

The Friendlies is 100% owned by you, the community

Home of the  
**110%**  
price Guarantee

# The Friendlies super savers



Spend \$20 in-store to  
**WIN** a

# \$2000

spending spree!  
See back page for details.

## Now that's friendly!

### Palmolive liquid 750mL

When you spend \$30 or more in store.

**\$1**



Conditions Apply. Please see a Friendlies staff member in-store for more details. Limit of 1 Coupon item per customer. Excludes prescriptions, specials and catalogue items

### Colgate Toothpaste Cool Mint and Regular 175g

When you spend \$30 or more in store.

**1¢**



Conditions Apply. Please see a Friendlies staff member in-store for more details. Limit of 1 Coupon item per customer. Excludes prescriptions, specials and catalogue items

### Palmolive Handwash 250mL

When you spend \$30 or more in store.

**1¢**



Conditions Apply. Please see a Friendlies staff member in-store for more details. Limit of 1 Coupon item per customer. Excludes prescriptions, specials and catalogue items

# Vitamins For Health

## Nature's Own™

- A. Nature's Own 4 in 1 Concentrated Fish Oil 60<sup>v</sup>
- B. Nature's Own Liver Tonic 50<sup>v</sup>
- C. Nature's Own High Strength Zinc 30mg 120<sup>v</sup>
- D. Nature's Own Iron Plus 50<sup>v</sup>
- E. Nature's Own Odourless Fish Oil 1000mg 400<sup>v</sup>
- F. Nature's Own Chromium Picolinate 200<sup>v</sup>
- G. Nature's Own Biotin Strong Nails 100<sup>v</sup>
- H. Nature's Own High Strength Magnesium Orotate 60<sup>v</sup>
- I. Nature's Own Vitamin B3 500IU 120<sup>v</sup>
- J. Nature's Own Vitamin B6 100mg 60<sup>v</sup>

- \$17.39 **SAVE \$8.10**
- \$12.19 **SAVE \$6.30**
- \$18.34 **SAVE \$9.15**
- \$8.89 **SAVE \$5.10**
- \$38.89 **SAVE \$18.50**
- \$15.54 **SAVE \$6.45**
- \$12.34 **SAVE \$6.65**
- \$19.24 **SAVE \$8.75**
- \$15.99 **SAVE \$9.00**
- \$13.99 **SAVE \$6.50**

