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PLATINUM WEEKLY

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25 000 newspapers per week

25 MARCH 2022

Dee AfriQ

FROM THE HEART

Phokeng/ Rustenburg – Dineo Katane 'Dee AfriQ' launched a collection of songs at Lebone II College on 20 March that honour the power of the female spirit. The collection Mosadi Wa Mo Afrika, is a tribute to her late mother and speaks to the heart. Dee, who hails from Phokeng, wants to spread her wings and share her love for her culture with the world. She only started to pursue a career in the arts in 2005 when she was taken on by Mmabana Arts. They helped to develop her as a performing artist. Her training included theatre production, African contemporary dance and stage performance. Her vibrant stage personality pulls you in, and her songs which she writes, makes you want to press the play button again. "I want to share our beautiful culture with the world, and inspire the people that listen to my music," Dee told the *Platinum Weekly*. The album is available on cd and various digital platforms.

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Body of missing man found



Hartbeespoort – The National Sea Rescue Institute (NSRI) Hartbeespoort Dam duty crew were called to a scene where a vehicle that plummeted into the dam at the Randburg Bridge on Saturday 19 March at around 23:45.

The tracking company notified towing services about the location of the vehicle after they were alerted about a disconnected battery. The car was found semi-submerged in dense hyacinth, and the driver of the vehicle was nowhere to be found.

NSRI rescue swimmers, SRU (Strategic Rescue Unit) members, SA Police Services and the Police Dive Unit collaborated to search for the missing man. Hampered by dense hyacinth the search had to be resumed the following day.

Big D and Eagle Towing Services recovered the vehicle from the dam under the authority and supervision of the police.

Police spokesperson captain Afje Botma confirmed that the body of the 37-year-old Robert Ganyani Bila was found on 22 March. Investigations are underway. We extend our sincerest condolences to the family and friends of Bila.

In remembrance



Glaudi Bondesio
Glaudi Bondesio, 'n geliefde lid van die Derby gemeenskap is op Woensdag 2 Maart oorlede.

Sy sal onthou word as gesofistikeerd, liefdevol, vriendelik en 'n bo-baas organiseerder. Niks het haar ooit ondergekry nie en in haar 80 jaar het sy soveel mense se lewens aangeraak en diep spore getrap. Glaudi het haar medemens op elke moontlike manier gehelp waar nodig en almal met respek hanteer. Streng maar regverdig, 'n sagte mense met 'n groot hart.

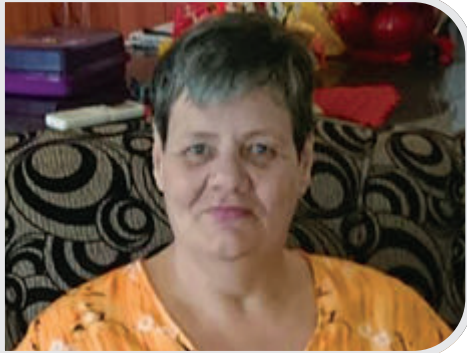
Sy laat haar drie dogters Elmarie, Ester en Christelle en haar seun Peter agter. Haar begrafnis het op 11 Maart plaasgevind.



Barries en sy vrou Riekie
Matiaan Barnard, bekend as Barries, het op Woensdag 23 Februarie, sy lewensboek afgesluit. Hy sal onthou word as doelgerig, nederig en liefdevol.

Barries het 25 goeie jare saam met sy vrou Riekie Barnard gedeel en hul kinders sê dat hulle nog nooit twee mense gesien het wat so lief vir mekaar is nie. 'n Spesiale boodskap van sy kinders af sê: "Op die stadium is alles nou rou en seer, so ons vat elke dag, dag vir dag, maar weet hy's elke stap van die dag aan ons almal se sy. Ons hoop hy seëvier waar hy is en weet ons sal altyd vir hom lief wees."

Barries het 'n groot familie gehad en was baie gelief. Hy laat sy vrou, ses kinders, skoonseuns, skoondogter en 12 kleinkinders agter. Sy verrassingsdiens het op 3 Maart plaasgevind.



Doreen Sutherland
Ons onthou met liefde Doreen Sutherland (59), oorlede op Maandag 21 Maart. Haar heengaan laat 'n groot leemte agter in almal wat haar geken en liefgehad het.

Ons gun haar die rus nadat sy so moedig baklei het teen die kanker. Begrafnis besonderhede sal later bekend gemaak word op Econo Funeral Services se Facebookblad.

Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



Rina du Plessis
Kom deel saam met ons terwyl ons die lewe gedenk van wyle Rina du Plessis (52), oorlede op Maandag 21 Maart. Haar gedenkdiens vind plaas op 25 Maart om 11:00 vanuit die kapel by Sonskyn Aftree Oord, Koorsboomstraat.

Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.



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Pieter Pretorius
Ons onthou met liefde Pieter Pretorius (62), oorlede op Dinsdag 15 Maart. Sy heengaan laat 'n groot leemte agter in almal wat hom geken het. Sy roudiens het op 22 Maart vanuit die AGS Oase van Hoop plaasgevind.

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Cars plunge into huge hole

Rustenburg – A white Toyota Fortuner and a Ford Bantam plunged into a huge hole at the corner of President Thabo Mbeki Drive and Marais Street on Thursday 17 March at around 7:20am. Is it a sinkhole? No! Apparently, the hole was dug to repair a burst water pipe. The rainy weather conditions made the road slippery and created difficult driving conditions. After colliding with each other, the vehicles landed up in the hole. Said Trauma Rescue general manager Wentzel Dippenaar: “One driver suffered a pelvis dislocation and the other soft tissue injuries. The hole was closed the same day the accident occurred.”

Another attack on North West tourism

Barnardsvlei/ Mooinooi – A holiday resort, in the Barnardsvlei-Mooinooi area was targeted by armed robbers in the early hours of Friday 18 March. According to the owner of the resort, one of the tents was cut open with a knife and the occupants were held at gun point. The victims were tied up while the suspects ransacked the tent. Police arrived within 15 minutes after being summoned to the scene. Investigations continue.



This key does not fit in the hole [Letter to the editor]

It recently came to my attention that my business is being misrepresented. Over the past three decades, The Keyhole has become a household name in Rustenburg and parts of the North West. We are known for our work ethic and solid business principles. The imposter went as far as adding the name ‘The Keyhole Rustenburg’ to a photo he posted on his Google business profile. Actions like these are an indication of what you can expect if you consider doing business with him. **Please report any person misrepresenting The Keyhole to Louis Stewart on 082 453 8761.**



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Be Water Wise

World Water Day is an annual United Nations Observance on 22 March. It raises awareness of the 2 billion people living without access to safe water and how we can help to make sure the world achieves the goal of equal access to water and sanitation by 2030.

Why is conserving water important?

Water is a limited resource that we depend on. But we don't just use water for drinking. We wash in it, clean with it, and use it to produce everything from clothing to food. What each of us does in the world – how we live – makes a difference. As we learn the value of clean, safe water and how scarce it truly is, we can take steps to protect it.

What can you do to help?



Stop leaky taps

Always turn taps off tightly so they don't drip. You can save 60 litres of water going straight down the drain every week just by fixing leaking taps immediately.



Shower with less

Every minute you spend in a shower uses up to 17 litres of water. Set a timer on your phone to keep your showers short, sweet and water-saving.



Brush your teeth and shave with less

Turn the water off while you're brushing and save 6 litres of water a minute. When washing or shaving, partially fill the sink and use that water rather than running the tap continuously.



Save when washing clothes

Hand washing: Use less washing powder – a little goes a long way and means you'll use less water for rinsing. Use a plug when you wash as well as rinse. Save all the rinsing for last and use the same water.

Machine washing: Waiting until you have a full load means you'll use less water and energy than doing two half-loads. This means lower bills too!



Catch rainwater

Installing a water tank or using buckets to collect rainwater means you can water your garden when it's not raining.



Wash dishes with less

When hand-washing dishes, never run water continuously. If you're using a dishwasher, always wait until you have a full load, and use the eco cycle.



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LIONESS ESCAPES FROM PILANESBERG

Sun City/ Ledig/ Mahobieskraal – The Department of Economic Development, Environment, Conservation and Tourism sent out a warning to the communities around Pilanesberg to be on the lookout for a lioness. The lioness escaped from the park on Saturday 19 March. It is reported that the lion may be around the Mahobieskraal area, which is situated near the R556 between Sun City and Ledig. Steve Dell, the responsible ranger at the park, together with other park rangers have organised widespread searches with the assistance of a helicopter and a fixed wing aircraft as well as on foot. Lion tracks and faeces were noticed in the area as well as a goat which was mauled, possibly by the

lioness. A bait trap has also been set for the lion in the hope that it will find its way toward it. The Department said that teams are working around the clock to trace its whereabouts and ensure the safety of nearby communities. At the time of going to print, North West Parks Board acting chief conservation officer Pieter Nel confirmed that the lioness has not yet been located and there has since been no sign of it. Community members are therefore urged to exercise caution and be on the lookout for the lion. If spotted, please do not to provoke it but rather alert local police who are in contact with park rangers.



