

HEALTH IS YOUR WEALTH



\$16⁹⁹
ea

Better You
Lux 1000 Daily Vitamin D Oral Spray 15mL

Follow the directions for use. Supplements do not replace a balanced diet.



FROM
\$22⁹⁹

Elevit
A. Probiotics 30 Capsules \$22.99
B. DHA 60 Capsules \$29.99

Always read the label. Follow the directions for use.



\$15⁹⁹
ea

E45
Skincare 500mL Range

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



\$9⁹⁹

Advil
12 Hour Extended Release 16 Tablets

Ask your pharmacist - they must decide if this product is right for you. Incorrect use could be harmful.



\$18⁹⁹
ea

Ego QV
1 Litre Range



SAVE \$1.96
OFF RRP
\$4⁹⁹
ea

Burts Bees
Lip Balm 4.25g (Variants)



FROM
\$10⁹⁹

Codral
A. Day & Night Cold & Flu 24 Tablets \$10.99
B. Cold & Flu + Cough 24 Capsules \$11.99



\$12⁹⁹
ea

Lemsip
Multi-Symptom Relief 16 Capsules
or Multi-Symptom Relief 10 Sachets

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. Incorrect use could be harmful. If symptoms persist, talk to your health professional.



\$11⁹⁹
ea

Otrivin Plus
Adult Nasal Spray 10mL

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

Due to unprecedented demand at our pharmacies not all products may be available and/or purchase limits may apply. We appreciate your patience and understanding over this period.

^Savings calculated on RRP provided by supplier at time of catalogue preparation and may not reflect previous in store selling price.

On sale Thursday 7th - Wednesday 27th May 2020

Managing Sports Injuries

As we head into the cooler months, it's worth thinking about sports injuries. How can they be avoided? And if you are injured, what is the best way to manage them? To help answer these questions, let's take a look at the common causes of sports injuries in Australia.

In Australia, most sports injuries are caused by either overuse or direct impact. A recent report from the Australian Institute of Health and Welfare shows that on average, 60,000 people a year are hospitalised for sports injuries, with football, cycling, motor sports, netball, basketball and equestrian being the main culprits.¹

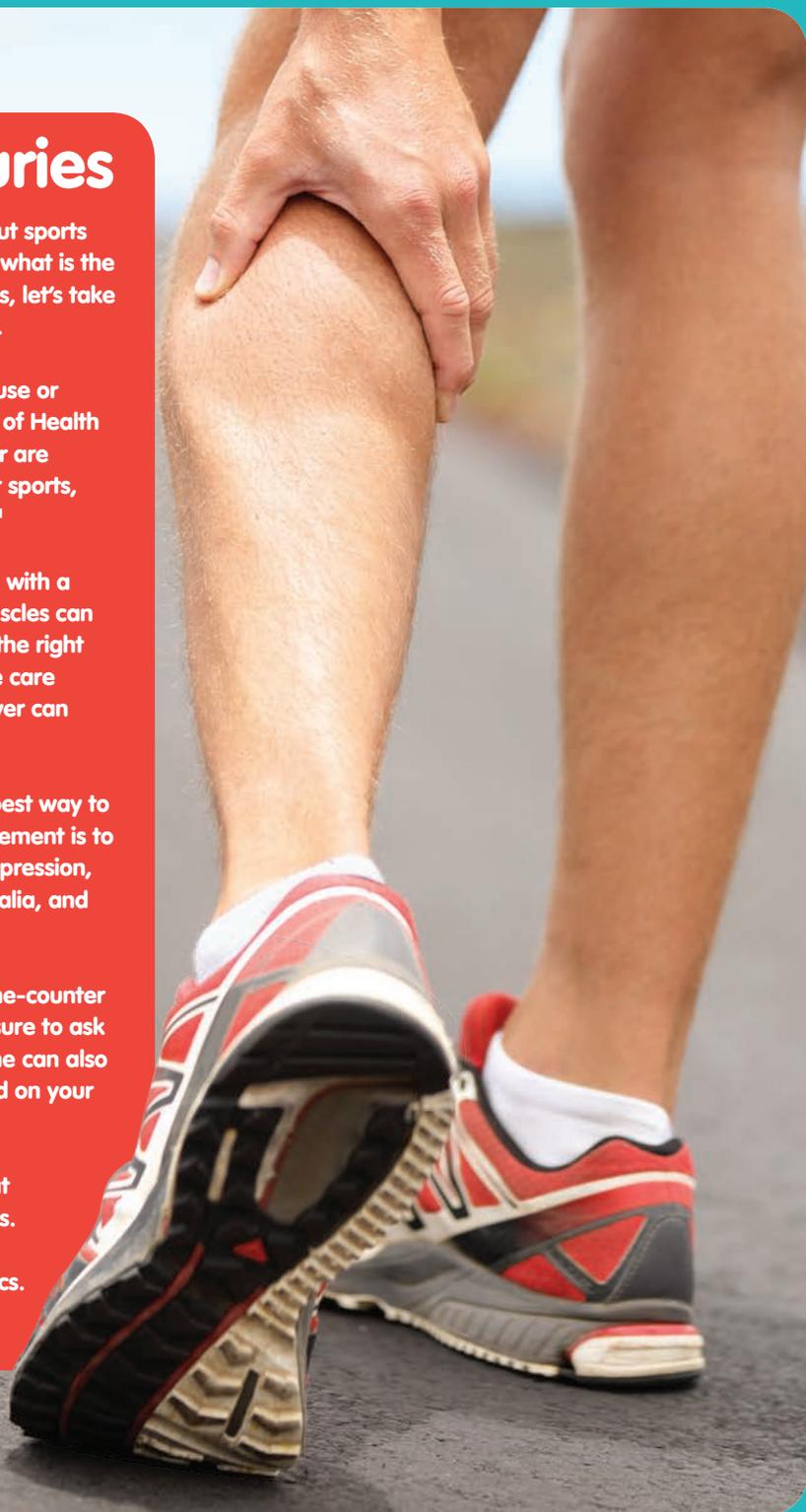
The good news is that many sports injuries can be avoided with a little care. Taking the time to warm up and stretch cold muscles can go a long way towards avoiding injuries. So too can using the right equipment and correct safety gear. If you are injured, take care not to push yourself too hard. Giving yourself time to recover can dramatically reduce your chances of re-injury.

