

# Dis-Chem PHARMACIES



# WINTER PRICE FREEZE

PRICES VALID 21 JULY - 13 AUGUST 2017



FREE

Airmune Value Pack  
30 effervescent tablets  
PLUS 10 FREE

**149<sup>95</sup>**



Med-Lemon  
18 sachets / Assorted

**64<sup>95</sup>**



1 FOR 69<sup>95</sup>  
2 FOR  
**115<sup>00+</sup>**

Head & Shoulders  
Shampoo OR  
Conditioner  
400ml / 300ml  
Assorted

\*Excludes African Soap Care Range



SAVE  
**20%**  
ON EVE INSTANT  
TEA 12 SACHETS  
ASSORTED  
(PRICE ALREADY  
MARKED DOWN)

Bio-Strath  
100 tablets

SAVE 30<sup>00</sup>  
**134<sup>95</sup>**



Eye  
Instant Tea  
12 sachets / Assorted

SAVE 20%  
**34<sup>95</sup>**

Nivea  
Rich Nourishing  
Body Moisturiser  
825ml

**49<sup>95</sup>**



1 FOR 21<sup>95</sup>  
2 FOR  
**40<sup>00</sup>**

Sunlight  
Dishwashing  
Liquid  
750ml



ViralChoice C  
Immune Support  
60 capsules

SAVE 20<sup>00</sup>  
**99<sup>95</sup>**

Savlon  
Antiseptic Liquid  
750ml

SAVE 13<sup>00</sup>  
**36<sup>95</sup>**



FutureLife  
High Protein  
Smart+ Food  
500g / Assorted

1 FOR 66<sup>95</sup>  
2 FOR  
**99<sup>95</sup>**

A.Vogel  
Echinaforce  
30ml drops

SAVE 15<sup>00</sup>  
**56<sup>95</sup>**



# IMMUNE SUPPORT

**1+1 FREE**  
ON SOLAR IMMUFEND SYRUP FOR CHILDREN 2+ TABLETS

**SOLAR**  
**Immufend**  
Immune Defence Syrup  
for children 2+  
with expanded immunity boost  
Wellmune

Solar Immufend Syrup for Children 2+ 150ml

**49<sup>95</sup>**

**1+1 FREE**  
ON LIFESTYLE NUTRITION PELAGON-C 10 EFFERVESCENT TABLETS

**Lifestyle Nutrition**  
**Pelagon-C**  
10 effervescent tablets

**49<sup>95</sup>**

**2+1 FREE**  
ON SINUCON C 10 EFFERVESCENT TABLETS

**Sinucon C**  
10 effervescent tablets

**31<sup>95</sup>**

**A.Vogel**  
**Echinaforce**  
120 tablets

**SAVE 20%  
155<sup>95</sup>**

**Linctagon-C**  
12 effervescent tablets

**SAVE 22%  
57<sup>95</sup>**

**Linctagon-C**  
12 effervescent tablets

**Linctomed**  
Viral Forté lozenges

**1 FOR 52<sup>95</sup>  
2 FOR 90<sup>00</sup>**

**1 FOR 52<sup>95</sup>  
2 FOR 90<sup>00</sup>**

**Linctomed C**  
12 effervescent tablets

**SAVE 20%  
47<sup>95</sup>**

**SAVE 20%  
47<sup>95</sup>**

**VitalChoice**  
Effervescent  
30 effervescent tablets

**SAVE 20%  
119<sup>95</sup>**

**SAVE 20%  
119<sup>95</sup>**

**Vital**  
Cod Liver Oil  
90 capsules

**SAVE 10%  
59<sup>95</sup>**

**SAVE 10%  
59<sup>95</sup>**

# DIGESTIVE CARE & PROBIOTICS

**Amipro**  
**Colon Ecology**  
70 vegicaps

- Unique fibre blend of psyllium, oats, flax
- Probiotics, prebiotics, enzymes and herbs supply complete digestive and colon support

**SAVE 30%  
163<sup>95</sup>**

**SAVE 30%  
163<sup>95</sup>**

**Amipro**  
**Digest**  
60 vegicaps

- Take with meals - acts fast
- 15 digestive enzymes and herbs
- Alpha Galactosidase reduces gas and bloating from onions and beans

**SAVE 20%  
189<sup>95</sup>**

**SAVE 20%  
189<sup>95</sup>**

**Amipro**  
**Daily Flora**  
60 vegicaps

- 15 billion clinically and scientifically verified probiotic strains
- Guaranteed high potency till expiry
- Refrigerate to ensure viability

**SAVE 50%  
329<sup>95</sup>**

**SAVE 50%  
329<sup>95</sup>**

**Dulcolax**  
5mg  
200 coated tablets

**SAVE 50%  
299<sup>95</sup>**

**SAVE 50%  
299<sup>95</sup>**

# VITAMIN C

**Vital**  
**ultra**  
Vitamin C  
60 tablets

**SAVE 15%  
54<sup>95</sup>**

**SAVE 15%  
54<sup>95</sup>**

**Vital**  
**Vitamin C**  
300mg  
OR Cherry  
100 chewable tablets

**SAVE 20%  
75<sup>95</sup>**

**SAVE 20%  
75<sup>95</sup>**

**Vital**  
**Maxi C**  
1000mg  
30 tablets

**SAVE 20%  
63<sup>95</sup>**

**SAVE 20%  
63<sup>95</sup>**

**Bettaway**  
**MEGA C 1000**  
VITAMIN C 1000mg  
180 tablets

**SAVE 40%  
249<sup>95</sup>**

**SAVE 40%  
249<sup>95</sup>**

**2+1 FREE**  
ON BETTAWAY MEGA C 1000mg 60 TABLETS

**Bettaway**  
**MEGA C 1000**  
VITAMIN C 1000mg  
60 tablets

**124<sup>95</sup>**

**124<sup>95</sup>**

# COLDS & FLU

**SAVE  
20%  
ON THESE COLD & FLU  
PRODUCTS  
(PRICES ALREADY  
MARKED DOWN)**



**FLUGON**  
colds & flu syrup

Flugon  
Colds & Flu Syrup  
200ml

**SAVE 20%**  
**83<sup>95</sup>**



**Efferflu C**  
Immune Booster  
20 effervescent tablets

**SAVE 20%**  
**48<sup>50</sup>**



**efferflu C**

Flugon  
50 capsules

**SAVE 20%**  
**83<sup>95</sup>**



**Vitaforce**  
**Tonzolyt**  
100 tablets

- Helps fight both acute and chronic tonsillitis
- Suitable for adults and children

**SAVE 20%**  
**63<sup>95</sup>**



**Vital**  
Garlic & Parsley  
100 capsules

**SAVE 20%**  
**39<sup>95</sup>**



**SOLAL**  
**Immufend**  
Cold & Flu Syrup  
150ml

**SAVE 20%**  
**71<sup>95</sup>**

# COUGH RELIEF



**VICKS**  
VapoRub<sup>®</sup>  
OR BabyRub  
50g jar

**29<sup>95</sup>**



**Doktor Mom**  
Herbal Cough Syrup  
100ml  
OR Herbal  
Cough Lozenges  
20-pack / Assorted

**26<sup>95</sup>**



**Benylin**  
Wet Cough  
Mucus Relief  
100ml

**36<sup>95</sup>**



**PromuCoff**  
Syrup  
100ml

- Relieves cough
- Loosens mucus
- Non-sedating

**SAVE 15%**  
**49<sup>95</sup>**



**Linctagon**  
Cough Syrup  
150ml

**SAVE 20%**  
**62<sup>95</sup>**



**FLORA FORCE**  
HERBAL  
COUGH  
MIXTURE  
100ml

**SAVE 10%**  
**39<sup>95</sup>**



**SoothEeze**  
Throat Lozenges  
24-pack / Assorted

**24<sup>95</sup>**  
**10% OFF**  
**22<sup>45</sup>**



**A.Vogel**  
Sore Throat  
Spray 30ml

**SAVE 20%**  
**209<sup>95</sup>**



**PROSPAN**  
Cough Syrup  
200ml

**99<sup>95</sup>**



**WOODS'**  
Great Peppermint  
Cure  
100ml

**26<sup>95</sup>**



**Hedelix**  
Cough Syrup  
100ml

**61<sup>95</sup>**



**Zam-Buk**  
Chest Rub  
80g

**32<sup>95</sup>**

# MULTIVITAMINS & DAILY SUPPLEMENTS



SAVE 30%  
**239<sup>95</sup>**  
Centrum Adult Value Pack  
90 tablets



SAVE 15%  
**284<sup>95</sup>**  
Centrum Select 50+ Value Pack  
90 tablets



Vascafem SK  
OR  
Vascafem  
100 tablets  
**109<sup>95</sup>**

Vascamen  
90 tablets  
SAVE 30%  
**129<sup>95</sup>**

Vascacydin  
60 capsules  
SAVE 39%  
**99<sup>95</sup>**



SAVE 20%  
ON VITAL ZINC COMPLEX 100 TABLETS  
(PRICE ALREADY MARKED DOWN)