Leopard makes a rare daytime appearance

A rare sighting of a leopard next to the road in Pilanesberg. Photo credit: field guide Greg Esterhuysen.



Pilanesberg/ Sun City – Visitors on a game drive in the Pilanesberg National Park next to Sun City were treated to a rare daytime sighting of a leopard on Friday 11 March. Most sightings of these beautiful big cats are reported at either dusk or dawn, but this normally elusive animal was unusually content to walk along the road in front of the vehicle in broad daylight. Mankwe GAMETRACKERS field guide Tarryn Rae said: “Sometimes you just happen to be at the right place at the right time, but not much beats coming around the corner and finding a leopard walking on the road. Not only did the guests on the morning game drive from Sun City get to share this sighting, but so too did guests that had just flown overhead in a hot air balloon safari.” “We don’t see leopards all the time, but that is what makes ‘spotting’ one so exciting. Wildlife studies teach us that leopards are nocturnal, but those in the Pilanesberg prove otherwise. In the 10 years that I have worked in the park, I have often encountered leopards during the day, and I am not talking about a few spots in a tree or a tail flick in the grass. The area doesn’t have many large leafy trees that leopards are usually fond of relaxing in, so most of our sightings are of them walking around or relaxing on some rocks, which makes for nice photo opportunities.” Recently, conference organisers attending an early evening event at Sun City spotted

a leopard taking a leisurely stroll across the Gary Player Golf Course. Wildlife experts from the park have advised that the species is known to be extremely shy, and the animals will usually flee as soon as they see people.



The leopard was just strolling along the road in front of the vehicle. Photo credit: field guide Greg Esterhuysen.

RUSTENBURG LOCAL MUNICIPALITY

OFFICE OF THE MUNICIPAL MANAGER

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Tel: (014) 590 3551
Email: munman@rustenburg.gov.za

PUBLIC NOTICE NO. 11/2022

IMPLEMENTATION AND ENFORCEMENT OF THE RUSTENBURG LOCAL MUNICIPALITY OUTDOOR ADVERTISING BY-LAW, No. 1 of 2019

The Municipal Systems Act, No. 32 of 2000 accords the municipality; in terms of section 11(3)(e) the authority to implement applicable national, provincial legislation and its by-laws. Section 11(3)(i) further states that the municipality can impose and recover rates, taxes and other fees, including setting and implementing tariffs, rates, taxes and debt collection policies.

Based on the above, interested parties are informed that the municipality does not have any intermediary, company or individual appointed to receive, regulate, monitor or act as a service provider, as the municipality is legally responsible for all outdoor advertising activities in its area of jurisdiction.

All outdoor advertising media companies and individuals interested in conducting business in the Rustenburg area must directly contact the municipality to request application forms and applicable tariffs and submit those as prescribed in the above by-law, to avoid enforcement, which may include removal, confiscation and fines of the offending outdoor advertising sign/s.

Direct all further enquiries about application processes, fees and other provisions directly to Ms Nkonono Mantswe, Ms Olebogeng Mabala or Mr Lerato Katane at Room 419 Fourth Floor, Municipal Building; Rustenburg; tel. (014) 590-3394/3527/3435 respectively.

Mr. S. V. Makona
Municipal Manager

Date: 24 March 2022



Every child deserves a loving home

Do you have what it takes to become a foster parent?

Rustenburg – Foster care is not a permanent solution but rather a long-term opportunity to provide a loving stable home for children who were abandoned, orphaned, traumatised or abused. Children’s homes in Rustenburg are reaching their full capacity and there is a dire need for homes where these children can be taken care of, provided for and be loved. Taking in a child is not as simple as just having a spare bedroom. It is a big responsibility. These children often require more emotional support. They need foster parents who can understand their situation and deal with it in a loving in caring manner. Families need to be financially stable to provide for these children – food, clothes and medical needs all form part of the responsibility. They say it takes a village to raise a child and that is why it is very important that foster parents have a strong support system of friends and family. This might sound overwhelming at first, but Rustenburg Child and Family Welfare social workers will always be there to provide help, training and advice. They will teach foster parents proper methods of dealing with challenges. You will never be alone in this.



If you meet these requirements and would like to help and make a meaningful difference or if you need more information, contact Rustenburg Child and Family Welfare on 014 537 2014/2072.

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DRAW DATE 13 APRIL 2022

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MEDICAL EMERGENCY	
Med 24/7 (Private)	086 177 7761
ER24	084 124
NetCare 911	082 911
Trauma Rescue	014 594 0689
Ferncrest Hospital (Emergencies)	014 568 4339/8
Peglerae Hospital (Casualties)	014 597 2823
HOSPITALS	
Ferncrest Hospital	014 568 4399
Job Shimankana Tabane (JST) provincial hospital	014 590 5100
La Femme Clinic	014 594 9500
RusMed 24	014 523 9378/9351
PEST CONTROL	
Bee Removal	061 657 6085
CLEANING SERVICES 24/7	
CIA Crime Incident Accident	079 498 7606
FIRE	
Fire Department	014 590 3232/ 3333/ 3444
RTB LOCAL MUNICIPALITY	
RLM Accounts Queries	014 590 3111/3090
RLM Emergencies (Fire Dept.)	Press 3
RLM Customer Care Supervisor	Press 2
WATER	
Water Problem Helpline	014 590 3111
ELECTRICITY	
Electricity Helpline	014 565 1042
Eskom National Line	086 003 7566
ROAD AND TRAFFIC	
Bakwena N4 Toll Road	080 022 5936
Traffic Control Room (Rustenburg)	014 590 3221



Have your say / Sê jou sê Are you a doomsday prepper?

You should always be prepared for emergencies... but are you prepared for the end of the world? Do you have cans of non-perishable food stored? If everything comes crashing down – will you be prepared?



No. I live in the moment. I will deal with the problem if it comes so I'm no doomsday prepper.

Kelvin Steyn



Yes. I'm mentally prepared. But I haven't stored away anything like food.

Daniel Ngomane



Send your event listing to news@platinumweekly.co.za ** Free Placement!			
PLATINUM EVENT DIARY			
Adam Tas	25 Mar '22	Rustenburg: Libertas venue	079-495-7043
Dames tee - Sonja	26 Mar '22	Rustenburg: Raasblaar Pub & Restaurant	076-789-9852
Fatman	26 Mar '22	Rustenburg: 2Riviere Kroeg en Rooster	079-879-8690
Fiesta Sports charity event	26 Mar '22	Rustenburg: Zinniville Sports Ground	073-322-6833
Tuine Tuismark	26 Mar '22	Rustenburg: Tuine Gemeente, 8 Cuckoo Laan	082-455-5167
F**opolisekar	1 Apr '22	Rustenburg: Jakkals Dans	072-429-6370
#WEDIRRIT - Radio Raps	1 Apr '22	Rustenburg: Hedgehog's Nest	i-Tickets.co.za
Kinder karnaval	2 Apr '22	Rustenburg: Humble Hearts venue, R104	082-665-6800
Trail running event	2 Apr '22	Derby/Koster: Kareekloof Game Farm	083-654-8139
Kuier naweek Steve Hofmeyr, Snotkop, Juanita du Plessis, Die Campbells	8-10 Apr '22	Rustenburg: ATKV-Buffelspoort	014-572-1000

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SUDOKU

Thursday	24 MAR 2022	28°C - 16°C	7%
Friday	25 MAR 2022	27°C - 16°C	34%
Saturday	26 MAR 2022	22°C - 16°C	72%
Sunday	27 MAR 2022	27°C - 16°C	17%
Monday	28 MAR 2022	27°C - 16°C	17%

At time of print

SOULFOOD

PSALM 5

A Prayer for Guidance
To the Chief Musician. With flutes.
A Psalm of David.

5 Give ear to my words, O Lord, Consider my meditation. 2 Give heed to the voice of my cry, My King and my God, For to You I will pray. 3 My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, And I will look up. 4 For You are not a God who takes pleasure in wickedness; Nor shall evil dwell with You. 5 The boastful shall not stand in Your sight; You hate all workers of iniquity. 6 You shall destroy those who speak falsehood; The Lord abhors the bloodthirsty and deceitful man. 7 But as for me, I will come into Your house in the multitude of Your mercy; In fear of You I will worship toward Your holy temple. 8 Lead me, O Lord, in Your righteousness because of my enemies; Make Your way straight before my face. 9 For there is no faithfulness in their mouth; Their inward part is destruction; Their throat is an open tomb; They flatter with their tongue. 10 Pronounce them guilty, O God! Let them fall by their own counsels; Cast them out in the multitude of their transgressions, For they have rebelled against You. 11 But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful in You. 12 For You, O Lord, will bless the righteous; With favor You will surround him as with a shield.

NEW KING JAMES VERSION (NKJV)

USD / ZAR	14.7534
EUR / ZAR	16.238
GBP / ZAR	19.4892
AUD / ZAR	11.0644
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Ethereum / USD	3007.0926
Gold \$/oz	1 934.11
Platinum	1 019.20
Brent	120.94
Palladium	2 519.00
Silver	25.13

FINANCIAL INDICATORS

At time of print

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POLL

Do you still write letters on paper?

There is just something about putting pen to paper. Receiving a letter written on paper is exciting and special. However, sending a message digitally is so much more convenient, quicker and still gets the message across.

