

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!

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

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

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

Vitamins For Health

Nature's Own™

- A. Nature's Own Calcium and Magnesium 120^v
- B. Nature's Own Magnesium Orotate High Strength 60^v
- C. Nature's Own Sleep Ezy 100^v
- D. Nature's Own Ginseng 500mg 50^v
- E. Nature's Own Odourless Fish Oil 1000mg 400^v
- F. Nature's Own EQ Control 50^v
- G. Nature's Own Triple Strength Garlic/C/Horseradish 100^v
- H. Nature's Own Kelp 1000mg 200^v
- I. Nature's Own Milk Thistle 35000mg 60^v
- J. Nature's Own Iron Plus 50^v

\$14.69 **SAVE \$10.30**
 \$16.64 **SAVE \$11.35**
 \$13.39 **SAVE \$9.10**
 \$14.99 **SAVE \$9.00**
 \$17.99 **SAVE \$16.00**
 \$19.78 **SAVE \$13.21**
 \$17.79 **SAVE \$12.20**
 \$18.99 **SAVE \$14.00**
 \$15.24 **SAVE \$9.75**
 \$7.39 **SAVE \$4.60**

\$11⁹⁹
 SAVE \$8.00

Nature's Own
 Slippery Elm
 400mg 60^v



\$23⁴⁹
 SAVE \$11.50



Cenovis CoQ10
 150mg 90^v

\$11⁴⁹
 SAVE \$4.00



Cenovis Echinacea
 5000 60^v

\$9⁹⁹
 SAVE \$5.00



Nature's Way
 Complete Daily
 Multi 200^v

\$16⁹⁹
 SAVE \$10.00



Nature's Way
 Activated Curcumin
 30^v

\$12⁴⁴
 SAVE \$7.55



Nature's Way High
 Strength Magnesium
 150^v

\$24⁹⁹
 SAVE \$15.00



Nature's Way
 Glucosamine 1500mg
 200^v

\$35⁹⁹
 SAVE \$24.00



Bioglan DS
 Curcumin 1200mg
 40^v

\$17⁷⁸
 SAVE \$12.21



Bioglan
 Ashwagandha
 6000mg 60^v

\$44⁹⁹
 SAVE \$45.00



Bioglan Red Krill Oil
 500mg 120^v

\$13³⁹
 SAVE \$5.60



Sambucol Cold and Flu
 Forte 24^v

\$23⁷⁸
 SAVE \$9.21



Sambucol Cold and Flu
 Liquid 250mL*

\$11⁹⁹
 SAVE \$5.00



Sambucol Kids 120mL^v

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40% OFF
naturopathica



\$19⁹⁹
SAVE \$10.00



Ethical Nutrients Inner Health Plus Dairy Free 30^v

\$17³⁴
SAVE \$10.65



Ethical Nutrients Chromium Sugar Balance 60^v

\$22⁹⁹
SAVE \$9.00



Ethical Nutrients Cholestrienol 30^v

\$7⁴⁹
SAVE \$4.00



Caltrate Bone Health 60^v

\$8⁹⁹
SAVE \$3.00



Fefol 30^{*/v}

\$7²⁴
SAVE \$3.25



Accomin Adult Tonic 200mL^v

\$34⁹⁹
SAVE \$20.00



Promensil DS 30^v

\$19⁵⁸
SAVE \$11.41



Centrum Advance Tabs 100^v

\$12³⁹
SAVE \$7.10



Brauer Children's Sleep 100mL^v

\$17⁶⁴
SAVE \$12.35



Caruso's Ginkgo 6000 60^v

\$11⁶⁴
SAVE \$7.85



Caruso's Ultra Max Mega B Complex 60^v



BLACKMORES[®]