Vital Zinc Complex  
100 tablets  
SAVE 20%  
**47<sup>95</sup>**



Lifegain Advanced Nutritional Supplement  
1kg / Assorted  
SAVE 80%  
**299<sup>95</sup>**



SAVE 20%  
ON VITAFORCE MENSVITE OR LADYVITE 60 TABLETS  
(PRICE ALREADY MARKED DOWN)

SAVE 20%  
**95<sup>95</sup>**  
Mensvite OR Ladyvite  
60 tablets / Assorted



Patrick Holford 100% Health  
30 days' supply  
PLUS Immune C  
60 tablets  
SAVE 50%  
**499<sup>95</sup>**



Pharmaton  
60 soft gelatin capsules  
SAVE 30%  
**189<sup>95</sup>**



Bonvit  
30 soft gel capsules  
SAVE 20%  
**59<sup>95</sup>**



2+1 FREE  
ON VITAFORCE ULTRA VITAMIN A-Z 60 TABLETS

Vitaforce Ultra Vitamin A-Z  
60 tablets  
**129<sup>95</sup>**



SAVE 20%  
ON THE NATIVA COMPLEX RANGE  
(PRICE TO BE MARKED AT FULL)



Slow-Mag  
20 effervescent tablets  
SAVE 25%  
**89<sup>95</sup>**



Biogen Multi Vitamin Plus Value Pack  
180 tablets  
SAVE 50%  
**249<sup>95</sup>**  
INSTANT 10% OFF  
**224<sup>95</sup>**



Sunlife Multivitamin & Mineral  
20 effervescent tablets  
SAVE 20%  
**59<sup>95</sup>**

Sunlife Vitamin C  
20 effervescent tablets  
SAVE 20%  
**49<sup>95</sup>**

## Lifestyle Nutrition

Multivitamin for Women  
30 softgel capsules  
**59<sup>95</sup>**

Multivitamin for Men  
30 softgel capsules  
**59<sup>95</sup>**

**2+1 CHEAPEST FREE\***  
ON LIFESTYLE NUTRITION VITAMIN SUPPLEMENTS

Zinc  
100 tablets  
**46<sup>95</sup>**

\*Excludes Lifestyle Nutrition Xybil, Sweeteners and Nutriure

B Complex  
30 softgel capsules  
**61<sup>95</sup>**

**2+1 CHEAPEST FREE**  
ON ALL NATRODALE PRODUCTS

HeartSmart  
30 softgel capsules  
**149<sup>95</sup>**

Evening Primrose Oil 1000mg  
30 softgel capsules  
**154<sup>95</sup>**

**Natrodale**  
WE'RE NOT JUST STARTING

## INTRODUCING SOLAL® VITA PQQ. THE HEALTHY AGEING VITAMIN.

Promote healthy ageing with the revolutionary Vita PQQ. There's no arguing that every day we get another day older but that doesn't mean that our bodies have to deteriorate at the same rate. Vita PQQ is a cellular regenerating and energising vitamin. Aside from being a mitochondrial regenerator for cellular rejuvenation, Vita PQQ is also a super antioxidant energizer to alleviate cellular ageing. In addition, it repairs degraded DNA and nerves, allowing you to do more, be more and live more.

**LIVE BEYOND**

FOR MORE INFORMATION VISIT SOLAL.CO.ZA

**SOLAL**  
HEALTHY AGING SOCIETY

**NEW**

Vita PQQ  
30 capsules  
**SAVE 30<sup>00</sup>**  
**319<sup>95</sup>**

## ENERGY

**Pharmaton Fizzi**  
20 effervescent tablets  
**SAVE 10<sup>00</sup>**  
**89<sup>95</sup>**

**vita-thion**  
Energy Tonic  
60 sachets  
**SAVE 20<sup>00</sup>**  
**199<sup>95</sup>**

**Berocca Performance**  
30 effervescent tablets Assorted  
**SAVE 20<sup>00</sup>**  
**169<sup>95</sup>**

**2+1 CHEAPEST FREE**  
ON ALL TURBOVITE PRODUCTS

**turbovite FOCUS**  
200ml syrup  
**59<sup>95</sup>**

**turbovite EXCEL**  
20 effervescent tablets  
**95<sup>95</sup>**

**vitaforce Nutri-B**  
180 tablets  
**SAVE 50<sup>00</sup>**  
**229<sup>95</sup>**

**vitaforce Schlehen Blackthorn Berry Elixir**  
500ml  
**SAVE 40<sup>00</sup>**  
**199<sup>95</sup>**

**Sunlife Vitamin B-Shot**  
10ml  
**SAVE 10<sup>00</sup>**  
**29<sup>95</sup>**

**NEW**



# BONE & JOINT HEALTH



**SAVE 20%**  
ON MENACAL.7  
30 TABLETS OR CHEWS  
(PRICE ALREADY MARKED DOWN)

**MenaCal.7**  
30 tablets  
OR 30 chews

**SAVE 20%**  
**117<sup>95</sup>**



**SAVE 20%**  
ON LIFESTYLE NUTRITION  
CAL Q7 30 TABLETS  
(PRICE ALREADY MARKED DOWN)

**Lifestyle Nutrition  
Cal Q7**  
30 tablets

**SAVE 20%**  
**95<sup>95</sup>**



**SAVE 20%**  
ON ARTHROCHOICE  
120 TABLETS  
(PRICE ALREADY MARKED DOWN)

**ArthroChoice  
Advanced**  
120 tablets

**SAVE 20%**  
**167<sup>95</sup>**



**Osteocare  
LIQUID**  
ORIGINAL  
calcium  
magnesium  
vitamin D, zinc  
strong bones

**OsteoCare  
Liquid**  
200ml

**SAVE 10%**  
**69<sup>95</sup>**



**Biogen  
Calmag**  
120 tablets

**SAVE 70%**  
**199<sup>95</sup>**

**INSTANT REWARD**  
10% OFF  
**179<sup>95</sup>**

**CALMAG  
MAX ABSORPTION**



**mni  
RheumaLin**  
Combat inflammatory  
back, neck and joint pain

**60 tablets**

**SAVE 40%**  
**209<sup>95</sup>**

**Flexi-CAL**  
30 days supply

**SAVE 35%**  
**199<sup>95</sup>**



**Flexi  
CAL**

**JointEze**  
60 capsules

**SAVE 40%**  
**159<sup>95</sup>**



**JOINTeze**  
Capsules for stiff painful joints

# OMEGAS & HEART HEALTH



**A.Vogel  
VegOmega-3**  
30 capsules

**SAVE 20%**  
**144<sup>95</sup>**



**BIOMIN  
SUPREME  
OMEGA 3**  
60 softgel capsules

**SAVE 20%**  
**139<sup>95</sup>**

**Solal  
Sol-Oil  
Omega 3 & 6**  
60 softgel capsules

**SAVE 40%**  
**214<sup>95</sup>**



**SOLAL  
SOL-OIL  
OMEGA 3 & 6**



**SOLAL  
CO-ENZYME Q10**  
60 Licaps

**SAVE 30%**  
**279<sup>95</sup>**

**1 FOR 89<sup>95</sup>  
2 FOR  
150<sup>00</sup>**

**Gold  
Salmon Oil**  
90 softgel capsules



**Gold  
Salmon Oil**  
90 softgel capsules



**tony ferguson  
KholestAway**  
360g (30 day supply)

**SAVE 20%**  
**229<sup>95</sup>**

## NEW from the Tony Ferguson Lifestyle Range

**KholestAway**  
PROVEN TO  
REDUCE THE ABSORPTION OF CHOLESTEROL

- Source of dietary fibre
- Reduces absorption of dietary glucose
- Reduces absorption of dietary cholesterol
- With added Tolerase L-10 (acid) with the breakdown of lactose

Mix 2 level scoops in 200ml - 250ml of milk or water. Take once a day



Lose more weight faster - click on to [www.tonyferguson.co.za](http://www.tonyferguson.co.za) or ask in-store for more information on the Tony Ferguson Weightloss Program and the Tony Ferguson meal plans.  
080-SLIMMER / 080-7546637 | [www.tonyferguson.co.za](http://www.tonyferguson.co.za) | Tony Ferguson Weightloss South Africa



# HERBAL REMEDIES



Flora Force Turmerlynn™  
90 vego capsules  
**SAVE 10<sup>th</sup>**  
**89<sup>95</sup>**

**2+1 FREE**  
ON ULTIMA BRAIN FUEL  
30 CAPSULES



**154<sup>95</sup>** Ultima Brain Fuel  
80 capsules

Biogen Herbal Cleanser  
60 capsules  
**SAVE 20<sup>th</sup>**  
**69<sup>95</sup>**



Gold Milk Thistle  
60 capsules  
**94<sup>95</sup>**

**INSTANT REWARD**  
**10% OFF**  
**85<sup>45</sup>**



Garlic for Bad Breath  
30 softgel caps  
**SAVE 20<sup>th</sup>**  
**79<sup>95</sup>**



**SAVE 20%**  
ON SLEEPCHOICE  
10 CAPSULES  
(PRICE ALREADY MARKED DOWN)

SleepChoice  
10 capsules  
**SAVE 20%**  
**38<sup>95</sup>**



**SAVE 30<sup>th</sup>**  
**169<sup>95</sup>** Essentiale Extreme  
100 capsules



Flordis ReDormin  
60 tablets  
**SAVE 50<sup>th</sup>**  
**199<sup>95</sup>**

**1 FOR 92<sup>95</sup>**  
**2 FOR 140<sup>00</sup>**



Healthy Living Proanthodin  
60 capsules



# AROMATHERAPY OILS

**SAVE 20%**  
ON THESE SELECTED  
WINDROSE OIL PRODUCTS  
(PRICE TO BE ADJUSTED AT 11/10)

**WINDROSE**  
"the quality of the difference"  
**Lemongrass Oil 11ml**  
Revitalises body and mind  
**Grapefruit Oil 11ml**  
Known to assist with cellulite  
**Melissa Oil 11ml**  
Calms and soothes nerves  
**Rose Oil Blend 11ml**  
Known to help with tension and stress  
**Spearmint Oil 11ml**  
Could alleviate fatigue and stress

Directions for use:  
Add 5-10 drops to your bath water,  
or 2-4 drops to a carrier oil or cream  
for aromatherapy massage.  
Never use undiluted.