Make yourself heard by sending an email to **news@platinumweekly.co.za** or a WhatsApp to 081 579 7000 with the following information before 17:00 on Tuesday 29 March:

- Yes, I still write letters on paper, or,
- No, I don't write letters on paper.
- The reason for your answer.
- A recent photo of yourself (optional) – that we can publish with your answer.
- Your contact details.

If you don't want your answers to be in the newspaper, just reply to the question: YES/ NO.

The results of the votes will be published in our next issue.

YOUR FRIDAY FUN FACT

Did you know?

Mosquitoes prefer blondes to brunettes. Blondes may or may not have more fun, but studies do prove that blondes will get bit more often than brunettes.

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[illegible]

Thabang’s music address social ills



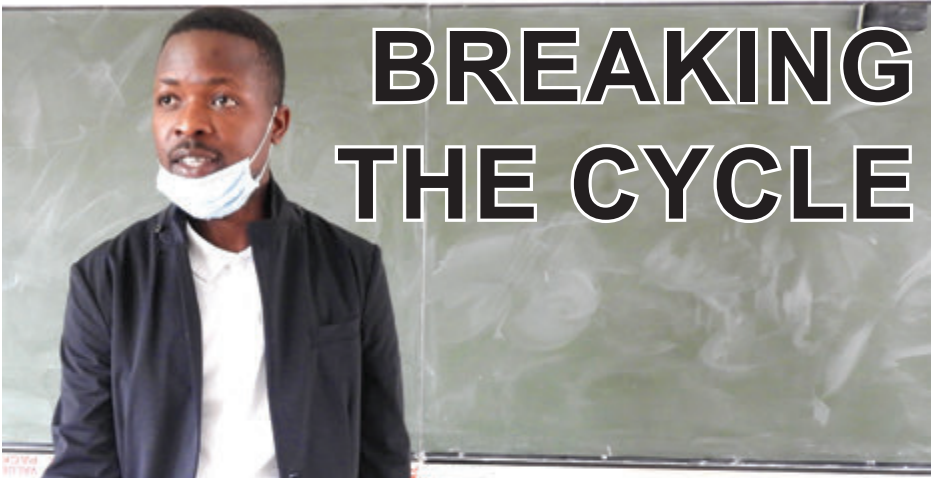
Thabang Chuene is inspired by the late Ricky Rick.

Tlhabane/Rustenburg – Thabang Chuene is a rap artist from Tlhabane who uses his music to encourage young people to work hard towards achieving their dreams. Chuene, or ‘TC Milliaan’ as he is known among his followers, has shown that he has the potential to become a national star. “I managed to reach the finals of the Rustenburg Local Talents Awards and this saw me being nominated for the Mzansi Arts and Media Awards,” Chuene told *Platinum Weekly*. “I have five singles that are out and I’m currently working on an album that should be released later this year.” The impact of TC Milliaan’s music is evident. ‘Jealous Down’ one of his singles shot to number one on the Mafisa FM local charts while two of his other singles are also doing well on local community radio stations. Chuene, who attended Tlhabane Technical and Commercial High School, said he uses his music to fight social ills such as drug and alcohol abuse which is prevalent among young people living in his community. TC Milliaan has been in the music industry for three years. “The late Ricky Rick inspired me, the way he stood up for what he always believed in and how he tried to push for love and humanity amongst us, is something that

I will always admire.” “I am also inspired by my brother Felix Lekabe, who used to be part of a kwaito group called Makoya. Growing up and seeing how dedicated they were to their craft inspired me to also consider a career in music. I take my music as a vehicle to uplift my community by fighting social ills that may hinder progress in the lives of the youth,” he explained. His is determined to leave a legacy by constructing a studio that will enable him to give other upcoming artists a platform to produce their own music. The rap artist is currently working on various projects with other artists like Sello Echo Soul Mabote, Brave Brave, SpynoCash, Ora Chuene, Bash and others. His advice to other young artists aspiring to follow in his footsteps is simple: “Never lose yourself trying to be someone you are not, because there is only one you. The Almighty created you for a reason and you must trust Him.” **For more information, contact Thabang Chuene on the following social media handles:** Facebook: Thabang Chuene Page: TC_Milliaan 014, Twitter: TC_Milliaan, Tiktok: TC_Milliaan and YouTube: TC_Milliaan.

The SPCA’s wish list

Rustenburg – The Rustenburg Society for the Prevention of Cruelty to Animals (SPCA) once again call on the community for their help. They are in need of old teddy bears and soft toys. Many of the animals that come into their kennels are scared and traumatised, and a soft teddy bear gives them somewhat comfort. Another item they added to their list is 1 litre and 2 litre bottles that they plan to fill with pellets and treats as some enrichment for the dogs. Donations of kitten and cat food as well as tinned food and cat litter is also welcome. If you have a second-hand handling/ landing net with a pole lying around that you can donate or if you would like to sponsor one, they would highly appreciate it. Donations can be dropped off their office at 11 Eskom Street. For more information contact the Rustenburg SPCA office on 014 5923181.



SAVF Rustenburg social worker Justice Machethe talking to the learners.

Rustenburg – By educating the youth about the signs and impact of domestic violence, the SAVF Rustenburg hopes to promote a culture of respect and non-violence with learners. SAVF Rustenburg embarked on a campaign at Monato Primary School where they spoke to the youngsters about domestic abuse and what to do when you or someone you know becomes a victim of domestic abuse. SAVF Rustenburg

social worker Justice Machethe gave a presentation on the different types of abuse and the signs they have to look out for. Sanitary pads were also handed out to the girls at the school.

To find out more about the SAVF Rustenburg and the welfare services they render to the community visit their office at 212A Kruger street, Rustenburg, or call them on 014 592 8568.

Hospice Rustenburg needs volunteers

Rustenburg – Volunteers, rendering their time free of charge, are needed to assist with various tasks at the Hospice Rustenburg office located at 4 Boshoff Street. Hospice Rustenburg is a non-profit organisation founded in 1997 and provides home-based palliative care to people with

life-limiting and life-threatening illnesses in the greater Rustenburg community. **Please contact Reinette van Aswegen during office hours on 072 130 7477 or hospiceshop2@gmail.com for more information.**



2 APRIL

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2022

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Musiek, motivering en inspirasie

Rustenburg – Raasblaar Pub & Restaurant nooi die gemeenskap uit om op Saterdag 26 Maart 'n inspirerende damestee by te woon. Dit belooft om 'n fenomenale oggend te wees waar Sonja Herholdt haar storie van hoop en inspirasie sal deel. 'n Gedeelte van die kaartjies se gelde sal gaan aan Legend of Hope, 'n nie-winsgewende organisasie in Rustenburg wat kinders, vrouens en bejaardes bystaan. Kaartjies beloop R250 en sluit eetgoed en lekkernye, fantastiese pryse en 'n geskenksakkie in. Vir meer inligting of om jou kaartjie te bespreek kontak 076 789 9852, 073 916 2203 of 082 526 7126.



Sonja Herholdt kom kuier by Raasblaar Pub & Restaurant in Rustenburg!

Art through the lens

Rustenburg – The Rustenburg Photographic Society came together for their monthly meeting on Wednesday 16 March. While learning from each other and inspiring each other through their work the following photographers received winning titles for their entries into the open category:

- Senior: Karen McCarthy - Final Pose
- Junior: Hannes van Jaarsveld - Witborsduiker Mankwedam

The society meets every third Wednesday of the month. Their next meeting will take place on 20 May. For more information, contact club chairperson Simon Fletcher on 082 371 9867 or vice chairperson Jacques McCarthy on 078 353 0458.



Witborsduiker Mankwedam by Hannes van Jaarsveld

New football club seeking talent

Mogwase – A new women's football club from Mogwase is inviting interested players to attend their training sessions as they look to assemble a competitive team. Royal Queens Football Club started their training sessions early February 2022. Head coach Lethabo Tsheko told *Platinum Weekly* that their training sessions are open to anyone living in and around Mogwase who is interested in playing football. The club trains twice a week – on Tuesdays and Fridays from 17:00 to 18:00 – at Zone 5 North in Mogwase. "We recently played against Mankwe College

Ladies and we lost that match by a 4-1 margin. We would like to assemble a strong team capable of competing well," Tsheko explained. He pointed out that all those interested in attending the training sessions must be aged 15 to 25 years. "Our goal is to compete in the women's league at national level. Many men's teams playing in the Premier Soccer League (PSL) are establishing women's teams and our players will also have an opportunity to play for these clubs if they are good enough. For more information, contact Lethabo Tsheko on 076 613 9145.



Royal Queens Football Club players train in Mogwase.



