

healthS+VE[®]

pharmacy

LOCAL HEALTH

A **B** **40% OFF RRP****



FROM \$12.49

SWISSE
 A. Ultiboost Daily Immune Support 60 Tablets \$12.49
 B. Ultiboost High Strength C 150 Tablets \$24.99

Always read the label and follow the directions for use.

A **B** **PHARMACY ONLY**



FROM \$5.99

PHARMACY CHOICE
 A. Cold & Flu + Cough Day & Night 24 Capsules \$5.99
 B. Cold & Flu + Sinus PE 48 Tablets \$9.99

Always read the label and follow the directions for use.

NEW **A** **B**



FROM \$13.99

VOLTA NATRA
 A. Pain Relief Cream 50g \$13.99
 B. Pain Relief Cream 100g \$21.99

Always read the label and follow the directions for use.

Otrivin Adult **Otrivin Menthol**



\$9.99 EA

OTRIVIN
 Adult Nasal Spray Regular or Menthol 10mL

Always read the label and follow the directions for use.

A **B** **PHARMACY ONLY**



SAVE \$9.51 OFF RRP*

\$26.99 EA

NUROFEN FOR CHILDREN
 5-12 Years Orange or Strawberry Flavour 200mL

Always read the label and follow the directions for use. Incorrect use could be harmful.

Nicorette QuickMist Mouthspray



SAVE \$17.01 OFF RRP*

\$57.99 EA

NICORETTE
 QuickMist Mouthspray Freshmint or Cool Berry 150 Sprays 2 Pack

Always read the label and follow the directions for use. Stop smoking aid.

DERMAVEEN



SAVE \$9.00 OFF RRP*

\$20.99 EA

DERMAVEEN
 1 Litre Range (Selected Variants)

A **B**



FROM \$7.99

STREPSILS
 A. Extra or Plus Anaesthetic Lozenges 16 Pack (Selected Variants) \$7.99
 B. Extra or Plus Anaesthetic Lozenges 36 Pack (Selected Variants) \$14.99

Always read the label and follow the directions for use.

VITAMIN C LIPO-SACHETS **VITAMIN D LIPO-SACHETS** **50% OFF RRP****



SAVE \$25.00 OFF RRP*

\$24.99 EA

LIPO-SACHETS
 Vitamin C or Vitamin D 5g 30 Sachets

Always read the label and follow the directions for use.

*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.

On Sale Thursday 2 - Wednesday 22 May 2024

Local at heart | LOCALLY OWNED AND OPERATED

Experience

An exceptional multi-purpose solution in disinfection providing moisture and comfort.^{1,2}

- Developed with an innovative dual-disinfection system at a balanced pH to match tears²
- Provides comfort and moisture for up to 20 hours whilst maintaining tear proteins²



SAVE \$3.51 OFF RRP*
\$22⁹⁹

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

References 1. Merchea M. et al., "Clinical performance of a novel multipurpose lens care solution (Biotrue™) formulated with a hyaluronic acid conditioning agent". 2. Merchea M. et al., "Bringing New Inspiration to Contact Lens Care. Contact Lens Spectrum. Sep 2010. © 2024 Bausch & Lomb Incorporated. @/TM denote trademarks of Bausch & Lomb Incorporated and its affiliates. Bausch & Lomb (Australia) Pty Ltd. ABN 88 000 222 408. Level 2, 12 Help Street, Chatswood NSW 2067 Australia. (Ph 1800 251 150) BMP.0001.AU.24



\$16⁹⁹
EA

OPTIVE

Advanced Lubricant Eye Drops 15mL or Advanced Preservative Free Lubricant Eye Drops 0.4mL 30 Vials

Always read the label and follow the directions for use.



\$10⁴⁹
EA

WAXSOL

Ear Drops 10mL

Always read the label and follow the directions for use.



SAVE \$5.50 OFF RRP*
\$26⁹⁹
EA

NICOTINELL

Gum 2mg or 4mg 96 Pieces (Variants)

Always read the label and follow the directions for use. Stop smoking aid.



FROM
\$4⁹⁹

FORMULITE

A. High Protein Bar 65g (Variants) \$4.99

B. Meal Replacement Shake Mix Pack 7 x 55g

Sachets \$38.99

Must not be used as a total diet replacement. Formulated Meal Replacement.