Soil Argan Organic Carrier Oil  
100ml  
**SAVE 37<sup>th</sup>**  
**199<sup>95</sup>**



Soil Neem Organic Carrier Oil  
30ml  
**SAVE 10<sup>th</sup>**  
**39<sup>95</sup>**

**SAVE 20%**  
ON SELECTED  
DIS-CHEM ESSENTIAL OILS  
30ml OR 50ml  
(PRICE TO BE ADJUSTED AT 11/10)



# SUPER FOODS



Soyal 24-in-1 Superfruit & Vegetable Drink 150ml  
**SAVE 40<sup>th</sup>**  
**119<sup>95</sup>**



Health Connection Wholefoods Wheat Grass Powder 150g  
**SAVE 40<sup>th</sup>**  
**145<sup>95</sup>**



Health Connection Wholefoods Cacao Maca Boost 200g  
**SAVE 25<sup>th</sup>**  
**89<sup>95</sup>**



Health Connection Wholefoods Spirulina Powder 250g  
**SAVE 30<sup>th</sup>**  
**119<sup>95</sup>**



Liv Moringa 120 tablets  
**SAVE 30<sup>th</sup>**  
**149<sup>95</sup>**

**Dis-Chem PHARMACIES**  
Pharmacists who care



# SCHEDULED MEDICINE SAVINGS



## COLDS & FLU

Benylin 4 Flu  
200ml

**66<sup>95</sup>**

Benylin 4 Flu  
24 tablets

**58<sup>95</sup>**

Corenza C  
20 effervescent  
tablets

**110<sup>95</sup>**

Dilinct  
200ml

**68<sup>95</sup>**

Duro-Tuss  
200ml

**67<sup>95</sup>**

Efferflu  
Colds and Flu  
20 tablets

**77<sup>95</sup>**

Ibumax Cold &  
Flu  
24 tablets

**44<sup>95</sup>**

Solphyllex  
200ml

**76<sup>95</sup>**

Vibrocil-S  
Nasal Spray

**80<sup>95</sup>**



## ALLERGY RELIEF

Allergex  
4mg  
100 tablets

**47<sup>95</sup>**

Allergex  
Elixir  
200ml

**19<sup>95</sup>**

Allergex  
Non-Drowsy  
30 tablets

**48<sup>95</sup>**

Demazin NS  
6 repetabs

**37<sup>95</sup>**

Fexo 120mg  
10 tablets

**46<sup>95</sup>**

Flomist  
Nasal Spray  
50mcg

**84<sup>95</sup>**

Sinuclear  
24 capsules

**47<sup>95</sup>**

Sinucon  
20 tablets

**25<sup>95</sup>**

Sinutab  
Non-Drowsy  
20 tablets

**45<sup>95</sup>**

Sinutab  
Sinus Pain Extra  
Strength  
24 tablets

**56<sup>95</sup>**



## PAIN AND FEVER

Adco-Dol  
40 tablets

**32<sup>95</sup>**

Colchicine  
Houde 1mg  
6 tablets

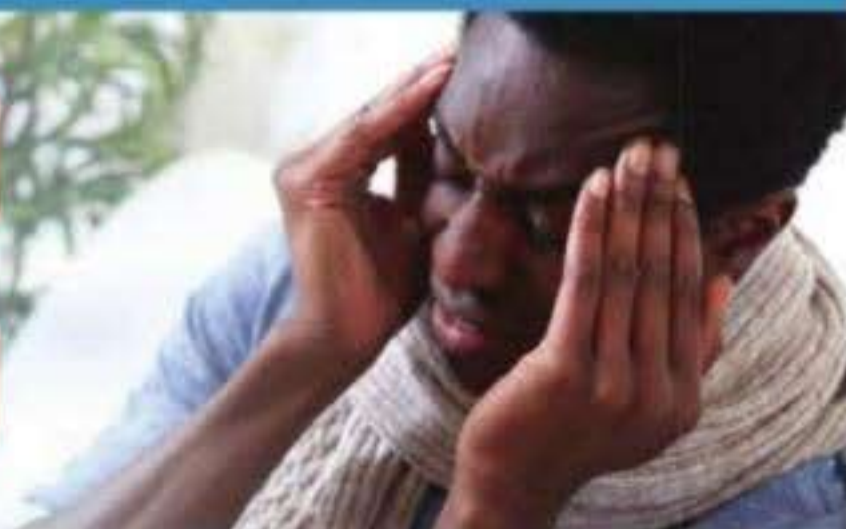
**25<sup>95</sup>**

K-Fenak  
15 tablets

**30<sup>95</sup>**

Lenapain  
36 tablets

**35<sup>95</sup>**



ALL SCHEDULE 1 & 2 MEDICINES QUALIFY FOR UP TO 25% CASH BACK

THESE SCHEDULED MEDICINE PRICES DO NOT APPLY TO NAMIBIA





# SELF-MEDICATION



**BioSure HIV Self Test**  
• Get your results in only 15 minutes  
• 99.7% accurate

**149<sup>95</sup>**



**Contour Plus Test Strips**  
50-pack

SAVE 40<sup>00</sup>  
**134<sup>95</sup>**



**Gaviscon Liquid**  
300ml Assorted

**99<sup>95</sup>**

**Gelacid Suspension**  
200ml

**49<sup>95</sup>**



**Nicorette® 2mg gum**  
100 pieces Assorted

**189<sup>95</sup>**



SAVE 50<sup>00</sup>  
**199<sup>95</sup>**

**TransAct**  
10-pack



**ThermaCare Lower Back Heat Patch**  
3-pack

SAVE 43<sup>00</sup>  
**139<sup>95</sup>**



**ThermaCare Neck & Shoulder Heat Patch**  
3-pack

SAVE 25<sup>00</sup>  
**107<sup>95</sup>**



**Voltaren Emulgel**  
20g

SAVE 11<sup>00</sup>  
**34<sup>95</sup>**



**Lamisil 1% Cream**  
15g

SAVE 45<sup>00</sup>  
**149<sup>95</sup>**



**Grand-Pa 75 tablets**  
OR  
38 powders

**49<sup>95</sup>**



**Smecta Diosmectite**  
10 sachets Assorted

**69<sup>95</sup>**



**Cipex Suspension**  
30ml

**19<sup>95</sup>**



**Sinutab Nasal Spray**  
10ml  
OR  
**Saline Nasal Spray**  
15ml

**49<sup>95</sup>**



**Rehidrat**  
6-pack Assorted

**44<sup>95</sup>**



**WELLNESS CLINIC**

## Who has high cholesterol in South Africa?

Prevalence of raised total cholesterol in adults between 20.7 - 49.2 years old in South Africa<sup>5</sup>

Ask your Dis-Chem Nursing Practitioner about a cholesterol test today

If needed, your doctor can prescribe the right cholesterol medication for you!



**ZENTIVA**  
A SANOFI COMPANY

References: 1. American Heart Association. Causes of High Cholesterol. Available from: [http://www.heart.org/HEARTORG/Conditions/Cholesterol/Prevention/Cholesterol-Causes/High-Cholesterol-Causes-in-High-Cholesterol\\_UCM\\_001215\\_Article.jsp#.W0d48Rby](http://www.heart.org/HEARTORG/Conditions/Cholesterol/Prevention/Cholesterol-Causes/High-Cholesterol-Causes-in-High-Cholesterol_UCM_001215_Article.jsp#.W0d48Rby), Visited 12 June 2017. 2. King GD, Pan FJ, Maseko AD, Gubbins WR, Dally AJ, Shambhoo C, et al. South African Dyslipidaemia Guidelines Consensus Statement. A joint statement from the South African Heart Association (SAHA) and the Lipid and Atherosclerosis Society of Southern Africa (LASSA). S Afr Fam Pract 2015;57(2):20-31

Dis-Chem South Africa (Pty) Ltd, a Sanofi company. Reg no. 193182261/07. Sanofi House, 13 Bond Street, Ground Floor, ZA 1 Woodlands, SA. Tel: 011 258 5700. Fax: 011 258 5707. [www.dischem.com](http://www.dischem.com). 50254-D201961113-0010



# HEALTH FOODS

**Wensleydale Organic**

**SAVE 20%\***  
ON WENSLEYDALE ORGANIC PRODUCTS  
(DISCOUNT TO BE DEDUCTED AT BILL)

**ORGANIC**

Wensleydale Organic products including: Oatmeal, Pasta Mix, Soup Mix, and Fine Grained Sugar.