Assuming that your injury isn't a medical emergency, the best way to address sprains, bruises, muscle soreness and painful movement is to apply the R.I.C.E.R. rule. R.I.C.E.R. stands for Rest, Ice, Compression, Elevation, Referral. It is endorsed by Sports Medicine Australia, and your local pharmacist can offer support on this topic.²

Depending on your level of pain, you may also find over-the-counter analgesics such as paracetamol and ibuprofen useful. Be sure to ask your pharmacist if these options are right for you. He or she can also help you to determine whether you should use heat or cold on your injuries.

Head into your local pharmacy today and think about what you can do to prevent and treat this season's sports injuries. You'll find a wide range of products, from mouth guards and splints, through to bandages, cold packs and analgesics.

¹ aihw.gov.au/reports/injury/hospitalised-sports-injury-australia-2016-17/contents/summary
² sma.org.au/resources-advice/injury-fact-sheets/soft-tissue-injuries/



BUY A SELECTED FUTURO™ PRODUCT & REDEEM FREE COLDHOT COMPRESS PLUS SELF-STICK WRAP



Excludes ColdHot Compress, Compression Basics & Compression Sleeves range

EXTRA
\$30
VALUE
RRP



Comfort
Knee Support

\$19⁹⁹



Wrap Around
Ankle Support

\$21⁹⁹

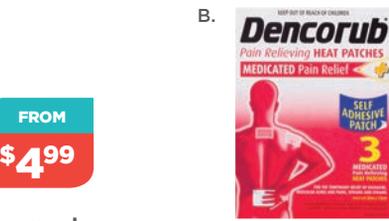


Comfort
Elbow Support
with Pressure Pads

\$23⁹⁹

For more information visit futurobrand.com.au/claim

Eligible with purchase of selected FUTURO™ products from pharmacy only. Excludes ColdHot Compress, Compression Basics & Compression Sleeves range. Redeem offer online only. Offer available 1/3/2020 - 31/8/2020. Only while stocks last. Visit futurobrand.com.au/claim for details. Terms & conditions apply. Always read the label. Use only as directed. If symptoms persist see your health professional. 3M, Futuro and Nexcare are Trademarks of 3M. © 3M 2020. All rights reserved.



FROM
\$4.99

Dencorub
A. Extra Strength Heat Gel 100g \$4.99
B. Heat Patches 3 Pack \$7.49

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



\$16.99 ea

Pain Away
Ultra Pro Pain Relief Cream 70g or Spray 100mL

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional. Traditionally used in Western herbal medicine to decrease/reduce/relieve mild joint aches and pains.



FROM
\$17.99

Abundant
A. Magnesium Gel 80mL \$17.99
B. Magnesium Spray 90mL \$19.99

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



FROM
\$5.49

Body Plus
A. Sports Tape Latex Free 3.8cm x 10m \$5.49
B. Sports Tape 3.8cm x 13.7m \$8.49ea

Always read the label. Follow the instructions for use.



\$21.99 ea

Nurofen
Quickzorb 96 Caplets

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your health professional. Incorrect use could be harmful.



