

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

\$200

spending spree!
See back page for details.

Now that's friendly!

Ajax Spray and Wipe 500mL

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 Toothbrush

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 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

Vitamins For Health

Nature's Own™

- A. Nature's Own Mega Magnesium and D3 100^v
- B. Nature's Own Iron Plus 50^v
- C. Nature's Own Complete Sleep Advanced 30^v
- D. Nature's Own High Strength Echinacea 10000 30^v
- E. Nature's Own Sleep Ezy 100^v
- F. Nature's Own Milk Thistle 35000mg 60^v
- G. Nature's Own Super B Complex 75^v
- H. Nature's Own High Strength Magnesium Orotate 60^v
- I. Nature's Own Focus and Perform 40^v
- J. Nature's Own Vitamin B12 1000mcg 60^v

- \$22.64 **SAVE \$12.85**
- \$9.89 **SAVE \$4.10**
- \$17.24 **SAVE \$9.75**
- \$12.34 **SAVE \$7.65**
- \$16.89 **SAVE \$7.60**
- \$17.89 **SAVE \$11.10**
- \$19.99 **SAVE \$10.50**
- \$18.89 **SAVE \$9.10**
- \$17.69 **SAVE \$9.30**
- \$14.98 **SAVE \$6.51**

\$12⁸⁹
SAVE \$6.10

Nature's Own
Fenugreek
1000mg
60^v

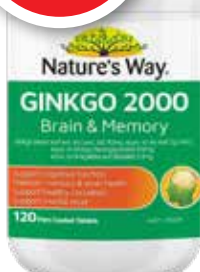


\$25¹⁹
SAVE \$10.80



Nature's Way
CoQ10 150mg
30^v

\$11⁸⁹
SAVE \$5.10



Nature's Way
Ginkgo 2000
Brain & Memory 120^v

\$9⁰⁹
SAVE \$3.90



Nature's Way
High Strength Iron
30^v

\$17¹⁴
SAVE \$7.35



Nature's Way
HS Magnesium
150^v

\$11⁵⁴
SAVE \$4.95



Nature's Way
Gummies Immunity
60^v

\$17⁸⁴
SAVE \$7.65



Nature's Way
KSVG Digestive Health &
Regularity 40^v

\$23⁰⁹
SAVE \$9.90



Bioglan
Ashwagandha 6000mg
60^v

\$34⁹⁹
SAVE \$15.00



Bioglan
Therapeutic Bladder
Control 60^v

\$22³⁹
SAVE \$9.60



Bioglan
Magnesium
150^v

\$19⁵⁹
SAVE \$8.40



Bioglan
Marine Collagen
Beauty Complex Shots
15x25ml^v

\$17⁸⁴
SAVE \$7.65



Bioglan
Sleep Tablets
90^v

\$11¹⁹
SAVE \$4.80



Bioglan
Vitamin D3
250^v

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

Home of the **110%** price Guarantee

 <p>\$13.44 SAVE \$6.05</p> <p>Cenovis Cranberry 30000 30^v</p>	 <p>\$7.99 SAVE \$4.00</p> <p>Cenovis Sugarless C 500MG 100^v</p>	 <p>\$29.64 SAVE \$10.85</p> <p>Cenovis Mega E 500mg 250^v</p>	 <p>\$25.99 SAVE \$9.00</p> <p>Ethical Nutrients Super Multi Plus 60^v</p>	 <p>\$25.49 SAVE \$11.50</p> <p>Ethical Nutrients Inner Health Plus 30^v</p>	 <p>\$14.19 SAVE \$5.80</p> <p>Caltrate Bone Health 100^v</p>	 <p>\$15.74 SAVE \$7.75</p> <p>Brauer Sport Arnica Gel 100g^v</p>
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 <p>\$14.99 SAVE \$4.50</p> <p>Brauer Childrens Sleep 100mL^v</p>	 <p>\$59.99 SAVE \$28.00</p> <p>Promensil Double Strength 60^v</p>	 <p>\$32.99 SAVE \$13.00</p> <p>Olive Leaf Extract Natural/Peppermint 500mL^v</p>	 <p>\$24.78 SAVE \$9.71</p> <p>Caruso's Ultra Max Astaxanthin 30^v</p>	 <p>\$18.99 SAVE \$8.00</p> <p>Caruso's Fluid Away 30^v</p>	 <p>\$20.99 SAVE \$11.00</p> <p>Caruso's Ginkgo 6000 60^v</p>	 <p>\$25.99 SAVE \$11.30</p> <p>Caruso's Anxiety Aid 30^v</p>
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BLACKMORES®

