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 instore 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 instore 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 instore 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 Complete Sleep Advanced 30✓	$15.99	SAVE $11.00
B. Nature's Own EQ Control 50✓	$22.34	SAVE $10.65
C. Nature's Own Zinc + C 60✓	$10.64	SAVE $5.85
D. Nature's Own Ginseng 500mg 50✓	$14.99	SAVE $9.00
E. Nature's Own Triple Concentrated Fish Oil 1500mg 90✓	$20.99	SAVE $11.50
F. Nature's Own Bodyfuel Mens and Womens Multi 60✓	$18.44	SAVE $9.55
G. Nature's Own Super B Complex 75✓	$16.99	SAVE $10.00
H. Nature's Own Odourless Omega 3 200✓	$16.99	SAVE $15.00
I. Nature's Own Mens and Womens Multi Mega Potency 60✓	$16.24	SAVE $9.75
J. Nature's Own Bio Curcumin 60✓	$28.99	SAVE $18.00

$12.64 SAVE $7.35

Nature's Own Vitamin B6 200mg 60✓

$11.54 SAVE $6.45

Cenovis Cranberry 30000 30✓

$6.24 SAVE $2.75

Cenovis Sugarless C 500mg 100✓

$9.99 SAVE $5.50

Cenovis Celery 2500mg 80✓

$17.34 SAVE $9.65

Nature's Way Activated Curcumin 30✓

$10.34 SAVE $5.65

Nature's Way Apple Cider Vinegar 60✓

$13.99 SAVE $7.00

Nature's Way Garlic C and Horseradish 200✓

$13.14 SAVE $6.85

Nature's Way Hemp Oil Pure 1000mg 60✓

$19.99 SAVE $10.00

Nature's Way Beauty Collagen Powder 120g✓

$26.44 SAVE $13.55

Nature's Way Magnesium and Turmeric 150✓

$23.54 SAVE $12.45

Bioglan Multi + Vision Advanced 50✓

$27.99 SAVE $15.00

Bioglan Magnesium + Curcumin 120✓

$24.99 SAVE $10.00

Biolgan CoQ10 50mg 200✓

The Friendlies super savers

$17.54 SAVE $9.45

Bioglan Super Fish Oil 2000mg 200✓

$19.99 SAVE $10.00

Bioglan Glucosamine 1500mg 200✓

$19.99 SAVE $10.00

Bioglan Kava 40✓

$22.99 SAVE $8.00

Ethical Nutrients Super Multi Plus 60✓

$9.99 SAVE $5.00

Ethical Nutrients Daily D 90✓

$11.44 SAVE $6.55

Caltrate Bone Health 100✓

$7.44 SAVE $3.05

Accomin Adult Tonic 200mL✓

$38.64 SAVE $16.35

Promensil DS 30✓

$12.34 SAVE $6.15

Brauer Sport Arnica Gel 100g✓

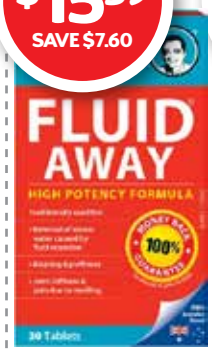
$36.99 SAVE $23.00

Caruso's Turmeric 50✓

$19.99 SAVE $17.50

Caruso's Vitamin K2 60✓

$15.39 SAVE $7.60



Caruso's Fluid Away 30✓

$21.79 SAVE $8.20

Caruso's Anxiety Aid 30✓

$38.99 SAVE $24.00

Caruso's Super Curcumin Arthritis Relief 90✓

BLACKMORES®

THE BEST OF HEALTH

A. Blackmores Magmin 50✓
$10.34 SAVE $5.15

B. Blackmores Horseradish/garlic/C 50✓
$12.49 SAVE $8.00

C. Blackmores Odourless Fish Oil 200✓
$15.69 SAVE $10.80

D. Blackmores Pregnancy Iron 30✓
$7.69 SAVE $4.30

E. Blackmores Echinacea ACE and zinc 60✓
$16.54 SAVE $10.95

F. Blackmores Cranberry 15000 60✓
$21.99 SAVE $15.00

G. Blackmores Bio Magnesium 100✓
$20.74 SAVE $12.75

H. Blackmores Selemite B 100mcg 100✓
$13.49 SAVE $8.00

I. Blackmores Vitamin E 500IU 50✓
$14.24 SAVE $7.75

J. Blackmores Super Strength CoQ10 300mg 30✓
$21.59 SAVE $12.40

$11.74 SAVE $6.75

Blackmores Cod Liver Oil 1000mg 80✓

Friendly Specials

$1.74 Hot Price

Panamax 500mg
100* **

$9.99 SAVE $5.00

Bepanthen Cream
100g

$32.99 SAVE $17.00

Claratyne Rapid
60*

$8.79 SAVE $4.20

Medipulv
25g

$13.44 SAVE $8.05

Metamucil Orange 48 dose
528g

$7.99 SAVE $4.00

Sensodyne Deep Clean Toothpaste 110g

$25.34 SAVE $10.65

Lucas Papaw Ointment
200g

$8.44 SAVE $3.05

Ear Clear Swimmers Ear
40mL

$24.69 SAVE $14.30

Bio Oil
200mL

$5.99 SAVE $3.00

