

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 Ultra B 150 Forte 60<sup>v</sup>
- B. Nature's Own Vitamin B3 500mg 120<sup>v</sup>
- C. Nature's Own Odourless Fish Oil 1000mg 400<sup>v</sup>
- D. Nature's Own High Strength Echinacea 10000 30<sup>v</sup>
- E. Nature's Own High Strength Zinc 30mg 120<sup>v</sup>
- F. Nature's Own 4 in 1 Concentrated Fish Oil 60<sup>v</sup>
- G. Nature's Own Activated Methyl B12 60<sup>v</sup>
- H. Nature's Own Ultra B 150 Forte 60<sup>v</sup>
- I. Nature's Own Mega Magnesium and D3 100<sup>v</sup>
- J. Nature's Own Valerian Forte 2000mg 60<sup>v</sup>

- \$22.34 **SAVE \$11.65**
- \$15.99 **SAVE \$9.00**
- \$38.99 **SAVE \$18.50**
- \$12.34 **SAVE \$7.65**
- \$18.34 **SAVE \$9.15**
- \$15.39 **SAVE \$6.60**
- \$16.49 **SAVE \$7.50**
- \$21.34 **SAVE \$9.65**
- \$22.64 **SAVE \$12.85**
- \$23.54 **SAVE \$12.95**

**\$14.84**  
SAVE \$10.15

Nature's Own  
Slippery Elm  
400mg  
60<sup>v</sup>



**\$34.99**  
SAVE \$17.00



Bioglan  
CoQ10 300mg  
60<sup>v</sup>

**\$34.99**  
SAVE \$15.00



Bioglan  
Fish Oil 1000mg  
400<sup>v</sup>

**\$24.84**  
SAVE \$12.15



Bioglan  
Glucosamine 1500mg  
200<sup>v</sup>

**\$23.24**  
SAVE \$11.75



Bioglan  
Hizorb TS Turmeric  
100<sup>v</sup>

**\$29.99**  
SAVE \$18.00



Bioglan  
Red Krill Oil 1000mg  
60<sup>v</sup>

**\$35.99**  
SAVE \$18.00



Bioglan  
Glucosamine Chondroitin  
Turmeric 120<sup>v</sup>

**\$19.99**  
SAVE \$10.00



Nature's Way  
Fish Oil 1500mg  
200<sup>v</sup>

**\$31.89**  
SAVE \$18.10



Nature's Way  
Restore  
90<sup>v</sup>

**\$19.88**  
SAVE \$10.11



Nature's Way  
SF ACV 1200mg  
90<sup>v</sup>

**\$16.59**  
SAVE \$7.40



Nature's Way  
HS Magnesium  
150<sup>v</sup>

**\$16.99**  
SAVE \$7.00



Nature's Way  
Mega B Exec Stress  
200<sup>v</sup>

**\$13.89**  
SAVE \$6.10



Nature's Way  
Sugarless Vit C 500mg  
300<sup>v</sup>





If you find any of these products advertised for less, we'll give you 110% of the difference!

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**\$25<sup>49</sup>**  
SAVE \$9.50



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

**\$12<sup>99</sup>**  
SAVE \$6.50



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

**\$26<sup>99</sup>**  
SAVE \$13.50



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

**\$20<sup>64</sup>**  
SAVE \$11.35



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

**\$24<sup>99</sup>**  
SAVE \$11.00



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

**\$21<sup>64</sup>**  
SAVE \$6.35



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

**\$8<sup>29</sup>**  
SAVE \$4.20



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

**\$12<sup>64</sup>**  
SAVE \$7.85



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

**\$17<sup>59</sup>**  
SAVE \$9.90



Brauer Arnica 60<sup>v</sup>

**\$21<sup>99</sup>**  
SAVE \$12.50



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

**\$22<sup>64</sup>**  
SAVE \$11.35



Caruso's Ultra Max Astaxanthin 30<sup>v</sup>

**\$14<sup>34</sup>**  
SAVE \$6.65



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

**\$36<sup>99</sup>**  
SAVE \$23.00



Caruso's Turmeric 50<sup>v</sup>

**\$20<sup>78</sup>**  
SAVE \$14.21



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

## BLACKMORES<sup>®</sup>

### THE BEST OF HEALTH

- A. Blackmores Lutein-Defence 60<sup>v</sup> \$26.99 **SAVE \$13.00**
- B. Blackmores Valerian Forte 30<sup>v</sup> \$14.29 **SAVE \$6.70**
- C. Blackmores Executive B 62<sup>v</sup> \$19.64 **SAVE \$10.35**
- D. Blackmores Echinacea Forte 40<sup>v</sup> \$12.34 **SAVE \$7.65**
- E. Blackmores Nails, Hair and Skin 60<sup>v</sup> \$16.29 **SAVE \$6.70**
- F. Blackmores Glucosamine Sulfate 1500mg 90<sup>v</sup> \$25.99 **SAVE \$14.00**
- G. Blackmores Total Calcium Magnesium and D3 200<sup>v</sup> \$27.84 **SAVE \$14.15**
- H. Blackmores Superkids 60<sup>v</sup> \$9.99 **SAVE \$5.00**
- I. Blackmores Bio Magnesium 100<sup>v</sup> \$21.64 **SAVE \$11.85**
- J. Blackmores Travel Calm Ginger 45<sup>v</sup> \$11.69 **SAVE \$4.30**



