair care products



Salon Selectives Shampoo OR Conditioner
400ml / Assorted
WAS 59⁹⁵
50⁹⁶ each

*Advertised price already reflects discount

2+1 CHEAPEST FREE
on ANY Head & Shoulders hair care products



Head & Shoulders Shampoo
360ml/400ml
OR Conditioner
275ml Assorted
109⁹⁵ each

Head & Shoulders Suprême Shampoo
400ml
OR Conditioner
275ml / Assorted
129⁹⁵ each

Head & Shoulders Shampoo
600ml Assorted
159⁹⁵ each

SAVE 10⁰⁰
each



Gill Anti-Dandruff 2in1 Conditioning Shampoo
400ml / Assorted
WAS 109⁹⁵
99⁹⁵ each

GREENER LIVING

Free from Colourants, Parabens and Silicone

10%* OFF
ALL Natur Vital hair care products

Exclusive to Dis-Chem



Natur Vital Hair S.O.S. Fortifying Shampoo
300ml / Assorted
WAS 99⁹⁵
89⁹⁶

Natur Vital Hair S.O.S. Fortifying Hair Tonic
200ml
WAS 199⁹⁵
179⁹⁶

Natur Vital Silver & Silver Blonde
shampoos and hair masks are products aimed at natural, bleached, highlighted or dyed hair. **Certified organic blueberries** deliver a blue pigment which neutralises yellowish tones.

Natur Vital Silver OR Silver Blonde Shampoo OR Hair Mask
300ml / Assorted
WAS 99⁹⁵
89⁹⁶ each

*Advertised prices already reflect discount



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

BETTER VALUE STARTS HERE



NEW

2+1 CHEAPEST FREE
 on ANY The Perfect Hair hair care products



The Perfect Hair
 Soft & Smooth
 Treatment Mask
 50ml / Assorted



The Perfect Hair
 Soft & Smooth
 Treatment
 125ml / Assorted



The Perfect Hair
 Soft & Smooth
 Hair Butter
 125ml / Assorted

NEW

20% OFF
 ALL Creightons hair care products

Exclusive to Dis-Chem



Creightons
 Frizz No More
 Revitalising
 Spray for Curls
 150ml
WAS 119⁹⁵
95⁹⁶
 Creightons
 Frizz No More
 Shampoo
 200ml/250ml
 Assorted
WAS 119⁹⁵
95⁹⁶ each

*Advertised prices already reflect discount

2+1 CHEAPEST FREE
 on ANY Difeel Biotin hair care products

Exclusive to Dis-Chem



Difeel Biotin
 Premium
 Pro-Growth
 Hair Oil
 75ml
 #405319
 Difeel Biotin
 Pro-Growth
 Conditioner
 354.9ml
 #405317



10% OFF
 ALL Curls in Bloom hair care products

Exclusive to Dis-Chem



Curls in Bloom
 Restore Me!
 Deep Penetrating
 Conditioning
 Masque
 50ml
WAS 39⁹⁵
35⁹⁶



Curls in Bloom
 Soften Me!
 Leave in Butter
 250ml
WAS 119⁹⁵
107⁹⁶



Curls in Bloom
 Define Me!
 Curl Activating
 Cream
 250ml
WAS 119⁹⁵
107⁹⁶

*Advertised prices already reflect discount

NO.1

20% OFF
 Dark and Lovely Au Naturele, Purple range AND Protective Crown range**

Dark And
 Lovely
 Au Naturele
 Dream Big Curl
 Elongating
 Treatment
 175ml
 #412290
OR Wash Day
 Miracle
 Water-to-Foam
 Shampoo
 500ml
 #412291
WAS 124⁹⁵
99⁹⁶ each

Dark And
 Lovely
 Waterless
 Cleanser
 250ml
 #326040
WAS 75⁹⁵
60⁷⁶



*Advertised prices already reflect discount
 **Offer excludes Dark and Lovely Relaxer Kits, Hair Treats 390ml AND Grow Strong Hair Foods 125/250ml

*SAGACI, 2020 Hair brand image survey, South Africa/Kenya/Nigeria/Ivory Coast

I AM DARK AND LOVELY

10% OFF
 ALL Girls With Curls hair care products

Exclusive to Dis-Chem



Girls With Curls
 Shampoo
OR Conditioner
 400ml / Assorted
WAS 199⁹⁵
179⁹⁶ each

*Advertised price already reflects discount

10% OFF
 ALL Reflections hair care products

Exclusive to Dis-Chem



Reflections
 Colour Impressions
 Permanent Hair
 Colour Cream
 Assorted shades
WAS 49⁹⁵
44⁹⁶



Reflections
 High Gloss
 Definition
 Hair Colour
 Assorted colours
WAS 84⁹⁵
76⁴⁶



Reflections
 Metallic Touch
 Permanent
 Hair Colour
 Assorted colours
WAS 99⁹⁵
89⁹⁶

*Advertised prices already reflect discount

SAVE 10⁰⁰
 each



Revlon
 Colorsilk Beautiful
 Color Permanent
 Hair Colour
 Assorted shades
WAS 79⁹⁵
69⁹⁵ each

SAVE 15⁰⁰
 each

Exclusive to Dis-Chem



Cala
 Hair Turban
 Assorted colours
WAS 154⁹⁵
139⁹⁵ each

Cala
 Shower Cap & Hair
 Turban Set
 2-piece / Assorted colours
WAS 259⁹⁵
244⁹⁵ each

GREENER LIVING

10% OFF
 ALL Petal Fresh Shampoo AND Conditioner



Petal Fresh
 Shampoo
OR
 Conditioner
 355ml / Assorted
WAS 169⁹⁵
152⁹⁶ each

*Advertised price already reflects discount

30% OFF
 ALL Noah hair care products



Noah
 Yal Hyaluronic
 Acid Shampoo
OR Conditioner
 250ml
OR Protection
 Hair Mask
 200ml
WAS 199⁹⁵
139⁹⁷ each

*Advertised price already reflects discount

SAVE 50⁰⁰
 each



Hair ResQ
 Shampoo **OR** Conditioner
OR Scalp Care Shampoo
 355ml / Assorted
WAS 199⁹⁵
149⁹⁵ each

NEW

40% OFF
 Cantu products**



Cantu
 Deep
 Treatment
OR Intensive
 Repair
 50g
WAS 64⁹⁵
38⁹⁷ each

Cantu
 Leave-In
 Conditioning
 Repair Cream
 453g
WAS 149⁹⁵
89⁹⁷

Cantu
 Tea Tree &
 Jojoba Hair
 & Scalp Oil
 180ml
WAS 179⁹⁵
107⁹⁷

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

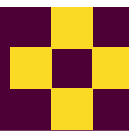


Available to Dis-Chem Health policyholders

20% OFF

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

BETTER VALUE STARTS HERE



20%* OFF
ORS Olive Oil hair care products**

ORS Hold & Shine Wrap/Set Mousse
OR Coconut Wrap/Set Mousse
207ml
#390958/#390960
WAS 94⁹⁵
75⁹⁶ each

ORS Edge Control Hair Gel
64g
#73582
WAS 104⁹⁵
83⁹⁶

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



AfriPure Organic Coconut Oil
100ml
49⁹⁵ each



AfriPure Natural Oil Spray
250ml Assorted
85⁹⁵ each



AfriPure Hemp Seed Oil
100ml
49⁹⁵ each



AfriPure Hemp 100% Pure Oil
50ml
99⁹⁵ each

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

2+1 CHEAPEST FREE
on AfriPure Oil 50ml AND 100ml hair care products*



Afri Chic Tinkle Wool Ball Black
25g
WAS 12⁹⁵
9⁰⁷



Afri Chic Cutting Small Comb
WAS 18⁹⁵
13²⁷



Afri Chic Styling Bundy Curls
20mm 10-piece
WAS 18⁹⁵
13²⁷

Afri Chic Styling Bundy Curls
20mm 10-piece
WAS 99⁹⁵
69⁹⁷

*Advertised prices already reflect discount



Jamaican Mango & Lime Black Castor Oil Original
OR Coconut OR Extra Dark
118ml
WAS 159⁹⁵
134⁹⁵ each



My Natural Hair Edge Gel
125ml
WAS 49⁹⁵
39⁹⁶

My Natural Hair Volumizing Mousse
200ml
OR Leave-In Conditioner
250ml
WAS 99⁹⁵
79⁹⁶ each

*Advertised prices already reflect discount



Donna Large Band Wig Cap
2-piece
WAS 59⁹⁵
47⁹⁶

Donna Stocking Wig Cap
2-piece
WAS 84⁹⁵
67⁹⁶

Donna Black Satin Braid Bonnet
WAS 119⁹⁵
95⁹⁶

*Advertised prices already reflect discount

Aloe & Avo

NEW

Nilotiqa Moisturising Hair Butter
250ml
#428285
OR
Curl Defining Gel
250ml
#428289
OR
Volumizing Hair Mousse
250ml
#428286
OR
Growth Stimulating Hair Oil
100ml
#428288
WAS 89⁹⁵
69⁹⁵ each



Palmer's Olive Oil Shampoo
400ml
#185683
WAS 94⁹⁵
84⁹⁵

Palmer's Olive Oil Conditioner
400ml
#185681
WAS 96⁹⁵
86⁹⁵

Palmer's Olive Oil Leave-In Conditioner
250ml
#185682
WAS 109⁹⁵
99⁹⁵



Evolve Satin Sunset Bonnet
#217828
WAS 99⁹⁵
74⁹⁵

Evolve Styling Brush
#217875
WAS 119⁹⁵
79⁹⁵

Evolve Luxe Satin Wide-Edge Bonnet
#217865002
WAS 159⁹⁵
119⁹⁵

1 FOR 36⁹⁵
2 FOR 59⁰⁰
SAVE 14⁹⁰



Inecto Hair Colour Crème
50ml / Assorted colours



Ampro Pro Styl Super Hold OR Clear Ice Ultra Hold Styling Gel
284g
#331950/#331951
WAS 94⁹⁵
69⁹⁵ each

DEODORANTS

BioNire
HEALTH AND BEAUTY

Exclusive to
Dis-Chem



Effective deodorants that respect sensitive skin and the environment. Suitable for all skin types, formulated without preservatives, gluten, alcohol and microplastics.

Defence Deo
Roll-On
50ml
#331143
115⁰⁰



Defence Deo
Active 72h
100ml
#218995
115⁰⁰

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
**6⁰⁰*
OFF**

Good Stuff
Body Mist
100ml
Assorted
32⁹⁵ each
WITH CARD
26⁹⁵ each

Coty
eX'clama'tion
Body Spray
90ml
Assorted

41⁹⁵ each
WITH CARD
33⁵⁶ each



INSTANT
DISCOUNT
**20%*
OFF**

ALL Coty eX'clama'tion
AND Whisper
Body Sprays
90ml



Coty
Whisper
Body Spray
90ml
Assorted

31⁹⁵ each
WITH CARD
25⁵⁶ each



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

Mitchum

SAVE
11⁰⁰
each



Shower Fresh
Roll-On
50ml
Assorted
WAS 44⁹⁵
33⁹⁵ each

SAVE
20⁰⁰



Powder Fresh
Clear Gel
Deodorant*
63g
Assorted
WAS 87⁹⁵
67⁹⁵

SAVE
12⁰⁰
each



Antiperspirant
& Deodorant
Spray
120ml
Assorted
WAS 48⁹⁵
36⁹⁵ each

*Price excludes Mitchum Gel Cream Natural 63g

1 FOR 20⁹⁵
2 FOR 32⁰⁰
SAVE 9⁹⁰



Shower to
Shower
OR Playgirl
Roll-On
50ml
Assorted



SMOOTH SAVINGS

HairGo

Exclusive to
Dis-Chem

SAVE
15⁰⁰



Warm Wax Mug
200g
#203495
WAS 99⁹⁵
84⁹⁵

SAVE
25⁰⁰



Home Wax Kit
#203494
Includes:
• Home wax kit
cartridge 100ml
• Pre wax cleansing
gel 50ml
• Post waxsoothing
lotion 50ml
• 10 x wax strips
WAS 139⁹⁵
114⁹⁵ per kit

SAVE
15⁰⁰



Intimate Hair
Removal
Cream
125ml
#203640
WAS 74⁹⁵
59⁹⁵

MaxShave

Exclusive to
Dis-Chem

SAVE
30⁰⁰



SAVE
20⁰⁰



Aura 5
Five Blade Razor
System for Women
Contains:
1 Handle PLUS
2 Cartridges
#329402
WAS 129⁹⁵
99⁹⁵

Eva 3 Essence
Three Blade
Crossover Razor
System
Contains:
1 Handle PLUS
6 Cartridges
#329403
WAS 109⁹⁵
89⁹⁵