**\$1164**  
SAVE \$6.85

Nature's Own  
Vitamin E  
500IU  
60<sup>v</sup>



**\$34.99**

SAVE \$20.00



Bioglan  
Bladder Control  
60<sup>v</sup>

**\$32.88**

SAVE \$20.11



Bioglan  
Curcumin Plus 600mg  
50<sup>v</sup>

**\$21.34**

SAVE \$11.65



Bioglan  
Mega B Complex  
90<sup>v</sup>

**\$14.24**

SAVE \$8.75



Bioglan  
Vitamin B12 2000mg  
90<sup>v</sup>

**\$18.76**

SAVE \$10.23



Bioglan  
Turmeric 1000mg  
100<sup>v</sup>

**\$12.99**

SAVE \$7.00



Bioglan  
Vitamin B1 250mg  
75<sup>v</sup>

Nature's Way **40% off sale**



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**\$25.49**  
SAVE \$9.50



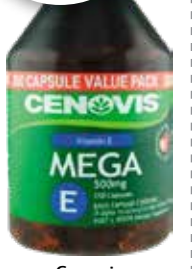
Cenovis CoQ10 150mg 90<sup>v</sup>

**\$13.34**  
SAVE \$6.15



Cenovis Echinacea 5000 60<sup>v</sup>

**\$27.99**  
SAVE \$12.50



Cenovis Mega E 500mg 250<sup>v</sup>

**\$20.99**  
SAVE \$11.00



Ethical Nutrients Immune Defence 30<sup>v</sup>

**\$24.99**  
SAVE \$12.00



Ethical Nutrients Inner Health Plus Dairy Free 30<sup>v</sup>

**\$21.64**  
SAVE \$6.35



Ethical Nutrients Chromium Sugar Balance 60<sup>v</sup>

**\$8.29**  
SAVE \$4.70



Caltrate Bone Health 60<sup>v</sup>

**\$17.59**  
SAVE \$9.90



Brauer Arnica 60<sup>v</sup>

**\$21.99**  
SAVE \$12.50



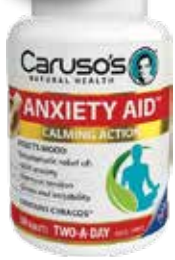
Centrum Advance Tabs 100<sup>v</sup>

**\$12.64**  
SAVE \$7.85



Sambucol Kids 120mL<sup>v</sup>

**\$25.99**  
SAVE \$11.50



Caruso's Anxiety Aid 30<sup>v</sup>

**\$13.84**  
SAVE \$6.15



Caruso's Cascara 60<sup>v</sup>

**\$14.34**  
SAVE \$6.65



Caruso's Ultra Max Vitamin D3 1000IU 250<sup>v</sup>

**\$20.78**  
SAVE \$14.21



Caruso's Krill Oil 1000mg 30<sup>v</sup>



## BLACKMORES<sup>®</sup>

THE BEST OF HEALTH

- A. Blackmores Nails, Hair and Skin 60<sup>v</sup> \$16.29 **SAVE \$6.70**
- B. Blackmores Cranberry 15000 60<sup>v</sup> \$22.99 **SAVE \$14.00**
- C. Blackmores Odourless Fish Oil 200<sup>v</sup> \$17.89 **SAVE \$8.60**
- D. Blackmores Selemite B 100mcg 100<sup>v</sup> \$14.34 **SAVE \$7.15**
- E. Blackmores Executive B 62<sup>v</sup> \$21.34 **SAVE \$8.65**
- F. Blackmores Flaxseed Oil 100<sup>v</sup> \$19.34 **SAVE \$6.65**
- G. Blackmores Lutein-Defence 60<sup>v</sup> \$27.99 **SAVE \$12.00**
- H. Blackmores Tranquil Night 60<sup>v</sup> \$16.24 **SAVE \$8.75**
- I. Blackmores Vitamin E 1000IU 30<sup>v</sup> \$18.39 **SAVE \$11.10**
- J. Blackmores Super Strength CoQ10 300mg 30<sup>v</sup> \$24.99 **SAVE \$9.00**