**\$14<sup>69</sup>**  
SAVE \$5.80



Blackmores Vitamin E 1000IU 30<sup>v</sup>



# 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



**\$21.99**  
SAVE \$11.00

Wart Off Freeze  
38mL



**\$9.84**  
SAVE \$4.65

SM33 gel  
10g\*



**\$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



**\$28.79**  
SAVE \$14.20

Lucas Papaw ointment  
200g



**\$12.84**  
SAVE \$5.15

Migrastick  
3mL



**\$26.99**  
SAVE \$12.50

Allertine 20mg  
30\*



**\$12.99**  
SAVE \$7.00

Biotene Oral Balance  
Gel 42g



**\$9.59**  
SAVE \$5.40

Benefibre  
155g



**\$14.24**  
SAVE \$6.75

Claratyne  
120mL\*



**\$14.39**  
SAVE \$6.60

Lamisil Cream  
15g\*



**\$14.34**  
SAVE \$7.15

Osmolax Relief  
595G



**\$14.34**  
SAVE \$6.65

Daktrin Spray  
100g\*



**\$6.89**  
SAVE \$3.10

Dencorub Arthritis Cream  
100g



**\$4.99**  
Hot Price

Advil Rapid Release  
24\*



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**\$26.39**  
SAVE \$12.10

Desonex 5mg  
40\*

**\$28.99**  
SAVE \$13.50

KP 24 Rapid  
KILLS  
in 10 minutes  
300mL

**\$34.99**  
SAVE \$15.00

Zyrtec 10mg  
50\*

**\$36.99**  
SAVE \$17.00

Claratyne Rapid  
60\*

**\$12.19**  
SAVE \$6.30

Daktarin Tincture 2%  
30mL\*

**\$19.99**  
SAVE \$17.00

Chemists' Own Fexo 180mg  
70\*

**\$12.99**  
SAVE \$6.00

Chemists' Own Mometasone Nasal Spray Allergy Relief  
140\*

**\$9.99**  
SAVE \$7.50

Chemists' Own Allergy Eye Drops 5mL\*

**\$19.99**  
SAVE \$13.00

Chemists' Own C-Zine 10mg 70\*

**\$12.99**  
SAVE \$6.50

Chemists' Own Provance Magnesium Forte 60\*

**\$13.49**  
SAVE \$6.00

Mylanta 2go Original Chews  
100

**\$8.49**  
SAVE \$3.50

Polyvisc Ointment  
3.5g

**\$10.59**  
SAVE \$4.40

Infants' Friend Oral Liquid  
100mL

**\$8.99**  
SAVE \$4.00

Gastrolyte Blackcurrant Effervescent 20

**\$4.24**  
Hot Price

Panadol Optizorb  
20

**\$8.69**  
SAVE \$3.80

Albalon A eye drop  
15mL\*

**\$13.64**  
SAVE \$7.35

Invite E Vitamin E Oil  
30mL

**\$9.99**  
SAVE \$5.00

Murine Clear Eyes eye drops 15mL\*

**\$13.84**  
SAVE \$6.15

Bisolvon Chesty Forte  
200mL

**\$38.99**  
SAVE \$14.00

Nicorette Quick Mist Spray  
150 sprays



# Friendly Specials



**\$10<sup>99</sup>**  
SAVE \$7.00

Sudafed PE Day/Night  
24\*



**\$8<sup>88</sup>**  
SAVE \$5.11

Dermaveen Eczema  
cream 100g



**\$22<sup>99</sup>**  
SAVE \$12.50

Telfast 120mg  
30\*



**\$13<sup>64</sup>**  
SAVE \$8.85

Telfast  
150mL



**\$20<sup>99</sup>**  
SAVE \$12.00

Magnoplasm  
100g



**\$5<sup>34</sup>**  
SAVE \$2.65

Maxigesic  
12\*



**\$27<sup>99</sup>**  
Hot Price

Nurofen 5-12 years  
200mL\*



**\$9<sup>99</sup>**  
SAVE \$4.50

Bonjela Teething gel  
15g



**\$43<sup>99</sup>**  
SAVE \$16.50

Nicabate CQ clear 21mg  
2 weeks



**\$17<sup>68</sup>**  
SAVE \$7.31

Stingose Spray  
100mL



**\$24<sup>69</sup>**  
SAVE \$14.30

Bio Oil  
200mL



**\$26<sup>99</sup>**  
SAVE \$10.00

Voltaren Emulgel  
150g



**\$7<sup>19</sup>**  
SAVE \$4.20

Gastro-stop Plus  
12\*



**\$11<sup>64</sup>**  
SAVE \$5.35

Auralgan ear drops  
15mL\*



**\$18<sup>69</sup>**  
SAVE \$6.30

Ego Pinetarsol  
500mL



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

Ego  
QV Gentle Wash  
1L



**\$13<sup>99</sup>**  
SAVE \$7.00

Ego  
Aqium  
1L



**\$9<sup>24</sup>**  
SAVE \$4.75

Sukin  
Cream Cleanser Pump  
125mL



**\$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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# Independent Living

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



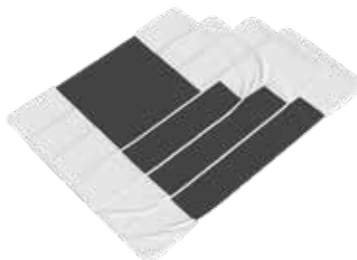
UCCELLO Tipping Kettle  
**\$120.00**



Bandana Adult Clothes Protector  
**\$24.00**



Conni Chair Pad 18380300  
**\$26.00**



Icare bed pads IC90BPKS  
**\$42.00**



Icare Mattress Protector ICMPKS  
**\$37.00**

**certegy**  
ezi-pay

We offer  
**CERTEGY**  
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.

**\$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  
Certegy 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

**\$3.74**  
SAVE \$1.25



Palmolive body wash  
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: **Greg Podger, Hervey Bay**

### 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
<b>Granville</b>	17 Odessa Street, Granville Qld	07 4114 1910

#### 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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