\$6.99 ea

Clearwipe
Lens Cleaner 40 Value Pack

RELIEVE MUSCLE PAIN 2x FASTER*

*50% pain relief at 2 days vs 5 days for placebo

With No Mess Applicator

Winner Topical Muscular Pain Relief Category
Survey of 10,000 people by Nielson



\$19.99

† Data on file, GSK sponsored study.

Trade marks owned or licensed by GSK © 2020 GSK or licensor. CHANZ/CHVOLT/0040/19

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.

CHOOSE STRONG PAIN RELIEF



\$11.49



Ask your pharmacist - they must decide if this product is right for you. Incorrect use could be harmful.

Trade marks are owned by or licensed to the GSK group of companies. ©2020 GSK group of companies or its licensor. CHANZ/CHVOLT/0025/19



SAVE \$19.96 OFF RRP
\$59.99

Medescan
Rainbow Mist Top Filling Humidifier
Always read the label. Follow the instructions for use.



\$14.99 ea

Dimetapp
Kids Oral Liquid 200mL (Variants)

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your health professional.



\$14.99 ea

Demazin
Kids 2+ Cough+Immune Defence Liquid 200mL

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your health professional. Supplements should not replace a balanced diet.



\$17.99 ea

S-26 Gold
Alula Toddler or Junior 900g

Breast milk is best for most babies. Consult your doctor or pharmacist when considering this product.



\$32.99 ea

Ensure
Powder 850g (Variants)

Food for special medical purposes. Not suitable as a supplement source of nutrition. Use only under medical supervision.



\$15.99

Systane
Complete Lubricant Eye Drops 10mL

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



\$12.99 ea

Robitussin
Cough Liquid 200mL (Variants)

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your health professional.



\$8.99

Dimetapp
12 Hour Nasal Spray Refill 20mL

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your health professional.



SAVE \$25 OFF RRP
\$139

Omron
Automatic Blood Pressure Monitor Deluxe HEM7130

Always read the label. Follow the instructions for use.

SORE THROAT?

TRY
Treat and relieve combo



A. Difflam Ready to Use Sore Throat Gargle with Iodine 200mL **\$9.99**

B. Difflam Plus Anaesthetic Sore Throat Lozenges Pineapple & Lime 16 Lozenges **\$8.99**



Difflam
Sore Throats Sorted.

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms worsen or change unexpectedly, talk to your health professional.

10-2020-DIF-0054



FROM
\$16.99

Able Spacer

A. Anti-Bacterial Spacer with Whistle **\$16.99**

B. Anti-Bacterial Spacer with Medium Whistle Mask **\$18.99**

Always read the label. Follow the directions for use.

 Quitting smoking may not be the most exciting or glamorous thing but your pharmacy can offer advice on ways to help you control your cravings and lose that cigarette for good. Whether it's by patch, gum or lozenge, we can help get smokers like you to victory.¹⁻⁴

References: 1. Nicotinell Patches Product Information. 2. Nicotinell Lozenges Product Information. 3. Data on file. 4. Nicotinell Gum Product Information.

HELPING SMOKERS TO VICTORY



\$20⁹⁹ ea

\$19⁹⁹ ea

Stop smoking aid. Contains nicotine. Always read the label. Follow the directions for use.

Nicotinell® is the registered trademark of Orion Laboratories Pty Ltd trading as Perrigo Australia ABN 56 009 293 136, 25-29 Delawney Street, Balcaatta WA 6021, 202002-01968V1. Prepared Feb 2020. NIC-000959-00.




\$19⁹⁹

Puranox
Anti-Snoring Spray 45mL

Always read the label. Follow the directions for use.



\$299

Revitive
Advanced Circulation Booster

Always read the label. Follow the instructions for use.



\$49⁹⁹

Rejuvenail
Anti-Fungal Nail Solution 6.6mL

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



\$14⁹⁹ ea

Ferro-grad 30 Tablets or Ferro-grad F 30 Tablets

Supplements should not replace a balanced diet. Ferro-grad: This medicine may not be right for you. Read the label before purchase. Ferro-grad F: Always read the label. Follow the directions for use.



\$22⁹⁹ ea

Remifemin
Menopause Symptom Relief 100 Tablets

This medicine may not be right for you. Read the label before purchase. Follow the directions for use. If symptoms persist, talk to your health professional.



\$19⁹⁹ ea

Wartner
Wart Remover 50mL or Plantar Wart Remover 50mL



\$12⁹⁹ ea

OsteVit-D
One-A-Day Vitamin D3 & Calcium Plus 110 Caplets

Always read the label. Follow the directions for use. Supplements do not replace a balanced diet.



\$8⁹⁹ ea

Cal-600
Calcium Supplement 120 Tablets

Always read the label. Follow the directions for use. Supplements should not replace a balanced diet.

Caring for your skin

Did you know that the skin is the largest organ of the human body? It's also a great indicator of our general health. So how do we keep our skin healthy? If you have noticed that your skin feels a little dry or oily, it's a good idea to take the following steps:

1) Be gentle with your skin.