Gastrogel
500mL

$21.54 SAVE $6.95

Claratyne 10mg
30*

$17.99 SAVE $8.00

Nasonex Allergy
140*

$9.99 SAVE $6.50

Lyclear Scabies Cream
30g

$17.99 SAVE $10.00

Atrovent Nasal Forte
15mL*

$9.99 SAVE $5.00

Sedagel Teething Gel
30g

$11.34 SAVE $6.15

Systane Balance
10mL

$9.34 SAVE $5.15

Fess Sensitive Noses nasal spray
30mL

$9.39 SAVE $4.10

Fess nasal gel
15g

$4.49 SAVE $2.00

Refresh Liquigel Eye Drops
15mL

$8.14 SAVE $3.85

Albalon A eye drop
15mL*

The Friendlies super savers

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

Home of the 110% price Guarantee

$9.99 SAVE $6.50

Movicol
30

$13.24 SAVE $5.75

Hamilton Family Lotion 50+ 500mL

$9.99 SAVE $6.00

Hamilton Family Spray 50+ 200mL

$3.99 SAVE $1.00

Panadol Mini Caps
20

$6.89 Hot Price

Voltaren Rapid 12.5mg
20*

$19.34 SAVE $9.15

Mintec
60

$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 Macrogol 30^{V}

$8.39 SAVE $4.60

Difflam Throat Lozenges Orange
16*

$12.99 SAVE $7.00

Sudocrem
250g

$19.99 SAVE $13.00

Magnoplasm
100g

$8.49 SAVE $3.50

Nurofen
48*

$11.29 SAVE $5.70

Eulactol Heel Balm Gold 60mL

$6.99 Hot Price

Astrix Caps 100mg
84

$9.78 SAVE $3.71

Mylanta 2go Original Chews
100

$6.59 SAVE $4.40

Salvital
375g

$26.24 SAVE $10.25

Breathe Right Nasal Strips
30

$20.88 SAVE $11.11

Flixonase 24Hour
120 Doses*

www.friendlies.com.au

All prices valid between the 1st and 31st of December

Now that's friendly!

Friendly Specials

$10.64 SAVE $3.85

Canesten Antifungal Cream
50g*

$10.59 SAVE $4.40

Infants' Friend
100mL

$6.24 SAVE $2.75

Curash Nappy Rash Cream
100g

$12.94 SAVE $7.05

Microlax enemas
12

$12.19 SAVE $4.80

Gaviscon Infant sachets 30

$18.74 SAVE $9.25

Hirudoid Cream
40g

$4.69 SAVE $2.30

Maxigesic
12*

$19.34 SAVE $10.65

Metamucil
100

$27.29 SAVE $13.70

Nicabate 4mg
100

$7.99 SAVE $4.00

Hamilton Everyday Face 50+ 75g

$16.99 SAVE $6.00

Nurofen 200mg
96*

$14.99 SAVE $5.00

Combantrin Chocolate Squares 24*

$9.44 SAVE $4.55

Ear Clear for wax removal
12mL

$8.98 SAVE $4.01

Calmoseptine
75g*

$9.99 SAVE $3.00

Ego Pinetarsol Bar
100g

$4.99 SAVE $3.00

Ego Dermaid Soft 0.5% 30g*

$9.99 SAVE $4.00

Ego QV Flare Up Cream
100g

$9.54 SAVE $4.45

Sukin Charcoal Pore Scrub 125mL

$9.99 SAVE $5.00

Sukin Oil Balancing Shampoo and Conditioner 500mL

$9.44 SAVE $5.55

Sukin Body Scrub
200mL

The Friendlies super savers

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.

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.

$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

$1799

RESMED AIRSENSE 10 AUTOSET MACHINE

(comes with 5 years warranty)

+ CPAP Mask FREE

+ CPAP Wipes FREE

+ Filters FREE

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

*NOTE: CPAP SPECIAL IS NOT AVAILABLE FOR CERTEGY CUSTOMERS

Independent Living

Home of the 110% price Guarantee

$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

$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

$1.99 SAVE $2.00

White King Bleach 750mL

$4.49 SAVE $2.50

Sard Oxy 1kg

$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: **Cynthia Comins, Southside**

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. √ Vitamin supplements may only be of assistance if dietary vitamin intake is inadequate.

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Now that's friendly!