

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 Complete Sleep Advanced 30[✓]
- B. Nature's Own Milk Thistle 35000mg 60[✓]
- C. Nature's Own Magnesium Chelate 500mg 180[✓]
- D. Nature's Own Double Strength Cold Sore Relief 100[✓]
- E. Nature's Own Super B Complex 75[✓]
- F. Nature's Own 4 in 1 Fish Oil 60[✓]
- G. Nature's Own Fenugreek 1000mg 60[✓]
- H. Nature's Own Cranberry 50000 90[✓]
- I. Nature's Own Zinc + C 60[✓]
- J. Nature's Own Ginseng 1000mg 60[✓]

\$17.24 **SAVE \$9.75**
 \$17.89 **SAVE \$11.10**
 \$24.88 **SAVE \$13.61**
 \$17.39 **SAVE \$9.60**
 \$17.84 **SAVE \$9.15**
 \$14.99 **SAVE \$7.00**
 \$11.89 **SAVE \$7.10**
 \$31.99 **SAVE \$17.50**
 \$11.24 **SAVE \$6.75**
 \$19.99 **SAVE \$11.00**

\$15⁷⁹
SAVE \$8.70

Nature's Own
 Sleep Ezy
 100[✓]



\$15⁸⁹
SAVE \$11.10



Nature's Way
 Magnesium Chelate
 1000mg 200[✓]

\$20⁹⁹
SAVE \$9.00



Nature's Way
 Glucosamine +
 Chondroitin 90[✓]

\$21⁸⁴
SAVE \$9.15



Nature's Way
 Osteo Krill
 50[✓]

\$11⁹⁹
SAVE \$5.50



Nature's Way
 KS Probiotic Ball
 50[✓]

\$19⁹⁹
SAVE \$10.00



Nature's Way
 Fish Oil 1500mg
 200[✓]

\$33⁹⁹
SAVE \$14.00



Bioglan
 Clinical Curcumin
 60[✓]

\$34⁹⁹
SAVE \$15.00



Bioglan
 Fish Oil 1000mg
 400[✓]

\$24⁸⁴
SAVE \$12.15



Bioglan
 Glucosamine 1500mg
 200[✓]

\$21⁶⁴
SAVE \$10.35



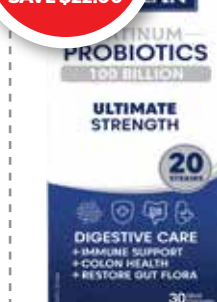
Bioglan
 Magnesium PM
 60[✓]

\$29⁹⁹
SAVE \$15.00



Bioglan
 Muscle Protect HMB + D3
 60[✓]

\$45⁹⁹
SAVE \$22.00



Bioglan
 Platinum Probiotic 100B
 30[✓]

\$19⁹⁹
SAVE \$10.00



Naturopathica Fat
 Blaster Keto Fit Fire
 60[✓]

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

Home of the
110%
price Guarantee

\$13⁶⁹
SAVE \$5.80



Cenovis
Cranberry 30000
30^v

\$7⁶⁸
SAVE \$4.31



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

\$16¹⁴
SAVE \$9.35



Brauer Child
Cough Relief
100mL^v

\$21⁹⁹
SAVE \$12.50



Centrum Advance
Tabs
100^v

\$26⁹⁹
SAVE \$12.50



Olive Leaf Extract
Natural/Peppermint
500mL^v

\$37⁹⁹
SAVE \$17.00



Promensil
Peri
60^v

\$20⁹⁹
SAVE \$11.00



Caruso's
Ginkgo 6000
60^v

\$17³⁴
SAVE \$9.65



Caruso's
Vitamin K2
60^v

\$36⁹⁹
SAVE \$15.50



Caruso's
Bilberry
50^v

\$21⁴⁴
SAVE \$9.55



Caruso's
Aged Black Garlic
60^v



A



B



C



D



E



F



G



H



I



J



BLACKMORES® THE BEST OF HEALTH

- A. Blackmores Sleep Sound 30^v
\$16.34 **SAVE \$8.65**
- B. Blackmores Vitamin A 5000IU 150^v
\$12.19 **SAVE \$6.80**
- C. Blackmores Insolar 60^v
\$14.34 **SAVE \$6.15**
- D. Blackmores Pregnancy Iron 30^v
\$7.89 **SAVE \$4.10**
- E. Blackmores Echinacea ACE and zinc 60^v
\$16.54 **SAVE \$10.95**
- F. Blackmores Ginkgo + Brahmi 40^v
\$19.99 **SAVE \$10.00**
- G. Blackmores Vitamin D3 1000IU 200^v
\$19.99 **SAVE \$10.00**
- H. Blackmores Digestive Aid 60^v
\$20.64 **SAVE \$9.35**
- I. Blackmores Proseren 120^v
\$39.99 **SAVE \$20.00**
- J. Blackmores Curcumin One-A-Day 30^v
\$18.99 **SAVE \$10.50**