\$9.99

SAVE \$5.00

# Friendly Specials



**\$6.49**  
Hot Price

Nurofen Zavance  
Tab/Cap 24



**\$15.64**  
SAVE \$8.35

Brauer Sport Ice Joint and  
Muscle Gel 100g



**\$14.99**  
SAVE \$9.00

Breath-A-Tech  
Inhaler Chamber



**\$12.99**  
SAVE \$6.00

Medi Gel  
50g



**\$7.44**  
SAVE \$4.55

Coloxyl 50mg  
100



**\$9.49**  
SAVE \$6.50

Difflam Throat  
Lozenges 16\*



**\$11.64**  
SAVE \$6.35

Systane Ultra  
10mL



**\$12.84**  
SAVE \$5.15

Migrastick  
3mL



**\$26.99**  
SAVE \$12.50

Allertine 20mg  
30\*



**\$6.89**  
SAVE \$3.10

Dencorub Arthritis Cream  
100g



**\$14.39**  
SAVE \$6.60

Lamisil Cream  
15g\*



**\$14.34**  
SAVE \$7.15

Osmolax Relief  
595G



**\$14.34**  
SAVE \$6.65

Daktarin Spray  
100g\*



**\$27.39**  
SAVE \$11.10

Desonex 5mg  
40\*



**\$28.99**  
SAVE \$13.50

KP 24 Rapid  
300mL



**\$34.99**  
SAVE \$15.00

Zyrtec 10mg  
50\*



**\$13.49**  
SAVE \$6.00

Mylanta 2go Original  
Chews 100



**\$19.79**  
SAVE \$8.20

Hirudoid Cream  
40g



**\$29.99**  
SAVE \$14.00

Breathe Right Nasal  
Strips 30



**\$8.69**  
SAVE \$4.30

Albalon A eye drop  
15mL\*

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**\$13.64**  
SAVE \$7.35

Invite E Oil 30mL



**\$9.99**  
SAVE \$5.00

Murine Clear Eyes eye drops 15mL\*



**\$10.99**  
SAVE \$7.00

Sudafed PE Day/Night 24\*



**\$9.64**  
SAVE \$5.85

Dermaveen Eczema cream 100g



**\$23.99**  
SAVE \$11.50

Telfast 120mg 30\*



**\$19.99**  
SAVE \$17.00

Chemists' Own Fexo 180mg 70\*



**\$12.99**  
SAVE \$6.00

Chemists' Own Mometasone 50mcg 140\*



**\$9.99**  
SAVE \$7.50

Chemists' Own Allergy Eye Drops 5mL\*



**\$19.99**  
SAVE \$13.00

Chemists' Own C-Zinc 10mg 70\*



**\$12.99**  
SAVE \$6.50

Chemists' Own Provance Magnesium Forte 60\*



**\$5.34**  
SAVE \$2.65

Maxigesic 12\*



**\$27.99**  
Hot Price

Nurofen 5-12 years 200mL\*



**\$10.34**  
SAVE \$5.65

Bonjela Teething gel 15g



**\$24.69**  
SAVE \$14.30

Bio Oil 200mL



**\$7.98**  
SAVE \$4.51

Medi Crème 50g



**\$7.79**  
SAVE \$4.20

Gastro-stop Plus 12\*



**\$8.99**  
SAVE \$4.00

Albalon Eye Drop 15mL\*



**\$9.49**  
SAVE \$4.00

Medipulv 25g



**\$4.99**  
Hot Price

Advil Rapid Release 24\*



**\$23.54**  
SAVE \$8.45

Bisolvon Chesty 8mg 100\*

# Friendly Specials

**\$16<sup>99</sup>**  
SAVE \$6.50



**Optive Advanced**  
15mL

**\$11<sup>88</sup>**  
SAVE \$6.11



**Zyrtec Kids**  
75mL\*

**\$10<sup>59</sup>**  
SAVE \$4.40



**Infants' Friend**  
100mL

**\$10<sup>44</sup>**  
SAVE \$5.05



**Otrivin Adult Nasal Spray**  
10mL\*

**\$28<sup>79</sup>**  
SAVE \$14.20



**Lucas Papaw ointment**  
200g

**\$4<sup>59</sup>**  
SAVE \$1.90



**Libra tampons regular/super 16**

**\$9<sup>59</sup>**  
SAVE \$5.40



**Benefiber**  
155g

**\$10<sup>39</sup>**  
SAVE \$5.60




**Metsal Cream**  
125g

**\$4<sup>49</sup>**  
SAVE \$2.00



**Refresh Liquigel Eye Drops**  
15mL

**\$22<sup>34</sup>**  
SAVE \$12.65



**Nizoral 2% shampoo**  
100mL\*

**\$24<sup>99</sup>**  
SAVE \$10.00



**Benzac AC Gel 5.0%**  
60g

**\$12<sup>88</sup>**  
SAVE \$7.11



**Movicol**  
30

**\$9<sup>99</sup>**  
SAVE \$6.50



**Lyclear Scabies Cream**  
30g

**\$10<sup>99</sup>**  
SAVE \$5.00



**Azep Hayfever relief**  
5mL\*

**\$18<sup>99</sup>**  
SAVE \$7.50



**Ego Pinetarsol Gel**  
450g\*

**\$22<sup>34</sup>**  
SAVE \$9.15



**Ego QV Gentle Wash**  
1L

**\$14<sup>99</sup>**  
SAVE \$6.00



**Ego Aqium**  
1L

**\$11<sup>99</sup>**  
SAVE \$5.00



**Sukin Volumising Shampoo and Conditioner**  
500mL

**\$9<sup>74</sup>**  
SAVE \$4.25



**Sukin Charcoal Pore Scrub**  
125mL

**\$9<sup>24</sup>**  
SAVE \$6.25



**Sukin Blemish Facial Wash**  
125mL

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We offer **CERTEGEY** as a payment option\* for CPAP and Rehabilitation aids.  
Pay 25% deposit and collect stock immediately. Pay off balance over 10 equal payments.  
\*Conditions apply.

# Independent Living

Having your knee or hip replacement done? Why not pop into Friendlies and pick up your mobility equipment.