\*Available at Selected stores only

**SAVE 20%\***  
ON ALL NATURAL HERBS AND SPICES PRODUCTS  
(DISCOUNT TO BE DEDUCTED AT BILL)

Various natural herbs and spices products including: Chutney, Curry, and other blends.

**nairn's organic**

**ORGANIC**

Nairn's Organic Oatcakes 250g

**SAVE 10<sup>th</sup>**  
**44<sup>95</sup>**

**2+1 FREE**

Lifestyle Nutrition Rice Cakes 130g / Assorted

**16<sup>95</sup>**

**1+1 FREE**

Good Night Relaxation Drink 250ml

**21<sup>95</sup>**

**high fibre**

**Sonko Crisp Bread** Assorted 170g

**SAVE 5<sup>th</sup>**  
**17<sup>95</sup>**

**SAVE 4<sup>th</sup>**  
**18<sup>95</sup>**

Nature's Choice Cayenne Pepper 170g

Nutrinuts Dry Roasted and Salted Cashews 750g

**SAVE 30<sup>th</sup>**  
**159<sup>95</sup>**

**INSTANT REWARD 10% OFF**  
**143<sup>95</sup>**

Nature's Choice Pumpkin Seeds 350g

**SAVE 20<sup>th</sup>**  
**72<sup>95</sup>**

**SAVE 20<sup>th</sup>**  
**119<sup>95</sup>**

Pietro Coricelli Extra Virgin Olive Oil 1 litre

**SAVE 32<sup>th</sup>**  
**89<sup>95</sup>**

Gaby's Earth Foods Dried Mango 400g

# HEALTHY SNACKS

**16<sup>95</sup>**

FutureLife High Protein SmartBar 50g / Assorted

**26<sup>95</sup>**

Youthful Living Super Food Bar 48g / Assorted

**4+1 FREE**  
FROM THE SAME OFFER

**6<sup>95</sup>**

Vital Mini Corn Cakes 30g / Assorted

**6<sup>95</sup>**

Vital Mini Rice Cakes 30g / Assorted

**11<sup>95</sup>**

Nutrinuts Almonds 30g

**33<sup>95</sup>**

Nature Valley Granola Bars 6 x 42g / Assorted

**99<sup>95</sup>**

Youthful Living Nut Butter 250g / Assorted

**12<sup>95</sup>**

Nutrinuts Roasted and Salted Cashews 30g

**18<sup>95</sup>**

Vital Bites 40g / Assorted

**18<sup>95</sup>**

Vital Bites 40g / Assorted

SELECTED HEALTH FOOD PRODUCTS MAY NOT BE AVAILABLE AT ALL STORES

Free From™  
**Sugar**  
@Dis-Chem



IntenSweet Sugar Replacer  
100 sachets

SAVE 9<sup>99</sup>  
**34<sup>95</sup>**

Tony Ferguson Cordial Powder  
5 sachets - 24g

**24<sup>95</sup>**



IntenSweet Sugar Replacer  
250g powder

SAVE 20<sup>99</sup>  
**129<sup>95</sup>**



Tony Ferguson Diet Jelly  
10g / Assorted

**6<sup>95</sup>**



**FREE**

**CANDEREL BUBBLE BAR 30g**

valued at 14<sup>95</sup>  
when you buy  
CANDEREL ORIGINAL  
100 sticks

Canderel Original Sweetener Sticks  
100-pack

**49<sup>95</sup>**

Free From™  
**Dairy**  
@Dis-Chem

ALL DAIRY FREE PRODUCTS ARE VEGETARIAN FRIENDLY & ANIMAL PRODUCT FREE

Blue Diamond Almond Breeze Barista Blend  
1 litre

- Complements the taste of coffee
- Produces a rich creamy froth
- Contains 30% less calories than skim milk and regular soya milk

SAVE 5<sup>99</sup>  
**39<sup>95</sup>**



Nature's Choice Almond Milk Powder  
450g

SAVE 15<sup>99</sup>  
**59<sup>95</sup>**



Nature's Choice Rice Milk Powder  
750g

SAVE 20<sup>99</sup>  
**72<sup>95</sup>**



Good Hope Soy Milk  
1 litre  
Regular OR Unsweetened

1 FOR 24<sup>95</sup>  
2 FOR  
**40<sup>00</sup>**

KoKo Coconut Milk  
1 litre

SAVE 5<sup>99</sup>  
**49<sup>95</sup>**



Free From™  
**Gluten**  
@Dis-Chem



SAVE 20%  
**18<sup>50</sup>**

Glutagon Instant Gravy  
100g Assorted



SAVE 20%  
**19<sup>15</sup>**

Glutagon Instant Soup  
80g Assorted

**SAVE 20%**  
ON THESE 'FREE FROM GLUTEN' PRODUCTS  
(PRICES ALREADY MARKED DOWN)



Chicory Cup Instant Chicory Beverage 100g

SAVE 20%  
**42<sup>95</sup>**

Barley Cup Instant Cereal Drink 100g

SAVE 20%  
**39<sup>95</sup>**



Glutagon Soft White Bread Mix  
400g

SAVE 20%  
**33<sup>55</sup>**



Glutagon Self-Raising Flour  
500g

SAVE 20%  
**31<sup>95</sup>**



Health Connection Wholefoods Gluten-Free Flour Mix  
500g

SAVE 20%  
**27<sup>50</sup>**

**Dis-Chem**  
PHARMACIES

SELECTED HEALTH FOOD PRODUCTS MAY NOT BE AVAILABLE AT ALL STORES

Pharmacists who care

# WEIGHT MANAGEMENT & SLIMMING



SAVE 40%  
**249<sup>95</sup>**

USN Diet Whey Isolean  
800g / Assorted



Herbex  
Attack the Fat  
Syrup  
300ml

SAVE 26%  
**109<sup>95</sup>**

Herbex  
Slimmers  
Shake  
450g / Assorted

SAVE 25%  
**129<sup>95</sup>**



Bantee



Protein Shake  
450g / Assorted

SAVE 20%  
**159<sup>95</sup>**

SAVE  
**20%**  
ON BANTEE PROTEIN  
SHAKE 450g  
(NOT ASSORTED)  
(BANNED DOWN)

**2+1  
FREE**  
ON BANTEE  
PROTEIN BAR 33g

**16<sup>95</sup>**

Protein Bar  
33g / Assorted



USN  
L-Carnicut  
2400mg  
31 servings

SAVE 30%  
**209<sup>95</sup>**

Solal  
FeelFull Oil  
200ml

SAVE 50%  
**169<sup>95</sup>**



1 FOR 59<sup>95</sup>  
2 FOR  
**100<sup>00</sup>**



Tony Ferguson  
3-Day Detox  
9 effervescent  
tablets



Tony Ferguson  
Simply  
Chromium Plus  
60 tablets

SAVE 10%  
**59<sup>95</sup>**



NPL  
Thermo Cuts  
120 capsules

SAVE 40%  
**229<sup>95</sup>**



Atkins  
Advantage Bar  
60g / Assorted

**29<sup>95</sup>**

## EXERCISE GEAR

### NUTRIBULLET

Superfood Nutrition Extractor  
8-Piece Set  
Available in assorted colours  
• Pocket Nutritionist and Recipe Book  
• 600W motor with patented blade design  
• Cracks through stems, bursts open seeds, and shreds tough skins  
• Breaks down nutrients into their most digestive and absorptive state  
• Also crushes ice

SAVE 400%  
**1595<sup>95</sup>\***



\*Available at selected stores while stocks last.



fitbit alta HR

SAVE 200%  
**2299<sup>95</sup>\***

\*Available at selected stores.