ANTI-BACTERIAL

SAVE \$3.96 OFF RRP*
\$15⁹⁹
EA

ABLE

Spacer or Collapsible Spacer

Always read the label and follow the directions for use.



SAVE \$30.00 OFF RRP*
\$399

REVITIVE

ProRelief Circulation Booster

Always read the label and follow the directions for use.

SCAN HERE TO GET STARTED!



Book A Health Service Online In 4 Simple Steps!

Step 1: Select your local healthSAVE pharmacy from the drop down menu

Step 2: Select your health service

Step 3: Choose your preferred date and time

Step 4: Enter your details and click "submit"

Health Services Available:

- Vaccination Services: Flu, COVID-19, Whooping Cough, etc.
 - Medication Checks • Health Checks • Absence From Work Certificates
- Availability of health services and fees may vary in each pharmacy.



VOLTAREN

Rapid 12.5 20 Capsules or Tablets

Always read the label and follow the directions for use. Incorrect use could be harmful.



NUROFEN

Meltlets Berry Burst or Citrus 48 Pack

Always read the label and follow the directions for use. Incorrect use could be harmful.



VOLTAREN

Osteo Gel 12 Hourly 150g

Always read the label and follow the directions for use. Incorrect use could be harmful.



DEEP HEAT

Extra Strength Pain Relief Cream 100g

Always read the label and follow the directions for use.

FEEL GOOD!

synxBody

Treat your feet to Synx.

Pressure relieving gel cushions!

Size: S, M, L



Award winning everyday insoles!

Size: XS, S, M, L



Light & breathable compression socks!

Size: S, M, L, XL



*Always read the label. Use only as directed. Consult a healthcare professional for any concerns.

synxBody.com

A



B



FROM

\$11⁹⁹

AMAZING OILS

A. Magnesium Daily Gel 60mL \$11.99

B. Magnesium Daily Spray 200mL \$16.99



SAVE \$6.96 OFF RRP*

\$12⁹⁹

A LITTLE BIT OF RELIEF

Gel 100g

Always read the label and follow the directions for use.

SAVE \$6.96 OFF RRP*

\$16⁴⁹

BODICHEK

Wheat Pack Long or Square

Always read the label and follow the directions for use.



OFFICIAL PARTNER



SAVE \$9.96 OFF RRP*

\$17⁹⁹

EA



SAVE \$9.96 OFF RRP*

\$24⁹⁹



SAVE \$5.46 OFF RRP*

\$10⁴⁹



JOINT & MUSCLE PAIN RELIEF BUILT ULTRA TOUGH FOR YOU, YOUR FAMILY AND THE WORLD'S BEST ATHLETES

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

*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.

HAVE YOU HAD YOUR BLOOD PRESSURE CHECKED LATELY?



What is blood pressure?

The term 'blood pressure' refers to the force that your heart uses to pump blood around your body. More specifically, it is the force of the blood that pushes against your arteries when your heart beats.

How is it measured?

Your blood pressure is measured using two numbers. The first number represents the pressure of your blood each time your heart beats. The second number represents the pressure of your blood between beats, when your heart is at rest. Usually, these measurements are presented together with a line between them, like this: 120/80.



What is the optimal blood pressure?

In Australia, the ideal blood pressure is 120/80. Small things, such as feeling rushed or anxious during your medical appointment, may increase your blood pressure over the short term. If your blood pressure remains high or low over some time, you may need a treatment plan.

Have your blood pressure checked regularly.

The best way to stay on top of this is to have your blood pressure checked regularly.

How to manage your blood pressure

Your doctor can help you to manage your blood pressure. The first steps usually involve quitting smoking, reducing alcohol intake and making diet and lifestyle changes, such as increasing your daily exercise and eating a heart-healthy diet. In some cases, your doctor might also recommend medication.

What to eat

A diet that is low in salts, high in fruits and vegetables and includes lots of fibre is usually recommended for managing blood pressure.

Remember, your local healthSAVE pharmacist is here to help. Talk to them today!

