

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 Super B Complex 75[✓]
- B. Nature's Own Zinc, B6 and Magnesium 200[✓]
- C. Nature's Own Complete Sleep Advanced 30[✓]
- D. Nature's Own Chromium Picolinate 200[✓]
- E. Nature's Own Magnesium Chelate 500mg 180[✓]
- F. Nature's Own Fenugreek 1000mg 60[✓]
- G. Nature's Own Focus and Perform 40[✓]
- H. Nature's Own Zinc + C 60[✓]
- I. Nature's Own Sleep Ezy 100[✓]
- J. Nature's Own Vitamin B6 200mg 60[✓]

- \$17.84 **SAVE \$9.15**
- \$19.99 **SAVE \$10.00**
- \$17.24 **SAVE \$9.75**
- \$14.99 **SAVE \$7.00**
- \$23.88 **SAVE \$13.11**
- \$11.89 **SAVE \$7.10**
- \$16.69 **SAVE \$9.30**
- \$11.24 **SAVE \$6.75**
- \$15.39 **SAVE \$9.10**
- \$13.99 **SAVE \$6.50**

\$13⁶⁴
SAVE \$6.35

Nature's Own
Vitamin B12
1000mcg
60[✓]



\$16²⁴
SAVE \$7.75



Nature's Way
Mega B Exec Stress
200[✓]

\$15⁸⁹
SAVE \$7.10



Nature's Way
Vita Gummies Women's
100[✓]

\$8⁹⁹
SAVE \$4.00



Nature's Way
High Strength Iron
30[✓]

\$11¹⁴
SAVE \$5.35



Nature's Way
Complete Daily Multi
200[✓]

\$14⁹⁹
SAVE \$8.00



Nature's Way
Vita Gummies Vitamin C
120[✓]

\$14⁶⁴
SAVE \$5.35



Nature's Way
Sugarless Vitamin C
500mg 300[✓]

\$33⁶⁴
SAVE \$22.35



Bioglan
Curcumin
90[✓]

\$30⁹⁹
SAVE \$19.00



Bioglan
CoQ10 300mg
60[✓]

\$22⁹⁹
SAVE \$13.00



Bioglan
Glucosamine 1500mg
200[✓]

\$19⁹⁹
SAVE \$11.00



Bioglan
Magnesium
150[✓]

\$44⁹⁹
SAVE \$23.00



Bioglan
Platinum Probiotic 100B
30[✓]

\$34⁹⁹
SAVE \$25.00



Bioglan
Red Krill Oil 1000mg
60[✓]

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

Home of the
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\$12⁴⁴
SAVE \$5.55