THE BEST OF HEALTH

- A. Blackmores Executive B 62^v
\$17.68 **SAVE \$12.31**
- B. Blackmores Cranberry 15000 60^v
\$21.99 **SAVE \$15.00**
- C. Blackmores Horseradish/garlic/C 50^v
\$12.24 **SAVE \$8.25**
- D. Blackmores Vitamin E 500IU 50^v
\$12.99 **SAVE \$9.00**
- E. Blackmores Insolar 60^v
\$12.19 **SAVE \$7.80**
- F. Blackmores Prostate Health Formula 60^v
\$22.74 **SAVE \$15.25**
- G. Blackmores Selemiter B 100mcg 100^v
\$13.49 **SAVE \$8.00**
- H. Blackmores Echinacea Forte 40^v
\$12.34 **SAVE \$7.15**
- I. Blackmores Vitamin B6 42^v
\$9.24 **SAVE \$5.75**
- J. Blackmores Vitamin B12 75^v
\$7.49 **SAVE \$5.00**

\$19⁷⁴
SAVE \$13.75

Blackmores Bio Magnesium 100^v

Friendly Specials

\$11⁹⁹
SAVE \$6.00



Betadine Antiseptic Ointment 65g

\$5⁴⁹
Hot Price



Nurofen Zavance tab/cap 24

\$14⁹⁹
SAVE \$9.00



Breath-A-Tech Inhaler Chamber

\$9⁹⁹
SAVE \$6.50



Lyclear Scabies Cream 30g

\$8⁶⁹
SAVE \$4.80



Diffiam gel extra strength 5% 30g

\$12⁴⁹
SAVE \$6.50



Nurofen 7+ 24*

\$10⁷⁴
SAVE \$6.75



Systane Balance 10mL

\$21⁹⁹
SAVE \$13.00



Lansinoh 50g

\$8³⁹
SAVE \$5.10



Metsal Cream 125g

\$24⁶⁴
SAVE \$13.85



Aerius 5mg 30*

\$12⁹⁹
SAVE \$8.50



Hamilton Skin Lotion 500mL

\$6⁸⁴
SAVE \$3.15



Otrivin Adult Nasal Drops 10mL*

\$12¹⁹
SAVE \$4.80



Gaviscon Infant sachets 30

\$12⁹⁹
SAVE \$10.00



Osmolax Relief 595G

\$12¹⁹
SAVE \$7.30



KP 24 Medicated Lotion and Foam 100mL

\$13⁹⁹
SAVE \$7.00



Brolene Eye Drops 10mL*

\$23⁹⁹
SAVE \$11.00



Telfast 180mg 30*

\$27⁹⁹
SAVE \$18.00



Zyrtec 10mg 50*

\$13³⁴
SAVE \$6.65



Daktarin Spray 100g*

\$7⁷⁹
SAVE \$3.70



Ear Clear Swimmers Ear 40mL

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\$13²⁴
SAVE \$3.75



Brauer Sport Ice Joint and Muscle Gel 100g

\$11⁹⁹
SAVE \$6.00



Migrastick 3mL

\$8⁴⁴
SAVE \$3.55



Dimetapp 12 hour Nasal Spray 20mL*

\$22⁹⁹
Hot Price



Nurofen 5-12 years 200mL*

\$3³⁴
Hot Price



Disprin soluble tabs 24

\$9⁹⁹
SAVE \$6.50



Movicol 30

\$19⁹⁹
SAVE \$17.00



Chemists' Own Fexo 180mg 70*

\$5⁹⁹
SAVE \$4.00



Chemist Own Cough C/F Relief PE 24*

\$7⁹⁸
SAVE \$5.01



Chemists' Own Ranitidine 150mg 28*

\$11⁴⁹
SAVE \$5.50



Chemists' Own Anti Inflammatory gel 100g

\$19⁹⁹
SAVE \$13.00



Chemists' Own C-Zine 10mg 70*

\$6⁴⁴
SAVE \$3.55



Gaviscon Cool Liquid 300mL

\$15⁹⁹
SAVE \$7.00



Nurofen 200mg 96*

\$7⁹⁹
SAVE \$4.00



Degas 48

\$4⁴⁹
SAVE \$2.00



Libra tampons regular/super 16

\$24⁶⁹
SAVE \$14.30



Bio Oil 200mL

\$5⁹⁹
Hot Price



Aspro Clear 60*

\$19⁹⁹
SAVE \$13.00



Magnoplasm 100g

\$5¹⁹
SAVE \$2.80



Glycerol Suppositories 12

\$7⁸⁴
SAVE \$4.15



PhisoHex 1% 200mL

\$8⁶⁹
SAVE \$5.30



Dermaveen Eczema cream 100g

Friendly Specials



Sedagel Teething Gel
30g



Gold Cross Senega and
Ammonia 500mL



Redwin Sorbolene
Vitamin E 1L



Lucas Papaw
ointment 200g



Eurax Cream
20g



Nicabate CQ clear
21mg 2 weeks



Gripe Water
200mL



Travacalm
10*



Dulcolax Suppositories
