

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.

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

Dove Beauty Bar 100g

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

Rexona 150g Deodorant

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 Valerian Forte 2000mg 60^v
- B. Nature's Own Celery Seed 4000mg 30^v
- C. Nature's Own Calcium, Magnesium and D3 120^v
- D. Nature's Own High Strength Magnesium Orotate 60^v
- E. Nature's Own Odourless Fish Oil 1000mg 200^v
- F. Nature's Own Liver Tonic 50^v
- G. Nature's Own Triple Strength Garlic/C Horseradish 100^v
- H. Nature's Own Vitamin B3 500mg 120^v
- I. Nature's Own Iron Plus 50^v
- J. Nature's Own High Strength Echinacea 10000 30^v

\$23.54 **SAVE \$12.95**
 \$9.69 **SAVE \$5.30**
 \$18.14 **SAVE \$9.85**
 \$19.24 **SAVE \$8.75**
 \$21.59 **SAVE \$9.40**
 \$12.19 **SAVE \$6.30**
 \$21.24 **SAVE \$8.75**
 \$15.99 **SAVE \$8.50**
 \$7.89 **SAVE \$4.60**
 \$12.34 **SAVE \$7.65**

\$23¹⁴
SAVE \$10.85

Nature's Own
 Kelp 1000mg
 200^v



\$39⁹⁹
SAVE \$20.00



Nature's Way
 EPO 1000mg
 200^v

\$31⁸⁹
SAVE \$18.10



Nature's Way
 Restore
 90^v

\$34⁹⁹
SAVE \$25.00



Nature's Way
 Activated Curcumin
 90^v

\$25⁹⁹
SAVE \$14.00



Nature's Way
 Glucosamine 1500mg
 200^v

\$26⁷⁹
SAVE \$19.20



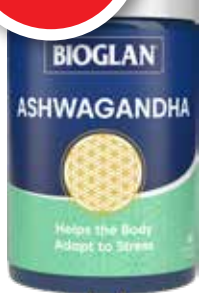
Nature's Way
 Fish Oil 1000mg
 450^v

\$15⁸⁹
SAVE \$9.10



Nature's Way
 Triple Strength
 Fish Oil 3000 70^v

\$20⁸⁸
SAVE \$13.11



Bioglan
 Ashwagandha 6000mg
 60^v

\$29⁹⁹
SAVE \$20.00



Bioglan
 Fish Oil 1000mg
 400^v

\$19⁹⁹
SAVE \$12.00



Bioglan
 Magnesium 1000mg
 150^v

\$16⁶⁹
SAVE \$9.30



Bioglan
 Sleep Tablets
 90^v

\$18⁷⁴
SAVE \$10.25



Bioglan
 Turmeric 1000mg
 100^v

\$12⁹⁹
SAVE \$7.00



Bioglan
 Vitamin D3 1000IU
 250^v

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\$13⁷⁴

SAVE \$7.25



Cenovis Garlic, Horseradish + C Complex 120^v

\$21¹⁴

SAVE \$8.85



Cenovis Once Daily Men's and Women's Multi 100^v

\$14⁵⁴

SAVE \$7.95



Cenovis Echinacea Garlic Zinc + C 60^v

\$23⁴⁹

SAVE \$10.50



Ethical Nutrients Inner Health Plus 30^v

\$21⁹⁹

SAVE \$9.50



Ethical Nutrients Bone Builder Powder 150g^v

\$22⁹⁹

SAVE \$9.50



Ethical Nutrients IBS support 30^v

\$10⁹⁹

SAVE \$5.50



Caltrate 600mg 120^v

\$14⁹⁹

SAVE \$4.50



Brauer Childrens Sleep 100mL^v

\$12⁶⁴

SAVE \$6.85



Sambucol Kids Cold & Flu Liquid 120mL^v

\$59⁹⁹

SAVE \$33.50



Promensil Double Strength 60^v

\$25⁹⁹

SAVE \$11.50



Caruso's Anxiety Aid 30^v

\$22⁶⁴

SAVE \$11.35



Caruso's Ultra Max Astaxanthin 30^v

\$14³⁴

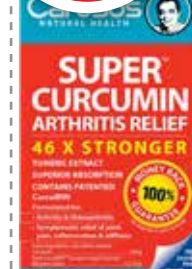
SAVE \$6.65



Caruso's Ultra Max Vitamin D3 1000IU 250^v

\$38⁹⁹

SAVE \$27.50



Caruso's Super Curcumin Arthritis Relief 90^v

BLACKMORES® THE BEST OF HEALTH



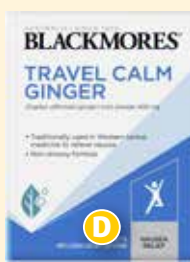
A



B



C



D



E



F



G



H



I



J



\$18⁶⁴
SAVE \$8.35

Blackmores Bio Zinc 84^v

- A. Blackmores MagMin 50^v
\$10.99 **SAVE \$4.50**
- B. Blackmores Prostate Health Formula 60^v
\$24.99 **SAVE \$13.00**
- C. Blackmores MacuVision 150^v
\$43.99 **SAVE \$21.00**
- D. Blackmores Travel Calm Ginger 45^v
\$11.69 **SAVE \$4.30**
- E. Blackmores Valerian Forte 30^v
\$14.29 **SAVE \$6.70**
- F. Blackmores Superkids 60^v
\$9.99 **SAVE \$5.00**
- G. Blackmores Sustained Release C 200^v
\$32.54 **SAVE \$17.45**
- H. Blackmores Echinacea Forte 40^v
\$12.34 **SAVE \$7.65**
- I. Blackmores Lutein-Defence 60^v
\$26.99 **SAVE \$13.00**
- J. Blackmores Cranberry 15000 60^v
\$22.99 **SAVE \$14.00**