Venus

2+1
CHEAPEST
FREE
on Gillette Venus
Blades*

SAVE
120⁰⁰

extra

SAVE
117⁰⁰



Comfortglide
Breeze Cartridges
4-pack
#125731
466⁹⁵
per pack

Deluxe Smooth Swirl
Cartridges
4-pack
#388911
496⁹⁵
per pack

Olay
Comfortglide
Razor
Contains:
1 Handle PLUS
2 Cartridges
#125730
WAS 384⁹⁵
264⁹⁵



Deluxe Smooth
Swirl Razor
Contains:
1 Handle PLUS
2 Cartridges
#174745
WAS 376⁹⁵
259⁹⁵

*Offer only applicable on Gillette Comfortglide Breeze Cartridges 4-pack AND Deluxe Smooth Swirl Cartridges 4-pack

Schick

SAVE
40⁰⁰
each



Intuition
Blades
3 cartridges
#15692
OR
Quattro
For Women
Blades
4 cartridges
#15707
WAS 199⁹⁵
159⁹⁵ each

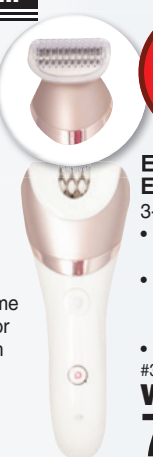
DOUP

Exclusive to
Dis-Chem

SAVE
100⁰⁰



Electric
Bikini Timmer
3-piece
• 30-minute run-time
• High speed motor
• Includes a pouch
#412341
WAS 599⁹⁵
499⁹⁵



SAVE
150⁰⁰

Electric
Epilator
3-piece
• 45-minute
run-time
• Includes
additional
bikini shaver
• Rechargeable
#389740
WAS 899⁹⁵
749⁹⁵

PHILIPS



SAVE
200⁰⁰

Wet & Dry
Epilator
Series 8000
• Hair removal for legs and body
• Smooth skin for up to 4 weeks
#298024
WAS 1499⁰⁰
1299⁰⁰

WAHL

SAVE
27⁰⁰



Pure Confidence
Personal
Grooming Kit
9-piece
• 10 trimming lengths
• 2 AA batteries
included
#1787
WAS 206⁹⁵
179⁹⁵



MILLION COMFORTS

HELP KEEP MILLIONS OF GIRLS IN SCHOOL

Simply purchase any pack of sanitary pads from participating brands in-store, online or via the Dis-Chem App

Studies show that girls between 12 and 18, who live in poverty, are deprived of about 20% of their high school education because they cannot afford feminine hygiene products, and are too embarrassed to go to school during menstruation. Last year, over 145 000 girls did not miss a day of school because you donated over 10 460 596 sanitary towels to #MillionComforts.

HELP US CARE FOR EVEN MORE GIRLS THIS YEAR



Kotex
Young Maxi Pads
10 Normal
8 Super
8 Super Plus
8 All Nighter
1799 per pack

Kotex
Ultra Pads
10 Normal
8 Super Plus
7 All Nighter
2199 per pack



2+1 CHEAPEST FREE
on ANY Always products

Always
Cotton Soft Maxi Thick Pads
8 Long
1695 per pack



Libresse
Goodnight Maxi Pads
7 Goodnight
OR Protection & Comfort Maxi Pads OR Long Pads
10 Regular
9 Maxi + Long
Scented OR Unscented
1699 per pack



Lil-Lets
Essentials Thick Pads
8-pack
Scented OR Unscented
1095 per pack



2+1 CHEAPEST FREE
on ANY Stayfree products

Stayfree
Maxi Pads
10 Regular
8 Super
Scented OR Unscented
1795 per pack



Comfitex
Teenz Maxi
OR Ultra Thin
OR Maxi Thick Pads
10-pack
Scented OR Unscented
1699 per pack



Thank you to these participating brands who will match every pack you donate with an equal donation. Valid from 15 June to 13 August 2023.



FEMININE HYGIENE



Lil-Lets
Smartfit Tampons
32 Mini
32 Regular
32 Super
32 Super Plus
3495 per pack



Libresse
Goodnight Pads Value Pack
16 Maxi Night
16 Maxi Super
18 Maxi Super
18 Maxi Night
20 Maxi Normal
WAS 4295
3195 per pack

Libresse
Goodnight Pads Value Pack
16 Ultra Super
16 Ultra Night
20 Ultra Normal
WAS 4995
3995 per pack



2+1 CHEAPEST FREE
on ANY Always products

Always
Cotton Soft Ultra Thin Pads Value Pack
20 Normal
5195 per pack

Always
Maxi Thick Pads Value Pack
20 Normal
4795 per pack

Always
Platinum Ultra Thin Pads Value Pack
14 Long
5995 per pack



2+1 CHEAPEST FREE
on ANY Stayfree products

Stayfree
Everyday Cotton Touch Pantyliners
20 Normal
1995 per pack

Stayfree
Bodyfit Ultra Pads
20 Regular
3895 per pack



15% OFF
ALL Gynaguard products

GYNAGUARD
Unscented Pantyliners
20 Regular
WAS 1795
1525 per pack

GYNAGUARD
Daily Comfort Sensitive Wipes
12 wipes
WAS 2295
1950 per pack

GYNAGUARD
Essential Intimate Wash
140ml / Assorted
WAS 7999
6799

*Advertised prices already reflect discount



Kotex
Daily Protect Liners Scented
OR Unscented
88 Slim
OR 100 Normal
4495 per pack

WOMEN'S HEALTH



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



Biogen
Supreme Probiotic For Her
30 capsules
#411770
WAS 244⁹⁵
199⁹⁵



SAVE 45⁰⁰



Gold
Hair, Skin & Nails
30 softgel capsules
#111299
WAS 114⁹⁵
89⁹⁵

SAVE 25⁰⁰

SAVE 36⁰⁰



A.Vogel
Menoforce Hot Flush
& Night Sweat Remedy
30 tablets
#63857
WAS 325⁹⁵
289⁹⁵

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



Venavine
Leg Vein Health
Intensive Cream
125ml
139⁹⁵ each

*Offer only applicable on Venavine Leg Vein Health Intensive Cream 125ml AND Multi-Symptom Relief 30's AND 60's Capsules



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



SAVE 30⁰⁰



Night Time Burn
60 capsules
#219920
WAS 309⁹⁵
279⁹⁵

SAVE 45⁰⁰



Thermo Cuts
120 capsules
#185973
WAS 364⁹⁵
319⁹⁵



**20%*
OFF**
Solal
products**

Collagen
Intensive Skin
Therapy
200g
#423489
WAS 399⁹⁵
319⁹⁵



All You Need
For Women
Ages 50+
90 capsules
#214536
WAS 294⁹⁵
235⁹⁵

All You Need For
Women Ages 20-50
90 capsules
#214534
WAS 284⁹⁵
227⁹⁵

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



SAVE 45⁰⁰

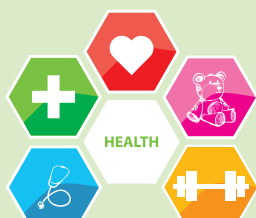


SAVE 70⁰⁰



Amino
Energy
BCAAs
390g / Assorted
#185973
WAS 264⁹⁵
219⁹⁵

Beauty
Collagen
510g / Assorted
#185973
WAS 369⁹⁵
299⁹⁵



**Service
fee
FROM 130⁰⁰**
(excluding medication)

- Cardiovascular Screening
- Health Care Screening
- Baby Care
- On-site Screening Tests

Pap Smear and Breast Examination

A pap smear is a procedure where cells from the vaginal canal and cervix are collected for laboratory analysis to detect cancer and infections. All sexually active women are recommended to do a pap smear once a year.

- Most cervical cancer cases are **asymptomatic**
- Successful cervical cancer treatment **depends on the severity of the cancer**
- Cervical cancer is often treated successfully when **detected early**
- **Routine pap smears are vital** to detect cervical cancer early

Human Papilloma Virus (HPV)

- HPV is a viral Sexually Transmitted Infection (STI)
- HPV can affect **both genders** and is the most common sexually transmitted infection
- **HPV vaccination** is the only effective prevention against HPV, and vaccination is available from the age of **9 years**
- Most sexually active adults will have an HPV infection at **some point during their lives**
- **66% of cervical cancer** cases are attributed to HPV

Get your vaccines now, available at all Dis-Chem Wellness Clinics

(Reference MSD site/documents)

Family Planning

Family planning promotes healthier pregnancies, reducing maternal and infant mortality rates. Through family planning programs, individuals and couples can exercise their reproductive rights and make choices that align with their life goals. It is a cornerstone of public health initiatives, ensuring that individuals have the autonomy to make choices that positively impact their lives and future generations.

- **Dis-Chem clinics** offer family planning services nationwide
- **Service Fee** starting from 130⁰⁰
- No prescription required for selected planning product

To book an appointment, contact the clinic call centre on 086 111 7427 or email: clinicqueries@dischem.co.za or book an appointment online on www.dischem.co.za or via the App.

FLIP CATALOGUE OVER FOR VALUE YOU CAN TRUST



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

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



BETTER HEALTH STARTS HERE

dischem.co.za

Dis-Chem reserves the right to limit the quantity of any item offered for sale. Sale products may vary from photographs. Pictures are for illustration purposes only. Some offers may not be available at all stores. Prices include VAT and are valid for cash, cheque or credit card. E&OE. Customer careline 0860 347 243 careline@dischem.co.za | Prices and offers valid Thursday 15 June to Sunday 9 July 2023 while stocks last.

Go Advertising 58819

Dis-Chem PHARMACIES

BETTER HEALTH STARTS HERE

HUMIDIFIERS & NEBULIZERS



Vicks Mini CoolMist Ultrasonic Humidifier

- 1.8 litres
- Suitable for use during coughs & colds
- Safe for child's room

#214052

799⁹⁵



Medic Mesh Nebulizer

- Microporous automatization technology
- Ultra-quiet and low power consumption
- No residual liquid
- Mini design, easy to carry
- Auto turn-off after 5-10 minutes
- Two airflow levels

#334953

749⁹⁵



Medic Compressor Nebulizer

- Latex free
- Easy to clean
- Ideal for all ages
- Easy to carry handle
- Complete nebulizer kit included

#334951

495⁰⁰



Thursday 15 June to
Sunday 9 July 2023

VALUE YOU CAN TRUST



Available to Dis-Chem Health policyholders

20% OFF

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

IMMUNE SUPPORT & COLD & FLU SEE PAGE 4



Airmune Immune System Supporter Value Pack

30 effervescent tablets

#119966

229⁹⁵ per pack
WITH CARD
189⁹⁵ per pack



VirAway Cold & Flu Immune System Enhancer Value Pack

60 PLUS 60 capsules

#122316

234⁹⁵ per pack
WITH CARD
189⁹⁵ per pack

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

HOUSEHOLD SEE PAGES 15 & 19



Finish Quantum 100 capsules*

#427102

WAS 399⁹⁵
299⁹⁵

*While stocks last

EQUAL TO
299
PER WASH



Home Butler Air Freshener 300ml / Assorted
WAS 27⁹⁵
22⁹⁵ each

SAVE 5⁰⁰ each

NEW

HEALTH FOODS SEE PAGES 8-9

1 FOR 59⁹⁵
2 FOR 90⁰⁰
SAVE 29⁹⁰



Lifestyle Food Skinny Hot Chocolate 120g
#409915

1 FOR 162⁹⁵
2 FOR 250⁰⁰
SAVE 75⁹⁰



Lifestyle Food Xylitol 1kg
#87852

2+1
FREE
on Kellogg's All Bran Flakes 500g



Kellogg's All Bran Flakes 500g
#289815 **58⁹⁵** each

BABY SEE PAGE 20



Pampers Jumbo Pack Double Protection Active Baby Nappies Sizes 1 - 7
219⁹⁹ per pack

OFFER EXCLUSIVE TO

Dis-Chem
babycity

SAVE 400⁰⁰



BAMBINO
Etna 360° Isofix Car Seat
#304782

WAS 3399⁹⁹
2999⁹⁹

BABY SEE PAGE 22

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

Glenvista Shopping Centre,
Gauteng

OPENING SOON

Bredell Square, Kempton Park, Gauteng
20 July 2023

Horbart Grove Centre, Bryanston, Gauteng
20 July 2023

BETTER HEALTH STARTS HERE

CONTENTS



Earn rewards when you swipe your **Dis-Chem** or **Dis-Chem** Baby City Benefit Card. **Sign up now!**

4-5	Self Medication
6	Immune Support
7	Daily Supplements, Multivitamins & Gut Health
8	Omegas & Heart Health and Minerals
9	Bone & Joint Health, Stress Management & Children's Health
10-11	Health Foods
12	Household Appliances
13	Sports Supplements
14	Male Grooming (Face Care & Shaving)
15	Savings & Deodorants
16	Dental Care
17	Household Essentials & Incontinence
18-21	Unilever Solus (Face Care, Bath & Body, Hair Care & Household)
22-23	All About Babies & Tots
24	Offers Exclusive to Dis-Chem Baby City (Car Seats, Prams, Nappies and more)
25	Confectionery (Chips, Sweets, Chocolates & Drinks)

