

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

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

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

Vitamins For Health

Nature's Own™

- A. Nature's Own Odourless Fish Oil 1000mg 400^v
- B. Nature's Own Executive Stress B 130^v
- C. Nature's Own High Strength Zinc 30mg 120^v
- D. Nature's Own High Strength Garlic 100^v
- E. Nature's Own Activated Methyl B12 60^v
- F. Nature's Own Ultra B 150 Forte 60^v
- G. Nature's Own Mega Magnesium and D3 100^v
- H. Nature's Own Vitamin E 500IU 60^v
- I. Nature's Own Slippery Elm 400mg 60^v
- J. Nature's Own Biotin Strong Nails 100^v

\$30.99 **SAVE \$12.00**
 \$23.99 **SAVE \$13.00**
 \$18.34 **SAVE \$7.65**
 \$15.89 **SAVE \$8.10**
 \$16.49 **SAVE \$7.50**
 \$21.34 **SAVE \$9.65**
 \$22.64 **SAVE \$12.85**
 \$10.84 **SAVE \$5.15**
 \$14.84 **SAVE \$10.15**
 \$12.34 **SAVE \$6.65**

\$19.44
SAVE \$8.55

Nature's Own
 Bodyfuel Men's
 and Women's
 Multi
 60^v



\$10.99
SAVE \$5.50



Nature's Way
 Complete Daily Multi
 200^v

\$16.59
SAVE \$7.40



Nature's Way
 HS Magnesium
 150^v

\$16.99
SAVE \$7.00



Nature's Way
 Mega B Exec Stress
 200^v

\$13.89
SAVE \$6.10



Nature's Way
 Sugarless Vit C 500mg
 300^v

\$11.34
SAVE \$5.65



Nature's Way
 Kids Smart VitaGummies
 Iron + Vit C 60^v

\$11.48
SAVE \$5.51



Nature's Way
 Kids Smart VitaGummies
 Immune Defence 60^v

\$34.99
SAVE \$17.00



Bioglan
 CoQ10 300mg
 60^v

\$23.24
SAVE \$11.75



Bioglan
 Hizorb TS Turmeric
 100^v

\$22.99
SAVE \$12.00



Bioglan
 Kava
 40^v

\$31.59
SAVE \$14.40



Bioglan
 Platinum Probiotic 50B
 30^v

\$29.99
SAVE \$18.00



Bioglan
 Red Krill Oil 1000mg
 60^v

\$31.99
SAVE \$18.00



Bioglan
 RKO Active Brain + Eyes
 60^v

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

Home of the
110%
price Guarantee

\$25⁴⁹
SAVE \$9.50



Cenovis
CoQ10 150mg
90^v

\$12⁹⁹
SAVE \$6.50



Cenovis
Echinacea 5000
60^v

\$24⁶⁴
SAVE \$13.35



Cenovis
Mega E 500mg
250^v

\$20⁶⁴
SAVE \$9.35



Ethical Nutrients
Immune Defence
30^v

\$24⁹⁹
SAVE \$11.00



Ethical Nutrients
Inner Health Plus
Dairy Free 30^v

\$21⁶⁴
SAVE \$6.35



Ethical Nutrients
Chromium Sugar
Balance 60^v

\$8²⁹
SAVE \$4.20



Caltrate
Bone Health
60^v

\$17⁵⁹
SAVE \$9.90



Brauer
Arnica
60^v

\$23⁶⁸
SAVE \$9.31



Remifemin
100^v

\$21⁹⁹
SAVE \$12.50



Centrum
Advance Tabs
100^v

\$36⁹⁹
SAVE \$23.00



Caruso's
Turmeric
50^v

\$26⁹⁹
SAVE \$13.00



Caruso's
Bergamot
50^v

\$20⁷⁸
SAVE \$14.21



Caruso's
Krill Oil 1000mg
30^v

\$15²⁴
SAVE \$7.25



Caruso's
Ultra Max Mega B
Complex 60^v

BLACKMORES® THE BEST OF HEALTH



A



B



C



D



E



F



G



H



I



J

- A. Blackmores Nails, Hair and Skin 60^v
\$16.29 **SAVE \$6.70**
- B. Blackmores Bio C 1000mg 31^v
\$8.24 **SAVE \$4.25**
- C. Blackmores Executive B 62^v
\$19.64 **SAVE \$10.35**
- D. Blackmores Glucosamine Sulfate 1500mg 90^v
\$25.99 **SAVE \$14.00**
- E. Blackmores Total Calcium Magnesium and D3 200^v
\$27.84 **SAVE \$14.15**
- F. Blackmores Vitamin E 1000IU 30^v
\$14.44 **SAVE \$6.05**
- G. Blackmores Celery 3000 50^v
\$15.99 **SAVE \$8.00**
- H. Blackmores Mega B Complex 75^v
\$20.99 **SAVE \$9.00**
- I. Blackmores Odourless Fish Oil 200^v
\$17.39 **SAVE \$9.10**
- J. Blackmores Active Magnesium Powder 200^v
\$25.34 **SAVE \$20.15**