## FITNESS TAPES



1 FOR 44<sup>95</sup>  
2 FOR  
**60<sup>00</sup>**

Living Brand  
Grippi Tape  
7.5cm x 4.5m  
Assorted colours

### SPORTMATE

Pro-fit Foam Roller  
46cm  
Assorted colours

SAVE 30%  
**149<sup>00</sup>**



Pro-fit Gym Ball  
Assorted sizes

FROM  
**109<sup>95</sup>**



1 FOR 39<sup>95</sup>  
2 FOR  
**60<sup>00</sup>**

Biogen  
Bottle  
Blender  
Shaker  
400ml / 800ml



SAVE  
**20%**  
ON SPORTMATE  
YOGA MATS  
(BLACKOUT & W  
SHEETS 47x170)



**FREE**  
SPIDER X 2-PACK  
valued at 49<sup>95</sup>  
when you buy  
SPIDER TECH  
Kinesiology Tape 5m roll

**FREE**  
spider tech  
X-SPIDER  
Kinesiology Tape  
5m roll  
**199<sup>95</sup>**



# SPORTS SUPPLEMENTS



HIGH PROTEIN  
LEAN MUSCLE GAINER



**Fast Grow All-in-One Anabolic**  
4kg / Assorted  
**SAVE 70%  
429<sup>95</sup>**



MAN RE MADE

EXTREME  
MALE PERFORMANCE



**Testo Maximum gH**  
120 capsules  
**SAVE 50%  
184<sup>95</sup>**

OPTIMAL GAINS IN  
SIZE AND STRENGTH



**Creatine All-in-One Anabolic**  
500g / Assorted  
**SAVE 50%  
169<sup>95</sup>**

VOLUMIZING INTRA-WORKOUT  
GLYCO-AMINO FUEL



**Anavol Intra-Gro**  
720g  
**SAVE 40%  
329<sup>95</sup>**

Jacques Fagan  
FITNESS MODEL AND USN  
AMBASSADOR



**Biogen Anabolic Impact Whey**  
900g  
**SAVE 30%  
239<sup>95</sup>**



**Biogen Night Feed**  
800g / Assorted  
**SAVE 40%  
349<sup>95</sup>**

Biogen L-Glutamine Combo  
500g PLUS 200g

**SAVE 50%  
349<sup>95</sup>**



Evox Synergy Protein MP-5  
2.2kg / Assorted

**SAVE 90%  
499<sup>95</sup>**



**NPL Test Charge**  
120 capsules  
**SAVE 50%  
319<sup>95</sup>**



**NPL N.O. Charge**  
420g  
**SAVE 40%  
299<sup>95</sup>**



**SSN X-Series Test-RX**  
180 capsules  
**SAVE 120%  
349<sup>95</sup>**

Evox Pre-Amino Energy  
300g / Assorted

**SAVE 65%  
199<sup>95</sup>**



**MuscleTech Nano X9 Next Gen**  
120 rapid capsules  
**SAVE 200%  
599<sup>95</sup>**



**MusclePharm Assault**  
345g  
**SAVE 100%  
479<sup>95</sup>**



**Optimum Nutrition Gold Standard Pre-Workout**  
330g / Assorted  
**SAVE 60%  
369<sup>95</sup>**

Optimum Nutrition Gold Standard 100% Whey  
900g / Assorted

**SAVE 80%  
549<sup>95</sup>**



Feed your muscles with the best.  
Follow your instinct. #GoPrimal

**PRIMAL**  
SPORTS NUTRITION



**Amino 8:1:1 Performance & Recovery System**  
375g Assorted  
**SAVE 40%  
249<sup>95</sup>**

**High Potency Pre-Workout**  
370g Assorted  
**SAVE 50%  
299<sup>95</sup>**



**Whey Protein Triple Action Formula**  
3kg Assorted  
**SAVE 70%  
649<sup>95</sup>**



**Mass Gain Advanced Growth Formula**  
6kg Assorted  
**SAVE 70%  
469<sup>95</sup>**

SELECTED SPORTS SUPPLEMENT PRODUCTS MAY NOT BE AVAILABLE AT ALL STORES

# HAIR CARE

**MARC ANTHONY**  
TRUE PROFESSIONAL



Extra Hydrating,  
Luminous Shine.

Oil of Morocco  
Argan Oil  
Shampoo 250ml  
PLUS Conditioner  
250ml FREE

**129<sup>95</sup>\***

\*Offer only valid on Oil of Morocco Argan Oil

EXCLUSIVE TO  
**Dis-Chem**

GOOD  
STUFF

NEW



SAVE 10%  
**44<sup>95</sup>**  
Shampoo OR  
Conditioner  
500ml / Assorted



29<sup>95</sup>  
INSTANT REWARD  
10% OFF  
**26<sup>95</sup>**

Nature's  
Nourishment  
Shampoo OR  
Conditioner  
354ml / Assorted



Schwarzkopf Gliss  
Shampoo OR Conditioner  
200ml / 250ml / Assorted

SAVE 10%  
**34<sup>95</sup>**



VALUE  
PACK

Dove  
Advanced  
Hair Series  
Shampoo OR  
Conditioner  
250ml / Assorted

**54<sup>95</sup>**

Supreme  
Shampoo PLUS  
Conditioner  
Value Pack  
930ml x 2

**89<sup>95</sup>**

TRESemmé  
Shampoo OR  
Conditioner  
750ml / 900ml  
Assorted



1 FOR 39<sup>95</sup>  
2 FOR  
**60<sup>00</sup>**

Organics  
Shampoo OR  
Conditioner  
400ml / Assorted  
OR  
Kids 2 in 1  
Shampoo &  
Conditioner  
400ml OR  
Kids Funtangly  
Detangling  
Spray  
300ml



Pro5  
Shampoo OR  
Conditioner  
375ml / Assorted

29<sup>95</sup>  
INSTANT REWARD  
10% OFF  
**26<sup>95</sup>**

Herbal Collection  
Shampoo  
1 litre / Assorted

29<sup>95</sup>  
INSTANT REWARD  
10% OFF  
**26<sup>95</sup>**



SAVE 20%  
**39<sup>95</sup>**  
Garnier  
Ultimate Blends  
Shampoo  
OR Conditioner  
400ml / Assorted

THE  
HAIR DESIGN STUDIO  
LONDON

EXCLUSIVE TO  
**Dis-Chem**



**69<sup>95</sup>**  
Shampoo OR  
Conditioner  
250ml / Assorted



Schwarzkopf  
Gliss Mask  
200ml / Assorted

**59<sup>95</sup>**



L'Oréal  
Elvive Mask  
300ml / Assorted

**59<sup>95</sup>**



Garnier  
Ultimate Blends  
Hair Mask  
300ml / Assorted

**54<sup>95</sup>**



TRESemmé  
Keratin Smooth  
Masque 300ml

**64<sup>95</sup>**



**PANTENE**  
PRO-V

Strengthening Serum  
145ml  
24h Anti-Frizz Smooth  
Cream 145ml  
Instant Split End  
Mender Serum 75ml  
Aqua Light Masque  
200ml  
Daily Hair Moisturiser  
150ml

**44<sup>95</sup>**

Dis-Chem Benefit Card holders get to enjoy instant cash discounts on products marked with this icon. If you don't have a Dis-Chem Benefit Card yet, isn't this a great reason to get one now?

INSTANT  
CASH  
DISCOUNT  
REWARD

Dis-Chem  
Benefit  
Card

**REVLON FLEX™**

**2+1**  
CHEAPEST  
FREE  
ON ALL REVLON FLEX  
PRODUCTS



Shampoo OR  
Conditioner  
250ml  
Assorted

**22<sup>95</sup>**



Hairspray  
120ml  
Assorted

**24<sup>95</sup>**



Styling Gel  
150ml  
Assorted

**36<sup>95</sup>**



Ultra Hold Hairspray  
350ml / Assorted  
OR Heat Defence Spray  
250ml

**52<sup>95</sup>**

Volume  
& Lift Mousse  
300ml

**52<sup>95</sup>**

**PERFECT TOUCH**



Spiking Gel  
500ml / Assorted

**52<sup>95</sup>**



Spray 'n Stay  
Hairspray  
250ml / Assorted

**39<sup>95</sup>**



Fiesta  
Hairspray  
300ml / Assorted

**34<sup>95</sup>**

FlexiStyle  
Fibre Putty  
125ml / Assorted

**36<sup>95</sup>**



Renew  
Intense Naturals  
Hair Colour  
Crème  
Assorted shades

**49<sup>95</sup>**



Inecto  
Ultra Gloss  
Hair Colour  
Assorted shades

**28<sup>95</sup>**



Reflections  
Premium Fashion  
Hair Colour  
Assorted shades

**49<sup>95</sup>**



Hair Studio  
Styling Gel  
1 litre / Assorted

**36<sup>95</sup>**



L'Oréal  
Studio Line Gel  
150ml / Assorted

**64<sup>95</sup>**



**ORS**

**OLIVE OIL**

Oil Sheen Spray 472ml

**34<sup>95</sup>**

Olive Oil Relaxer Kit

**74<sup>95</sup>**

**ARGAN OIL**

Argan Oil Mayonnaise 250ml

**29<sup>95</sup>**

Argan No Lye Relaxer Kit

**64<sup>95</sup>**

Argan Oil Neutralizing Shampoo OR Conditioner

250ml

**39<sup>95</sup>**



**StarSoft**

For me, only the best

Braid Oil Moisturising Spray 250ml OR

Braid Hi Sheen Hair Polish Spray

350ml / 375ml OR

Braid Extra Dry Spray 250ml OR

Braid Spray Shampoo for Braids 350ml

**21<sup>95</sup>**



Blow Out Relaxer

250ml

**19<sup>95</sup>**



Pure Royal  
Jamaican  
Castor Oil  
150ml

**79<sup>95</sup>**

Pure Royal  
Repair 'n Grow  
200ml

**41<sup>95</sup>**



**Brazilian**

Brazilian  
Hair Grow Oil  
150ml

- Non-greasy synergistic blend of natural oils
- Assists in restoring hairline
- Promotes hair growth
- Suitable for all hair types