\$12⁹⁴
SAVE \$6.55

Blackmores
Cod Liver Oil
1000mg 80^v

Friendly Specials

\$1.99
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

\$8.99
SAVE \$4.00



Dimetapp 12 hour Nasal
Spray 20mL*

\$20.88
SAVE \$11.11



Flixonase 24Hour
120 Doses*

\$15.99
SAVE \$7.00



Proctosedyl Ointment
30g*

\$8.24
SAVE \$3.75



Sensodyne Deep Clean
Toothpaste 110g

\$11.44
SAVE \$8.05



Dermeze Soap Free
Wash 500mL

\$10.49
SAVE \$4.50



Nurofen
48*

\$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

\$8.49
SAVE \$3.50



Polyvisc Ointment
3.5g

\$6.34
SAVE \$4.15



Coloxyl Oral Drops
30mL

\$9.99
SAVE \$4.50



Fess Sensitive Noses nasal
spray 30mL

\$30.99
SAVE \$11.50



Nicabate 4mg
100

\$10.34
SAVE \$7.65



Ear Clear for wax removal
12mL

\$18.99
SAVE \$6.00



Codral PE Cough Cold and Flu
Day and Night 48*

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

Home of the
110%
price Guarantee



\$8.44
SAVE \$3.55

Tiger Balm White/Red
18g



\$22.54
SAVE \$7.95

Claratyne 10mg
30*



\$11.99
SAVE \$5.00

Sedagel Teething Gel
30g



\$4.89
SAVE \$2.10

Panadol Mini Caps
20



\$8.44
SAVE \$5.55

Daktarin Cream 2%
70g*



\$5.99
SAVE \$4.00

Chemists' Own
Clozole
50g*



\$8.99
Hot Price

Chemists' Own
Paracetamol 5-12
years 200mL*



\$6.39
SAVE \$4.60

Chemists' Own
Nasal Decongestant
Spray 180*



\$11.99
SAVE \$7.00

Chemists' Own
Macrogol 30



\$19.99
SAVE \$8.00

Chemists' Own
Loratadine 10mg
50*



\$3.99
Hot Price

Disprin soluble tabs
24



\$169.99
SAVE \$55.00

Omron Tens machine
HVF128



\$4.79
SAVE \$3.20

Dencorub
100g



\$18.79
SAVE \$8.20

PhisoHex 1%
500mL



\$26.99
SAVE \$10.00

Voltaren Emulgel
150g



\$5.99
SAVE \$3.00

Gastrogel
500mL



\$5.99
Hot Price

Aspro Clear Extra Strength
16*



\$9.34
SAVE \$4.65

Canesten Topical Solution
20mL*



\$8.79
SAVE \$4.20

Gaviscon Dual Act Berry
300mL



\$13.49
SAVE \$7.50

Gaviscon Peppermint
600mL

Friendly Specials

\$10⁷⁹
SAVE \$5.20



Cellufresh Drops 0.4mL
30

\$9⁸⁹
SAVE \$4.60



Holdtite Denture Cream
58g

\$15⁴⁹
SAVE \$5.50



Microlax enemas
12

\$6²⁴
SAVE \$2.75



Curash Nappy Rash
Cream 100g

\$23³⁴
SAVE \$11.65



Lansinoh
50g

\$6⁹⁹
SAVE \$5.50



Strepsils Honey and Lemon
Lozenges 16

\$8³⁴
SAVE \$3.65



Deep Heat Menthol
140g

\$6⁹⁹
SAVE \$4.00



Salvital
375g

\$9³⁴
SAVE \$4.15



Difflam gel extra strength
5% 30g

\$15⁴⁴
SAVE \$8.05



Systane Balance
10mL

\$12⁸⁴
Hot Price



Cartia 100mg
168*

\$9⁷⁸
SAVE \$5.21



Naphcon A
15mL*

\$11⁸⁴
SAVE \$6.15



Fess Nasal Spray
75mL

\$21⁹⁹
SAVE \$1.00



Agiolax
250g

\$10⁶⁹
SAVE \$5.30



Ego Pinetarsol Bar
100g

\$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 Oil Balancing Shampoo
and Conditioner 500mL

\$9⁷⁹
SAVE \$5.20



Sukin Body Scrub
Green Tea 200mL

\$14⁹⁹
SAVE \$6.00



Sukin Body Wash Pump
1L

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

Home of the
110%
price Guarantee



We offer
CERTEGE
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.

Independent Living

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

\$419⁹⁹

**Murray Bridge Low
Back Day Chair**



\$3371⁹⁹

**Pride Go
Electric Wheelchair
Next Generation**



\$274⁹⁹

**ECO Dry
Clothes Line**



\$1999



**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
Certege 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
110%
price Guarantee

\$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

\$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

\$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
---------	--------------------------------	--------------

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 March. 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: **Ruby Hargans, Childers**



Find us on Facebook

Connect with us now on Facebook for all the latest news, health advice and offers. Just scan the QR code opposite and "Like" us on Facebook.