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

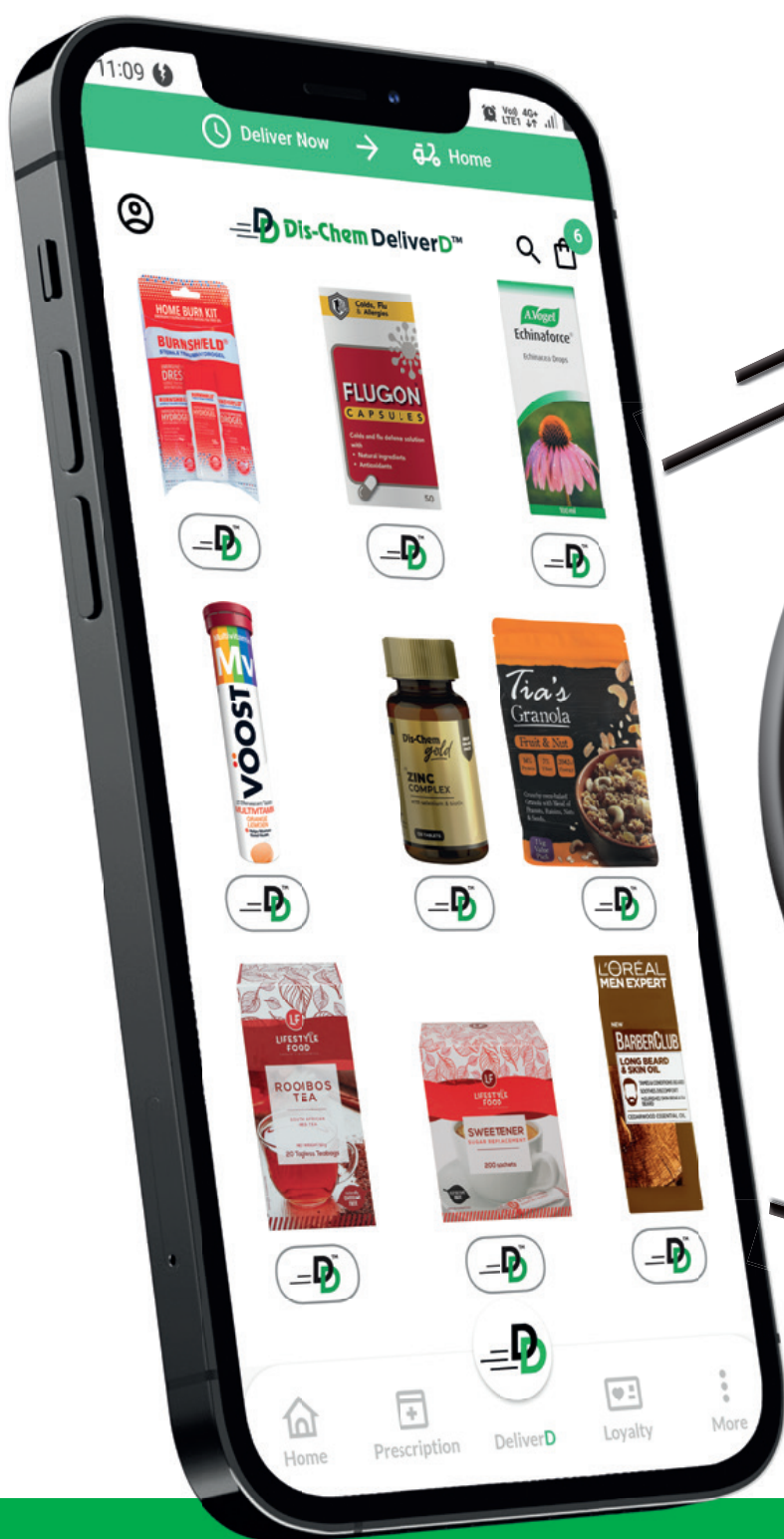




Dis-Chem
DeliverD

BETTER HEALTH DELIVERED

Convenience
on demand



Selected over-the-counter medication now available



Download the App today!



Download on the
App Store



GET IT ON
Google Play



EXPLORE IT ON
AppGallery

Allecet 10mg
30 tablets

73⁹⁵

Banogon Skin
Infection
Ointment
15g

73⁹⁵

Canestan 1VC
Vaginal Cream
5g

197⁹⁵

Coryx
Cold & Flu
12 effervescent
tablets

58⁹⁵

Coryx
Paediatric
Cold & Flu Syrup
140ml

58⁹⁵

Deselex 5mg
30 tablets

237⁹⁵

Fexo 180mg
30 tablets

210⁹⁵

Ibugesic Forte
30 capsules

65⁹⁵

Medazine 50mg
20 tablets

38⁹⁵

Ibugesic Oral
Suspension
100ml

46⁹⁵

Broncol
Cough Linctus
200ml

64⁹⁵

Urispas 200mg
15 tablets

142⁹⁵

Prices only applicable in South Africa

FLU RELIEF



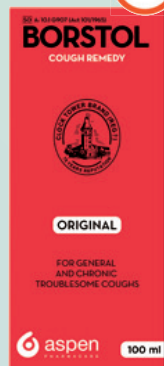
Strepsils
Throat
Lozenges
16/24 lozenges
Assorted
WAS 89⁹⁵
78⁹⁵ each



Puma
Fast Acting Cough Syrup
100ml
#4300
OR Balm Chest & Body Rub
50g
#2476
WAS 58⁹⁵
49⁹⁵ each



One-Day
Flu Cure
100ml
#4301
WAS 75⁹⁵
65⁹⁵



Borstol
Original
Cough Remedy
100ml
#206299003
WAS 51⁹⁵
49⁹⁵



Lennon
Turlington
#2940
OR Borsdruppels
20ml
#2904
35⁹⁵ each

PAIN RELIEF



Disprin
Extra Strength
500mg
48 tablets
#2126
WAS 108⁹⁵
96⁹⁵ each



Compral
Pain Powders
38 powders
#74256
WAS 67⁹⁵
62⁹⁵

GET THE
SAME QUALITY,
SAME QUANTITY.
MORE CONVENIENCE



S0 GRAND-PA Headache Powders. Each powder contains: Aspirin 453,6 mg; Paracetamol 324,0 mg; Caffeine 64,8 mg. Reg. No.: B/2.9/1113. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 39 Hawkins Avenue, Epping Industria 1, Cape Town, 7460. Reg. No: 2014/173930/07. For full prescribing information refer to the professional information approved by the medicines regulatory authority. For any further information, including safety, please contact the GSK Hotline on +27 11 745 6001 or 0800118274. Always read the label before use. Trademarks are owned by or licensed to GSK group of companies. PM-ZA-GPA-22-00033

WOUND CARE



Dettol
Antiseptic Liquid
Value Pack
750ml PLUS 250ml
#125738
WAS 109⁹⁵
97⁹⁵ per pack



Safeguard
Antiseptic Disinfectant
750ml
#21501



Burnshield
Home Burn Kit
#4917
WAS 107⁹⁵
97¹⁶

*Advertised price already reflects discount

IRON SUPPLEMENTS



Ferrirmed
Iron Polymaltose
60 capsules
#20299
WAS 391⁹⁵
310⁹⁵

ROLL UP YOUR SLEEVE: IT'S FLU VACCINE SEASON!

Dis-Chem WELLNESS
CLINIC

Protect yourself against
this season's flu. It's
as easy as getting your
annual flu shot!

TO BOOK AN APPOINTMENT:

- Contact the clinic call centre on 086 111 7427
- Email: clinicqueries@dischem.co.za
- Book online at www.dischem.co.za
- Book via the Dis-Chem app



Samukelisiwe Ndlovu
Athol Oaklands

Dis-Chem
PHARMACIES



IMMUNE SUPPORT



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



1 FOR 132⁹⁹
2 FOR 199⁹⁸
SAVE 66⁰⁰

Lifestyle Health
Vitamin C Fizzy
1000mg
30 effervescent tablets
Assorted



SAVE 20⁰⁰
each

Gold
Selenium
60 vegcaps
#25536
WAS 99⁹⁵
79⁹⁵ each



SAVE 9⁰⁰

Efferflu C
Immune Booster
20 effervescent tablets
#329813001
WAS 93⁹⁵
84⁹⁵



SAVE 15⁰⁰
each

Immunadue
100 capsules
#10307
WAS 139⁹⁵
124⁹⁵ each



SAVE 10⁰⁰

FizzC Plus
Immune System
Supporter
30 effervescent tablets
#323113
WAS 99⁹⁵
89⁹⁹



SAVE 10⁰⁰

Biogen
Immuno Boost
Effervescent Extra
Strength Vitamin C
2 x 10 effervescent tablets
#229043
WAS 89⁹⁵
79⁹⁵

Gold
L-Cysteine
60 vegcapsules
#239887
WAS 139⁹⁵
104⁹⁶

Gold
L-Glutathione
Melt 500mg
30 sublingual tablets
#323941
WAS 429⁹⁵
322⁴⁶

**Offer only applicable on the above Gold products



20% OFF
Zinplex 50mg
120 tablets

Zinplex
50mg
120 tablets
#4942
WAS 128⁹⁵
103¹⁶ each



20% OFF
Flugon Immune
Support
50 capsules

Flugon
Immune
Support
50 capsules
#56959
WAS 134⁹⁵
107⁹⁶ each



20% OFF
Tibb Septogard
120 tablets

Tibb
Septogard
120 tablets
#95866
WAS 276⁹⁵
221⁵⁶ each

A.Vogel
Echinaforce
Echinacea
Drops
100ml
WAS 247⁹⁹
198³⁹

A.Vogel
Echinaforce
Sore Throat
Spray
30ml
WAS 284⁹⁹
227⁹⁶



20% OFF
A.Vogel Echinaforce
products**

*Advertised prices already reflect discounts
**Offer only applicable on the above A.Vogel products



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

INSTANT DISCOUNT

Cal-C-Vita
IMMUNE SUPPORT
30 Orange Flavour effervescent tablets

80⁰⁰ OFF

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

248⁹⁵
WITH CARD 168⁹⁵

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



SAVE 45⁰⁰
each

Gold
Immune Support
60 vegcapsules
#334832
WAS 144⁹⁵
99⁹⁵ each



SAVE 20⁰⁰

Lifestyle Health
Vitamin C
1000mg
100 tablets
#111664
WAS 119⁹⁵
99⁹⁵



SAVE 30⁰⁰

Bionorica
Sinupret Plus
40 coated tablets
#326450
WAS 329⁹⁵
299⁹⁵



SAVE 30⁰⁰
each

Prospan
Cough Syrup
200ml / Assorted

WAS 159⁹⁵
129⁹⁵ each



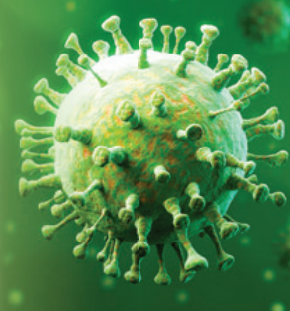
ADULT AND CHILD IMMUNISATIONS

We offer a wide range of immunisations for adults and children to protect them against serious illnesses.

Standard immunisation includes vaccines that protect against the following illnesses:

Measles Mumps & Rubella (MMR), Meningitis, Chickenpox, Influenza (Flu), Diphtheria, Tetanus, Pertussis (Whooping Cough), Human Papilloma Virus (HPV), Rotavirus, Pneumococcal (Pneumonia) and Hepatitis A & B.

To find out more or book at a Dis-Chem Wellness Clinic, visit www.dischem.co.za, download the Dis-Chem App, or chat to our friendly nursing practitioners in-store or via the Clinic Call Centre at 086 111 7427. For corporate vaccination bookings, please send an email with your request to clinicqueries@dischem.co.za





DAILY SUPPLEMENTS & MULTIVITAMINS



SAVE
65⁰⁰
per pack

**Berocca
Performance
Value Pack**
45 effervescent tablets
Assorted
WAS 364⁹⁵
299⁹⁵
per pack



SAVE
10⁰⁰
each

**Daily Boost
Multivitamin**
30 effervescent
tablets
#328514
WAS 109⁹⁵
99⁹⁵
each

1 FOR 114⁹⁵
2 FOR 169⁹⁰
SAVE 60⁰⁰



**Silverlab
Nasal Spray**
30ml
#63428

1 FOR 89⁹⁵
2 FOR 134⁹⁰
SAVE 45⁰⁰



**Silverlab
Ear Rescue**
30ml
#383029



20%
OFF
ALL
Centrum
products

**Centrum
Multivitamin**
30 tablets
WAS 159⁹⁵
127⁹⁶

**Centrum
Active Multivitamin**
30 tablets
WAS 178⁹⁵
143¹⁶

*Advertised prices already reflect discount



SAVE
24⁰⁰

**A.Vogel
Prostan**
30 capsules
#15233
WAS 383⁹⁵
359⁹⁵



SAVE
40⁰⁰
per pack

**Biogen
Multivitamin
Advanced 50+
Value Pack**
60 PLUS FREE
30 tablets
#333626
WAS 229⁹⁵
189⁹⁵
per pack



SAVE
30⁰⁰

**Gold
Multivitamin Supreme**
60 film coated tablets
#120974
WAS 199⁹⁵
169⁹⁵



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.