Final Pose by Karen McCarthy

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- Safety Officers/COMSOC®3 Full Time Course: 25th April – 6th May 2022
- Safety Officers/COMSOC®1 Full Time Course: 16th May – 27th May 2022

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NOTICE IS HEREBY GIVEN, IN TERMS OF THE ENVIRONMENTAL IMPACT ASSESSMENT (EIA) REGULATIONS PUBLISHED UNDER GOVERNMENT NOTICE NO. R. 983 OF 2014 AS AMENDED 7 APRIL 2017, IN TERMS OF SECTIONS 24(2), 24(5), 24D AND 44, READ WITH SECTION 47A(1) (B) OF THE NATIONAL ENVIRONMENTAL MANAGEMENT ACT, 1998 (ACT NO. 107 OF 1998), OF ESKOM HOLDINGS SOC LIMITED'S INTENT TO DEVELOP THE ARARAT-BAFOKENG 88KV POWERLINE, RUSTENBURG LOCAL MUNICIPALITY, NORTH WEST PROVINCE

PROJECT DESCRIPTION
Eskom Holdings SOC Limited - Gemma Cluster, intends to instal a new 40MVA 88/33kV transformer at Eskom's Bafokeng 7 88/33kV substation and also split the 2xSycamore 88kV lines that are entering the Bafokeng 7 substation and the 2xSycamore 88kV lines that are leaving Eskom's Ararat Main Transmission Substation (MTS)

LOCATION
The project is located on Farm Doornspruit 106 JQ RE (Bafokeng 7 site) and Farm Kookfontein 265 JQ (Ararat site) near the villages of Ga-Luka and Phokeng respectively

Venue	Contact Details
SAPS, Phokeng, Salema Section, Phokeng, 0300	Tel.: (+27) 14 566 1879
Impala 7 Shaft	Tel.: (+27) 11 731 9000
Thethe Secondary School, Ga-Luka, 0322	Tel.: (+27) 11 855 7364
Mogono Primary School, Mogono, 0328	Tel.: (+27) 73 776 0600

Humba/Eskom Website

For enquiries: Tinashe Maramba, Humba Environmental Consultancy; Cel.:072 309 0502 / E-mail: info@humba.org

GO ITSISIWE FANO, GO YA KA MELAWANA YA TSHEKATSHEKO YA GO AMEGA GA TIKOLOGO (ENVIRONMENTAL IMPACT ASSESSMENT (EIA)) E E GATISITSWENG MO KITSISONG YA PUSO YA NOMORO YA R. 983 YA 2014 E E FETOTSWENG KA KGWEDI YA MORANANG E LE 7, 2017, GO YA KA DIKAROLO 24(2), 24(5), 24D LE 44, E BALWA LE KAROLO 47A(1)(B) YA MOLAO WA TAOLU YA TIKOLOGO YA NAGA (NATIONAL ENVIRONMENTAL MANAGEMENT ACT), 1998 (MOLAO WA NOMORO YA 107 YA 1998), YA BOIKAELELO JWA ESKOM HOLDINGS SOC LIMITED GO AGA MOGALA WA MOTLAKASE WA MAATALA A 88KV WA ARARAT-BAFOKENG, MO MMASEPALA WA SELEGAE WA RUSTENBURG, POROFENSE YA BOKONE BOPHIRIMA

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Notice is hereby given in terms of Regulation 68 of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of **Deed of Transfer ST44170/2006** passed by **SUSARAH ALETTA FOURIE, Identity Number 490205 0106 080**, Unmarried in favour of **MARY-ANN PATER, Identity Number 701127 0311 08 7**, Unmarried in respect of certain A Unit consisting of (a) Section No. 51 as shown and more fully described on **Sectional Plan No SS 1179/1996** in the scheme known as **MOUNTAIN VIEW** in respect of the land and building or buildings situated at **GELHOUTPARK EXTENSION 6 TOWNSHIP, LOCAL AUTHORITY: RUSTENBURG LOCAL MUNICIPALITY**, of which section the floor area, according to the said sectional plan is 71 (Seventy One) square metres in extent and (b) An undivided share in the common property in the scheme apportioned to the said section in accordance with the participation quota as endorsed on the said sectional plan. **HELD BY Deed of Transfer Number ST 44170/2006** which has been lost or destroyed. All interested persons having objection to the issue of such copy are hereby required to lodge the same in writing with the Registrar of Deeds at **PRETORIA, Merino Building, 140 Pretorius St, Pretoria Central, Pretoria, 0002** within two weeks from the date of the publication of this notice. Dated at RUSTENBURG this 23RD day of MARCH 2022. **VAN VELDEN-DUFFEY INC**
Address: 67 Brink Street, Rustenburg, 0299
E-mail address: veronicas@vvd.co.za
Contact number: 014 592 1135

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LOST OR DESTROYED DEED
Notice is hereby given in terms of Regulation 68(1) of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Grant TG 54468/1997BP passed by **SEILHAMO AARON MOGANETSI, IDENTITY NUMBER 580202 0108 804**, UNMARRIED in favour of **BOITSHEKO JOHANNAH MOLEFE, IDENTITY NUMBER: 651020 1025 089**, UNMARRIED, in respect of **ERF 2169 MOGWASE UNIT 5 TOWNSHIP REGISTRATION DIVISION, J.Q., PROVINCE OF NORTH-WEST**, which is lost or destroyed. All interested persons having objection to the issue of such Certificate are hereby required to lodge the same in writing with the **REGISTRAR OF DEEDS at PRETORIA, Merino Building, 140 Pretorius St, Pretoria Central, Pretoria, 0002** within two weeks from the date of the publication of this notice. Dated at RUSTENBURG on th 18th day of March 2022. **CONVEYANCER, CHRISTOPH GERHARD MEYER M24442, VAN VELDEN DUFFEY INC 67 BRINK STREET RUSTNEBURG 0145921135, christophm@vvd.co.za**

TLHALOSO YA POROJEKE
Eskom Holdings Soc Limited - Gemma Cluster, e ikaelela go tsenya teranseforma e ntsha ya40MVA 88/33kV kwa seteisheneng se sebotlana sa Bafokeng sa 7 88/33kV gammogo le go kgaoganyana megala ya motlakase ya 2xSycamore 88kV e e tsenang mo seteisheneng se sebotlana 7 sa Bafokeng substation le megala ya motlakase ya 2xSycamore 88kV e e tswang mo Main Transmission Substation ya (MTS) ya Ararat ya Bafokeng

LEFELO
Porojeke eno e mo Polasing ya Farm Doornspruit 106 JQ RE (madirelo a Bafokeng 7) le Polasi ya Kookfontein 265 JQ (madirelo a Ararat) gaufi le metse ya Ga-Luka le Phokeng ka go tthomagana.

Lefelo	Dintlha Tsa Ba Go Ka Ikgolagannwang le Bone
SAPS, Phokeng, Salema Section, Phokeng, 0300	Mogala.: (+27) 14 566 1879
Impala 7 Shaft	Mogala.: (+27) 11 731 9000
Thethe Secondary School, Ga-Luka, 0322	Mogala.: (+27) 11 855 7364
Mogono Primary School, Mogono, 0328	Mogala.: (+27) 73 776 0600

Humba/Eskom Website

Malebana le dithuso tse di batliwang: Tinashe Maramba, Humba Environmental Consultancy; Tel.:072 309 0502 / E-mail: info@humba.org

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Humba Environmental Consultancy e itsise fano Batho ba ba Nang le Kgatlhego le ba ba Amegang botlohe (Interested and Affected Parties [I&APs]) gore go na le Terafote ya Pego e e Tiwaelegileng (ya Draft Basic Assessment Report (DBAR) le dimametlelelo tse di tsamaisanang le yone tsa porojeke e e kopelwang eno. DBAR e tla nna teng go ka sekasekiwa ke botlhe le go naya ditshwaelo tsa bone malatsi a ka nna 30 go simolola ka Labothano, 25 Mopitlo 2022 go ya go Laboraro, 27 Moranang 2022. DBAR e ka sekasekiwa kwa mafelong a a latelang a botlhe:

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Rusties atlete presteer

Rustenburg – Tydens die Suid-Afrika skole atletiek-byeenkoms van Woensdag 16 Maart tot Vrydag 18 Maart, het die Hoërskool Rustenburg atlete gewys dat hulle bloed #immergroen is. Die volgende atlete het uitsonderlike prestasies behaal:

- Liandri de Wet | brons | skyfwerp
- Marne Botha | silwer | spiesgooi
- Jan-Paul Nel | brons | skyfwerp
- Reghard Cloete | silwer | spiesgooi
- Jessica van Heerden verwerf 'n silwer medalje in die 400m en spog met 'n goud in die Medley-aflos.



Jan-Paul Nel



Jessica van Heerden



Liandri de Wet



Marne Botha



Reghard Cloete



Die Graad 4's spog met hul speelgoed, handgemaak vir die DBV.

Elies gee om

Mooinooi – Laerskool Elandskraal het 'n gemeenskapsprojek aangepak saam met die Voortrekkers. Elies het 'n 'Alles behalwe 'n Tas' dag gehou en moes kos bring vir die Rustenburg Dierebeskermingsvereniging. Om aan te sluit daarby het Elies besluit om vir die eerste kwartaal se Persoonlike Welsyn taak nog by te dra. Die Graad 4's het speelgoed gemaak vir troeteldiere, Graad 5's het beddegoed gemaak en Graad 6 het water en kos -voerders gemaak. Al die items is op Maandag 14 Maart aan die Rustenburg DBV oorhandig. Gerda Moolman was die dryfkrag agter die projek wat 'n 'n groot hupstoot is vir die Rustenburg DBV. Baie dankie aan al die leerders en ouers wat deel was aan die sukses van die projek. Elies daag ander skole uit om dieselfde te doen sodat ons die DBV kan bystaan met hul groot taak in moeilike omstandighede.



