

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 High Strength Zinc 30mg 120✓
- B. Nature's Own Ginseng 500mg 50✓
- C. Nature's Own Complete Sleep Advanced 30✓
- D. Nature's Own EQ Control 50✓
- E. Nature's Own Super B Complex 75✓
- F. Nature's Own Kelp 1000mg 200✓
- G. Nature's Own Vitamin B6 200mg 60✓
- H. Nature's Own Iron Plus 50✓
- I. Nature's Own Activated Methyl B12 60✓
- J. Nature's Own Magnesium Orotate High Strength 60✓

\$14.99 **SAVE \$11.00**
 \$14.99 **SAVE \$9.00**
 \$14.99 **SAVE \$12.00**
 \$19.78 **SAVE \$13.21**
 \$16.99 **SAVE \$10.00**
 \$19.34 **SAVE \$13.65**
 \$12.34 **SAVE \$7.65**
 \$7.39 **SAVE \$4.60**
 \$14.49 **SAVE \$7.50**
 \$16.64 **SAVE \$11.35**

\$17⁹⁹
SAVE \$12.00

Nature's Own
 Zinc, B6 and
 Magnesium 200✓



\$11⁵⁴
SAVE \$6.45



Cenovis Cranberry
 30000 30✓

\$6⁹⁹
SAVE \$4.00



Cenovis Sugarless C
 500mg 100✓

\$9⁹⁹
SAVE \$5.50



Cenovis Celery
 2500mg 80✓

\$12⁹⁹
SAVE \$7.00



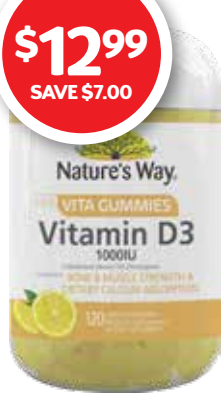
Nature's Way
 Vita Gummies Mens
 and Womens Multi 100✓

\$12⁹⁹
SAVE \$7.00



Nature's Way
 Vita Gummies Adult
 Magnesium 80✓

\$12⁹⁹
SAVE \$7.00



Nature's Way
 Vita Gummies Adult
 Vitamin D 120✓

\$12⁹⁹
SAVE \$7.00



Nature's Way Vita
 Gummies Adult Hair
 and Skin 60✓

\$12⁹⁹
SAVE \$7.00



Nature's Way
 Advanced Omega
 110s

\$12⁹⁹
SAVE \$7.00



Nature's Way
 Advanced Probiotic
 Sugar Free 65✓

\$12⁹⁹
SAVE \$7.00



Nature's Way
 Beauty Collagen
 Gummies 40✓

\$19⁹⁹
SAVE \$19.00



Bioglan Fish Oil
 1500mg 400✓

\$18⁴⁹
SAVE \$11.50



Bioglan Magnesium
 150✓

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

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\$14⁹⁹
SAVE \$9.50



Bioglan Sleep Tablets 90^v

\$19⁸⁸
SAVE \$10.11



Bioglan Ashwagandha 6000mg 60^v

\$28³⁴
SAVE \$16.65



Bioglan Clinical Curcumin 60^v

\$29³⁴
SAVE \$14.15



Ethical Nutrients Hi Strength Liquid Fish Oil 170mL^v

\$22⁵⁹
SAVE \$8.40



Ethical Nutrients Super Multi Plus 60^v

\$9⁹⁹
SAVE \$5.00



Ethical Nutrients Daily D 90^v

\$11²⁴
SAVE \$6.75



Caltrate Bone Health 100^v

\$12³⁹
SAVE \$7.10



Brauer Childrens Sleep 100mL^v

\$13⁷⁸
SAVE \$7.21



Brauer Arnica 60^v

\$9²⁹
SAVE \$7.70



Ostelin Vitamin D and Calcium 60^v

\$8⁹⁹
SAVE \$3.00



Fefol 30^v

\$34⁹⁹
SAVE \$20.00



Promensil DS 30^v

\$18⁶⁴
SAVE \$11.35



Caruso's Ginkgo 6000 60^v

\$37⁹⁹
SAVE \$25.00



Caruso's Super Curcumin Arthritis Relief 90^v



A



B



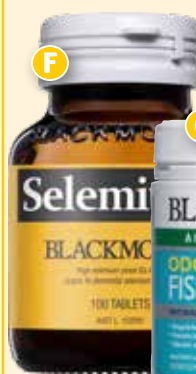
C



D



E



F



G



H



I



J



BLACKMORES® THE BEST OF HEALTH

- A. Blackmores Mega B Complex 75^v
\$18.78 **SAVE \$11.21**
- B. Blackmores Cranberry 15000 60^v
\$21.99 **SAVE \$15.00**
- C. Blackmores Lutein-Defence 60^v
\$23.59 **SAVE \$16.40**
- D. Blackmores Prostate Health Formula 60^v
\$22.74 **SAVE \$15.25**
- E. Blackmores Nails, Hair and Skin 60^v
\$12.99 **SAVE \$8.50**
- F. Blackmores Selemite B 100mcg 100^v
\$13.49 **SAVE \$8.00**
- G. Blackmores Odourless Fish Oil 200^v
\$15.44 **SAVE \$11.05**
- H. Blackmores Echinacea Forte 40^v
\$12.34 **SAVE \$7.15**
- I. Blackmores Magmin 50^v
\$10.34 **SAVE \$5.15**
- J. Blackmores Vitamin E 500IU 50^v
\$13.49 **SAVE \$8.50**