Uri-Kleer
6 vegcaps

169⁹⁵
WITH CARD
135⁹⁶



INSTANT
DISCOUNT

20%
OFF
ALL Uri-Kleer
products

Uri-Kleer
28 vegcaps

219⁹⁵
WITH CARD
175⁹⁶



Ciplaton
60 soft gelatine
capsules
#123318
139⁹⁵
each
WITH CARD
99⁹⁵
each

INSTANT
DISCOUNT

40%
OFF*



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

20%
OFF
ALL Voost
products



**Voost
Multivitamin**
20 effervescent tablets
Assorted
WAS 189⁹⁵
151⁹⁶



**Voost
Magnesium**
10 effervescent tablets
Assorted
WAS 99⁹⁵
79⁹⁶

*Advertised prices already reflect discount



GUT HEALTH



SAVE
50⁰⁰

**Gold
Probiotic
9 Strain**
60 vegcaps
#196756
WAS 239⁹⁵
199⁹⁵

**Xtensiflora9
9 Strain
Probiotic**
60 vegetable
capsules
#107218
WAS 299⁹⁵
249⁹⁵



SAVE
40⁰⁰



VALUE
PACK

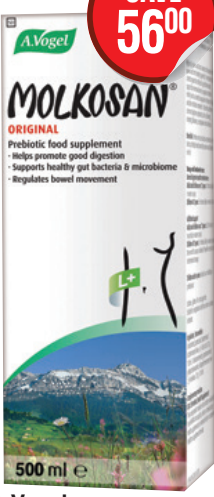
SAVE
15⁰⁰

**Entiro
Daily Use Probiotic
Value Pack**
30 PLUS 30 capsules
#203982
WAS 314⁹⁵
299⁹⁵
per pack



SAVE
30⁰⁰

**A.Vogel
Multiforce Alkaline Powder**
225g / Assorted
WAS 229⁹⁵
199⁹⁵



SAVE
56⁰⁰

**A.Vogel
Molkosan**
500ml
#184956
WAS 315⁹⁵
259⁹⁵



extra

SAVE
50⁰⁰
each

**Biogen
Supreme
Probiotic
9-Strain**
60 capsules
#213679
WAS 264⁹⁵
214⁹⁵
each



INSTANT DISCOUNTS

Exclusive to Benefit Card holders.

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



**Reuterina
Drops**
5ml
#49723
215⁹⁵
WITH CARD
183⁵⁶

INSTANT
DISCOUNT

15%
OFF
ALL Reuterina
products



**Reuterina
Adult Acute
Probiotic**
10 chew tablets
#2200
84⁹⁵
WITH CARD
72²¹

INSTANT
DISCOUNT

70%
OFF*



**Iberogast
Oral Liquid
9 Herb Treatment**
50ml
#56952
322⁹⁵
WITH CARD
252⁹⁵

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

OMEGAS & HEART HEALTH



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

20%* OFF
Gold Omega 3 Salmon Oil 1000mg 365 softgel capsules



Gold Omega 3 Salmon Oil 1000mg 365 softgel capsules #25451
WAS 429⁹⁵ 343⁹⁶

*Advertised price already reflects discount



MNI RyChol 60 tablets #50545
WAS 379⁹⁵ 349⁹⁵



Phytolipid Cholesterol Support 60 tablets #328169
WAS 324⁹⁵ 299⁹⁵

2+1 FREE
on Gold Cold-pressed Flaxseed Oil 90 softgel capsules



Gold Cold-pressed Flaxseed Oil 90 softgel capsules #25523
139⁹⁵ each

25%* OFF
Gold Omega 3 Supreme 60 softgel capsules



Gold Omega 3 Supreme 60 softgel capsules #333156
WAS 169⁹⁵ 127⁴⁶

*Advertised price already reflects discount



Gold Co-Enzyme Q10 160mg 60 capsules #197515
WAS 289⁹⁵ 259⁹⁵ each



INSTANT DISCOUNTS

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

INSTANT DISCOUNT
25%* OFF



Biogen Supreme Omega 3 60 PLUS 10 softgel capsules #229306
209⁹⁵ WITH CARD 184⁹⁵

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



Lifestyle Health Cardio Q10+ 30 vegicapsules #412808
WAS 164⁹⁵ 134⁹⁵

MINERALS



25%* OFF
ALL Ferrous Forte Iron Supplement products

Ferrous Forte Iron Supplement 60 tablets #33927
WAS 249⁹⁵ 187⁴⁶

*Advertised price already reflects discount



SAVE 13⁰⁰

Mag Up Effervescent Tablets 30 fizzies #288335
WAS 162⁹⁵ 149⁹⁵



SAVE 12⁰⁰

MagBoost Magnesium 30 effervescent tablets #298926
WAS 148⁹⁵ 136⁹⁵



BEAT YOUR SLUMP™



20%* OFF
Slow•Mag products**



Magnesium Fizzies 30 fizzies #194463
WAS 239⁹⁵ 191⁹⁶

Magnesium Fizzies 20 fizzies #288335
WAS 169⁹⁵ 135⁹⁶

Magnesium 100 capsules #194462
WAS 359⁹⁵ 287⁹⁶

*Advertised prices already reflect discount
**Offer only applicable on Slow•Mag 20, 30 fizzies AND 100 capsules products

FIGHT FATIGUE AND ENERGY LOSS! 1,2*
*For further product information and references go to www.facebook.com/SlowMagSA. All decisions on pricing, promotion and distribution (assortment and shelving) are at the sole discretion of the retailer. All P&G recommendations are based on objective category management principles, in accordance with all applicable legal requirements, and are based on the principles of fair share of shelf and fair share assortment. 1. Werbach MR. Nutritional Strategies for Treating Chronic Fatigue Syndrome. Altern Med Rev 2000;5(2):93-108. 2. National Institutes of Health (NIH). Magnesium: Fact Sheet for Health Professionals. (Online) 2013 Nov 4 [cited 2015 June 15]. Available from: URL: <http://ods.od.nih.gov/factsheets/MagnesiumHealthProfessional/>. For full prescribing information, refer to the Professional Information approved by the medicine's regulatory authority. *Complementary Medicine: Health supplement. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. For full prescribing information refer to the package insert. 3. Slow-Mag Fizzies. Each effervescent tablet contains magnesium carbonate 707.38 mg, providing 172 mg magnesium (elemental) and ascorbic acid 165.10 mg, providing 150 mg vitamin C. *Complementary Medicine: Health supplement. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. P&G South Africa Trading (Pty) Ltd. Reg. No.: 1989/004241/07, 12th floor, Alice Lane Towers, 15 Alice Lane, Sandton, South Africa, 2196. Customer Care Line 0860 112 188 (Sharecall charged at local rates), <https://www.pg.com/contactus>. MAT-2A-OTHER-21-000023. July 2022.



Lifestyle Health Magnesium 60 capsules #194463
WAS 204⁹⁵ 163⁹⁶



Lifestyle Health Magnesium 30 capsules #194462
WAS 110⁹⁹ 88⁷⁹

*Advertised prices already reflect discount
**Offer excludes Lifestyle Health Magnesium tablets AND fizzy products

20%* OFF
Biogen Magnesium Fizzy's



Biogen Magnesium Fizzy 3 x 10 effervescent tablets Assorted
WAS 149⁹⁹ 119⁹⁹ each

*Advertised price already reflects discount



60 Plus

In-store only

Double points on all items purchased in-store every Wednesday*

*Exclusions apply

Get more. Save more. Give more.

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



BONE & JOINT HEALTH

BETTER HEALTH STARTS HERE



SAVE 25⁰⁰

Threshold Real MSM
120 tablets
#54007
WAS 284⁹⁵
259⁹⁵



Posteon Joint Health Osteoarthritis
30 capsules
#420026
WAS 329⁹⁵
263⁹⁶ each

20%
OFF
Posteon Joint Health Osteoarthritis 30 capsules

20%
OFF
ALL Caltrate Plus products



Caltrate Plus Bone Health Supplement Family Pack
90 tablets
#3815
WAS 349⁹⁵
279⁹⁶

20%
OFF
ArthrAway Chronic Joint Therapy Value Pack



ArthrAway Chronic Joint Therapy Value Pack
90 PLUS 90 tablets
#107211
WAS 319⁹⁵
255⁹⁶ per pack

VALUE PACK

SAVE 30⁰⁰ per pack



Lifestyle Health Calcium + Value Pack
90 tablets
#25392
WAS 219⁹⁹
189⁹⁹ per pack

SAVE 45⁰⁰



Lifestyle Health MSM 1000mg
120 coated tablets
#387494
WAS 264⁹⁵
219⁹⁵



SAVE 55⁰⁰



Biogen Calmag Max
120 tablets
#382849
WAS 364⁹⁵
309⁹⁵



25%
OFF
ALL B-CAL products



B-CAL-DM Calcium Supplement
100 tablets
WAS 234⁹⁵
176²¹

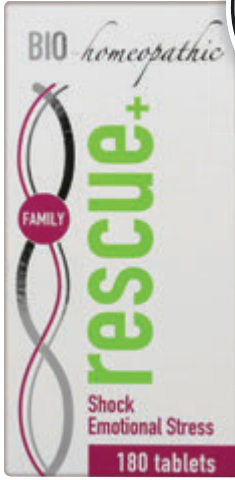


B-CAL-K2 5-in-1 Bone Support
30 tablets
WAS 169⁹⁵
127⁴⁶



*Advertised prices already reflect discounts

STRESS MANAGEMENT



20%
OFF
ALL Bio-Homeopathic Rescue+ products

Bio-Homeopathic Rescue+
180 tablets
#134⁹⁵
107⁹⁶

20%
OFF
Lifestyle Health Stress Support 20 tablets



Lifestyle Health Stress Support
20 tablets
#335657
WAS 86⁹⁵
69⁵⁶



25%
OFF
Biogen products**



Biogen Mental Lift Performance & Vitality
60 vegetable capsules
#404865
WAS 419⁹⁵
314⁹⁶

Biogen Mental Reset Recharge & Reboot
60 vegetable capsules
#404862
WAS 319⁹⁵
239⁹⁶

*Advertised prices already reflect discounts
**Offer only applicable on the above Biogen products

SAVE 20⁰⁰



Gold Sleep Complex
60 vegcapsules
#387491
WAS 149⁹⁵
129⁹⁵

CHILDREN'S HEALTH



25%
OFF
Crèche Guard Immune Multivit Syrup 200ml

Crèche Guard Immune Multivit Syrup
200ml
#39822
WAS 209⁹⁵
157⁴⁶



Zinplex Junior Immune Booster Syrup
200ml
#328921
WAS 66⁹⁵
53⁵⁶

20%
OFF
Zinplex Junior Immune Booster Syrup 200ml AND Probiotic Zinc Drops 30ml



Zinplex Junior Probiotic Zinc Drops
30ml
#425179
WAS 134⁹⁵
107⁹⁶

20%
OFF
ALL NutriPure Vitamin products



NutriPure Kids Immune Support+
60 gummies
#384271
WAS 119⁹⁵
95⁹⁶



SAVE 30⁰⁰



Biogen Multi Vitamin Junior Gummies
120 gummies
#384271
WAS 219⁹⁵
189⁹⁵

BUY BOTH FOR 249⁹⁰
SAVE 69⁰⁰



VirAway Junior Syrup
500ml
#112303



PromuCoff Syrup
100ml
#162236

*Advertised prices already reflect discounts

Dis-Chem PHARMACIES

HEALTH FOODS

START YOUR DAY THE HEALTHY WAY

VALUE PACKS

20%* OFF
ALL Tia's Granola 1kg Value Packs

Tia's Granola
No Sugar Added
15% Protein, 9% Fiber, 158g Energy
Crunchy oven-baked Granola with blend of Peanuts, Raisins, Nuts & Seeds.

Tia's Granola
Raisin-Free
15% Protein, 9% Fiber, 158g Energy
Crunchy oven-baked Granola with blend of Peanuts, Raisins, Nuts & Seeds.

Tia's Granola
Fruit & Nut
15% Protein, 9% Fiber, 158g Energy
Crunchy oven-baked Granola with blend of Peanuts, Raisins, Nuts & Seeds.