Avoiding strong soaps and detergents is a good place to start. Many soap-based products can dry out your skin, leaving it itchy, dry and prone to cracking. Instead, ask your pharmacist about soap alternatives. These products tend to use mild cleansers which actually clean and nourish your skin. It's likely that you'll notice the difference almost right away.

2) Protect yourself from the sun.

Wearing protective clothing, staying out of direct sunlight, and choosing a quality sunscreen will help you to avoid skin damage.

3) Limit your shower time.

While it's tempting to spend time luxuriating in a hot shower or bath, hot water removes oils from your skin and dries it out. If your skin is feeling dry and itchy, ditch the hot water and choose a shorter shower at a cooler temperature.

4) Use a good moisturiser.

Moisturisers keep your skin smooth and supple. Talk to your pharmacist about which moisturiser is right for you. If you have sensitive skin, you might like to choose a product which is free from parabens.

5) Eat a healthy diet.

Making healthy diet choices will also affect your skin. Choose a diet rich in lean proteins, whole grains, fruits and vegetables, and don't forget to drink plenty of water to keep your skin soft and hydrated.

If you've already taken these steps, and your skin is causing you concern, pop into your local pharmacy and talk to the staff about skin care options. Aside from stocking a great range of sunscreens, cleansers and moisturisers, your pharmacist can help you with over the counter creams and ointments for sore or itchy skin. He or she can also point you in the right direction should your skin require prescription medication.



What's your

major skin
concern?

Pigmentation, Wrinkles,
Uneven Skin Tone, Dull Skin.



John Plunkett's

super cosmeceuticals

Whatever your individual needs, John Plunkett's provide a solution that is just right for you.

Using the latest technology, this range is packed with powerful ingredients that deliver highly effective, clinically proven results that will transform your skin.

BUY NOW

SAVE 30%^{ACT} OFF

www.JohnPlunkett.com.au

Proven Results



40% OFF RRP*

Dr. Lewinn's Skincare Range



25% OFF RRP*

Neutrogena Skincare Range



25% OFF RRP*

Biore Acne Range



40% OFF RRP*

Natural Instinct Skincare Range



SAVE \$4.00 OFF RRP*

\$6.49 ea

Hamilton Urederm Cream 100g



35% OFF RRP*

Hope's Relief Skincare Range

Eczema Cream: Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



40% OFF RRP*

Nivea Skincare Range



30% OFF RRP*

SUKIN RANGE

AUSTRALIAN MADE NATURAL INGREDIENTS CRUELTY FREE VEGAN PARABENS

Gel.

A new way to care for dry skin

NEW

\$6.99 **\$12.99** **\$19.99**



Bio-Oil Dry Skin Gel 50mL, 100mL or 200mL

62% of participants

Agreed that the product was better than anything they had used before for dry skin*

Always read the label. Follow the instructions for use. *Data on file.

*Savings calculated on RRP provided by supplier at time of catalogue preparation and may not reflect previous in-store selling price. *The percentage savings shown are calculated to the nearest 5% of the actual savings.

hot PRICE



\$6.49 ea

Skyn
Get Fresh Wipes 30 Pack



\$3.99 ea

Dentagene
Interdental Brushes 12 Pack (Variants)



SAVE \$4.00 OFF RRP*
\$11.99 ea

Compeed
Cold Sore Patches 15 Pack

Always read the label. Follow the directions for use. If symptoms persist, talk to your health professional.



\$7.49 ea

Rexona
Clinical Protection Aerosol Deodorant
109g/180mL (Variants)



SAVE \$4.00 OFF RRP*
\$12.99 ea

ECover
Zero Non-Bio Laundry Liquid 1.5 Litre



\$5.49 ea

ECover
Zero Washing-Up Liquid 450mL

*Savings calculated on RRP provided by supplier at time of catalogue preparation and may not reflect previous in store selling price.

 **your local pharmacy™ is:**

© 2020 Pharmacy Choice (Symbion).

All items have been included in good faith on the basis that the goods described will be available at the time of sale, unless sold out. Occasionally some advertised products are not available at all Community Pharmacies. Failure by a supplier to deliver in accordance with sample, description or at all, or unintentional causes, beyond the control of Your Local Pharmacy may result in some lines being unavailable. Prices listed are maximum prices available from participating pharmacies during the period of the promotion and are subject to change without notice. Sale price based on Supplier RRP. Pharmacists may use their professional discretion to limit purchase quantities of advertised medicines. We reserve the right to correct printing errors. Pharmacy Choice® is a trade mark of Symbion Pty Ltd. Other trade marks are owned by third parties and used with permission. Produced by Symbion Pty Ltd. ABN 25 000 875 034.

www.yourlocalpharmacy.com.au