Die Graad 5 klasse het hul goed van hul taak gekwyd om beddegoed te maak vir die diere in die DBV se sorg.



Dié voerders is gemaak deur die Graad 6 groep en sal die DBV se take vergemaklik.

FIFTY-SIX YEARS OF PEDALLING

Rustenburg – Hennie Fourie was 13 years old when his father bought him a bicycle. That gift fuelled a passion for cycling – a sport that has been a major focal point in Fourie's life for the past 56 years and counting! Fourie, who was born in Randfontein, will be turning 70 in July 2022 and intends to continue taking part in as many races and Rustenburg Cycling Club (RCC) activities as he can. A very competitive athlete, Fourie – who has so far also competed in 15 Comrades marathons and runs a mushroom delivery business – cycles at least twice a week and is one of the most dedicated members of the RCC. "I always joke by telling people 'I was born on a bicycle' because I really love cycling", Fourie chuckled. "My dad influenced me to take up the sport when I was young because he was involved in track cycling, which was popular in those days," he added. He attended Randfontein Primary School before proceeding with his education at Jan De Klerk High School after his parents had moved to Krugersdorp. It was at high school that Fourie's cycling talent saw him winning provincial and national colours in track cycling. He joined the army after school and maintained his keen interest for cycling. Fourie, who moved to Rustenburg in 1989 together with his wife Penny, established the RCC with other enthusiastic cyclists. "It has now been about 13 years that the club has been running since we formed it. To me, the RCC has always been an important platform to encourage as many members of

the community as possible to also take up cycling. I was chairman of the RCC for a long time and I am happy with the positive impact the RCC is having on the community," Fourie said. On 6 May 2017, Fourie was knocked down by a car while cycling. The motorist drove away from the accident scene soon after the incident. "I sustained serious injuries to my back, my neck, arms and knees," he said. He jumped right back on his bicycle after recovering from his injuries but decided this time to concentrate more on shorter mountain bike races. Fourie is proud to have played a part in the career of Louis Meintjes – a world renowned South African cyclist who won the South African National Road Race Championships

in 2014 and also boasts of an 8th place overall finish in the Tour de France. "I trained with him when he was younger. He is an honorary member of the RCC and we are all very proud of his achievements." Fourie's mushroom delivery business, which he runs with his wife, demonstrates his entrepreneurial skills. "We deliver mushrooms to various areas throughout the North West province," he said. His primary passion, however, is still cycling and perhaps one will only come to full terms with how deep his love for the sport runs when one considers his large collection of bikes he collects and stores in his garage. "I am also a member of the Classics Steel and Aluminium Cycling Club," said Fourie, while adjusting the same bicycle his father gave him.



Henrie Fourie has a large collection of bicycles.



Hennie Fourie holding a bicycle he assembled during the Covid-19 lockdown.

ROYAL AM'S FAIRY TALE PSL-RUN

SA – Every season in the South African topflight league produces a team that surprises everyone by defying the odds when least expected. The performance of this team often makes football spectators, players and coaches stand up and take notice.

Royal AM will certainly be remembered as one of the surprise packages of the current season – if their impressive performance so far can be anything to go by. It is very difficult to imagine that this team is competing in their very first season in the topflight and everyone is scratching their heads and wondering how they managed to occupy second position on the log as the league title chase reaches its climax.

And to think that a 1-0 defeat at the hands of Moroka Swallows in their very first match of the season saw them being written off by critics who predicted they would be relegated! Fast forward to 21 games later and the picture is incredibly different.

They are second to Mamelodi Sundowns on the log with 37 points and have played one game less than the defending champions.

Kaizer Chiefs are currently third with 35 points after 20 matches and (the same points as Orlando Pirates) and the question of whether or not Royal AM can hang onto their position until the end of the season has become a topical one.

With the league title now virtually destined for the Mamelodi Sundowns cabinet, again, the race is on for a second and third place finish!

The next round of PSL matches is likely to give a clearer indication of how this race is likely to pan out.

Be sure not to miss the next PSL matches:

Saturday 2 April fixtures:

Royal AM will be going for nothing less than maximum points (3 points) when they play against TS Galaxy at Mbombela Stadium. Anything less than a victory could threaten their push for a second- place finish. Kick Off is at 15:00.

While that match is being played, Stellenbosch FC will be entertaining Sekhukhune United at Danie Craven Stadium.

Chippa United will be up against Kaizer Chiefs at the Nelson Mandela Bay Stadium in a match that is scheduled to start at 17:00.

Golden Arrows will play SuperSport United at the Princess Magogo Stadium while Maritzburg United take on Moroka Swallows Harry Gwala Stadium. The two matches will kick off at 19:30.

Sunday 3 April fixture:

Cape Town City will play against Baroka FC in the only League match scheduled for the day. A win for Cape Town City will enhance their chances of dislodging Orlando Pirates from fourth position while Baroka also need to win this match to have a chance of avoiding relegation. Kick Off at DHL Stadium is at 17:00.



#RUGBYTHATROCKS CURRIE CUP

Varsity Cup 2022 uitslae:

- NMU Madibaz 9-24 UJ
- UP-Tuks 61-12 CUT
- Maties 20-12 NWU
- Wits 51-12 UWC

Bepalings, 28 Maart:

- UCT Ikeys 19:00 Maties
- UP-Tuks 19:00 Wits
- NWU 19:00 NMU Madibaz
- UJ 19:00 Shimlas

Nag ou profie...

2022 Uitslae:

- Bulls 35-21 Sharks
- Cheetahs 24-17 WP
- Griekwas 49-17

UNITED RUGBY CHAMPIONSHIP

Sharks vs Zebre

In Durban klop die Haaie die Italianers 38-6 nadat hulle met rustyd 10-6 voorgeloop het. Soos verlede naweek se game het die Durbaniete eers in die tweede helfte ritme gevind. Die Zebre span het ook met meer vuur gespeel as gevolg van Italië wat verrassend vir Wallis geklop het in die Ses Nasies. Curwin Bosch het 'n beter game gehad en teken ook dan dertien punte aan wat 'n drie, vyf doelskoppe en 'n strafdoel insluit. Die Haaie beklee dan tans die sesde plek op die log.

Bulls vs Scarlets

Op Fort Loftus verniel die Bulle die Scarlets en druk nege skitterdrieë om met 57-12 as oorwinnaars van die veld te stap. Die samespel van die Bulle het tot puik rugby gelei met die voorspelers wat agt van die nege drieë gedruk het. Marcell Coetzee word beloon met twee drieë en Cyle Brink duik oor vir sy eerste drie en dis ook in sy debuut game vir die Bulle. Die drie van die lang lenige slot van die Bulle, Ruan Nortjé, sal nog lank onthou word. Nortjé het soos 'n wafferse vleuel sy spoed tentoongestel vir die drie van sy loopbaan. Bra Jake se idee om van die spelers te roteer, met twaalf spelers van die span in ses dae drie games gespeel, lyk tóg of dit vrugte afwerp. Die Bulle het met die oorwinning nou opgeskuif tot die agste plek op die log.

Lions vs Munster

Die Leeus toon groot karakter Saterdag in Jo'burg om vriend en vyand te verras en klop Munster 23-21. Op 'n stadium met die telling 21-10 in die guns van die besoekers het dit egter gelyk of die Leeus weer in welpies verander het. Maar toe nie maats! Vincent Tshituka het soos 'n onverskrokke maanhaar sy maats aangevuur en die res is geskiedenis. Die impakspelers het verwoesting gesaai en agterlangs het Burger Odendaal dalk die beste game van sy loopbaan gespeel. Burger moes ook boonop die druk as cappie verwerk in die afwesigheid van die beseerde Jaco Kriel. Jordan Hendrikse lewer weer goeie spel op 10 en behaal dertien van sy span se punte.

Stormers vs Cardiff Blues

Die Kapenaars baljaar in 'n snikhete dag in die Kaap en wen verspotmaklik met 40-3 teen Cardiff. Die tuisspan was reeds met 19-3 voor toe die rustydfluitjie geblaas het. Die Stormers druk ses drieë en beklee tans die sewende plek op die log. Vir die Stormers het die jong agsteman, Evan Roos, weer gewys dat hy moeilik uit die Bokspan gehou sal word... indien die 'keurders' hul oë op hom het bygesê. Hierdie mannetjie speel kookwater-ruggas ou grote. Wat 'n mooi gedagte kan dit nie wees om hom saam Elrigh Louw van die Bulle in die Bokspan te sien nie!

Bepalings:

Vrydag 28 Maart

- Lions 19:00 Ospreys
- Munster 21:35 Benetton

Saterdag 26 Maart

- Zebre 15:00 Scarlets

Nag ou grote...