Tia's Granola Value Pack
1kg / Assorted
WAS 89⁹⁵
71⁹⁶ per pack

*Advertised price already reflects discount

GIVE IT A SPLASH O' FLAVOUR

10%* OFF
Ensure Gold Advanced Nutritional Supplement Flavour Vanilla 850g**

NEW

Ensure Gold Advanced Nutritional Supplement
850g
#328692
WAS 349⁹⁵
314⁹⁶

Lifestyle Food Low Fat OR Full Cream Long Life Milk
6 x 1 litre
#290676001/2

1 FOR 99⁹⁵
2 FOR 180⁰⁰
SAVE 19⁹⁰

Ensure Gold Advanced Nutritional Supplement
850g
#328692
WAS 349⁹⁵
314⁹⁶

*Advertised price already reflects discount
** Offer only applicable on Vanilla Flavour

WARM UP WITH A CUPPA

20%* OFF
ALL Lifestyle Food Teas

Lifestyle Food Black Tea
40 teabags
WAS 24⁹⁵
19⁹⁶

Lifestyle Food Earl Grey Tea
40 teabags
WAS 42⁹⁵
34³⁶

Lifestyle Food Rooibos Tea
20 tagless teabags
WAS 14⁹⁵
11⁹⁶

20%* OFF
Eve products**

Eve Instant Honeyed Ginger Drink
20 sachets / Assorted
WAS 92⁹⁵
74³⁶ each

Twinnings Earl Grey OR English Breakfast Tea
25 teabags
#329669/#299253
WAS 84⁹⁵
74⁹⁵ each

10%* OFF
ALL Marley Coffee products

Marley Coffee Ground Coffee OR Beans
227g
OR Capsules
52g / Assorted
WAS 89⁹⁵
80⁹⁶ each

Closemyer Honey Ginger Tea
10 sachets
#131988
WAS 39⁹⁵
34⁹⁵

Closemyer Anti-Constipation Green Tea
20 teabags
#129051
WAS 52⁹⁵
47⁹⁵

Horlicks Original Drink
400g
#389041
WAS 114⁹⁵
99⁹⁵

*Advertised prices already reflect discounts

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

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

2+1 CHEAPEST FREE
on FutureLife Smart* Instant Oats with Ancient Grains 500g AND Classic 700g

3+1 FREE
on FutureLife Snack Bars 40g/50g

SAVE 20⁰⁰

High Protein Smart* Food
1kg
#197706002
WAS 149⁹⁵
129⁹⁵ per pack

20%* OFF
ALL Lifestyle Food Sugar Replacement Sticks, Sachets AND Tablets

Lifestyle Food Sweetener
200 x 1g stick sachets
WAS 109⁹⁵
87⁹⁶

Lifestyle Food Stevia Sweetener Tablets
100 tablets
WAS 49⁹⁵
39⁹⁶

Lifestyle Food Xylitol
50 sachets
OR Sweetener Refill Pack
500 tablets
WAS 99⁹⁵
79⁹⁶ each

*Advertised prices already reflect discount

1 FOR 48⁹⁵
2 FOR 80⁰⁰
SAVE 17⁹⁰

Little Bee Choice Grade Honey
375g
#89847

Lifestyle Food Choice Grade Honey
1kg
#186491
WAS 164⁹⁵
149⁹⁵

Nature's Buzz African Raw Honey
1kg
#331867
WAS 189⁹⁵
179⁹⁵

Nature's Choice™

WHOLEFOOD SPECIALISTS

strives tirelessly to harvest the basic purity in the way that it was intended, to produce foods that are nourishing, uncompromised and unerringly pure. Nature's Choice carries the most extensive range of wholefoods and has been trusted since 1985 for bringing you the best quality.

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

Nature's Choice™
WHOLEFOOD SPECIALISTS

CAPE CREAMY SOYA MILK POWDER
450g

ALMOND FLOUR
300g

ROLLED OATS
900g

Nature's Choice™
WHOLEFOOD SPECIALISTS

HONEY
1kg

Nature's Choice™
WHOLEFOOD SPECIALISTS

CHIA SEEDS
900g

Nature's Choice™
WHOLEFOOD SPECIALISTS

ACTIVATED CHARCOAL
100g

Nature's Choice™
WHOLEFOOD SPECIALISTS

TUMMY FLUSH
200ml

Nature's Choice™
WHOLEFOOD SPECIALISTS

COCONUT OIL
1.1L
1kg

SNACK TIME

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

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

Lifestyle Food No Added Sugar Cookies
135g / Assorted

1 FOR 35⁹⁵
2 FOR 55⁰⁰
SAVE 16⁹⁰

Lifestyle Food
No Added Sugar Cookies
135g / Assorted

1 FOR 45⁹⁵
2 FOR 80⁰⁰
SAVE 11⁹⁰

Gullón Sugar Free Digestive Biscuits
400g
#113479

1 FOR 30⁹⁵
2 FOR 50⁰⁰
SAVE 11⁹⁰

Gullón Sugar Free Choco Chip Biscuits
125g
#108730

FRUIT & NUTS

20%* OFF
ALL Gaby's 1kg products

Gaby's Salted Peanuts & Raisins
1kg
WAS 92⁹⁵
74³⁶

Gaby's Raw Mixed Nuts
OR Roasted & Salted Mixed Nuts
1kg
WAS 256⁹⁵
205⁵⁶ each

3+1 CHEAPEST FREE
on ANY Lifestyle Food Nuts, Raisins AND Dried Fruit 30g/40g

Lifestyle Food
Raw Almonds
OR Almonds
OR Cashews
OR Dried Fruits
Snack Pack
30g/40g / Assorted
FROM 13⁹⁵ each

HOUSEHOLD APPLIANCES

BETTER VALUE STARTS HERE

Exclusive to Dis-Chem



NEW



4 Slice Stainless Steel Toaster
#416040

- Defrost, reheat and cancel buttons
- 7 x browning control levels
- High-lift function

849⁹⁵



1

Stainless Steel Cordless Kettle

- 1.7 litres
- 3000W concealed element
- BPA-free steel body
- Push button lid

#416017
499⁹⁵



2

Jug Blender 500W

- 1.5 litres
- 4 x stainless-steel blades
- 2 x speed settings with pulse
- Safety lock

#416021
649⁹⁵



3

Healthy Grill 1900W

- Adjustable temperature control
- Easy to clean
- Floating hinge

#416084
849⁹⁵



4

2 Slice Stainless Steel Toaster 925W

- Defrost, reheat and cancel buttons
- 7 x browning control levels
- Auto burn detector

#416042
499⁹⁵



5

Glass Kettle 2200W

- 1.7 litres
- 360° base
- Built-in limescale measuring guides

#416083
549⁹⁵

Milex

SAVE 50⁰⁰



Nanotec Heater 500W

- Adjustable thermostat
- Heat on demand
- Average coverage: 22 square metres
- Plugs directly into any electrical socket
- Voltage: 220-240V 50Hz

#217084
WAS 399⁹⁵
349⁹⁵

SAVE 120⁰⁰



PTC Heater

- 2 x heat settings
- Over-heat protection
- Safety PTC element
- Use up to 30% less energy
- 90° oscillation

#423613
WAS 669⁹⁵
549⁹⁵

SAVE 350⁰⁰



Nutri 1200 8-in-1 Nutritional Blender

- Powerful 1200W motor
- 800ml and 500ml blending jars
- Stainless-steel blades
- 20 000 RPM
- BPA-free plastic
- Safety lock
- Sealing lid
- Anti-slip base
- Resealable lid

#387499
WAS 1199⁹⁵
849⁹⁵

PHILIPS

SAVE 900⁰⁰



Essential XL Connected Airfryer HD9280

- 6.2 litres capacity
- Automatic shut-off
- Dishwasher safe
- Temperature control
- Rapid Air Technology
- QuickClean
- Time control

#387820
WAS 4399⁹⁵
3499⁹⁵

SAVE 900⁰⁰



Essential Airfryer HD9200/91

- 4.1 litres capacity
- Rapid Air Technology
- Adjustable time and temperature control

#332176
WAS 2399⁹⁵
1499⁹⁵

SAVE 70⁰⁰



Easy Speed Anti-Scale Steam Iron 2000W

- 4 x steam settings
- Calc clean slider
- Continuous steam
- Non-stick soleplate

#298159
WAS 469⁹⁵
399⁹⁵

SPORTS SUPPLEMENTS

BETTER VALUE STARTS HERE

BIOGEN

FOR THE RESULTS YOU WANT

Rage Impact Whey
750g / Assorted
WAS 369⁹⁵
319⁹⁵

Rage Testo Armour
120 capsules
WAS 349⁹⁵
299⁹⁴



Rage Aminos
300g / Assorted
WAS 319⁹⁵
279⁹⁵



Rage Ultra Mass
4kg / Assorted
WAS 529⁹⁵
479⁹⁵

PRIMAL

SPORTS NUTRITION

Creatine 5000
400g
#391214
WAS 419⁹⁵
369⁹⁵

SAVE 40⁰⁰



Blended Whey
750g / Assorted
WAS 299⁹⁵
259⁹⁵



SAVE 50⁰⁰

SAVE 50⁰⁰



Premium Casein
750g / Assorted
WAS 369⁹⁵
319⁹⁵



L-Glutamine 5000
500g
#410810
WAS 369⁹⁸
319⁹⁵

NPL

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



ProTest
Testosterone
Ultramax 4
150 capsules
#211819
WAS 639⁹⁵
549⁹⁵



BCAA Amino Pro
360g / Assorted
WAS 364⁹⁵
319⁹⁵

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

N.O. Charge
Ultra Pre-Workout
420g / Assorted
WAS 459⁹⁵
399⁹⁵

USN

When you're
committed
to losing
weight



SAVE 15⁰⁰

BCAA Amino-Gro
200g / Assorted
WAS 289⁹⁵
219⁹⁵

Creatine
Transport
650g / Assorted
WAS 189⁹⁵
174⁹⁵



SAVE 39⁰⁰

XTS Hyperdrive
Extreme Energy
Pre-Workout
210g / Assorted
WAS 228⁹⁵
189⁹⁵

SAVE 69⁰⁰

Hardcore Whey gH
All-in-One
Protein Complex
1.8kg / Assorted
WAS 718⁹⁵
649⁹⁵

Dis-Chem

DeliverD

BETTER HEALTH DELIVERED

Convenience
on demand



DELIVERED IN
60
MINUTES

Selected over-the-counter medication now available

Download the App today!

Download on the App Store

GET IT ON Google Play

GET IT ON AppGallery

MALE GROOMING

BETTER VALUE STARTS HERE



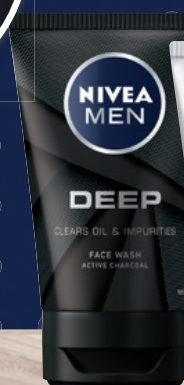
Anti-Age Hyaluron
Face Moisturising
Cream SPF15
50ml
194⁹⁵
each



Sensitive
Post Shave
Balm
100ml
132⁹⁵
each



Sensitive
Face Cream
75ml
118⁹⁵
each



Deep
Active
Charcoal
Face Wash
100ml
88⁹⁵
each



Oil Control
Multi-Effect
Face Wash
100ml
88⁹⁵
each



Protect & Care
Moisturising
Shaving Foam
200ml
48⁹⁵
each

2+1
CHEAPEST
FREE
on ANY NIVEA
MEN face care
products

NIVEA
MEN

IT STARTS
WITH YOU

L'ORÉAL
MEN EXPERT

20%*
OFF
ALL L'Oréal Men Expert
AND BarberClub
products



Vita Lift
Anti-Ageing
Daily
Moisturiser
50ml
WAS 199⁹⁵
159⁹⁶



BarberClub
Nourishing
Beard Cream
50ml
WAS 199⁹⁵
159⁹⁶



Pure Charcoal
Anti-Blackhead
Daily Face Scrub
100ml
WAS 119⁹⁵
95⁹⁶

*Advertised prices already reflect discount

Exclusive to Dis-Chem

HAWKINS
& BRIMBLE

15%*
OFF
ALL Hawkins
& Brimble
products



Beard Balm
50g
WAS 229⁹⁵
195⁴⁶



Shaving Cream
Brush
WAS 439⁹⁵
373⁹⁶



Elemi & Ginseng
After Shave Balm
125ml
WAS 199⁹⁵
169⁹⁶

*Advertised prices already reflect discount

DOLIP



SAVE 50⁰⁰

Hair & Beard
Trimmer
• High-power motor
• 45-minute run-time
• Rechargeable
#144524
WAS 249⁹⁵
199⁹⁵



SAVE 100⁰⁰

T-Blade
Hair Clipper
• Waterproof IPX7
• Removable &
washable blades
• Cordless &
corded function
• Rechargeable
#386929
WAS 599⁹⁵
499⁹⁵

DX
SMOOTH

20%*
OFF
ALL DX Smooth
Hair Removal Lotion
100ml/200ml



Hair
Removal
Lotion
100ml
WAS 64⁹⁵
51⁹⁶



Hair Removal
Lotion
200ml
WAS 86⁹⁵
69⁵⁶

*Advertised prices already reflect discount

MISTER GROOMER
BY MELLOR & RUSSELL

10%*
OFF
ALL Mister
Groomer
products



Shaving
Cream
100ml
WAS 39⁹⁵
35⁹⁶



Aftershave
Balm
100ml
WAS 69⁹⁵
62⁹⁶



Beard and
Moustache Oil
30ml
WAS 119⁹⁵
107⁹⁶

Barbasol



Rechargeable T-Blade
Pro Trimmer & Detailer
• 60-minute shaving time
• 3 x trimmer settings
• 360° rotating head
• Rechargeable
#409840
WAS 1199⁹⁵
899⁹⁵



Rechargeable
Wet & Dry Rotary Shaver
• Rechargeable
• 3 x rotary head
• 60-minute shaving time
• Cleaning brush included
#409834
WAS 899⁹⁵
699⁹⁵

SHOP ONLINE
24/7
365

FREE
click&collect

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

FREE delivery on orders of 600⁰⁰ or more in major metropolitan areas.
No charge for collection in-store.