Cenovis
Cranberry 30000
30^v

\$6⁹⁹
SAVE \$4.00



Cenovis
Sugarless C
500mg 100^v

\$10³⁴
SAVE \$5.15



Cenovis
Celery 2500mg
80^v

\$25⁹⁹
SAVE \$9.00



Ethical Nutrients
Super Multi Plus
60^v

\$11⁹⁸
SAVE \$5.51



Ethical Nutrients
Daily D
90^v

\$13³⁹
SAVE \$6.10



Caltrate Bone
Health
100^v

\$15⁷⁴
SAVE \$7.75



Brauer Sport
Arnica Gel
100g^v

\$24⁵⁹
SAVE \$12.40



Sambucol Immune
Defence Liquid
250mL^v

\$21⁹⁹
SAVE \$12.50



Centrum Advance
Tabs
100^v

\$26⁹⁹
SAVE \$12.50



Olive Leaf Extract
Natural/Peppermint
500mL^v

\$36⁹⁹
SAVE \$19.00



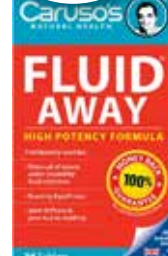
Caruso's
Bilberry
50^v

\$20⁹⁹
SAVE \$10.00



Caruso's
Aged Black Garlic
60^v

\$16⁹⁹
SAVE \$8.50



Caruso's
Fluid Away
30^v

\$13⁸⁴
SAVE \$6.15



Caruso's
Cascara
60^v

BLACKMORES® THE BEST OF HEALTH

- A. Blackmores Vitamin E 500IU 50^v
\$14.59 **SAVE \$7.40**
- B. Blackmores Super Strength CoQ10 300mg 30^v
\$22.99 **SAVE \$11.00**
- C. Blackmores Proseren 120^v
\$39.99 **SAVE \$20.00**
- D. Blackmores Tranquil Night 60^v
\$16.24 **SAVE \$8.75**
- E. Blackmores Insolar 60^v
\$14.34 **SAVE \$6.15**
- F. Blackmores Selemite B 100mcg 100^v
\$14.34 **SAVE \$7.15**
- G. Blackmores Vitamin D3 1000IU 200^v
\$19.99 **SAVE \$10.00**
- H. Blackmores Sleep Sound 30^v
\$16.34 **SAVE \$8.65**
- I. Blackmores Echinacea ACE and zinc 60^v
\$16.54 **SAVE \$10.95**
- J. Blackmores Cod Liver Oil 1000mg 80^v
\$12.94 **SAVE \$6.55**