SUPER RUGBY PACIFIC 2022

Results:

- Waratahs 24-19 Rebels
- Moana Pasifika 12-54 Chiefs
- Crusaders (postponed) Blues
- Fijian Drua 18-20 Western Force
- Brumbies 16-12 Reds

Fixtures:

Friday 25 March

- Moana Pasifika 08:05 Hurricanes
- Rebels 10:45 Fijian Drua

Saterdag 26 March

- Highlanders 05:35 Blues
- Chiefs 08:05 Crusaders
- Reds 10:45 Waratahs

Tuesday 29 March

- Moana Pasifika 08:05 Blues

G'night mate...

SIX NATIONS 2022

Frankryk klop die Engelse 25-13 in 'n klipharde toets en wen die titel vir die eerste keer sedert 2010. Hulle behaal ook die Grand Slam vir die eerste keer in twaalf jaar! Die Hane is nou vol vertroue dat hulle die Wêreld Beker volgende jaar in hul agterplaas gaan verower.

Ander uitslae:

- Ierland 24-5 Skotland
- Wallis 21-22 Italië. Seker een van die grootste verrassings in die geskiedenis van die Ses Nasies! Magtig man! Die Italianers vier seker nou nog fees na hulle geskiedkundige oorwinning.

Goeienag u majesteit... en groete vir Eddie!

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Kareekloof Game Farm is situated in the NW Province, 30km from Rustenburg, 50km from Magalies, 120km from PTA, JHB and Potchefstroom.



SUPERCARGED FOR THE SEASON!

Rustenburg – Impala Rugby Club player-coach Justin St. Jerry described the first team’s training session with the Leopards on Saturday 19 March as an eye-opener. Impala, who did not have a competitive fixture during that weekend, took part in an intensive training session with the Leopards at their home ground in Rustenburg. The two teams practiced scrums, lineouts and other game situations during a rigorous training session that lasted for about two hours. Impala are playing in the competitive Carlton Rugby League as well the Gold Cup this season and practicing with a very strong provincial team like the Leopards, was an opportunity that they grabbed with both hands. St. Jerry – who also took part in the drills – explained the importance of the training session. “We now know where we need to work to improve our performance. It was a chance for the players to show us their capabilities.” Leopards coach Eric Herbert was equally pleased with the training drills. “This training was very good for the Leopards, for Impala and the community. Playing against a provincial team will definitely help Impala to improve. We will be playing against Griquas in our next match, and I am really happy



Impala and Leopards teams practicing lineouts.

with how we used this training to fine tune our skills.” The small but lively crowd of supporters that turned out to witness the practice sessions was not disappointed as the two sides provided them with plenty of entertainment.



The Leopard's Andries Trutter breaking through. Photo credit: Mario van de Wall.



Camaraderie after a tough two hours on the field.

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84⁹⁹
750ml

X WITH CARD
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Limestone Hill
Chardonnay



SAVE R15
84⁹⁹
750ml

X WITH CARD
Haute Cabrière
Chardonnay/Pinot Noir



SAVE R10
89⁹⁹
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X WITH CARD
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2 x 750ml Robertson
Winery Sauvignon Blanc
Equates to R47,99 Each



109⁹⁹
750ml

Fat Bastard - Golden
Reserve Red - Merlot
- Shiraz - Cabernet
Sauvignon - Pinotage
Each



129⁹⁹
750ml

Allesverloren
Shiraz

BUY ANY 3 &
**SAVE
20%**

X WITH CARD

3 x 750ml Kleine
Zalze Cellar Selection
- Chenin Blanc
- Sauvignon Blanc
- Chardonnay
White Wine Equates
to R67,99 Each



BUY 3 &
**SAVE
20%**

X WITH CARD

3 x 750ml Kleine Zalze
Cellar Selection Rosé
Equates to R67,99 Each



BUY 2 &
**SAVE
20%**

X WITH CARD

2 x 750ml Pierre Jourdan
Tranquille White Wine
Equates to R55,99 Each



BUY 3 &
**SAVE
20%**

X WITH CARD

3 x 750ml Spier
Sauvignon Blanc
Equates to R59,99 Each



BUY ANY 3 &
**SAVE
25%**

X WITH CARD

3 x 750ml Durbanville Hills
- Chardonnay - Sauvignon Blanc
Equates to R63,74 Each



BUY 2 &
**SAVE
25%**

X WITH CARD

2 x 750ml Diemersdal
Sauvignon Blanc
Equates to R67,49 Each



NEW

LiquorShop
ONLINE

www.liquorshop.co.za

Order
over



of your favourite drinks now
online, delivered to your door.

Not for Persons Under the Age of 18. Drink Responsibly.

OFFERS VALID FROM 21 MARCH 2022 UNTIL 03 APRIL 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

AT SUPERMARKET PRICES



SAVE R15
74⁹⁹
750ml
WITH CARD
Spier Classic Shiraz



SAVE R10
74⁹⁹
750ml
WITH CARD
Laborie Merlot Cabernet Sauvignon Each



SAVE R15
84⁹⁹
750ml
WITH CARD
Beyerskloof Pinotage



SAVE R15
84⁹⁹
750ml
WITH CARD
Nederburg Cabernet Sauvignon



SAVE R15
84⁹⁹
750ml
WITH CARD
KWV Roodeberg Bordeaux Blend Red Wine

BUY 2 & SAVE 25%
WITH CARD
2 x 750ml KWV Cathedral Cellar Triptych Red Blend Wine Equates to R104,99 Each



ODD BINS
WHAT MAKES OUR ODD BINS RANGE SPECIAL?

- ✓ Limited quantities of vintage releases from famous wine brands
- ✓ Relabelled with a unique bin number and sold at a fraction of the price
- ✓ Exclusive to Checkers!

99⁹⁹ 750ml each
Odd Bins Cap Classique All Variants





SAVE R15
94⁹⁹
750ml
WITH CARD
Warwick The First Lady Cabernet Sauvignon



SAVE R15
109⁹⁹
750ml
WITH CARD
Beyerskloof Synergy Cape Blend Red Blend Wine

BUY 2 & SAVE 20%
WITH CARD
2 x 750ml Spier Pinotage Equates to R71,99 Each



BUY 2 & SAVE 20%
WITH CARD
2 x 750ml Diemersdal Merlot Equates to R99,99 Each



BUY ANY 2 & SAVE 20%
WITH CARD
2 x 750ml Guardian Peak Merlot Shiraz Equates to R71,99 Each



BUY 2 & SAVE 20%
WITH CARD
2 x 750ml Alto Rouge Dry Red Wine Equates to R87,99 Each



BUY ANY 3 & SAVE 25%
WITH CARD
3 x Odd Bins All Variants Excluding Cap Classique



BUY 3 & SAVE 20%
WITH CARD
3 x 750ml Kleine Zalze Cellar Selection Merlot Equates to R75,99 Each



BUY 3 & SAVE 20%
WITH CARD
3 x 750ml Darling Cellars Shiraz Equates to R63,99 Each



BUY ANY 3 & SAVE 25%
WITH CARD
3 x 750ml Durbanville Hills Shiraz Cabernet Sauvignon Merlot Pinotage Equates to R63,74 Each



BUY 3 & SAVE 25%
WITH CARD
3 x 750ml La Motte Millennium Merlot/Cabernet Franc Dry Red Equates to R62,49 Each



BUY ANY 3 & SAVE 30%
WITH CARD
3 x 750ml KWV Classic Collection Wine All Variants



ALSO AVAILABLE AT

Checkers & LiquorShop

Checkers

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SAVE 19%

ANY 2 FOR R130

WITH CARD

2 x 500g **Clover** Mooi River Butter/Butro Butter Spread



AS SEEN ON TV

SAVE 34%

ANY 2 FOR R60

WITH CARD

2 x **Dr. Oetker** Ital Pizza All Variants



AS SEEN ON TV

SAVE 17%

ANY 2 FOR R50

WITH CARD

2 x 1kg **Parmalat** Double Cream/Smooth/Fruit Yoghurt All Variants



AS SEEN ON TV

SAVE R19

ANY 2 FOR R55

WITH CARD

2 x 1.5l **Clover** Krush 100% Fruit Juice Blend All Variants



AS SEEN ON TV

SAVE WITH OVER 1000 DEALS DAILY

SAVE 17%

ANY 2 FOR R20

WITH CARD

2 x 350g **Parmalat** YogoFun Drinking Yoghurt All Variants (Excluding EasyGest)



SAVE 18%

27⁹⁹

1kg each

WITH CARD

Dewfresh Double Cream Yoghurt All Variants



SAVE 21%

ANY 2 FOR R30

WITH CARD

2 x 6x100g **Danone** NutriDay Yoghurt All Variants



SAVE 33%

ANY 2 FOR R40

WITH CARD

2 x 1l **Danone** Ultra Mel Vanilla Custard All Variants



AS SEEN ON TV

49⁹⁹

2l

Dairymaid Country Fresh Ice Cream All Variants Each



SAVE 12%

ANY 2 FOR R70

WITH CARD

2 x 1l **Blue Diamond** Almond Breeze Milk All Variants



26⁹⁹

2l each

Douglasdale Fresh Full Cream/Low Fat Milk



EXTRA LARGE EGGS

59⁹⁹

30 per pack

Extra Large Eggs



SAVE R17

ANY 2 FOR R38

WITH CARD

2 x 500g **Wooden Spoon** Yellow/White Baking Margarine



SAVE R19

BUY 2 FOR R75

WITH CARD

2 x 1kg **Stork** Country Spread 40% Fat Spread



SAVE R19

ANY 2 FOR R80

WITH CARD

2 x 1kg **Blossom** Canola Margarine/40% Fat Spread/Smart Spread



SAVE R40

BUY 2 FOR R100

WITH CARD

2 x 500g **Stork** Butter Spread



SAVE 21%

74⁹⁹

1.2l each

WITH CARD

Nestlé/Dairymaid Gelata Roma Premium Ice Cream All Variants



SAVE R24

ANY 2 FOR R50

WITH CARD

2 x 2l **Clover** Tropika Dairy Fruit Blend All Variants



SAVE 25%

29⁹⁹

1.5l each

WITH CARD

Sir Fruit Juice All Variants



SAVE 25%

28⁹⁹

1kg

WITH CARD

Natures Garden American-Style Fries



SAVE 25%

29⁹⁹

1kg

WITH CARD

McCain Mixed Vegetables



SAVE 33%

ANY 6 FOR R50

WITH CARD

6 x 250g **Natures Garden** Stir Fry/Peas/Mixed Vegetables



SAVE R40

BUY ANY 2 & GET A 3RD FREE

WITH CARD

BUY 2 x 1kg **Natures Garden** Garden Mix/Country Mix Vegetables & GET A 3RD FREE!