SMOOTH SAVINGS & DEODORANTS



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

2+1
CHEAPEST
FREE
on Gillette Men
cartridges*

Gillette®

A CLOSE SHAVE
THAT IS GENTLE ON YOUR SKIN

SAVE
80⁰⁰
per pack



SAVE
83⁰⁰
per pack



PROGLIDE 5
POWER

Fusion5
Razor
Contains:
Handle PLUS
2 Cartridges
#203507
WAS 259⁹⁵
179⁹⁵
per pack

ProGlide5
Power Razor
Contains:
Handle PLUS
Cartridge
PLUS Battery
#159975
WAS 269⁹⁵
186⁹⁵
per pack

ProGlide5
Power
Cartridges
8-pack
#203507
789⁹⁵
per pack

Fusion5
Cartridges
4-pack
#46920
436⁹⁵
per pack



Mach3+
Cartridges
5-pack
259⁹⁵
per pack

Mach3+
Turbo
Cartridges
8-pack
529⁹⁵
per pack

*Offer excludes Gillette Venus cartridges

Exclusive to Dis-Chem



Blade
Shave Cream
Value Pack
400ml / Assorted
WAS 44⁹⁵
36⁹⁵
each



MaxShave
Tech Edge 5
Cartridges
4-pack
#329365
WAS 199⁹⁵
169⁹⁵
per pack

MaxShave
Matrix5 Pro
5-Blade
Disposable
Razor
+ Trimmer
#329699
WAS 79⁹⁵
69⁹⁵
per pack



Blade
Deodorant
Body Spray
150ml / Assorted
WAS 26⁹⁵
19⁹⁵
each

1 FOR 41⁹⁵
2 FOR 60⁰⁰
SAVE 23⁹⁰

NIVEA MEN
Anti-Perspirant
Deodorant
150ml / Assorted



1 FOR 31⁹⁵
2 FOR 48⁰⁰
SAVE 15⁹⁰

Status
Cologne
Deodorant
Body Spray
130ml / Assorted



1 FOR 21⁹⁵
2 FOR 36⁰⁰
SAVE 7⁹⁰

Status
Anti-Perspirant
Roll-On
50ml / Assorted



1 FOR 27⁹⁵
2 FOR 45⁰⁰
SAVE 10⁹⁰



Yardley
English Blazer
Anti-Perspirant
Roll-On
50ml / Assorted

1 FOR 20⁹⁵
2 FOR 32⁰⁰
SAVE 9⁹⁰



Shower to
Shower Men
OR
Playboy
Anti-Perspirant
Roll-On
50ml / Assorted

1 FOR 48⁹⁵
2 FOR 80⁰⁰
SAVE 17⁹⁰

Old Spice
Deodorant
Body Spray
150ml
Assorted



1 FOR 62⁹⁵
2 FOR 90⁰⁰
SAVE 35⁹⁰

Old Spice
Deodorant
Stick
50ml
Assorted



Yardley
East West
OR **Coty**
Gravity
Deodorant
Spray
120ml / Assorted
WAS 41⁹⁵
32⁹⁵
each



SAVE
55⁰⁰
Driclor
Anti-Perspirant
Roll-On
20ml
#13154
WAS 229⁹⁵
174⁹⁵

SAVE
20⁰⁰



SAVE
11⁰⁰



SAVE
12⁰⁰



Mitchum
Anti-Perspirant
Roll-On
50ml / Assorted
WAS 44⁹⁵
33⁹⁵
Mitchum
Anti-Perspirant
Deodorant
Spray
120ml / Assorted
WAS 48⁹⁵
36⁹⁵

Mitchum
Anti-Perspirant
Deodorant Gel Stick
63g / Assorted*
WAS 87⁹⁵
67⁹⁵

*Excludes Mitchum Gel Cream Natural Variant 63g

Dis-Chem
PHARMACIES

BETTER VALUE STARTS HERE



1 FOR 48⁹⁵
2 FOR 76⁰⁰
SAVE 21⁹⁰

Sensodyne Toothpaste*
75ml
• Clean & Fresh
• Gentle Whitening
• Multicare
• Fresh Mint
• Herbal
• Charcoal

**Offer only applicable on the above Sensodyne Toothpastes 75ml*

SAVE 6⁰⁰ each

White Glo Advantage Toothpaste
75ml
• Total Care
• Fresh Breath
• Cavity Protection
• Herbal Fresh
WAS 22⁹⁵
16⁹⁵* each

**Price excludes White Glo Advantage Charcoal 75ml*

SAVE 7⁰⁰ each

Mentadent P Toothpaste
100ml / Assorted **WAS 29⁹⁵**
22⁹⁵ each

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

SAVE 67⁰⁰ per pack

Gum & Enamel Toothbrush
39⁹⁵ each

All Rounder Toothbrush
3-pack
72⁹⁵ per pack

2+1 FREE
on Oral-B Gum & Enamel Repair Toothpaste 75ml

Kids Brush Heads
2-pack
Assorted characters
WAS 326⁹⁵
259⁹⁵ per pack

Gentle Whitening Gum & Enamel Repair Toothpaste
75ml / Assorted
62⁹⁵ each

VALUE PACK

LISTERINE COOL MINT ZERO
MILDER TASTE | ZERO ALCOHOL
FOR A CLEANER FRESHER MOUTH THAN BRUSHING ALONE
1000 ml

SAVE 23⁰⁰

Listerine Cool Mint Zero Mouthwash Value Pack
1 litre
#156452
WAS 109⁹⁹
86⁹⁵

NEW LOOK

Exclusive to Dis-Chem

1 FOR 29⁹⁵
2 FOR 50⁰⁰
SAVE 9⁹⁰

Toothbrush Travel Pack
5 x Toothbrushes
PLUS
5 x Toothbrush Head Covers
#75319

SAVE 30⁰⁰

Battery Powered Toothbrush
#423960
WAS 169⁹⁵
139⁹⁵

1 FOR 19⁹⁵
3 FOR 50⁰⁰
SAVE 9⁸⁵

Regular Dental Floss
50m
#72871

Colgate

For a Future to Smile About

Change your toothbrush every 90 days



1 FOR 96⁹⁵
2 FOR 140⁰⁰
SAVE 53⁹⁰

VALUE PACK

Colgate Plax
SOFT MINT
Keeps Working after Brushing

Plax Mouthwash Value Pack
750ml Assorted

FRESH BREATH

WHOLE MOUTH CLEAN



1 FOR 92⁹⁵
2 FOR 150⁰⁰
SAVE 35⁹⁰

360° Optic White Toothbrushes
#32513

1 FOR 43⁹⁵
2 FOR 67⁰⁰
SAVE 20⁹⁰

Colgate Max Fresh
XTRA FRESH
COOLING CRYSTALS

Max Fresh Toothpaste
75ml / Assorted

1 FOR 25⁹⁵
3 FOR 60⁰⁰
SAVE 17⁸⁵

MAXIMUM CAVITY PROTECTION

Colgate Maximum Cavity Protection Toothpaste
100ml* / Assorted

**Offer excludes Colgate Triple Action toothpaste 100ml*

1 FOR 71⁹⁵
2 FOR 115⁰⁰
SAVE 28⁹⁰

SENSITIVITY

Colgate SENSITIVE PRO-RELIEF
INSTANT RELIEF
Clinically Proven Instant and lasting Sensitivity relief

Sensitive Pro-Relief Toothpaste
75ml
#73550

1 FOR 71⁹⁵
2 FOR 115⁰⁰
SAVE 28⁹⁰

Naturals OR Optic White Charcoal + Whitening Toothpaste
75ml / Assorted

GUM HEALTH

NEW

Colgate Total 12
Clinically Proven to Help Promote Gum Health

2 x 75ml VALUE PACK

Total 12 Toothpaste Value Pack
2 x 75ml
#427351
WAS 89⁹⁵
79⁹⁵ per pack



NEW

SAVE 15⁰⁰

WHITENING

Colgate OPTIC WHITE
CHARCOAL
CLINICALLY PROVEN TO REMOVE UP TO 10% OF SURFACE STAIN

Optic White Toothpaste Family Pack
125ml
WAS 99⁹⁵
84⁹⁵ per pack

HOUSEHOLD ESSENTIALS

BETTER VALUE STARTS HERE



1 FOR 47⁹⁵
3 FOR 85⁰⁰
SAVE 58⁸⁵



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



SAVE 23⁰⁰
each

Ariel
Auto Washing
Powder
2kg
#163344
OR 3in1
Capsules
14-pack / Assorted
OR
Washing
Liquid
1.5 litres
#222302001
WAS 109⁹⁵
86⁹⁵ each



SAVE 20⁰⁰
each

Vanish
Fabric Stain
Remover Liquid
2 litres
#203915
OR
Power O₂ Fabric
Stain Remover
Powder
500g
#203919
WAS 129⁹⁹
109⁹⁵ each



SAVE 8⁰⁰

Harpic
Thick Bleach
750ml
#229409001
WAS 37⁹⁵
29⁹⁵



SAVE 10⁰⁰

Jik
Bleach
1.5 litres
Assorted
WAS 42⁹⁵
32⁹⁵



SAVE 10⁰⁰
per pack



Home Butler
Budget Refuse
Bags Bulk Pack
50-pack
#169518
WAS 84⁹⁵
74⁹⁵



SAVE 5⁰⁰



Home Butler
Oven Cleaner
400ml
#96785
WAS 34⁹⁵
29⁹⁵



SAVE 10⁰⁰
per pack



Mr Min
Multi Surface
Cleaner
Value Pack
2 x 300ml
#188581001/2
WAS 79⁹⁵
69⁹⁵ per pack



SAVE 13⁰⁰
per pack

Twinsaver
2 Ply White Facial
Tissues
180-pack
#206835001
WAS 32⁹⁵
19⁹⁵



SAVE 10⁰⁰
per pack

Twinsaver
3 Ply White
Tissues Cube
60-pack / Assorted
WAS 32⁹⁵
22⁹⁵



Softi
2 Ply Toilet Rolls
18-pack
#122621
109⁹⁵ per pack



1 FOR 99⁹⁵
2 FOR 100⁰⁰
SAVE 99⁹⁰

Airwick
Freshmatic
Automatic
Spray Refill
250ml
Assorted

INCONTINENCE



Feminine
Protection Pads
12 Regular
#298677
WAS 36⁹⁵
32⁹⁵ per pack



SAVE 4⁰⁰
per pack



SAVE 40⁰⁰
per pack



SAVE 20⁰⁰
per pack

Unisex
Protection
Underwear
14 Extra Large
#131483
WAS 409⁹⁵
369⁹⁵ per pack

Premium
Ultra Slips
15 Medium
#168114
WAS 204⁹⁵
184⁹⁵ per pack



Premium Mobile
Adult Pants
14 Small
#34777
WAS 246⁹⁵
222⁹⁵ per pack



SAVE 24⁰⁰
per pack

SAVE 25⁰⁰
per pack

SAVE 30⁰⁰
per pack



SAVE 35⁰⁰
per pack

Premium
Mobile Adult
Pants
14 Large
#34774
WAS 289⁹⁵
259⁹⁵ per pack

Premium
Mobile
Adult Pants
14 Extra Large
#66398
WAS 349⁹⁵
314⁹⁵ per pack



Lady Slim Pads
12 Normal
#43227
WAS 49⁹⁵
39⁹⁵ per pack



Men Absorbent
Protector Pads
20 Medium
#43223
WAS 137⁹⁵
119⁹⁵ per pack

Dis-Chem
PHARMACIES

Vaseline

SAVE 20⁰⁰ each

Clinical Care Body Lotion OR Cream
400ml / Assorted
WAS 89⁹⁵
69⁹⁵ each

NEW
Vaseline
INTENSIVE CARE™
Dry Skin Repair
With pure oat extract
72h | Deep moisturisation
625 ml