**69<sup>95</sup>**



Easy Waves  
Curl activator gel with glycerine

Easy Waves  
oil sheen comb out conditioner hairsprayer

Easy Waves  
Curl Activator &  
Oil Sheen  
Conditioner Twin Pack  
2 x 250ml

**24<sup>95</sup>**



Beautiful  
Beginnings  
Relaxer Kits  
Fine OR  
Normal

**64<sup>95</sup>**



Relaxer Kit  
Assorted

**64<sup>95</sup>**

**Dark and Lovely**

Beautiful  
Beginnings  
2 in 1 Easy  
Shampoo  
250ml

**32<sup>95</sup>**



Beautiful  
Beginnings  
Ouchless  
Detangler Spray  
250ml

**32<sup>95</sup>**



# SKINCARE

Take care.  
**GARNIER**



<b>Micellar</b>			
Cleansing Wipes	25-pack / Assorted		49 <sup>95</sup>
Cleansing Water	400ml / Assorted		69 <sup>95</sup>
Oil-infused Cleansing Water	400ml		69 <sup>95</sup>
<b>BB Cream</b>			
BB Cream	40ml / Assorted		69 <sup>95</sup>
BB Anti-Ageing Cream	50ml		69 <sup>95</sup>
<b>PureActive</b>			
3-In-1 Wash, Scrub, Mask	150ml		74 <sup>95</sup>
Intensive Triple Action Care Moisturiser	40ml		79 <sup>95</sup>
Intensive 3-In-1 Charcoal Wash, Scrub, Mask	150ml		84 <sup>95</sup>

### Hydration Essentials

Facial Cleanser	150ml	34 <sup>95</sup>
Cleansing Wipes	25-pack	34 <sup>95</sup>
2-In-1 Facial Gel / Mask	50ml	54 <sup>95</sup>



EVERYDAY  
NATURALLY  
BEAUTIFUL  
SKIN

### Even Complexion

Day Cream SPF15 OR Night Cream	50ml	25 <sup>95</sup>
Facial Wash	100ml	25 <sup>95</sup>
Facial Wash	150ml	34 <sup>95</sup>

### Johnson's FACE CARE

SHINE  
CONTROL  
FOR UP TO  
8 HOURS

EVEN  
SKIN TONE  
IN 4 WEEKS



### Oil Control

Facial Cream	50ml	25 <sup>95</sup>
Facial Wash	100ml	25 <sup>95</sup>
Facial Wash	150ml	34 <sup>95</sup>

### Daily Essentials

Refreshing Gel Wash	150ml	34 <sup>95</sup>
Facial Wipes	25-pack	34 <sup>95</sup>
Day Cream SPF15 OR Night Cream	50ml	54 <sup>95</sup>

\* Clinical Assessment / 33 women / after 4 weeks using once per day.  
\*\* Clinical grading / 33 women / up to 8 hours after single use.



### POND'S

# FREE

## AGE MIRACLE BB CREAM 25ml

valued at 169<sup>95</sup>  
when you buy ANY 2  
POND'S  
Age Miracle products

# FREE

### age miracle™

Facial Foam	100ml	109 <sup>95</sup>
Toner	150ml	109 <sup>95</sup>
Dual Action Eye Cream	20ml	159 <sup>95</sup>
Serum	30ml	159 <sup>95</sup>
Day Cream SPF15 OR Night Cream	50ml	159 <sup>95</sup>

### NATURE'S NOURISHMENT

EXCLUSIVE TO  
**Dis-Chem**



Skin Cleanser	470ml	25 <sup>00</sup>
Foaming Face Wash	200ml	25 <sup>00</sup>
Skin Cream	180g / Assorted	25 <sup>00</sup>

Snail Gel Extract	50ml	295 <sup>00</sup>
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Available in Tea Tree, Vitamin E and Rooibos



EXTRA 10% OFF  
THESE PRODUCTS

Dis-Chem  
BENEFIT Card  
MEMBERS ONLY

Facial Cleansing Lotion OR Toner	250ml	39 <sup>95</sup>
Facial Scrub	125ml	44 <sup>95</sup>
Day Cream OR Night Cream	50ml	49 <sup>95</sup>
Day Cream SPF15	50ml	54 <sup>95</sup>

### Avène



Avène  
SOS Pack

- CONTAINS:
- 1 x XeraCalm Cleansing Oil 400ml
  - 1 x XeraCalm Replenishing Balm 200ml
  - 1 x Cicaplast Cream 40ml
  - 1 x Thermal Spring Water 50ml

SAVE 115<sup>00</sup>  
**550<sup>00</sup>**



# WORLD OF COLOUR

## PHYSICIANS FORMULA

EXCLUSIVE TO  
Dis-Chem



EXCLUSIVE TO  
Dis-Chem

## Beauty Treats



**SAVE 20%**  
ON PHYSICIANS FORMULA  
LIP AND FACE CARE  
PRODUCTS  
(DISCOUNT TO ALL  
PRODUCTS AT IN-STORE)

## MAXFACTOR



- Eyeliners **30<sup>00</sup>**
- Earth Eyeshadows **30<sup>00</sup>**
- Liquid Effect Eye Pencil **30<sup>00</sup>**
- Erase Cover-up Stick **30<sup>00</sup>**
- Max Effect Lipgloss **40<sup>00</sup>**
- Sheer Gloss Balm **40<sup>00</sup>**
- Vibrant Curve Effect Lip Gloss **40<sup>00</sup>**
- DIP-In Eyeshadows **40<sup>00</sup>**
- Smokey Eye Effect Eyeshadow **40<sup>00</sup>**
- Nailfinity Nail Polish **50<sup>00</sup>**
- Flip Stick Colour Effect **50<sup>00</sup>**
- Colour Perfection Duo Eyeshadow **50<sup>00</sup>**

**LOVE YOUR SKIN** everyday & it will love you back.

**Pamper your skin this winter**

**POND'S**  
Pimple Clear Facial Foam  
87ml  
1 FOR 49<sup>95</sup>  
2 FOR 65<sup>00</sup>

**Vaseline**  
Men Oil Control  
Face Wash  
100ml / Assorted  
**PLUS** Even Tone Expert Face Moisturiser SPF15  
50ml  
BOTH FOR 85<sup>00</sup>  
SAVE 54<sup>95</sup>

**LUX**  
Body Wash  
400ml  
Assorted  
1 FOR 34<sup>95</sup>  
2 FOR 55<sup>00</sup>

**Dove**  
Body Lotion  
400ml  
Assorted  
\* Excludes Dove Dermapa range  
1 FOR 49<sup>95</sup>  
2 FOR 65<sup>00</sup>\*

## LIP CARE

**Labello**  
Lip Ice  
4.9g  
Assorted  
16<sup>95</sup>

**LIPICE**  
BUBBLEGUM  
Lip Balm  
4.9g  
Assorted  
12<sup>95</sup>

**Dexe**  
Lip Balm  
7g / Assorted  
1 FOR 19<sup>95</sup>  
2 FOR 29<sup>00</sup>

**Dis-Chem**  
Lip Therapy  
10ml / Assorted  
9<sup>95</sup>

**LIP SMACKER**  
NEW  
Flavoured Lip Balm  
4g  
• Coca-Cola  
• Coca-Cola Cherry  
• Sprite  
• Fanta Strawberry  
24<sup>95</sup>



# BATH & BODY CARE



THE HEALING POWER OF



## DRY SKIN RESTORED



Vaseline OR Vaseline Men Hand & Body Lotion OR Cream 400ml / 500ml Assorted

1 FOR 39<sup>95</sup>  
2 FOR 60<sup>00</sup>\*

Petroleum Jelly 250ml / Assorted

1 FOR 29<sup>95</sup>  
2 FOR 49<sup>00</sup>

Vaseline Camphor Restore Body Cream 350ml

1 FOR 34<sup>95</sup>  
2 FOR 55<sup>00</sup>



Spray Moisturiser 100ml / Assorted

1 FOR 75<sup>00</sup>  
2 FOR 120<sup>00</sup>

\*Excludes Even Tone, Firming and Hand & Nail



29<sup>95</sup>

INSTANT REWARD 10% OFF 26<sup>95</sup>

Fortified Aqueous Cream Plus 250ml

Palmers Coconut Oil Body Lotion 400ml OR Cocoa Butter Formula 400ml OR Shea Butter Formula 400ml

