

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!

Harpic 450mL Toilet Cleaner

When you spend \$30 or more in store.



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

Dove Beauty Bar 100g

When you spend \$30 or more in store.



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

Rexona 150g Deodorant

When you spend \$30 or more in store.



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 Odourless Fish Oil 1500mg 400^v
- B. Nature's Own Focus and Perform 40^v
- C. Nature's Own Triple Strength Garlic 10,000mg 100^v
- D. Nature's Own Vitamin B12 1000mcg 60^v
- E. Nature's Own Calcium, Magnesium and D3 120^v
- F. Nature's Own Chromium Picolinate 200^v
- G. Nature's Own Liver Tonic 50^v
- H. Nature's Own Vitamin B6 200mg 60^v
- I. Nature's Own Iron Plus 50^v
- J. Nature's Own High Strength Zinc 30mg 120^v

- \$41.99 **SAVE \$6.00**
- \$21.49 **SAVE \$5.50**
- \$20.99 **SAVE \$3.00**
- \$17.99 **SAVE \$3.50**
- \$23.49 **SAVE \$4.50**
- \$21.49 **SAVE \$3.50**
- \$15.49 **SAVE \$3.00**
- \$15.99 **SAVE \$4.50**
- \$10.49 **SAVE \$3.50**
- \$23.99 **SAVE \$3.50**

\$23⁴⁹
SAVE \$4.50

Nature's Own High Strength Magnesium Orotate 60^v



\$27⁴⁹
SAVE \$3.50



Nature's Way Beauty Hair, Scalp, Skin & Nails 60^v

\$17⁹⁹
SAVE \$1.50



Nature's Way Hair Growth Support 30^v

\$24⁹⁹
SAVE \$2.00



Nature's Way Activated Curcumin 30^v

\$57⁹⁹
SAVE \$2.00



Nature's Way Activated Curcumin 90^v

\$15⁹⁹
SAVE \$1.50



Nature's Way Complete Daily Multivitamin 200^v

\$22⁹⁹
SAVE \$2.50



Nature's Way Mega B Executive Stress 200^v

\$48⁹⁹
SAVE \$1.50



Bioglan CoQ10 300mg 60^v

\$49⁹⁹
SAVE \$2.00



Bioglan Gluco + Chond + Turm 120^v

\$32⁹⁹
SAVE \$3.00



Bioglan Magnesium 150^v

\$29⁹⁹
SAVE \$2.00



Bioglan Magnesium PM 60^v

\$91⁹⁹
SAVE \$4.00



Bioglan Red Krill Oil 1000mg 60^v

\$65⁹⁹
SAVE \$3.00



Bioglan Red Krill Oil 2000mg 30^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>\$18.49 SAVE \$4.00</p>  <p>Cenovis Garlic/ Horseradish/ C 120^v</p> | <p>\$28.99 SAVE \$6.00</p>  <p>Cenovis Once Daily Men's Multi 100^v</p> | <p>\$17.49 SAVE \$5.00</p>  <p>Cenovis Echinacea/ Garlic/ Zinc + C 60^v</p> | <p>\$32.99 SAVE \$4.00</p>  <p>Ethical Nutrients Inner Health Plus 30^v</p> | <p>\$31.99 SAVE \$4.50</p>  <p>Ethical Nutrients Bone Builder Powder 150g^v</p> | <p>\$28.99 SAVE \$7.50</p>  <p>Ethical Nutrients IBS support 30^v</p> | <p>\$20.00 SAVE \$2.99</p>  <p>Naturopathica CurcuMax Turmeric 3100mg 80^v</p> |
| <p>\$17.59 SAVE \$9.90</p>  <p>Brauer Arnica 60^v</p> | <p>\$14.99 SAVE \$4.50</p>  <p>Brauer Childrens Sleep 100mL^v</p> | <p>\$21.99 SAVE \$12.50</p>  <p>Centrum Advance Tabs 100^v</p> | <p>\$14.99 SAVE \$5.00</p>  <p>Caruso's Cascara 60^v</p> | <p>\$21.49 SAVE \$5.50</p>  <p>Caruso's Fluid Away 30^v</p> | <p>\$54.99 SAVE \$5.50</p>  <p>Caruso's Super Curcumin Arthritis Relief 90^v</p> | <p>\$33.99 SAVE \$3.50</p>  <p>Caruso's Anxiety Aid 30^v</p> |