NEW
Vaseline
INTENSIVE CARE™
Cocoa Glow
With pure cocoa & shea butter
48h | Healthy glowing skin
625 ml

SAVE 18⁰⁰ each

Body Lotion
625ml / Assorted*
WAS 89⁹⁵
71⁹⁵ each

NEW
Vaseline
INTENSIVE CARE™
Cocoa Glow
With pure cocoa & shea butter
48h | Healthy glowing skin
400 ml

Body Lotion OR Cream
400ml Assorted*

Vaseline
Even Tone
With Vitamin E & SPF 6
48h | Evenly toned skin
400 ml

1 FOR 67⁹⁵
2 FOR 85⁰⁰
SAVE 50⁹⁰

1 FOR 29⁹⁵
2 FOR 46⁰⁰
SAVE 13⁹⁰

Lip Therapy
20g / Assorted

Vaseline
Lip Therapy
ROSY LIPS
20g e†

Vaseline
Lip Therapy
ORIGINAL
20g e†

1 FOR 45⁹⁵
2 FOR 78⁰⁰
SAVE 13⁹⁰

Petroleum Jelly
250ml Assorted

Vaseline
BLUESEAL
pure petrol jelly
original

Vaseline
BLUESEAL
with pure cocoa butter
NEW

*Offer excludes Vaseline Clinical Care range

Radox

2+1 CHEAPEST FREE on ANY Radox products

Bodywash
400ml Assorted
52⁹⁵ each

Radox
MEN
feel exhilarated
with guarana & rock crystal
400 ml

Radox
feel invigorated
with lemon & rosemary
400 ml

Radox
feel balanced
with hyaluronic & rice milk
400 ml

Handwash
300ml Assorted
41⁹⁵ each

Radox
feel energised
with hyaluronic & rice milk
300 ml

Radox
feel active
with lemon & sage
300 ml

Radox
feel invigorated
with lemon & rosemary
300 ml

Handwash
300ml Assorted
41⁹⁵ each

Radox
feel relaxed
with lavender & aloe vera
300 ml

Radox
feel balanced
with hyaluronic & rice milk
300 ml

Radox
feel stress free
with rosemary & chamomile
300 ml

Foam Bath
500ml Assorted
52⁹⁵ each

LUX

SAVE 13⁰⁰ each

LUX
BOTANICALS
SKIN DETOX
FREESIA & TEA TREE OIL
SHOWER GEL

Body Wash OR Shower Gel
750ml / Assorted
WAS 75⁹⁵
62⁹⁵ each

Lifebuoy

1 FOR 36⁹⁵
2 FOR 58⁰⁰
SAVE 15⁹⁰

Handwash
200ml Assorted

Lifebuoy
Hygiene Bodywash
Active Silver Formula

1 FOR 48⁹⁵
2 FOR 70⁰⁰
SAVE 27⁹⁰

Hygiene Bodywash
400ml / Assorted

Lifebuoy
Hygiene Bodywash
Active Silver Formula

1 FOR 65⁹⁵
2 FOR 100⁰⁰
SAVE 31⁹⁰

Hygiene Bodywash
750ml Assorted

Lifebuoy
Hygiene Bodywash
Active Silver Formula

Lifebuoy
Hygiene Bodywash
Lemon Fresh



School-Days®

HEY PARENTS! YOU CAN
WIN SCHOOL FEES
WHEN YOU SHOP AND SWIPE



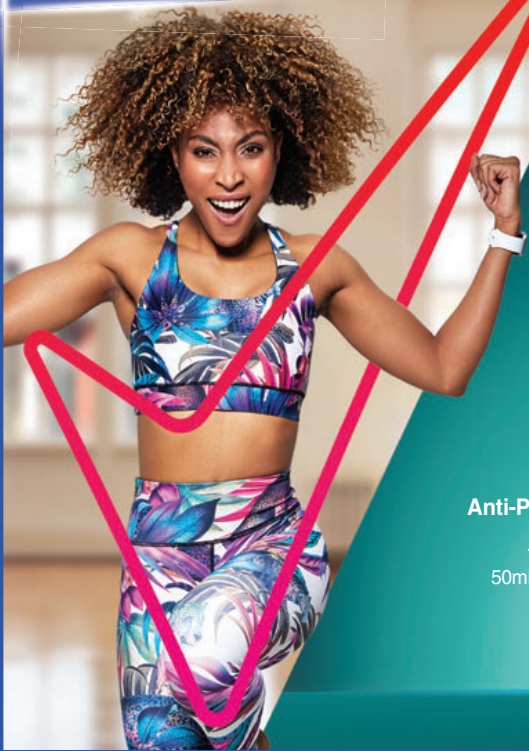
JOIN
NOW

[www.schooldays.co.za](http://www schooldays.co.za)



Unilever

BETTER HEALTH STARTS HERE



2+1
CHEAPEST
FREE
on ANY Shield
Deodorant AND
Roll-On products

Anti-Perspirant
Roll-On for Teens
50ml / Assorted
24⁹⁵ each



Anti-Perspirant
Deodorant
Spray for Men
OR Women
150ml / Assorted
36⁹⁵ each

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

Shield
UPGRADE TODAY

**72H NONSTOP
SWEAT
PROTECTION
ALL SUMMER**



THE ESSENCE OF MAN



1 FOR 26⁹⁵
2 FOR 42⁰⁰
SAVE 11⁹⁰

Anti-Perspirant
Roll-On
50ml
Assorted



1 FOR 51⁹⁵
2 FOR 80⁰⁰
SAVE 23⁹⁰

Deodorant
Body Spray
200ml / Assorted

THE NEW
**AXE
EFFECT**

STAY
FRESH



Deodorant
Body Spray
150ml / Assorted

1 FOR 39⁹⁵
2 FOR 58⁰⁰
SAVE 21⁹⁰

**SMELL
IRRESISTIBLE**

Impulse



Perfumed
Body Spray
90ml / Assorted

1 FOR 25⁸⁵
3 FOR 55⁰⁰
SAVE 22⁵⁵

Dove



Men + Care
Anti-Perspirant
Deodorant Spray
150ml / Assorted

1 FOR 42⁹⁵
2 FOR 65⁰⁰
SAVE 20⁹⁰



Anti-Perspirant
Body Spray
150ml / Assorted

1 FOR 42⁹⁵
2 FOR 65⁰⁰
SAVE 20⁹⁰



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

1 FOR 28⁹⁵
2 FOR 40⁰⁰
SAVE 17⁹⁰

(absarewards)



Absa + Dis-Chem

Earn up to 30% real cash back on health and beauty products, depending on your Rewards Tier.

Join Absa Rewards today.
Visit absa.co.za/rewards or call 0861 788 888

T's & C's apply Auth FSP NCRCP7

POND'S

Glowing skin all year round with POND'S

Flawless Radiance

Mineral Clay Cleanser
81ml / Assorted
OR Even Tone Facial Foam
100ml
99⁹⁵ each



BB+ Face Cream
SPF30 PA++
25ml
Assorted shades
119⁹⁵ each

Perfecting Serum
30ml
129⁹⁵ each

2+1
CHEAPEST
FREE
on ANY
Pond's face care
products

Age Miracle

Intensive Wrinkle
Correcting Cream
50ml
189⁹⁵ each



Pimple Clear

Micellar Water
400ml
82⁹⁵ each



Dove

SAVE 10⁰⁰ each
Shampoo
OR Conditioner
200ml/250ml
Assorted
WAS 49⁹⁵
39⁹⁵ each

SAVE 20⁰⁰ each
Nourishing Oil Care
Conditioner
200ml / Assorted
WAS 84⁹⁵
64⁹⁵ each

Shampoo
400ml
OR Conditioner
350ml
OR Treatment Mask
200ml / Assorted
WAS 84⁹⁵
64⁹⁵ each

SAVE 15⁰⁰ each
relaxing
deeply nourishing
nourishing body wash
500ml
WAS 69⁹⁵
54⁹⁵ each

Shower Gel
500ml
Assorted
WAS 69⁹⁵
54⁹⁵ each

1 FOR 69⁹⁵
2 FOR 100⁰⁰
SAVE 39⁹⁰
Body Lotion
400ml / Assorted

SAVE 15⁰⁰ each
Shampoo
OR Conditioner
400ml / Assorted
WAS 59⁹⁵
44⁹⁵ each

20%*
OFF
TRESemmé Hair
Styling products**
Heat Defence Care & Protect
Spray 300ml
OR Extra Hold Hairspray 400ml
OR Styling Firm Hold Hairspray 400ml
WAS 114⁹⁵
91⁹⁶ each

SAVE 17⁰⁰ each
Shampoo
OR Conditioner
750ml/900ml
Assorted
WAS 109⁹⁵
92⁹⁵ each

**Advertised price already reflects discount
**Offer excludes TRESemmé Hair Appliances AND Hair Brushes

Dis-Chem DeliverD

BETTER HEALTH DELIVERED

Selected over-the-counter medication now available

Convenience on demand

DELIVERED IN **60 MINUTES**

Download the App today!

Download on the App Store | GET IT ON Google Play | DOWNLOAD IT ON AppGallery



Unilever



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



OMO Auto Washing Powder
2kg / Assorted

1 FOR 97⁹⁵
2 FOR 140⁰⁰
 SAVE 55⁹⁰



OMO Auto Power Capsules
16-pack #427668
WAS 97⁹⁵
84⁹⁵ per pack



1 FOR 24⁹⁵
2 FOR 42⁰⁰
 SAVE 7⁹⁰

OMO Multi-Purpose Bleach
750ml #84492



1 FOR 36⁹⁵
2 FOR 55⁰⁰
 SAVE 18⁹⁰

Domestos Thick Bleach
750ml / Assorted



2in1 Hand Wash Powder
2kg / Assorted
WAS 64⁹⁵
55⁹⁵



1 FOR 22⁹⁵
3 FOR 60⁰⁰
 SAVE 8⁸⁵

Laundry Bar Soap
500g #160297



BUY BOTH FOR 199⁹⁵
 SAVE 79⁹⁹

Extra Nature Dishwashing Liquid
750ml #205769001
PLUS
5-in-1 Automatic Dishwashing Tablets
 56 tablets #223644



BUY BOTH FOR 50⁰⁰
 SAVE 14⁹⁰

Regular Dishwashing Liquid
750ml #287051/ #76595

*Excludes Sunlight Extra Nature Dishwashing Liquid 750ml



Sunlight Baby Auto & Handwash Liquid
1.5 litres

1 FOR 74⁹⁵
2 FOR 120⁰⁰
 SAVE 29⁹⁰



Comfort Concentrated Fabric Conditioner Bottle
800ml Assorted

1 FOR 56⁹⁵
2 FOR 94⁰⁰
 SAVE 19⁹⁰



Handy Andy Cream
750ml Assorted

1 FOR 32⁹⁵
2 FOR 48⁰⁰
 SAVE 17⁹⁰



Handy Andy Trigger Spray
500ml / Assorted

1 FOR 48⁹⁵
2 FOR 70⁰⁰
 SAVE 27⁹⁰

SHOP ONLINE



FREE



click&collect

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

FREE delivery on orders of 600⁰⁰ or more in major metropolitan areas.
 No charge for collection in-store.