THE BEST OF HEALTH

- A. Blackmores Cranberry 15000 60^v \$22.99 **SAVE \$14.00**
- B. Blackmores Proseren 120^v \$59.99 **SAVE \$17.00**
- C. Blackmores Valerian Forte 30^v \$14.29 **SAVE \$6.70**
- D. Blackmores Prostate Health Formula 60^v \$29.99 **SAVE \$15.50**
- E. Blackmores Lutein-Defence 60^v \$26.99 **SAVE \$13.00**
- F. Blackmores Superkids 60^v \$9.99 **SAVE \$5.00**
- G. Blackmores Vitamin D3 1000IU 200^v \$19.99 **SAVE \$10.00**
- H. Blackmores Magmin 50^v \$10.99 **SAVE \$4.50**
- I. Blackmores Vitamin E 500IU 50^v \$14.59 **SAVE \$7.40**
- J. Blackmores Travel Calm Ginger 45^v \$11.69 **SAVE \$4.30**

\$16.29
SAVE \$6.70

Blackmores B12 Rapimelt 1000mcg 150^v

Friendly Specials



\$8.99
Hot Price

Nurofen Zavance
tab/cap 24



\$12.59
SAVE \$3.90

Bepanthen Cream
100g



\$11.64
SAVE \$4.35

Brauer Paw Paw Ointment
75g



\$17.68
SAVE \$7.31

Stingose Spray
100mL



\$21.54
SAVE \$8.45

DaktaGold
30g*



\$19.99
SAVE \$12.00

Nasonex Allergy
140g*



\$18.99
SAVE \$10.00

Metamucil Orange 48
dose 528g



\$9.79
SAVE \$4.70

Gold Cross Senega and
Ammonia 500mL



\$9.99
SAVE \$5.00

Buscopan Forte 20mg
10*



\$19.99
SAVE \$9.00

Combantrin Chocolate
Squares 24*



\$16.49
SAVE \$7.00

Optive Advanced
15mL



\$12.84
SAVE \$5.15

Migrastick
3mL



\$9.99
SAVE \$5.00

Eulactol Heel Balm Gold
60mL



\$13.99
SAVE \$5.00

Hamilton Everyday Face
50+ 75g



\$7.98
SAVE \$4.51

Medi Crème
50g



\$19.34
SAVE \$8.65

Proctosedyl Ointment
30g*



\$7.19
SAVE \$4.80

Stop Itch Plus Cream
50g



\$19.74
SAVE \$7.25

Voltaren Emulgel
100g



\$11.99
Hot Price

Naprogesic 275mg
24*



\$9.99
SAVE \$5.00

Murine Clear Eyes
eye drops 15mL*

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

Home of the **110%** price Guarantee



\$24.99
SAVE \$10.00
Benzac AC Gel 5.0%
60g



\$10.99
SAVE \$8.50
Dermeze Soap Free Wash 500mL



\$9.24
SAVE \$4.25
Nurofen 48*



\$10.74
SAVE \$4.75
Eurax Cream 20g



\$6.99
SAVE \$5.50
Bonjela Teething gel 15g



\$4.99
SAVE \$2.00
Chemists' Own Diarrhoea relief 20*



\$9.99
Hot Price
Chemists' Own Paracetamol 5-12 years 200mL*



\$6.99
SAVE \$4.00
Chemists' Own Laxative with Senna 90*



\$11.99
SAVE \$7.00
Chemists' Own Macrogol 30



\$18.38
SAVE \$9.61
Chemists' Own Loratadine 10mg 50*



\$12.89
SAVE \$6.60
Gaviscon Infant sachets 30



\$7.84
SAVE \$3.65
Nizoral 2% shampoo 100mL*



\$14.44
SAVE \$7.05
Rhinocort Hayfever 60



\$12.74
SAVE \$8.25
Invite E Oil 30mL



\$43.99
SAVE \$16.50
Nicabate CQ clear 21mg 2 weeks



\$26.99
SAVE \$8.50
Zyrtec 10mg 30mL*



\$6.74
SAVE \$4.25
Amolin Baby Cream 100g



\$15.49
SAVE \$7.00
Durotuss Dry Cough 200mL*



\$22.79
SAVE \$9.20
Mintec 60



\$12.24
SAVE \$4.25
Hydralyte 1L

Friendly Specials



\$8⁹⁹
SAVE \$4.50

Gripe Water
200mL



\$8⁴⁹
SAVE \$3.50

Polyvisc Ointment
3.5g



\$6³⁴
SAVE \$4.15

Coloxyl Oral Drops
30mL



\$17⁹⁹
SAVE \$9.00

Sudocrem
250g



\$21⁹⁹
SAVE \$11.00

Dulcolax 5mg
200



\$10⁷⁹
SAVE \$5.20