Sources: mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/dash-diet/art-20048456, medlineplus.gov/highbloodpressure.html, betterhealth.vic.gov.au/health/condition-sand-treatments/blood-pressure#what-blood-pressure-numbers-mean. Accessed 14 March 2024.

OMRON
BLOOD PRESSURE MONITORS

#1
Global
Bestselling
BPM Brand



\$199

ELITE+ AFIB*

Blood Pressure Monitor
HEM7361T



\$145

PLUS

Blood Pressure Monitor
HEM7156T



\$109

STANDARD
MEDIUM CUFF

Blood Pressure Monitor
HEM7142T1



NEW!

\$75

BASIC
MEDIUM CUFF

Blood Pressure Monitor
HEM7120



Always read the label and follow the directions for use. For people with high blood pressure. Consult your doctor to evaluate the readings. Check your device periodically for accuracy. *Source: Global Home Appliance Market Comprehensive Survey 2023 - Fuji Keizai Co., Ltd (data for 2022) **A diagnosis of Atrial Fibrillation (AFIB) can only be confirmed by Electrocardiogram (ECG). If the AFIB symbol appears, consult your doctor. ** +3 years warranty applies if registered online (T&Cs apply).

Ferro

A comprehensive range for all iron needs

Always read the label and follow the directions for use



Supplements



AFT pharmaceuticals

Working to improve your health

AFT Pharmaceuticals Pty Ltd, Sydney.

AC-005499

For use when iron deficiency or iron deficiency anaemia has been diagnosed by your doctor and a therapeutic iron supplement is recommended.

NEW Ferro Care Pregnancy also available



Does your iron cause constipation?

Move to Maltofer & feel the difference



#1 AUSTRALIA'S No.1 SELLING ORAL IRON*

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.

For the treatment of iron deficiency in adults and adolescents where the use of ferrous iron supplements is not tolerated, or otherwise appropriate. *IQVIA MAT Nov 2023. MAL-AU-07967-1225.

Support all through winter.



Faulding®

WARNING: ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE.



MELOTIN MR
Support Sleep Quality 30 Tablets

Ask your pharmacist about this product. For the short term treatment of primary insomnia (without an underlying medical or any other clear cause) characterised by poor quality sleep in patients who are aged 55 and over. Not to be used concurrently with other treatments for insomnia.



ELEVIT
Pre-conception & Pregnancy Multivitamin 100 Tablets

Always read the label and follow the directions for use.



ALULA
Gold Premium Milk Drink Stage 3 or 4 900g

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



PIGEON
Range (Selected Variants)



RITE AID
A. Baby Nail Trimmer \$19.99
B. Nasal Aspirator \$39.99



JACK N' JILL
Buzzy Brush Electric Musical Toothbrush

*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.

maxigesic®

FAST, EFFECTIVE DOUBLE ACTION RELIEF

PARACETAMOL
 RELIEVES PAIN

REDUCES INFLAMMATION

FIGHTS FEVER

IBUPROFEN

12 TABLETS: **\$5⁹⁹**

30 TABLETS: **\$13⁴⁹**

10 SACHETS: **\$9⁹⁹**

10 SACHETS: **\$16⁹⁹**

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE

ASK YOUR PHARMACIST ABOUT THIS PRODUCT

Incorrect use could be harmful. maxigesic.com.au

Aussies thinking about health AFT Pharmaceuticals Pty Ltd, Sydney, Patent No. 2005260243. AC-003158



CODRAL
PE Cold & Flu Day & Night 24 Tablets or PE Cold & Flu Night 24 Tablets

Always read the label and follow the directions for use.



ROBITUSSIN
Oral Liquid 200mL (Selected Variants)

Always read the label and follow the directions for use.

PHARMACY ONLY

SAVE \$2.71 OFF RRP*



SUDAFED
A. Nasal Decongestant 225 Sprays 20mL \$10.99
B. PE Nasal Decongestant 24 Tablets \$12.99

Always read the label and follow the directions for use.



VICKS
A. VapoSteam Inhalant Double Strength 100mL \$9.99
B. WarmSteam Vaporizer \$59.99

Always read the label and follow the directions for use.