BLACKMORES®

THE BEST OF HEALTH

- A. Blackmores Sustained Release C 200^v \$42.49 **SAVE \$7.50**
- B. Blackmores Tranquil Night 60^v \$21.49 **SAVE \$3.50**
- C. Blackmores Cranberry 15000 60^v \$32.49 **SAVE \$4.50**
- D. Blackmores Super Strength CoQ10 300mg 30^v \$28.99 **SAVE \$7.00**
- E. Blackmores Bio Zinc 84^v \$23.49 **SAVE \$3.50**
- F. Blackmores Selemite B 100mcg 100^v \$17.99 **SAVE \$3.50**
- G. Blackmores MacuVision 150^v \$56.99 **SAVE \$7.41**
- H. Blackmores Insolar 60^v \$17.49 **SAVE \$3.50**
- I. Blackmores Magmin 50^v \$10.99 **SAVE \$4.50**
- J. Blackmores Vitamin E 500IU 50^v \$14.59 **SAVE \$7.40**

\$38.49
SAVE \$7.00

Blackmores Prostate Health Formula 60^v

Friendly Specials

\$18.99
SAVE \$9.00



Systane Balance
10mL

\$6.49
Hot Price



Nurofen Zavance tab/cap
24

\$8.49
SAVE \$3.50



Polyvisc Ointment
3.5g

\$14.99
SAVE \$6.00



Infants' Friend
100mL

\$4.49
SAVE \$1.50



Refresh Liquigel Eye Drops
15mL

\$14.99
SAVE \$5.50



Canesten Antifungal
Cream 50g*

\$4.99
SAVE \$3.00



Dulcolax Suppositories
10mg 10

\$25.99
SAVE \$7.00



Dulcolax 5mg
200

\$14.49
SAVE \$6.50



Cepacol Solution
500mL

\$4.59
SAVE \$1.90



Libra tampons regular/super
16

\$17.99
SAVE \$2.00



Movicol
30

\$9.99
SAVE \$4.00



Vagisil
25g

\$10.99
SAVE \$1.50



Medi Creme
50g

\$11.29
SAVE \$3.70



Eulactol Heel Balm Gold
60mL

\$32.49
SAVE \$7.50



Metamucil
100

\$10.99
SAVE \$5.00



Azep Hayfever relief
5mL*

\$9.99
SAVE \$5.00



Metsal Cream
125g

\$9.99
SAVE \$5.00



Buscopan Forte 20mg
10*

\$10.34
SAVE \$5.15



Buscopan 10mg
20*

\$19.99
SAVE \$8.50



Desonex 5mg
20*

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\$24.69
SAVE \$14.30

Bio Oil
200mL



\$36.99
SAVE \$5.50

Benzac AC Gel 5.0%
60g



\$18.99
SAVE \$5.00

Bepanthen First Aid Cream
100g



\$10.29
SAVE \$5.20

Eurax Cream
20g



\$13.99
Hot Price

Naprogesic 275mg
24*



\$29.99
SAVE \$4.00

Chemists' Own Provance Immune Defence 60*



\$15.99
SAVE \$3.00

Chemists' Own Macrogol 30*



\$59.99
SAVE \$5.00

Chemists' Own Blood Pressure Monitor



\$12.99
SAVE \$2.50

Chemists' Own Heartburn Relief 14



\$6.99
SAVE \$5.00

Chemists' Own Laxative with Senna 90



\$9.99
SAVE \$6.00

Otrivin Adult Nasal Spray 10mL*



\$12.99
SAVE \$5.00

Zyrtec Kids 75mL



\$9.64
SAVE \$4.35

Hamilton Everyday Face 50+ 75g



\$21.49
SAVE \$7.50

Sudocrem 250g



\$23.99
SAVE \$8.00

Bisolvon Chesty 8mg 100*



\$9.99
SAVE \$6.00

Fess Sensitive Noses nasal spray 30mL



\$18.49
SAVE \$4.00

Durotuss Dry Cough 200mL*



\$19.99
Hot Price

Advil liquid Caps 90*



\$6.49
SAVE \$3.50

Pregnosis test pregnancy kit 2



\$9.49
SAVE \$6.50

De-Gas 48

Friendly Specials

\$54.99
SAVE \$7.50



Promensil Peri
60

\$8.09
SAVE \$5.40



Stop Itch Plus
Cream 50g

\$12.99
SAVE \$6.50