10mg 10



Nuromol
12*



Auralgan ear drops
15mL*



Naprogesic 275mg
24*



Agiolax 250g



Ego QV Bath Oil
500mL



Ego Qv Gentle
Wash 350g



Ego Pinetarsol
500mL



Sukin Aloe Vera
gel 125mL



Sukin Body Wash
Pump 1L



Sukin hand and nail cream
pump and tube 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.



\$95⁰⁰
SAVE \$20.00

Aspire Seat Walker Classic 8

- Ultra-soft hand brakes offering increased comfort for users with arthritis or wrist/ hand joint pain
- Rustproof, robust aluminium frame provides durability and stability and whilst remaining very light to manoeuvre and transport
- Easy folding mechanism facilitates storage and transportation
- Curved and padded backrest offers comfortable seated support and flips up/ removes easily for folding/storage
- Padded seat flips up easily for access to storage bag terrain



\$42²⁹
SAVE \$10.70

Savanah Raised Toilet Seat, 15cm/6"



\$189⁹⁹
SAVE \$45.00

Bed Wedge

- Elevates and supports the upper body
- Allows easier breathing and digestion
- Perfect for reading in bed, sleeping, or simply relaxing in an elevated position
- Predominantly designed for back sleeping



We offer **CERTEGE** 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.



\$1,999
SAVE \$896.00

HUGE CPAP SPECIAL! AIRSENSE10 AUTOSET

- + Mask **FREE**
- + Extended warranty **FREE**
- + ResMed CPAP wipes **FREE**
- + 2x pack filters **FREE**

Available
in-store only

NOW AVAILABLE AT: MARYBOROUGH, 2/60 ELLENA ST, PH: 4123 2733 / HERVEY BAY, 35 TORQUAY RD, PIALBA, PH: 4218 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

*NOTE: CPAP SPECIAL IS NOT AVAILABLE FOR CERTEGE CUSTOMERS

Independent Living

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\$249
SAVE \$2.50

Airwick
185g



\$099
SAVE \$1.50

Colgate Toothbrush
Extra Clean



\$199
SAVE \$3.00

Dove beauty bar
100g



\$199
SAVE \$2.00

Palmolive
Handwash 250mL



\$299
SAVE \$2.00

Ajax Spray n
Wipe 500mL



\$229
SAVE \$1.20

Colgate Toothpaste
Cool Mint and
Regular 175g



\$499
SAVE \$5.00

Napro Hair colours
assorted



\$449
SAVE \$2.50

Sard Oxy
1kg



\$449
SAVE \$3.00

Cold Power
1L



\$299
SAVE \$3.00

Harpic Powerplus
450mL

WIN a \$200 spending spree!

The Friendlies Discount Pharmacy

QUEENSLAND

Maryborough	217 Adelaide Street, Maryborough Qld	07 4122 1455
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	59 Mary Street, Gympie Qld	07 5482 1032
	70-72 Channon Street, Gympie Qld	07 5482 9390
Childers	60 Churchill Street, Childers Qld	07 4126 1235

NEW SOUTH WALES

Forster	Fairways Shopping Centre, 21 Boundary Street, Forster NSW	02 6555 4645
Grafton	18 Prince St Grafton, NSW 2460	02 6642 3444
Kempsey	8 Smith St Kempsey NSW 2440	02 6562 6366

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 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. 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: **J. Adams of Nambour**



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