FROM \$10⁹⁹

SAVE \$3.96 OFF RRP*

SAVE \$19.96 OFF RRP*

NOTHING MORE EFFECTIVE FOR ALLERGY RELIEF WITH ONCE DAILY DOSING WITHOUT A SCRIPT*



Rhinocort
Hayfever & Allergy
EXTRA STRENGTH
Budesonide 64 µg/spray
120 sprays & 120 tablets

24 HOUR RELIEF

***Compared to over the counter medicines and equivalent to intranasal corticosteroid sprays**

Always read the label and follow the directions for use.
Research conducted and funded by Rhinocort. Efficacy of Budesonide compared to intranasal corticosteroids and antihistamines in allergic rhinitis. March 2022.
Available at Rhinocort.com.au *Registered Trademark. CHFAUS 30827-1219

SNEEZES SNIFFLES & ITCHES?



Zyrtec
RAPID ACTING 24 HOUR RELIEF

FAST, 24 HOUR ALLERGY RELIEF

Always read the label and follow the directions for use.

* Registered Trademark

FAST ALLERGY RELIEF MADE FOR kids



Zyrtec kids
SUGAR FREE ORAL LIQUID
FAST ACTING 12 RELIEF

Zyrtec kids
CETIRIZINE MINI CHEWABLES
FAST ACTING 12 RELIEF

LIQUID
 SUCROSE FREE

CHEWABLE
 GLUTEN FREE

DYE FREE

Always read the label and follow the directions for use.

© Registered Trademark. AW 98188

*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.

The Simple truth

Powerful serums don't have to be irritating

- + Concentrated ingredients. Instant visible results
- Free from perfume, colour and harsh chemicals that can upset your skin

3% **HYDRATE**
with Hyaluronic Acid

10% **GLOW**
with Vitamins C + E + F

10% **BOOST RESILIENCE**
with Vitamin B3

Simple®

SAVE \$5.00 OFF RRP*
\$14.99 EA

Everything your skin needs, nothing it doesn't



20% OFF RRP**

OLAY
Skincare Range (Selected Variants)



SAVE \$10.00 OFF RRP*
\$19.99 EA

HEMPTUARY
Skincare Range (Selected Variants)



SAVE \$10.00 OFF RRP*
\$29.99 EA

JOHN PLUNKETT'S
Superfede Treatment Cream 60mL



SAVE \$8.40 OFF RRP*
\$23.99 EA

THURSDAY PLANTATION
Tea Tree Acne Control Kit



NEW

SAVE \$3.00 OFF RRP*
\$13.99 EA

BENZAC
Power Patch Pimples Patches 24 Pack



40% OFF RRP**

BIORE
Skincare Range (Selected Variants)



\$17.99 EA

ALPHA KERI
1 Litre Range (Selected Variants)



SAVE \$4.00 OFF RRP*
\$14.99 EA

DERMAL THERAPY
Very Dry Skin Lotion 500mL



\$9.99 EA

DU'IT
Tough Hands or Tough Hands Fragrance Free 150g

*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.

+ BATHROOM PICKS



SAVE \$5.00
OFF RRP*

\$14⁹⁹
EA

HEAD & SHOULDERS

Professional Hair Care Range
(Selected Variants)



30%
OFF
RRP**

LADY JAYNE

Hair Care Range (Selected Variants)



25%
OFF
RRP**

SAVE \$3.00
OFF RRP*

\$8⁹⁹

DERMAL THERAPY

Overnight Lip Repair 10g



+
PHARMACIST
ONLY

SAVE \$2.71
OFF RRP*

\$19⁴⁹

ZOVIRAX DUO

Cold Sore Treatment Cream 2g

Ask your pharmacist about this product.



SAVE \$2.46
OFF RRP*

\$3⁴⁹
EA

GO2 DENTAGENIE

Flosspyx 36 Pack (Selected Variants)



30%
OFF
RRP**

NEW

PIKSTERS

Crush Range (Variants)



SAVE \$0.91
OFF RRP*

\$5⁴⁹
EA

POLIDENT

Retainer & Mouthguard Daily Cleanser 36 Tablets



\$21⁹⁹
EA

BX EARTH

Candle and Diffuser Range (Selected Variants)

*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.

LOCAL at heart

LOCALLY OWNED
AND OPERATED



Join healthSAVE to earn & redeem points on purchases.
Sign up at your local store today!