Fess Sensitive Noses
nasal spray 30mL



\$6⁵⁹
SAVE \$2.40

Travacalm
10*



\$26⁹⁹
SAVE \$13.00

KP 24 Rapid
300mL



\$7⁷⁹
SAVE \$4.20

Gastro-stop Plus
12*



\$12⁹⁹
SAVE \$6.00

Polident Denture Adhesive Cream
Flav/Free & Mint 60g



\$8⁷⁴
SAVE \$4.25

Albalon Eye Drop
15mL*



\$31⁹⁹
SAVE \$10.50

Nicabate 4mg
100



\$10³⁴
SAVE \$4.65

Ear Clear for wax removal
12mL



\$18⁴⁹
Hot Price

Advil liquid Caps
90*



\$17²⁹
SAVE \$7.20

Ego Pinetarsol
500mL



\$12³⁴
SAVE \$5.65

Ego QV Bath Oil
500mL



\$5¹⁹
SAVE \$2.80

Ego Dermaid Soft
0.5% 30g*



\$9¹⁴
SAVE \$4.85

Sukin Sensitive Facial
Moisturiser 125mL



\$9⁹⁹
SAVE \$5.00

Sukin Oil Balancing Shampoo
and Conditioner 500mL



\$9⁷⁹
SAVE \$5.20

Sukin Body Scrub
200mL

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

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110%
price Guarantee



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.

\$620

Aspire Vida SP Wheelchair
MWS449860



\$65

Pedal Exerciser
35005



\$65

Raven Ramps
25mm



\$125

Raven Ramps
50mm



\$645

Aspire Carbon Fibre Seat Walker
WAF705350



\$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

Friendly Specials

Home of the
110%
price Guarantee



\$2.99
SAVE \$2.00

Morning Fresh dishwashing liquid 400mL



\$2.99
SAVE \$3.00

Harpic Powerplus 450mL



\$1.99
SAVE \$3.00

Dove beauty bar 100g



\$2.29
SAVE \$1.20

Colgate Toothpaste Cool Mint and Regular 175g



\$1.99
SAVE \$2.00

Palmolive Handwash 250mL



\$4.99
SAVE \$2.00

Napisan Vanish 950g



\$2.99
SAVE \$2.00

Palmolive Dishwashing liquid 750mL



\$2.49
SAVE \$2.50

True Value Mens and Ladies disposable razors 8



\$3.49
SAVE \$1.50

Colgate total advanced whitening 190g



\$2.99
SAVE \$2.00

White King Bleach 1.25L



\$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: **Ruth Waxman, Gympie**



The Friendlies Discount Pharmacy

QUEENSLAND

Maryborough	217 Adelaide Street, Maryborough Qld	07 4122 1455
Maryborough	277-281 Adelaide Street, Maryborough Qld	07 4123 2266
Hervey Bay	Bay Plaza, 35 Torquay Road, Hervey Bay Qld	07 4128 3899
Tinana	201 Gympie Road, Tinana Qld	07 4122 4647
Nambour	Cnr Ann Street and Porters Lane, Nambour Qld	07 5441 1322
Gympie	70-72 Channon Street, Gympie Qld	07 5482 1032
Childers	60 Churchill Street, Childers Qld	07 4126 1235
Granville	17 Odessa Street, Granville Qld	07 4114 1910

NEW SOUTH WALES

Grafton	18 Prince St Grafton, NSW 2460	02 6642 3444
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The Friendlies Independent Living

Maryborough	60 Ellena Street, Maryborough Qld	07 4123 2733
Hervey Bay	Bay Plaza, 35 Torquay Road, Hervey Bay Qld	07 4128 3899
Gympie	70-72 Channon Street, Gympie Qld	07 5481 1015

DISCLAIMER: All Prices are valid between the 1st and 31st of December. 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. √ Vitamin supplements may only be of assistance if dietary vitamin intake is inadequate.

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