\$21⁶⁴
SAVE \$11.85

Blackmores
Bio Magnesium
100^v

Friendly Specials



\$6²⁴
Hot Price

Nurofen Zavance
Tab/Cap 24



\$15⁶⁴
SAVE \$8.35

Brauer Sport Ice Joint and
Muscle Gel 100g



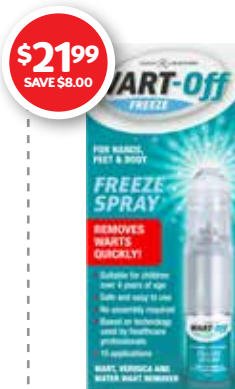
\$14⁹⁹
SAVE \$9.00

Breath-A-Tech
Inhaler Chamber



\$8⁹⁹
SAVE \$4.00

Wart Off Liquid
6mL*



\$21⁹⁹
SAVE \$8.00

Wart Off Freeze
38mL



\$9⁸⁴
SAVE \$4.65

SM33 gel
10g*



\$12⁹⁹
SAVE \$6.00

Medi Gel
50g



\$12²⁴
SAVE \$5.25

Hydralyte
1L



\$19⁹⁹
SAVE \$5.50

Canesten Once Daily
30g*



\$11⁶⁴
SAVE \$6.35

Systane Ultra
10mL



\$7⁴⁴
SAVE \$4.55

Coloxyl 50mg
100



\$8⁹⁹
SAVE \$6.00

Difflam Throat
Lozenges 16*



\$4⁸⁹
SAVE \$3.10

Nuromol
12*



\$19⁹⁹
SAVE \$9.00

Combantrin Chocolate
Squares 24*



\$14⁴⁹
Hot Price

Panadol 1-5yrs
Colourfree 200mL*



\$28⁷⁹
SAVE \$14.20

Lucas Papaw ointment
200g



\$12⁸⁴
SAVE \$5.15

Migrastick
3mL



\$26⁹⁹
SAVE \$12.50

Allertine 20mg
30*



\$19²⁴
SAVE \$8.75

Proctosedyl Suppositories
12*



\$10⁷⁹
SAVE \$5.20

Fess nasal gel
15g

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\$12.99
SAVE \$7.00



Biotene Oral Balance Gel 42g

\$9.59
SAVE \$5.40



Benefibre 155g

\$14.24
SAVE \$6.75



Claratyne 120mL*

\$7.99
SAVE \$4.00



Nulax Fruit Laxative 250g

\$13.64
SAVE \$5.35



Nurofen 7+ 24*

\$19.99
SAVE \$17.00



Chemists' Own Fexo 180mg 70*

\$12.99
SAVE \$6.00



Chemists' Own Mometasone 50mcg 140*

\$9.99
SAVE \$7.50



Chemists' Own Allergy Eye Drops 5mL*

\$19.99
SAVE \$13.00



Chemists' Own C-Zine 10mg 70*

\$12.99
SAVE \$6.50



Chemists' Own Provance Magnesium Forte 60*

\$14.39
SAVE \$6.60



Lamisil Cream 15g*

\$14.34
SAVE \$7.15



OsmoLax Relief 595G

\$14.34
SAVE \$6.65



Daktarin Spray 100g*

\$9.79
SAVE \$7.20



Bion Tears 0.4mL 28

\$19.99
SAVE \$10.00



Nurofen 200mg 96*

\$6.89
SAVE \$3.10



Dencorub Arthritis Cream 100g

\$4.99
Hot Price



Advil Rapid Release 24*

\$26.39
SAVE \$12.10



Desonex 5mg 40*

\$8.24
SAVE \$3.75



Mylanta 2go chewable 48

\$12.59
SAVE \$5.90



Benadryl Dry Tickly Forte 200mL*

Friendly Specials

\$26⁹⁹
SAVE \$13.00



KP 24 Rapid
300mL

\$34⁹⁹