Gaviscon Infant sachets
30

\$28.49
SAVE \$8.50



Nizoral 2% shampoo
100mL*

\$39.99
SAVE \$9.00



Voltaren Osteogel 12hr
150g

\$20.69
SAVE \$6.30



Voltaren Emulgel
100g

\$8.99
SAVE \$4.50



Gripe Water
200mL

\$130.99
SAVE \$33.50



Omron Blood pressure
machine 7144

\$12.99
SAVE \$3.50



Gold Cross Senega and
Ammonia 500mL

\$16.99
SAVE \$6.50



Optive Advanced
15mL

\$7.99
Hot Price



Astrix Caps 100mg
84*

\$28.49
SAVE \$11.50



Breathe Right Nasal
Strips 30

\$22.54
SAVE \$9.45



DaktaGold
30g*

\$8.74
SAVE \$4.25



Albalon Eye Drop
15mL*

\$32.49
SAVE \$8.50



Ego Moov Headlice
Shampoo 500mL

\$12.34
SAVE \$5.65



Ego QV Bath Oil
500mL

\$19.99
SAVE \$8.50



Ego Pinetarsol Gel
450*

\$11.99
SAVE \$5.00



Sukin Volumising Shampoo and
Conditioner 500mL

\$9.14
SAVE \$4.85



Sukin Sensitive Facial
Moisturiser 125mL

\$13.49
SAVE \$7.50



Sukin Body Lotion Lime and
Coconut 500mL

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

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Independent Living

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



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.



Murray Bridge Low Back Chair 18002LADR
\$430.00



Aspire Bedside Commode BEC045005
\$200.00



Aspire Renoir Recliner CHP227575
\$1980.00

Corporate health cover

6 weeks free* health insurance

9% corporate discount for The Friendlies members

Worth it



As a member of The Friendlies get real value from your corporate health insurance, knowing your Australian Unity health cover has been designed with benefits useful for all you do.

Visit australianunity.com.au/friendlies or call 1800 224 244.

Australian Unity 
Real Wellbeing

New members on new memberships only. Join hospital & extras or extras only cover by 30 June. T&Cs apply.

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

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\$2.99
SAVE \$2.00

Morning Fresh dishwashing liquid 400mL



\$3.99
SAVE \$2.00

Palmolive Shampoo and Conditioner 350mL



\$1.79
SAVE \$1.70

Palmolive Soap 4x90g



\$2.99
SAVE \$2.00

Ajax Spray n Wipe 500mL



\$4.49
SAVE \$2.50

Duo Front and Top Loader 2kg



\$2.49
SAVE \$2.50

Airwick 185g



\$4.99
SAVE \$2.00

Napisan Vanish 950g



\$2.29
SAVE \$1.20

Colgate Toothpaste Cool Mint and Regular 175g



\$0.99
SAVE \$1.50

Colgate Toothbrush Extra Clean



\$3.79
SAVE \$1.20

Rexona 150g

WIN a \$200 spending spree!

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 |
|----------------|--------------------------------|--------------|

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 5482 9390 |

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

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



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