Friendly Specials



\$1.99
Hot Price

Panaxam 500mg
100* **



\$5.99
Hot Price

Nurofen Zavance tab/cap
24



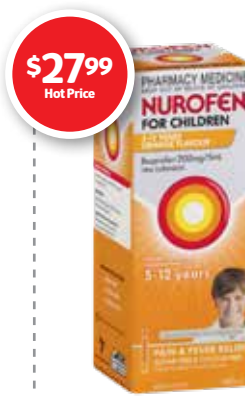
\$8.49
SAVE \$3.50

Polyvisc Ointment
3.5g



\$10.59
SAVE \$4.40

Infants' Friend
100mL



\$27.99
Hot Price

Nurofen 5-12 years
200mL*



\$17.68
SAVE \$7.31

Stingose Spray
100mL



\$4.49
SAVE \$2.00

Refresh Liquigel Eye
Drops 15mL



\$12.99
SAVE \$7.50

Canesten Antifungal Cream
50g*



\$4.99
SAVE \$3.00

Dulcolax Suppositories
10mg 10



\$11.34
SAVE \$5.65

Auralgan ear drops
15mL*



\$38.99
SAVE \$14.00

Nicorette Quick Mist
Spray



\$13.14
SAVE \$7.85

Cepacol Solution
500mL



\$4.59
SAVE \$1.90

Libra tampons regular/super
16



\$12.88
SAVE \$7.11

Movicol
30



\$8.88
SAVE \$5.11

Dermaveen Eczema
cream 100g



\$5.34
SAVE \$2.65

Maxigesic
12*



\$11.29
SAVE \$5.70

Eulactol Heel Balm Gold
60mL



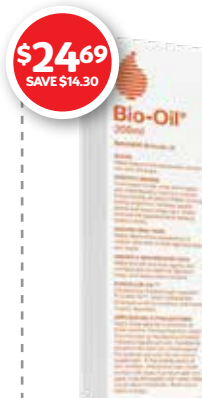
\$26.34
SAVE \$13.65

Metamucil
100



\$10.99
SAVE \$5.00

Azep Hayfever relief
5mL*



\$24.69
SAVE \$14.30

Bio Oil
200mL

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\$7.49
SAVE \$4.20

Gastro-stop Plus
12*



\$9.99
SAVE \$5.00

Metsal Cream
125g



\$9.99
SAVE \$5.00

Buscopan Forte 20mg
10*



\$18.34
SAVE \$10.15

Desonex 5mg
20*



\$13.64
SAVE \$7.35

Invite E Oil
30mL



\$6.99
SAVE \$6.00

Chemists' Own
Cold Sore Cream
5g



\$6.99
SAVE \$6.00

Chemists' Own
Child Allergy Mix
200mL*



\$6.99
SAVE \$5.00

Chemists' Own
Laxative with Senna
90



\$5.99
SAVE \$5.00

Chemists' Own
Diarrhoea relief
20*



\$6.99
SAVE \$4.50

Chemists' Own
Low Dose Aspirin 100mg
168*



\$20.99
SAVE \$12.00

Magnoplasm
100g



\$7.74
SAVE \$5.25

Polygel Eye Gel
30



\$24.99
SAVE \$10.00

Benzac AC Gel 5.0%
60g



\$8.99
SAVE \$4.00

Medi Pulv Antiseptic
Powder 25g



\$8.69
SAVE \$3.80

Albalon A eye drop
15mL*



\$7.89
SAVE \$4.51

Medi Crème
50g



\$10.49
SAVE \$6.00

Bepanthen First Aid Cream
100g



\$8.74
SAVE \$3.25

Eurax Cream
20g



\$12.44
Hot Price

Naprogesic 275mg
24*



\$10.99
SAVE \$4.50

Sudafed PE Day/Night
24*

Friendly Specials



Bonjela Teething gel
15g



Otrivin Adult Nasal
Spray 10mL*



Zyrtec Kids
75mL*



Hamilton Everyday
Face 50+ 75g



Nicabate CQ clear 21mg
2 weeks



Telfast 120mg
30*



Dulcolax 5mg
200



Sudocrem
250g



Bisolvon Chesty 8mg
100*



Bisolvon Chesty Forte
200mL*



Murine Clear Eyes eye
drops 15mL*



Lyclear Scabies Cream
30g



Durotuss Dry Cough
200mL*



Advil liquid Caps
90*



Ego Pinetarsol
500mL



Ego Moov Headlice
Shampoo 500mL



Ego QV Bath Oil
500mL



Sukin Sensitive Facial
Moisturiser 125mL



Sukin Body Lotion Lime and
Coconut 500mL



Sukin Cream Cleanser Pump
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.

Leopard print Vogue 2 wheeled walker WAF705310LE



\$488³⁹

\$39⁹⁹



Bottle opener DLG272310

\$58³⁹



Jar opener DLG272340

\$43⁹⁹



Can opener DLG272330

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.

**EXCLUSIVE OFFER
AVAILABLE IN-STORE ONLY**



\$1999⁹⁹

PHILIPS DREAMSTATION AUTO MACHINE

+ 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

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 \$1.50

Airwick
185g



\$2.49
SAVE \$1.50

Dettol Handwash
250mL



\$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!

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

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 12352

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 January. 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.



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