SAVE \$15.00



Zyrtec 10mg
50*

\$34⁹⁹
SAVE \$15.00



Claratyne Rapid
60*

\$11⁸⁴
SAVE \$4.65



Hamilton Sensitive Lotion
50+ 265mL

\$12⁹⁹
SAVE \$6.00



Polident Denture Adhesive Cream
Flav/Free & Mint 60g

\$12¹⁹
SAVE \$6.30



Daktarin Tincture 2%
30mL*

\$13⁴⁹
SAVE \$6.00



Mylanta 2go Original
Chews 100

\$19³⁴
SAVE \$8.65



Hirudoid Cream
40g

\$3⁵⁹
SAVE \$2.40



Disprin Direct
24

\$9¹⁴
SAVE \$3.85



Solosite
50g

\$28⁴⁹
SAVE \$15.50



Breathe Right Nasal
Strips 30

\$8⁹⁹
SAVE \$4.00



Gastrolyte Blackcurrant
Effervescent 20

\$3⁹⁹
Hot Price



Panadol Optizorb
20

\$9⁹⁴
SAVE \$4.05



Aqua Ear
35mL

\$19¹⁴
SAVE \$7.85



Ego Pinetarsol Bath
Oil 500mL

\$22³⁴
SAVE \$9.15



Ego QV Gentle Wash
1L

\$13⁹⁹
SAVE \$5.00



Ego Aqium
1L

\$12⁷⁹
SAVE \$7.20



Sukin
Antioxidant Eye Serum
30mL

\$9⁷⁴
SAVE \$4.25



Sukin
Charcoal Pore Scrub
125mL

\$9²⁴
SAVE \$6.25



Sukin
Blemish Facial Wash
125mL

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.

\$43⁹⁹

Icare
Absorbent
Bed Pads with
Tuck-in Flaps



\$39⁹⁹

Fitted
Mattress
Protector



A Comfirmotion Active
Care Bed with head
board and Mattress

\$4369³⁹



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.

\$1999



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
Certeigy 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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\$2.49
SAVE \$2.50



Airwick
185g

\$0.99
SAVE \$1.50



Colgate Toothbrush
Extra Clean

\$1.99
SAVE \$3.00



Dove Beauty Bar
100g

\$1.99
SAVE \$2.00



Palmolive Handwash
250mL

\$2.99
SAVE \$2.00



Ajax Spray n Wipe
500mL

\$2.29
SAVE \$1.20



Colgate Toothpaste
Cool Mint and Regular
175g

\$4.49
SAVE \$2.50



Duo Front and Top
Loader 2kg

\$3.99
SAVE \$2.00



Palmolive Shampoo
and Conditioner 350mL

\$3.49
SAVE \$1.50



Jif
500mL

\$2.99
SAVE \$3.00



Harpic Powerplus
450mL

\$2.99
SAVE \$1.00



Pine-O-Cleen
Disinfectant 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 29th of February. 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: **Jennifer Baker, Grafton**



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