49<sup>95</sup>



Ingram's Camphor Lotion 400ml Assorted

37<sup>95</sup>



Ingram's Camphor Cream 500ml / Assorted

36<sup>95</sup>\*

\*Excludes Tissue Oil 300ml



Nature's Nourishment Hand Cream 75ml / Assorted

14<sup>95</sup>



Eucerin UreaRepair Plus 10% Urea Lotion 250ml

149<sup>95</sup>



Cetaphil RestoraDerm Body Moisturiser 295ml

189<sup>95</sup>



Epizone E Ointment 500ml

59<sup>95</sup>

Nutraderm Cream 500g OR 400ml

169<sup>95</sup>



Oatmeal Daily Moisturising Lotion 227ml

24<sup>95</sup>

INSTANT REWARD 10% OFF 22<sup>45</sup>



Twinsaver 2-Ply Tissues 180-pack / Assorted

17<sup>95</sup>

Dove 100% Pure Cotton Wool Roll 100g

22<sup>95</sup>

Dove 100% Pure Cotton Buds 200-pack

10<sup>95</sup>



Skin eFX Body Lotion 400ml / Assorted

24<sup>95</sup>

INSTANT REWARD 10% OFF 22<sup>45</sup>



Good Stuff Body Lotion 300ml Assorted

32<sup>95</sup>

1 FOR 34<sup>95</sup>  
2 FOR 60<sup>00</sup>



**Radox**  
Bodywash 400ml OR  
Foam Bath 500ml  
Assorted

**2+1 FREE**  
ON ALL BODY WASH



**Good Stuff**  
Body Wash  
300ml / Assorted

**32<sup>95</sup>**

1 FOR 34<sup>95</sup>  
2 FOR 59<sup>95</sup>



**Nature's Nourishment**  
Body Wash  
500ml / Assorted

**29<sup>95</sup>**  
INSTANT REWARD  
10% OFF  
**26<sup>95</sup>**

**BOTH FOR 59<sup>95</sup>**  
SAVE 27<sup>95</sup>



**Safskin**  
Shower Gel 400ml  
Assorted PLUS  
Bath Oil 250ml



**Adidas**  
Shower Milk 250ml / Assorted  
OR  
3 in 1 Body, Hair, Face  
250ml / Assorted

**21<sup>95</sup>**



**Safeguard**  
Hygienic Bodywash  
400ml / Assorted

**31<sup>95</sup>**  
INSTANT REWARD  
10% OFF  
**28<sup>75</sup>**

**Protex**  
Shower Gel 500ml / Assorted

**39<sup>95</sup>**



**Hygiene Wash**  
500ml / Assorted

**24<sup>95</sup>**



**Palmolive**  
Shower Gel 250ml / Assorted

**19<sup>95</sup>\***

\*Excludes Gourmet Spa range



**Safskin**  
Bubble Bath 2 litres / Assorted

**49<sup>95</sup>**



**Foam Bath**  
2 litres Assorted

**49<sup>95</sup>**  
INSTANT REWARD  
10% OFF  
**44<sup>95</sup>**

**Fenjal**  
Foam Bath Oil OR Crème Bath  
200ml

**99<sup>95</sup>**



**Bath & Shower Gel Body Wash**  
1 litre / Assorted

**44<sup>95</sup>**  
INSTANT REWARD  
10% OFF  
**40<sup>45</sup>**



**Badedas**  
3 in 1 Revitalising  
Shower Gel, Shampoo  
& Conditioner 200ml

**59<sup>95</sup>**

**2+1 CHEAPEST FREE**  
ON ALL LIFEBUOY PRODUCTS



**Handwash**  
200ml / Assorted

**26<sup>95</sup>**

**Hygiene Soap**  
175g / Assorted

**9<sup>95</sup>**

**Safeguard**  
Hand Sanitiser 150ml / Assorted

**22<sup>95</sup>**  
INSTANT REWARD  
10% OFF  
**20<sup>65</sup>**



**aqua-bar**  
Mollient Cleanser 120g

**21<sup>95</sup>**



1 FOR 7<sup>95</sup>  
3 FOR 20<sup>00</sup>



**Nature's Nourishment**  
Soap 100g / Assorted



**3D Hand Soap**  
354ml / Assorted

**19<sup>95</sup>**  
INSTANT REWARD  
10% OFF  
**17<sup>95</sup>**

**Dettol**  
Hygiene Liquid Hand Wash 200ml / Assorted

**22<sup>95</sup>**



**Palmolive**  
Soap 175g Assorted

**7<sup>50</sup>**



**Dettol**  
Hygiene Soap 175g / Assorted

**10<sup>50</sup>**



# DEODORANTS

**2+1 CHEAPEST FREE**  
ON ALL OLD SPICE PRODUCTS

*Old Spice*

Roll-on Deodorant 50ml **21<sup>95</sup>**  
Deodorant Spray 150ml **29<sup>95</sup>**  
Anti-Perspirant Spray 125ml **29<sup>95</sup>**  
Shower Gel 250ml **32<sup>95</sup>**

Available in assorted variants

**2+1 CHEAPEST FREE**  
ON ALL MITCHUM PRODUCTS

Mitchum

Anti-Perspirant Aerosol 120ml / Assorted **34<sup>95</sup>**  
Anti-Perspirant Roll-on 50ml / Assorted **34<sup>95</sup>**  
Invisible Solid OR Gel Stick 75g / 63g / Assorted **54<sup>95</sup>**

**2+1 CHEAPEST FREE**  
ON ALL SHIELD PRODUCTS\*

Shield

Anti-Perspirant Aerosol for Men OR Women 150ml / Assorted **24<sup>95</sup>**  
Roll-on for Men OR Women 50ml / Assorted **16<sup>95</sup>**  
Clinical Stick for Men OR Women 45ml / Assorted **69<sup>95</sup>**

\*Includes MotionSense

Lenthéric I Love You Perfumed Body Spray 90ml / Assorted **14<sup>95</sup>**  
Kaleidoscope 100ml / Assorted **14<sup>95</sup>**  
Masculin Deodorant Body Spray 150ml / Assorted **14<sup>95</sup>**

Playgirl Aerosol Deodorant 90ml / Assorted **18<sup>95</sup>**  
Playboy Aerosol Deodorant 150ml / Assorted **18<sup>95</sup>**

**1 FOR 24<sup>95</sup>  
2 FOR 40<sup>00</sup>**

Nivea Anti-Perspirant Aerosol for Men OR Women 150ml / Assorted

Revlon Club Casino King Pin Deodorant Body Spray for Men 275ml **24<sup>95</sup>**

Status Aerosol Deodorant 200ml / Assorted **24<sup>95</sup>**  
Status Anti-Perspirant Roll-on 50ml / Assorted **13<sup>95</sup>**

Yardley English Blazer Deodorant Body Spray 250ml / Assorted **39<sup>95</sup>**

Shower to Shower Aerosol Deodorant for Men OR Women 150ml / Assorted **19<sup>95</sup>**  
Shower to Shower Anti-Perspirant Roll-on for Men OR Women 50ml / Assorted **11<sup>95</sup>**

**1 FOR 16<sup>95</sup>  
2 FOR 30<sup>00</sup>**

Axe Anti-Perspirant Roll-on 50ml / Assorted

Sanex Anti-Perspirant Roll-on for Men OR Women 50ml / Assorted **16<sup>95</sup>**

Impulse Deodorant Body Spray 75ml / Assorted **17<sup>95</sup>**  
Blue Stratos Deodorant 125ml **15<sup>95</sup>**

**adidas**

Deo Body Spray for Men 150ml / Assorted **18<sup>95</sup>**  
Roll-on for Men OR women 50ml / Assorted **11<sup>95</sup>**  
Deodorant Spray for Women 90ml / Assorted **16<sup>95</sup>**

**REVLON**

**2+1 CHEAPEST FREE**  
ON ALL REVLON ROLL-ON SHAM, ROLL-ON, GEL, STICK OR BODY LOTION BODY

Body Lotion 250ml Assorted **32<sup>95</sup>**  
Roll-on 50ml / Assorted **13<sup>95</sup>**  
Deodorant Body Spray 120ml / Assorted **26<sup>95</sup>**  
Perfumed Body Spray 90ml / Assorted **26<sup>95</sup>**