\$16⁹⁹
SAVE \$6.00

Blackmores
B12 Rapimelt
1000mcg 60^v

Friendly Specials

\$174
Hot Price



Panaxam 500mg
100* **

\$15.49
SAVE \$7.00



Bepanthen Cream
100g

\$11.64
SAVE \$4.35



Brauer Paw Paw Ointment
75g

\$19.99
SAVE \$12.00



Nasonex Allergy
140*

\$18.99
SAVE \$10.00



Metamucil Orange 48
dose 528g

\$9.64
SAVE \$4.85



Gold Cross Senega and
Ammonia 500mL

\$13.49
SAVE \$8.00



Optive Advanced
15mL

\$8.44
SAVE \$3.55



Dimetapp 12 hour Nasal
Spray 20mL*

\$20.88
SAVE \$11.11



Flixonase 24Hour
120 Doses*

\$15.99
SAVE \$7.00



Proctosedyl Ointment
30g*

\$8.09
SAVE \$3.90



Stop Itch Plus
Cream 50g

\$20.69
SAVE \$6.30



Voltaren Emulgel
100g

\$8.24
SAVE \$3.75



Sensodyne Deep Clean
Toothpaste 110g

\$11.44
SAVE \$8.05



Dermeze Soap Free
Wash 500mL

\$9.49
SAVE \$4.00



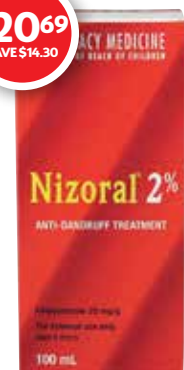
Nurofen
48*

\$12.99
SAVE \$6.50



Gaviscon Infant sachets
30

\$20.69
SAVE \$14.30



Nizoral 2% shampoo
100mL*

\$13.44
SAVE \$5.05



Rhinocort Hayfever
60*

\$24.99
SAVE \$10.50



Zyrtec 10mg
30*

\$6.74
SAVE \$4.25



Amolin Baby Cream
100g

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Mintec
60



Gripe Water
200mL



Polyvisc Ointment
3.5g



Coloxyl Oral Drops
30mL



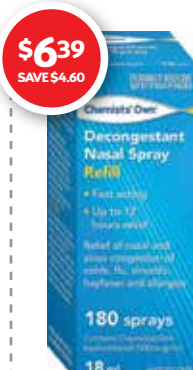
Fess Sensitive Noses
nasal spray 30mL



Chemists' Own
Clozole
50g*



Chemists' Own
Paracetamol 5-12
years 200mL*



Chemists' Own
Nasal Decongestant
Spray 180*



Chemists' Own
Macrogol 30*



Chemists' Own
Loratadine 10mg
50*



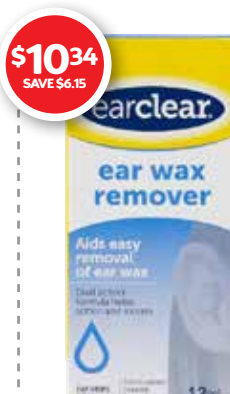
Travacalm
10*



Albalon Eye Drop
15mL*



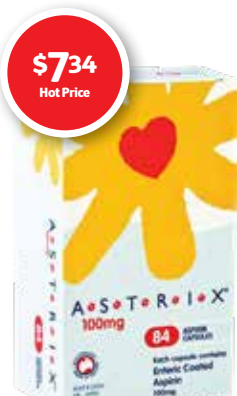
Nicabate 4mg
100



Ear Clear for wax removal
12mL



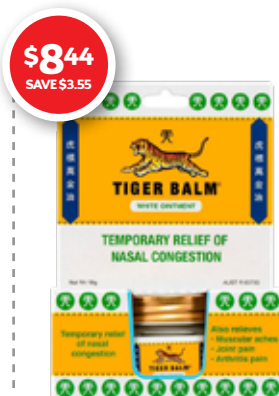
Codral PE Cough Cold and Flu
Day and Night 48*



Astrix Caps 100mg
84*



KP 24 Rapid
with comb 250mL



Tiger Balm White/Red
18g



Claratyne 10mg
30*



Sedagel Teething Gel
30g

Friendly Specials



\$22⁵⁴
SAVE \$9.45

DaktaGold
30g*



\$9⁶⁴
SAVE \$4.85

Degas
48



\$4⁸⁹
SAVE \$2.10

Panadol Mini Caps
20



\$8⁴⁴
SAVE \$5.55

Daktarin Cream 2%
70g*



\$3⁹⁹
Hot Price

Disprin soluble tabs
24



\$114⁹⁹
SAVE \$45.00

Omron Blood pressure
machine 7144



\$169⁹⁹
SAVE \$55.00

Omron Tens machine
HVF128



\$4⁷⁹
SAVE \$3.20

Dencorub
100g



\$18⁷⁹
SAVE \$8.20

PhisoHex 1%
500mL



\$26⁹⁹
SAVE \$10.00

Voltaren Emulgel
150g



\$10³⁴
SAVE \$5.15

Buscopan 10mg
20*



\$6⁴⁹
SAVE \$3.50

Pregnosis 2 test
pregnancy kit



\$5⁹⁹
SAVE \$3.00

Gastrogel
500mL



\$5⁹⁹
Hot Price

Aspro Clear Extra Strength
16*



\$18⁹⁹
SAVE \$7.50

Ego Pinetarsol Gel
450g*



\$9⁴⁴
SAVE \$4.05

Ego QV Nourishing Shampoo
and Conditioner 250g



\$5¹⁹
SAVE \$2.80

Ego Dermaid Soft
0.5% 30g*



\$9⁹⁹
SAVE \$5.00

Sukin Volumising Shampoo
and Conditioner 500mL



\$9⁹⁹
SAVE \$5.00

Sukin Oil Balancing Shampoo
and Conditioner 500mL



\$9⁷⁹
SAVE \$5.20

Sukin Body Scrub
200mL

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Independent Living

20% Friendlies Members Discount on all Homyped Full Price Product available instore. Become a Friendlies Member and enjoy this discount all year long!



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.



River Sandal **\$99.95**
Member's price **\$79.95**



River Slide **\$89.95**
Member's price **\$71.95**



River **\$79.95**
Member's price **\$63.95**



Super Walk MJ **\$199.95**
Member's price **\$95.95**



Super Walk Lace **\$199.95**
Member's price **\$95.95**



Niche Walk **\$89.95**
Member's price **\$71.95**



Udel **\$69.95**
Member's price **\$55.95**



Inlet **\$59.95**
Member's price **\$47.95**



Niche Toe Ring **\$79.95**
Member's price **\$63.95**



Niche **\$69.95**
Member's price **\$55.95**

HOMYPED
Smarter Shoes for Better Health

**Styles may vary from store to store and other styles and colour options available.

ONLY
\$1,399



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
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\$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

\$3.49
SAVE \$1.50



Colgate total advanced whitening 190g

\$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

\$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!

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	59 Mary Street, Gympie Qld	07 5482 1032
Childers	60 Churchill Street, Childers Qld	07 4126 1235

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.

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



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