AS SEEN ON TV

ANY 2 FOR R25

WITH CARD

2 x 700g **Sunbake** Farmstyle/Standard White Sliced Bread



SAVE 17%

ANY 2 FOR R28

WITH CARD

2 x 500g/700g **Albany** Brown Bread Low GI/Wholewheat All Variants



SAVE R10

FROM 29⁹⁹

6 per pack

WITH CARD

Nizza Roasties All Variants



SAVE R10

ANY 2 FOR R50

WITH CARD

2 x 225g **Sunbake** Mini Cake Spongies All Variants



SAVE R10

SAVE 22%

69⁹⁹

4/6 per pack

WITH CARD

Pieman's Pies/Sausage Rolls/Cheese Grillers All Variants



ANY 6 FOR R100

WITH CARD

6 x 100ml **Sir Fruit** 100% Cold Pressed Shot All Variants



SAVE 24%

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SAVE R12

ANY 2 FOR R26

WITH CARD

2 x 120g **Simba** Chips All Variants

SAVE R36

ANY 3 FOR R99

WITH CARD

3 x Nestlé Mini Bar-One/KitKat Fun Bags

210g/152g/160g/200g

AS SEEN ON TV

BUY ANY 4 & SAVE 25%

WITH CARD

4 x 200ml/350ml/1.25/1.75l **Fruitree** Fruit Juice All Variants

AS SEEN ON TV

SAVE R24

ANY 4 FOR R64

WITH CARD

DIETS 4 x 2.25l **Coca-Cola** No Caffeine/No Sugar/**Sprite** Zero/**Fanta** No Sugar Cold Drink

AS SEEN ON TV

NEW DEALS IN EVERY AISLE

36⁹⁹
400g

Bakers Original Salticrux Crackers

39⁹⁹
250g each

Ryvita Crispbread Biscuits All Variants

SAVE R12 ANY 2 FOR R32

WITH CARD

2 x 200g Bakers Red Label Biscuits All Variants

SAVE R12 ANY 2 FOR R32

WITH CARD

2 x 200g Bakers Tennis Biscuits All Variants

SAVE 17% ANY 2 FOR R38

WITH CARD

2 x 185g De Vries Chocolate/Yoghurt Double Velvet Biscuits

SAVE 15% ANY 2 FOR R42

WITH CARD

2 x 200g Bakers Eet-Sum-Mor Original/Chocolate Chip Biscuits

SAVE R10 ANY 3 FOR R50

WITH CARD

3 x 150g De Vries Chocolate Biscuits All Variants

SAVE 27% ANY 3 FOR R24

WITH CARD

3 x Nestlé Aero Chocolate Bar All Variants

27⁹⁹
125g each

Mister Sweet Original/Giant Speckled Eggs

39⁹⁹
120g each

Regal Milk Chocolate Selection Box

SAVE R17 39⁹⁹
20 per pack

WITH CARD

Fruti Flow Regular/Sugar Free Ice Pops

45⁹⁹
450g/500g

Safari Lightly Salted Peanuts & Raisins/BBQ Peanuts Each

BUY ANY 3 & SAVE 25%

WITH CARD

3 x Lipton Ice Teas All Variants

33⁹⁹
2/ each

Brookes Oros Squash Concentrate All Variants

35⁹⁹
2/ each

Liqui Fruit 100% Fruit Juice Blend All Variants

49⁹⁹
4x250ml per pack

Red Bull Energy Drink All Variants

49⁹⁹
6x500ml

Energade Sports Drink All Variants

54⁹⁹
6x300ml

Coca-Cola/Fanta/Stone/ Sprite/Sparletta/Twist Cold Drink

ANY 2 FOR R50

WITH CARD

2 x 250g Bakers ProVita Crispbread All Variants

SAVE R16

ANY 2 FOR R60

WITH CARD

2 x 6x200ml Rhodes 100% Fruit Juice Blend All Variants

SAVE R20

BUY 2 FOR R80

WITH CARD

2 x 200g Cadbury Chocolate Whispers

SAVE R26

ANY 2 FOR R60

WITH CARD

2 x 450g/500g Cape Cookies Rusks All Variants

SAVE R28

BUY 2 FOR R30

WITH CARD

2 x 2l Pepsi Regular Cold Drink

SAVE R10

ANY 3 FOR R38

WITH CARD

3 x 1l Wild Island Concentrated Dairy Blend All Variants

SAVE R19

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SAVE R11

**ANY
2 FOR
R35**

WITH CARD

2 x 500g
Fatti's & Moni's
Pasta Shapes All
Variants

SAVE R16

**ANY
2 FOR
R52**

WITH CARD

2 x 2kg **Tastic**
Long Grain
Parboiled/Soft &
Absorbing/Wholegrain
Brown Rice

SAVE R28

**BUY
2 FOR
R84**

WITH CARD

2 x 1kg
Spekko
Basmati Rice

22⁹⁹
700ml
Wellington's
Tomato Sauce

NEVER MISS A DEAL WITH PROMO ALERTS!

99% CHEF/CHEF/NE



32⁹⁹
8x73g

Maggi
2 Minute Noodles
Mixed Pack



17⁹⁹
85g each

Cape Point
Smoked Oysters
in Oil



84⁹⁹
450g

Tulip
Gammon Ham



19⁹⁹
200g

Knorr Aromat
Seasoning Refill



29⁹⁹
265g/275g/360g each

Cape Herb & Spice
Spice All Variants



29⁹⁹
340g/390g each

I Love
Himalayan Pink Salt/
Coarse Sea Salt



29⁹⁹
100g each

Cape Herb & Spice
Rub All Variants



17⁹⁹
285g

Pot O' Gold
Sliced Mushrooms
in Brine



**SAVE R16
ANY 2 FOR
R50**

2 x **Knorr Mates**
All Variants



24⁹⁹
200g

Denny
Mushroom Sauce



27⁹⁹
500ml each

Castle Braai
Series Steakhouse
Marinade



34⁹⁹
400g each

Peppadew
Jalapeño Peppers
Halves/Cones/Slices



38⁹⁹
660g each

Offenau
Cucumbers/Gherkins
All Variants



42⁹⁹
400g

Peppadew
Mild/Hot Piquante
Peppers Each



46⁹⁹
400g

Ina Paarman's
Pasta Sauce All
Variants Each



**SAVE R11
ANY 2 FOR
R25**

2 x 125g **Epic Dip**
All Variants



23⁹⁹
340ml each

Knorr
Salad Dressing
All Variants



26⁹⁹
730g/750g/760g

Nola
Mayonnaise
All Variants Each



42⁹⁹
60ml

Tabasco Sauce
All Variants Each
(Excluding Habanero)



54⁹⁹
250ml each

Staffords
Balsamic Vinegar



54⁹⁹
2kg each

Bimrie/Sela Long Grain
Parboiled Basmati
Rice/Jasmine Rice



29⁹⁹
300ml each

Cook 'n Bake
Non-Stick Spray
All Variants



**SAVE R15
49⁹⁹**

Ina Paarman's
Premix All Variants

**ANY 2 FOR
R30**

WITH CARD

2 x 200g **Buffet Olives**
Queen/Green Olives



SAVE 17%

**ANY 2 FOR
R30**

WITH CARD

2 x 200g **Pot O' Gold**
Cocktail Onions All Variants



SAVE 11%

**ANY 2 FOR
R40**

WITH CARD

2 x 780g **Rhodes**
Sliced/Grated Beetroot



SAVE R18

**BUY 5 FOR
R49**

WITH CARD

5 x 410g **Pot O' Gold**
Baked Beans in Tomato Sauce



SAVE 10%

**BUY ANY 3 &
SAVE
20%**

WITH CARD

BUY ANY 3 x 740g/750g
B-well Mayonnaise
All Variants



**BUY 3
& GET A 4TH
FREE**

WITH CARD

BUY 3 x 50g **Rhodes**
Tomato Paste Sachet &
GET A 4TH FREE!