# SAVE ON SHAVE

## Gillette

**2 FOR 659<sup>90</sup>**  
SAVE 100<sup>00</sup>

**Gillette MACH3**  
Mach3 Turbo 3-Blade Cartridges 8-pack

**2 FOR 619<sup>90</sup>**  
SAVE 100<sup>00</sup>

**Gillette MACH3**  
Mach3 Sensitive 3-Blade Cartridges 8-pack

**2 FOR 519<sup>90</sup>**  
SAVE 100<sup>00</sup>

**Gillette MACH3**  
Mach3 3-Blade Cartridges 8-pack

**2 FOR 899<sup>00</sup>**  
SAVE 140<sup>00</sup>

**Gillette FUSION**  
Fusion Manual 5-Blade Cartridges 8-pack



**Mach3 Shave Gel**  
200ml  
• Smooth  
• Sensitive

**SAVE 30<sup>00</sup>**  
**42<sup>95</sup>**



**Blue Shave Gel**  
200ml Assorted

**SAVE 30<sup>00</sup>**  
**29<sup>95</sup>**



**Blue II Disposable Razors**  
5-pack

**SAVE 7<sup>00</sup>**  
**24<sup>95</sup>**

**Blue II Maximum Disposable Razors**  
4-pack

**SAVE 23<sup>00</sup>**  
**24<sup>95</sup>**



**No Hair Hair Removal Lotion for Men OR Women**  
125ml

**SAVE 17<sup>00</sup>**  
**39<sup>95</sup>**

**Schick Quattro Disposable Razors for Men OR Women**  
3-pack

**SAVE 14<sup>00</sup>**  
**44<sup>95</sup>**



**Blue II Plus Disposable Razors**  
6-pack

**SAVE 13<sup>00</sup>**  
**24<sup>95</sup>**



**Venus Riviera Disposable Razors**  
2-pack

**SAVE 30<sup>00</sup>**  
**42<sup>95</sup>**



**Simply Venus 3 Plus Disposable Razors**  
3-pack

**SAVE 22<sup>00</sup>**  
**42<sup>95</sup>**

# FOOT CARE

**NEW**

**Scholl Gel Activ**  
Insoles for Men OR Women

Open Shoes OR Flat Shoes OR Extreme Heels OR Everyday Heels **169<sup>95</sup>**

Work Men OR Everyday OR Sport **199<sup>95</sup>**

**Cameo Designer Ribbed Tights**  
Assorted sizes

**26<sup>95</sup>**

**Cameo Winter Opaques Tights**  
Assorted sizes

**34<sup>95</sup>**



**Miss Cameo Opaque Tights**  
Assorted sizes

**31<sup>95</sup>**

**SAVE 129<sup>00</sup>**

**Stepping Out Electronic Foot File**  
Available in Blue OR Pink

**169<sup>95</sup>**

**Stepping Out Foot Powder**  
150g

**19<sup>95</sup>**

**Stepping Out Foot Soak OR Scrub**  
180ml

**25<sup>00</sup>**

**Stepping Out Foot Spray**  
115ml

**39<sup>95</sup>**

**Healthy Feet Cream for Dry Feet**  
100ml

**32<sup>95</sup>**

**Heel Balm Jar OR Tube**  
125ml

**39<sup>95</sup>**

**SkinStrategy Moisturising Gel Heel Socks**

**69<sup>90</sup>**

**Eulactol Heel Balm Jar OR Tube**  
50ml

**47<sup>95</sup>**



# DENTAL CARE

**NEW!**

**LISTERINE**  
*green tea*

**EXTRA CAVITY PROTECTION**  
vs BRUSHING ALONE.

Mouthwash  
500ml / Assorted

**42<sup>95</sup>\***

Excludes:  
• Zero  
• TotalCare  
• Teeth & Gum Defense  
• TotalCare Sensitive

**ALCOHOL FREE**

**Oral-B** Entered by ONASA

**SAVE 300<sup>00</sup>**

**D16 Pro 400 Powerbrush**  
Limited Color Edition  
Available in purple, orange OR green  
• The CrossAction brush head with bristles angled at 16° to reach deep between teeth

**699<sup>95</sup>**

**SAVE 350<sup>00</sup>**

**TriZone 500 Powerbrush**  
• Reaches back teeth  
• Removes up to 2x more plaque than a regular manual toothbrush

**649<sup>95</sup>**

**Colgate**

**2+1 CHEAPEST FREE**  
ON ALL COLGATE SENSITIVE TOOTHBRUSHES

**Slim Soft Charcoal Toothbrush**

**36<sup>95</sup>**

**Slim Soft Sensitive Gum Care Toothbrush**

**42<sup>95</sup>**

**Sensitive Sensifoam Multi Protection OR Whitening Toothpaste 75ml**

**16<sup>95</sup>**

**Delicate White Toothbrushes 3-pack • 40 Medium**

**39<sup>95</sup>**

**Neon Fresh Limited Edition Toothbrushes 2-pack • 40 Soft**

**49<sup>95</sup>**

**Pro-Expert Anti-Bacterial Toothbrushes 2-pack • 40 Medium**

**59<sup>95</sup>**

**Complete 5-Way Clean Toothbrushes 2-pack • 40 Medium**

**59<sup>95</sup>**

**Pro-Expert All in One Toothbrushes 2-pack • 40 Medium**

**59<sup>95</sup>**

**Aquafresh**

**2+1 CHEAPEST FREE**  
ON ALL AQUAFRESH EXTREME CLEAN MOUTHWASHES

**Extreme Clean Fluoride Mouth Rinse 500ml**

**39<sup>95</sup>**

**Extreme Clean Toothpaste 75ml / Assorted**

**13<sup>95</sup>**

**2+1 FREE**  
ON ORAL-B COMPLETE TOOTH PASTE 75ml

**Complete Toothpaste 75ml / Assorted**

**19<sup>95</sup>**

**2+1 FREE**  
ON ORAL-B PRO-EXPERT TOOTH PASTE 75ml

**Pro-Expert Toothpaste 75ml / Assorted**

**29<sup>95</sup>**

**White Glo**

**White Glo Diamond Whitening System**

**SAVE 76<sup>00</sup>**

**199<sup>95</sup>**

**White Glo Diamond Whitening Mouthwash 500ml**

**39<sup>95</sup>**

**Dentimate Sensitive White Toothpaste 100ml**

**24<sup>95</sup>**

**Dentimate Denture Adhesive Cream 40g**

**64<sup>95</sup>**

**Dentimate Ortho Wax Assorted**

**15<sup>75</sup>**

**Super Corega Denture Cleanser 36 tablets**

**54<sup>95</sup>**

**CloseUp Toothpaste 125g Assorted**

**1 FOR 12<sup>75</sup>**  
**2 FOR 15<sup>95</sup>**

**Oral-B UltraThin Clean Toothbrushes Value Pack 182802 3-pack**

**49<sup>95</sup>**

**Oral-B UltraThin Soft Toothbrushes Value Pack 182801 3-pack**

**24<sup>95</sup>**

**Oral-B UltraThin 2X Value Pack BUY 2 GET 1 FREE**

Discovery Vitality members get up to **25% cash back** on thousands of **HealthyCare** items in-store South Africa only

# HOME & KITCHEN ESSENTIALS

**ARIEL**  
Auto Washing Powder 2kg / Assorted  
OR Washing Liquid 1.5 litres / Assorted  
OR 3 in 1 Power Capsules 15-pack

**42<sup>95</sup>**

**PURITY**  
Eucalyptus  
Baby Stain Remover 80ml **16<sup>95</sup>**  
Baby Fabric Conditioner 750ml **26<sup>95</sup>**  
Baby Laundry Wash 750ml **34<sup>95</sup>**

**HOME butler**  
Toilet Cleaner 750ml / Assorted **19<sup>95</sup>**  
Crystal Beads Air Freshener 150g beads Assorted **25<sup>00</sup>**  
Fabric Whitener and Stain Remover 4 tablets **24<sup>95</sup>**  
Cleaning Latex Gloves • Small • Medium • Large **24<sup>95</sup>**

Softi 2Ply Toilet Rolls 18-pack **74<sup>95</sup>**

Handy Andy Power Cream Trigger Spray 750ml Assorted **33<sup>95</sup>**

**1 FOR 25<sup>95</sup>  
2 FOR 40<sup>00</sup>**  
Domestos 750ml Assorted

Sta-Soft Aromatherapy Fabric Conditioner 2 litres / Assorted **39<sup>95</sup>**  
Comfort Fabric Conditioner 800ml Assorted **36<sup>95</sup>**

**NEW**  
**2+1 CHEAPEST FREE**  
ON STA-SOFT AROMATHERAPY RANGE  
Sta-Soft Aromatherapy Fabric Conditioner Refill 500ml / Assorted **29<sup>95</sup>**

Mr. Sheen ClearView 1 litre **24<sup>95</sup>**  
Mr. Sheen Detergent Tablets 32-pack **69<sup>95</sup>**

**VALUE PACK**  
Mr. Sheen Clean & Shine Value Pack 275ml x 2 **29<sup>95</sup>**

## CONFECTIONERY

**STAND A CHANCE TO WIN 1 OF 50 PATIO GAS HEATERS**  
when you buy ANY TWO Dairy Milk 150g Dairy Milk Chocolate Slabs  
Quality by entering your SBC-chem benefit card  
SBC-chem benefit card 150g only

**1 FOR 24<sup>95</sup>  
2 FOR 40<sup>00</sup>**  
Cadbury Dairy Milk Chocolate Slabs 150g Assorted **39<sup>95</sup>**

Walkers Of London Chocolate 150g / Assorted **29<sup>95</sup>**  
Excelcium Pralines 200g **39<sup>95</sup>**

Lindt Creation 100g slab Assorted **29<sup>95</sup>**

**BUY ANY FISHERMAN'S FRIEND PRODUCT, SWIPE YOUR DIS-CHEM LOYALTY BENEFIT CARD AND STAND A CHANCE TO WIN Suzuki Celerio 1.0 GL MT R149 900**  
OR 1 of 10 Nespresso Milk CSS Coffee Machines

Lozenges 25g Assorted **12<sup>95</sup>**

Hamlet Excelcium Truffles 150g / Assorted **34<sup>95</sup>**  
Quickbury Happy Animals Cookies 125g **19<sup>95</sup>**

Orbit Chewing Gum 25 pieces Assorted **10<sup>95</sup>**  
Wedgewood Nougat Bar 50g / Assorted **12<sup>95</sup>**

FLIP CATALOGUE OVER FOR BABY PRICE FREEZE



*Pharmacists who care*



**Any Dis-Chem is your Dis-Chem**  
**GET YOUR REPEAT PRESCRIPTION FILLED AT ANY ONE**  
**OF OUR 110 PHARMACIES NATIONWIDE**

Call our Customer Careline on 0860 347 243 or go to [www.dischem.co.za](http://www.dischem.co.za) for details of the Dis-Chem branch closest to your location