\$15⁹⁹
SAVE \$11.50

Blackmores Echinacea ACE and zinc 60^v

Friendly Specials



Panaxam 500mg
100* **



Metamucil Orange
48 dose 528g



Nasonex Allergy
140*



Benefiber
155g



Stop Itch Plus
Cream 50g



Voltaren Rapid
12.5mg 20*



Polyvisc Ointment 3.5g



Hamilton Sensitive
Lotion 50+ 265mL



Durotuss PE Dry +
Decongestant 200mL*



Benzac AC Gel 5.0%
50g



Salvital
375g



Difflam Throat
Lozenges 16*



Bepanthen Cream
100g



Bepanthen First
Aid Cream 100g



Hirudoid Cream
40g



KP 24 Nit comb
metal



Betadine Sore Throat
Gargle 15mL



Claratyne
Rapid 60*



Canesten Antifungal Cream
50g*



Dencorub 100g

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\$5.99
SAVE \$5.00

Amolin Baby Cream 100g



\$14.99
SAVE \$9.00

Codral PE Cough Cold and Flu Day and Night 48*



\$11.94
SAVE \$6.05

Invite E Oil 30mL



\$8.98
SAVE \$4.01

Calmoseptine 75g*



\$14.39
SAVE \$6.60

Lamisil Cream 15g*



\$5.69
SAVE \$3.30

Dencorub Arthritis Cream 100g



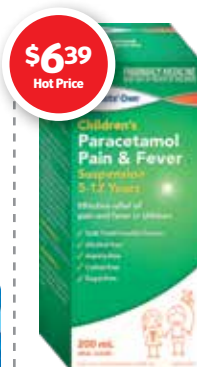
\$16.38
SAVE \$8.61

Chemists' Own Loratadine 10mg 50*



\$5.74
SAVE \$4.25

Chemists' Own Clozole 50g*



\$6.39
Hot Price

Chemists' Own Paracetamol 5-12 years 200mL*



\$5.69
SAVE \$4.30

Chemists' Own Nasal Decongestant Spray 180*



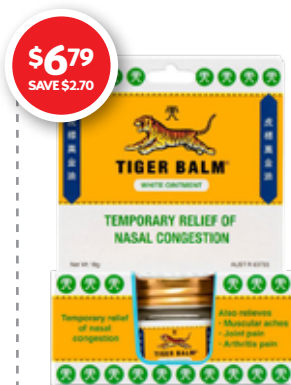
\$11.99
SAVE \$7.00

Chemists' Own Macrolog 30*



\$8.79
SAVE \$4.20

Medipulv 25g



\$6.79
SAVE \$2.70

Tiger Balm White/Red 18g



\$7.99
SAVE \$3.00

Buscopan 10mg 20*



\$12.99
SAVE \$5.00

Proctosedyl Ointment 30g*



\$19.89
SAVE \$13.10

Agiolax 250g



\$13.34
SAVE \$6.65

Daktarin Spray 100g*



\$9.69
SAVE \$5.30

Ural with Cranberry 28



\$12.99
SAVE \$10.00

Osmolax Relief 595g



\$4.59
SAVE \$2.40

Dulcolax Suppositories 10mg 10

Friendly Specials



Travacalm 10*



KP 24 Medicated Lotion and Foam 100mL



Sensodyne Deep Clean Toothpaste 110g



Libra tampons regular/super 16



Microlax enemas 12



Glycerol Suppositories 12



Advil Liquid Caps 90*



Lucas Papaw Ointment 200g



PhisoHex 1% 200mL



Nizoral 2% Shampoo 100mL*



Ear Clear Swimmer's Ear 40mL



Redwin Sorbolene Vitamin E 1L



Nurofen 5-12 years 200mL*



Disprin soluble tabs 24



Aerius 5mg 30*



Ego DermAid Soft 0.5% 30g*



Ego QV Gentle Wash 1L



Ego Pinetarsol Bar 100g



Sukin Antioxidant Eye Serum 30mL



Sukin Oil Balancing Shampoo and Conditioner 500mL

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Independent Living

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



\$44.29
SAVE \$12.20

Wheelchair Crutch Bag

The Wheelchair Crutch Bag has been specially designed to fit neatly onto the rear of most standard wheelchairs.

There is a sturdy carry handle on the top of the bag, fixed loops on either side, which easily slip over the pram handles on the wheelchair, and adjustable straps with buckles for flexible fastening options.

- Enables wheelchair users and carers to safely carry more
- Fits standard wheelchairs with pram handles
- Large zipped top closure plus long pockets for crutches, walking sticks, etc
- Raised rubber feet keep the base of the bag dry



\$119.99
SAVE \$30.50

Bedside Extend-a-rail

The Extend-A-Rail is one of our most popular bed rails because it extends in length for Full-Fall Protection at night.

It can be used as a half-bed rail to get in-and out of bed – and can be extended to 30" inches with the push of a button. It also comes with a convenient organizer pouch to keep handy items close by.

And like all of our bed rails, it blends in with your bedroom (like another piece of furniture) to maintain the comforting feeling of your home.

EXCLUSIVE OFFER
AVAILABLE IN-STORE ONLY

ONLY
\$1,999*
SAVE \$1,045



SleepStyle™
5
YEAR

2+3
YEAR EXTENDED
WARRANTY

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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\$3.99
SAVE \$2.00

Morning Fresh
dishwashing liquid
900mL



\$2.99
SAVE \$3.00

Harpic Powerplus
450mL



\$1.99
SAVE \$3.00

Dove beauty bar
100g



\$1.99
SAVE \$2.00

Radox Shower Gel
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



\$18.99
SAVE \$7.00

Finish Powerball 110



\$2.29
SAVE \$1.20

Colgate Toothpaste
Cool Mint and
Regular 175g



\$1.99
SAVE \$2.00

White King
Bleach
750mL



\$4.49
SAVE \$2.50

Sard Oxy
1 kg

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 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. 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: **Jodi Stegemann**



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