Dis-Chem
 PHARMACIES

BETTER VALUE STARTS HERE



ALL ABOUT BABIES & TOTS



Available to Dis-Chem Health policyholders

20% OFF

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



GET UP TO
50% BACK

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

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

BabyThings
Quality Baby Products



VALUE
PACK



Nappies
100-pack
Assorted Sizes
219⁹⁹ per pack



Zinc Oxide Cream 10%
100g
#133289
62⁹⁵



Value Pack Baby Wipes
3 x 80 wipes
#411904
64⁹⁹ per pack

Bum Repair Cream
250g
#25666
51⁹⁵



Footstool
Assorted colours
114⁹⁵



Disposable Nappy Bags
150 bags
#101569
34⁹⁵ per pack



Baby Powder
750g
#84962
63⁹⁵

Baby Oil
400ml
#85588
69⁹⁵

Baby Lotion
500ml
#73387
49⁹⁵

Baby Shampoo
1 litre
#84963
84⁹⁵



Value Pack Premium Care Nappies
Sizes 1 – 6
219⁹⁹ per pack



Value Pack Premium Care Pants
Sizes 3 – 6
219⁹⁹ per pack



Jumbo Pack Double Protection Active Baby Pants
Sizes 3 – 6
219⁹⁹ per pack



Pampers Pure Wipes
3-pack
114 wipes
84⁹⁹ per pack



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

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



FOR SENSITIVE AND INTOLERANT SKIN
TRIDERM baby

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



*Advertised prices already reflect discount

Bath Oil
500ml
~~WAS 155⁰⁰~~
124⁰⁰

Cleansing Wipes
72 wipes
~~WAS 68⁹⁵~~
55¹⁶

Bath Cream
500ml
~~WAS 155⁰⁰~~
124⁰⁰



Gentle Baby Bath
200ml
41⁹⁹ each

Nourishing Baby Oil
200ml
74⁹⁹ each

Gentle Baby Shampoo
200ml
44⁹⁹ each



*Offer excludes Purity Baby Food range

Baby Aqueous Cream OR Petroleum Jelly
250ml / Assorted
27⁹⁹ each

Special Baby Shampoo
500ml
74⁹⁹ each



Jumbo Pack Gold Nappies
Sizes 2 – 5
259⁹⁹ per pack



Jumbo Pack Gold Pants
Sizes 3 – 6
219⁹⁹ per pack



Jumbo Pack Dry Comfort Nappies
Sizes 2 – 5
219⁹⁹ per pack



Jumbo Pack Extra Care Nappies
Sizes 1 – 5
259⁹⁹ per pack

ALSO AVAILABLE AT
Dis-Chem babycity



Fine Cotton Clouds
60g
42⁹⁹ each

Fine Cotton Wool Wands
80 wands
29⁹⁹ each

Fine Cotton Wool Circles
80 circles
34⁹⁹ each

OFFERS ALSO AVAILABLE AT

Dis-Chem
babycity

PURITY

boon

Squirt Feeder Spoon Assorted
189⁹⁹ each



3+1 CHEAPEST FREE
on ANY Boon products



Patch Drying Rack
249⁹⁹ each

Pulp Silicone Feeder Assorted colours
99⁹⁹ each



BabyThings
Quality Baby Products



Manual Silicone Breast Pump #199891
• Stimulation and suction of breast milk
• Imitates baby's nursing motion
• Easy storage of breast milk
239⁹⁵



Rotation Bottle Brush 2-piece #144519
44⁹⁵
Water Filled Teether Assorted
34⁹⁵

4 FOR

SAVE

6 Months 80ml / Assorted*	44⁰⁰	11⁹⁶
7 Months 125ml / Assorted*	48⁰⁰	11⁹⁶
8 Months 200ml / Assorted*	59⁰⁰	12⁹⁶
10 Months 250ml / Assorted*	67⁰⁰	12⁹⁶



4 FOR

SAVE

Pouches 110ml / Assorted*	48⁰⁰	15⁹⁶
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6 FOR

SAVE

100% Fruit Juice Blend 200ml / Assorted	59⁰⁰	18⁹⁴
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*Offers exclude Purity Organic Food range

tommee tippee



Made for Me Nipple Shields 2-pack #146436
WAS 149⁹⁹
99⁹⁹



Simplee Sangenic Refill Cassette 3-pack #168807
WAS 264⁹⁹
174⁹⁹



Simplee Sangenic Refill Cassette Single #168808
WAS 119⁹⁹
79⁹⁹



Simplee Sangenic Disposable Nappy Bin #168805003
WAS 359⁹⁹
209⁹⁹

SAVE 220⁰⁰



Micro-Steam Microwave Steriliser
• Sterilises up to 4 bottles in just 4 minutes using steam
• BPA-free 100% natural steam steriliser, kills 99% of germs without using chemicals
#172250
WAS 649⁹⁹
429⁹⁹

SAVE 650⁰⁰



Closer To Nature Microwave Steriliser and Breast Pump Set
• 1 x microwave steam steriliser
• 1 x manual breast pump
• 2 x insulated bottle bags
• 2 x milk feeding bibs
• 50 x disposable breast pads
• 2 x 0-6 months soothers
• 4 x milk storage lids
• 1 x teat tongs
#213107
WAS 2349⁹⁹
1699⁹⁹



CHILDREN'S HEALTH



Muthi Wenyoni 100ml #5187
WAS 39⁹⁹
32⁹⁹



Muthi Wenyoni 75ml #5179
WAS 34⁹⁹
28⁹⁹



Telament Paediatric Gripe Water 150ml #4821
WAS 44⁹⁹
34⁹⁹



Telament Paediatric Colic Drops 30ml #5086
WAS 149⁹⁹
129⁹⁹



Phipp's Milk of Magnesia 100ml / Assorted
WAS 78⁹⁵
48⁹⁵



Phipp's Milk of Magnesia 350ml / Assorted
WAS 144⁹⁵
104⁹⁵



Woods' Peppermint Cough Syrup for Children 50ml #47729
WAS 39⁹⁵
34⁹⁵



Baby Cereal Mix with Water (Stages 1-3) 200g / Assorted
WAS 37⁹⁹
29⁹⁹



Junior! Soft Muesli 350g / Assorted
WAS 34⁹⁹
29⁹⁹



Baby Cereal Mix with Milk (Stages 1-3) 200g / Assorted
WAS 21⁹⁹
19⁹⁹

baby
PROGRAMME

FILLED WITH BABY ESSENTIALS

ARE YOU EXPECTING? WELL EXPECT MORE!
GET YOUR BABY BAG!

Register for the Baby Programme:

• In-store • WhatsApp • Online

Shop your baby essentials at **Dis-Chem** or **Dis-Chem Baby City** to qualify for a **FREE Baby Bag**.*

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

*Ts and Cs apply.



REGISTER NOW!



Dis-Chem
PHARMACIES

BETTER VALUE STARTS HERE

Promotional offers valid 15 June to 9 July 2023 - while stocks last. May only be available at selected stores OR online at dischem.co.za. E&OE.

OFFERS EXCLUSIVE TO babycity™

SHOP ONLINE
NOW AT
www.babycity.co.za

Dis-Chem
baby
city
ONLY!

Anytime Baby



SAVE
500⁰⁰

Joie™

Bold Ember Car Seat
• 3 x cozy recline positions
• 5-point harness
• Side impact protection
• Guard surround safety panels
#304736
WAS 6499⁹⁵
5999⁹⁹



SAVE
300⁰⁰

GRACO

Contour Electra Travel Cot
• Available in patchwork
• Travel cot grows with your child, from newborn to toddler
• The compact travel cot folds down easily with the signature push-button
#304577
WAS 3299⁹⁹
2999⁹⁹



SAVE
100⁰⁰

BAMBINO

Sweetdreams Travel Cot
Grey OR Mocha
• Full size bassinet
• Mosquito net
• Side mesh for ventilation
WAS 1499⁹⁵
1399⁹⁹ each



Rito Rubber Trike
• 4 different modes evolve as your little one grows
• Adjustable telescopic push bar
• Parent storage bag
• High back seat with breathable seat cushion
• 5-point safety harness & non-slip pedals
• Foldable and detachable canopy
#329637002/1
WAS 3599⁹⁹
2999⁹⁹



SAVE
600⁰⁰



SAVE
300⁰⁰

Joie™

Muze LX Travel System
• Auto gravity fold and manual fold latch
• Suitable from birth with flat reclining seat
• 4 x mechanical recline positions
#323054001
WAS 3999⁹⁹
3699⁹⁹

Changing Baby



FREE
WIPE
valued at
29⁹⁵

Mega Box Double Protection Nappies
Size 1
219⁹⁹ per pack



FREE
WIPE
valued at
29⁹⁵

Jumbo Pack Double Protection Nappies
Size 1
219⁹⁹ per pack



Mega Box Double Protection Pants
Size 1
419⁹⁹ per box



FREE
WIPE
valued at
29⁹⁵

2-Pack Premium Care Nappies
2 x Sizes 1 - 2
419⁹⁹ per 2-pack



Mega Box Premium Care Nappies
Size 1
419⁹⁹ per box



2-Pack Premium Care Pants
2 x Sizes 3 - 6
419⁹⁹ per 2-pack



Bulk Pack Sensitive Baby Wipes
9 x 56 wipes
#198985
279⁹⁹ per pack

Playtime

Highchair Spinning Toy
#216893
WAS 229⁹⁵
169⁹⁹



SAVE
59⁹⁶



Ball Nest Playgym
• 4 different ball activity stations
• 30 coloured balls included
#310031
WAS 1499⁹⁹
1299⁹⁹

Baby Essentials



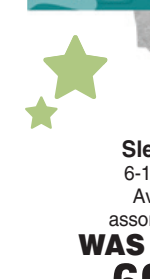
Steppeebag The Original Grobag
6-18 months
Available in assorted sizes
WAS 899⁹⁹
629⁹⁹



SAVE
270⁰⁰



Swaddle Bag The Original Grobag
3-6 months
Available in assorted sizes
WAS 629⁹⁹
429⁹⁹



Sleep Bag
6-18 months
Available in assorted sizes
WAS 899⁹⁹
609⁹⁹



SAVE
290⁰⁰

HUGGIES



2-Pack Gold Nappies
2 x Sizes 2 - 5
439⁹⁹ per 2-pack



Mega Box Gold Pants
Size 3 - 6
399⁹⁹ per box



2-Pack Extra Care Nappies
2 x Sizes 2 - 5
439⁹⁹ per 2-pack



Extra Care Nappies
Size 1
42 Pack
#79782
114⁹⁹ per pack

Extra Care Nappies
Size 0
25 Pack
#297586
94⁹⁹ per pack



CONFECTIONERY

BETTER VALUE STARTS HERE



Lozenges
25g / Assorted
WAS 22⁹⁵
19⁹⁵ each



SAVE
3⁰⁰
each

SAVE
10⁰⁰



Original Tin **WAS 54⁹⁵**
40g
#12577 **44⁹⁵**



Lozenges
2 x 25g PLUS Tin
WAS 44⁹⁵
36⁹⁵ each



SAVE
8⁰⁰

STAND A CHANCE TO WIN

A SUZUKI SWIFT 1.2i GLX AMT valued at **R280 000⁰⁰**
when you purchase **ANY TWO** Fisherman's Friend products.
Enter by swiping your **Dis-Chem** Benefit Card.

*Ts & Cs apply. Full details on dischem.co.za. Competition excludes Namibia & Botswana.



1 FOR 12⁹⁵
2 FOR 20⁰⁰
SAVE 5⁹⁰

Cadbury
5 Star 48.5g
OR P.S. 48g
OR Astros 40g
Assorted



NEW



Cadbury
Chocolate Slab
150g / Assorted
WAS 34⁹⁵
29⁹⁵ each

SAVE
5⁰⁰
each

Kinder Joy
Boy OR Girl
20g / Assorted
WAS 18⁹⁵
15⁹⁵ each



SAVE
3⁰⁰
each

Ferrero
Rocher
200g
#31783
WAS 119⁹⁵
109⁹⁵



SAVE
10⁰⁰



SAVE
30⁰⁰
each

Ferrero
Rondnoir
138g
#384190
WAS 149⁹⁵
119⁹⁵ each

Amajoya
Candy
125g / Assorted
WAS 24⁹⁵
18⁹⁵ each



SAVE
6⁰⁰
each

Munch'D



SAVE
2⁰⁰
each

Fruit
Pastilles
OR Wine
Gums
65g / Assorted
WAS 10⁹⁵
8⁹⁵ each



SAVE
3⁰⁰
each

Magic Rings
OR Sour
Worms
125g / Assorted
WAS 19⁹⁵
16⁹⁵ each



SAVE
10⁰⁰
each

Gummy Mix
450g / Assorted
WAS 59⁹⁵
49⁹⁵ each



SAVE
5⁰⁰
each

Manhattan
Marshmallows
150g / Assorted
WAS 24⁹⁵
19⁹⁵ each

NEW



Oreo Cookies
119.6g
Assorted
WAS 16⁹⁵
14⁹⁵ each

SAVE
2⁰⁰
each

SAVE
10⁰⁰
each



Cadbury
Crunchy Melts
156g
#203275002
WAS 59⁹⁵
49⁹⁵ each

SAVE
3⁰⁰



Britannia
Little Hearts Classic
50.5g
#330631
WAS 12⁹⁵
9⁹⁵

SAVE
3⁰⁰



Lipton
Ice Tea
300ml
Assorted
WAS 15⁹⁵
12⁹⁵

SAVE
4⁰⁰



Liqui-Fruit
Juice
300ml
Assorted
WAS 16⁹⁵
12⁹⁵

SAVE
9⁰⁰
each



Lindt
Lindor
Stick
38g / Assorted
WAS 24⁹⁵
15⁹⁵ each

SAVE
30⁰⁰



Lindt
Les Grandes
Milk OR Dark
Chocolate Slab
150g / Assorted
WAS 114⁹⁵
84⁹⁵ each

SAVE
10⁰⁰
each



Lindt Lindor
Truffles 3-piece
Milk OR
Assorted
37g
WAS 29⁹⁵
19⁹⁵ each

FLIP CATALOGUE OVER FOR VALUE FOR WOMEN

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 Thursday 15 June to Sunday 9 July 2023 while stocks last.

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