**\$3950**

**Pride Pathrider  
10D XL  
SCT670620**



**\$3200**

**Pride Go Chair  
Next Generation  
PWS654200RE**



**\$7130**

**Pride Pathrider  
140 XL  
SCT670506**



**\$1999**



SleepStyle™  
**5**  
YEAR

2+3  
YEAR EXTENDED  
WARRANTY

**EXCLUSIVE OFFER  
AVAILABLE IN-STORE ONLY**

**HUGE CPAP SPECIAL!  
Fisher & Paykel  
Sleepstyle Auto**

- + F&P mask **FREE**
- + Extended warranty **FREE**
- + 2x pack SS filters **FREE**

\*Based on Recommended Retail Prices  
\*Offer valid while stocks lasts at participating Friendlies locations  
\*NOTE: CPAP special is not available for Certegey customers

NOW AVAILABLE AT: MARYBOROUGH, 2/60 ELLENA ST, PH: 4123 2733 / HERVEY BAY, 35 TORQUAY RD, PIALBA, PH: 4128 3899 / CHILDERS, 60 CHURCHILL ST, PH: 4126 1235  
GYMPIE, 59 MARY ST, PH: 5482 1032, & 70-72 CHANNON ST, PH: 5482 9390 / NAMBOUR, CNR ANN ST & PORTERS LANE, PH: 5441 1322 / GRAFTON, 18 PRINCE ST, PH: 6642 3444

# Independent Living

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**\$2.49**  
SAVE \$2.50



Airwick  
185g

**\$0.99**  
SAVE \$1.50



Colgate Toothbrush  
Extra Clean

**\$1.99**  
SAVE \$3.00



Dove Beauty Bar  
100g

**\$1.99**  
SAVE \$2.00



Palmolive Handwash  
250mL

**\$2.99**  
SAVE \$2.00



Ajax Spray n Wipe  
500mL

**\$2.29**  
SAVE \$1.20



Colgate Toothpaste  
Cool Mint and Regular  
175g

**\$4.49**  
SAVE \$2.50



Duo Front and Top  
Loader 2kg

**\$3.99**  
SAVE \$2.00



Palmolive Shampoo  
and Conditioner 350mL

**\$3.49**  
SAVE \$1.50



Jif  
500mL

**\$2.99**  
SAVE \$3.00



Harpic Powerplus  
450mL

**\$2.99**  
SAVE \$1.00



Pine-O-Cleen  
Disinfectant 500mL

**\$18.99**  
SAVE \$7.00



Finish Powerball  
110

## WIN a \$200 spending spree!

Spend \$20 in-store to go in the running to win a \$200 spending spree! Full details in-store.  
Last month's winner: **Janice Brault, Urangan**



### The Friendlies Discount Pharmacy

#### QUEENSLAND

<b>Maryborough</b>	217 Adelaide Street, Maryborough Qld	07 4122 1455
<b>Maryborough</b>	277-281 Adelaide Street, Maryborough Qld	07 4123 2266
<b>Hervey Bay</b>	Bay Plaza, 35 Torquay Road, Hervey Bay Qld	07 4128 3899
<b>Tinana</b>	201 Gympie Road, Tinana Qld	07 4122 4647
<b>Nambour</b>	Cnr Ann Street and Porters Lane, Nambour Qld	07 5441 1322
<b>Gympie</b>	59 Mary Street, Gympie Qld	07 5482 1032
<b>Childers</b>	60 Churchill Street, Childers Qld	07 4126 1235

#### NEW SOUTH WALES

<b>Grafton</b>	18 Prince St Grafton, NSW 2460	02 6642 3444
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### The Friendlies Independent Living

<b>Maryborough</b>	60 Ellena Street, Maryborough Qld	07 4123 2733
<b>Hervey Bay</b>	Bay Plaza, 35 Torquay Road, Hervey Bay Qld	07 4128 3899
<b>Gympie</b>	70-72 Channon Street, Gympie Qld	07 5482 9390

**DISCLAIMER:** All Prices are valid between the 1st and 31st of August. Prices and products are correct at time of printing and we endeavour to ensure that all advertised products are available during the promotional period and in some circumstances not all stores will be able to hold stock of certain product lines. On occasion, products may also be delayed due to suppliers, transport or other issues outside The Friendlies control. The Friendlies cannot be held responsible for typographical errors or omissions. Limit rights reserved. \*If symptoms persist see your health care professional. Always read the label, use only as directed. Incorrect use could be harmful. \*\*There is a maximum purchase quantity of three boxes. If you find any of these products advertised for less, we will give you 110% of the difference! That's our famous 110% PRICE GUARANTEE! All savings off normal R.R.P. <sup>v</sup> Vitamin supplements may only be of assistance if dietary vitamin intake is inadequate.

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