SAVE R33

**GET THIS
FREE!**

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**BUY ANY 3 &
SAVE
25%**

WITH CARD

3 x Moir's
Jelly/Custard/Vanilla
Essence

**AS SEEN
ON TV**

SAVE R21

54⁹⁹ 1kg

WITH CARD

Kellogg's
Corn Flakes
Cereal

SAVE R14

69⁹⁹ 1kg

WITH CARD

Kellogg's
All-Bran Flakes

34⁹⁹ 500g

FutureLife Smart
Food Cereal
All Variants
Each

HELP FEED A HUNGRY CHILD WITH EVERY SWIPE

31⁹⁹
750g

Jungle Oats
Instant Porridge
All Variants Each

27⁹⁹
900g

Rhodes Smooth
Apricot Jam

27⁹⁹
400g

Yum Yum
Smooth/Crunchy
Peanut Butter Each

62⁹⁹
500g

Little Bee Choice
Grade Honey

34⁹⁹
80 per pack

Freshpak
Pure Rooibos
Tagless Teabags

42⁹⁹
2.5kg

Selati
White Sugar

84⁹⁹
500 + 100 per pack

Canderel
Low Kilojoule
Sweetener Sachets

59⁹⁹
500g

Nestlé
Klim Full Cream
Instant Milk Powder

7⁹⁹
80g

Paw Patrol
Instant Jelly All
Variants Each

29⁹⁹
120g

Paw Patrol
Original Chocolate
Flapjack Mix

39⁹⁹
each

Paw Patrol
Vanilla Cupcake Mix
295g/Chocolate Cake
in a Mug 4 per pack

24⁹⁹
500g each

Selati Castor/Icing
Snow

19⁹⁹
200g

Royal Baking
Powder Refill

21⁹⁹
290g each

Nestlé
Dessert & Cooking
Cream

23⁹⁹
360g each

Nestlé
Mint/Caramel
Treat

16⁹⁹
410g

Rhodes
Peach Halves/
Slices Each

29⁹⁹
500g

Safari
Bakers Mix
Dried Fruit

36⁹⁹
2.5kg

Golden Cloud
Self Raising
Wheat Flour

159⁹⁹
1kg

Sweet Nothings
Xylitol Sweetener

**BUY 2 FOR
R49**

WITH CARD

2 x 1kg Snowflake
Mix All Variants

SAVE R23

59⁹⁹ 250g

WITH CARD

Mastertons
Ground Coffee All Variants Each

SAVE R10

64⁹⁹ 1.35kg

WITH CARD

Bokomo
Weet-Bix Cereal

SAVE R15

34⁹⁹ 100 per pack

WITH CARD

Jako
Teabags

SAVE R10

**BUY ANY 2 &
SAVE
25%**

WITH CARD

2 x 10 per pack L'Or/Jacobs
Coffee Capsules
All Variants

**AS SEEN
ON TV**

**BUY 2
& GET A 3RD
FREE**

WITH CARD

BUY 2 x 8/10 per pack Jacobs
Cappuccino/Mocha Sticks &
GET 1 FREE!

SAVE R63

**GET THIS
FREE!**

39⁹⁹
120g

Walkers
Mint Classics
Chocolates

54⁹⁹
100g

Lindt Gold Milk
Chocolate Bunny

39⁹⁹
175g

Astir
Assorted Praline
Chocolates

39⁹⁹
100g

Astir
Easter Chocolate
Figure

NEW DEALS IN EVERY AISLE



9⁹⁹
25g/27g/29g
each

Nestlé Milky Bar
Original/Coconut/
KitKat Easter
Chocolate

34⁹⁹
50g

Lindt Gold Milk
Chocolate Bunny



24⁹⁹
125g each

Wawi Hollow
Foiled Easter
Bunny



24⁹⁹
100g

Harringtons
Mini Chocolate
Eggs



26⁹⁹
130g

Socado
Milk Chocolate
Eggs with Cream



59⁹⁹
150g

Wawi
Easter Bunny



27⁹⁹
150g each

Socado
Cream Chocolate
Eggs All Variants



29⁹⁹
140g

Ashley's
Giant Speckled
Eggs



11⁹⁹
38g/40g each

Cadbury Mini
Easter Eggs/
Creme Egg



34⁹⁹
140g

Walkers
Milk Chocolate
Giant Eggs



36⁹⁹
150g

Riegelein
Chocolate
Easter Bag



34⁹⁹
200g

Socado
Assorted
Chocolate Eggs



12⁹⁹
60g each

Wawi
Chocolate Easter
Bunny



12⁹⁹
40g each

Jacquot
Chocolate Easter
Bunny



49⁹⁹
270g

Socado
Assorted Maxi
Chocolate Eggs



39⁹⁹
200g

Walkers
Mini Speckled
Eggs



24⁹⁹
150g each

Walkers Milk Chocolate
Turkish Delight



21⁹⁹
6 per pack

Nestlé KitKat
Easter Bunnies



24⁹⁹
100g

Wawi
Milk Chocolate
Coins



24⁹⁹
100g

Wawi
Assorted Easter
Chocolates



24⁹⁹
100g

Wawi
Easter Chocolates



24⁹⁹
75g each

Jacquot
Milk Chocolate
Easter Eggs



24⁹⁹
6x14g each

Eggs Galore
White Bantam
Easter Eggs



29⁹⁹
80g
each

Walkers Chocolate
Tool/Make-Up
Kit

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OVER R20 MILLION IN DAILY SAVINGS

<p>89⁹⁹ 500g each Socado Assorted Chocolate Eggs</p>	<p>26⁹⁹ 100g Astir Chocolate Easter Bunny</p>	<p>29⁹⁹ 170g Cadbury Top Deck Bunnies Chocolate Slab</p>	<p>29⁹⁹ 100g Cemol Praline & Crispy Eggs</p>	<p>34⁹⁹ 150g each Walkers Turkish Delight/Salted Caramel/Mint Thins</p>
<p>29⁹⁹ 100g/155g each Walkers Honeycomb/Jelly Bean Chocolates</p>	<p>29⁹⁹ 100g Cemol Gold Easter Bunny</p>	<p>29⁹⁹ 100g Cemol Praline Hazelnut Easter Eggs</p>	<p>34⁹⁹ 6 per pack Eggs Galore Candy Hens Eggs</p>	<p>36⁹⁹ 100g each Riegelein Chocolate Easter Bag</p>
<p>39⁹⁹ 175g Wawi Easter Bunny & Eggs</p>	<p>36⁹⁹ 125g Wawi Assorted Easter Eggs</p>			
<p>36⁹⁹ 150g each Riegelein Easter Chocolate Bunny</p>	<p>39⁹⁹ 6x96g per pack Eggs Galore Foiled Easter Eggs</p>	<p>39⁹⁹ 125g Riegelein Easter Bunny Milk Chocolates</p>	<p>39⁹⁹ 175g Wawi Clip Chocolate</p>	<p>44⁹⁹ 6 per pack Cadbury Easter Hen's Eggs</p>
<p>149⁹⁹ 1kg Socado Assorted Chocolate Eggs</p>				
<p>42⁹⁹ 100g Cadbury Chocolate Egg</p>	<p>46⁹⁹ 200g each Jacquot Crispy Chocolate Easter Eggs</p>	<p>49⁹⁹ 250g Astir Praline Chocolate Eggs</p>	<p>49⁹⁹ 245g Astir Praline Easter Eggs</p>	<p>49⁹⁹ 140g each Astir Easter Bunny with Eggs</p>
<p>54⁹⁹ 110g each Sally Williams Crispy Nougat/Dark Chocolate Eggs</p>	<p>59⁹⁹ 275g Astir Assorted Easter Chocolates</p>			

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BABY PROMOTION

NOW ON!

64⁹⁹ 500g
Nestlé Cerelac Baby Cereal with Milk

SAVE R10
ANY 3 FOR R38
WITH CARD

3 x 200ml Purity 3rd Foods Baby Food All Variants

INSTANT SAVINGS ON BABY ESSENTIALS

CHOOSE **gentle** for healthy baby skin

BUY ANY 3 & GET THE CHEAPEST FREE
WITH CARD

BUY ANY 3 x Selected Johnson's Products & GET the Cheapest FREE!



SAVE R8
ANY 2 FOR R32
WITH CARD

2 x 50ml Jordan Kids/ Junior Toothpaste



49⁹⁹
150g each

Bennetts Baby Bum Creme



199⁹⁹
per pack

Pampers Baby-Dry/ Premium Care Disposable Nappies/Pants



209⁹⁹
850g

PediaSure Nutritional Supplement

Affordable Healthcare Made Easy



32⁹⁹
12x5ml

Panado Peppermint Paediatric Syrup



39⁹⁹
50g

Zam-Buk Chest Rub



39⁹⁹
100ml

Rennie Duo Suspension Antacid



39⁹⁹
100ml

Doktor Mom Herbal Cough Syrup



69⁹⁹
6 per pack

Rehidrat Supplement Powder All Variants



79⁹⁹
10 per pack

Vitalmed Vita G Effervescent



SAVE 41%
BUY 2 FOR R80
WITH CARD

2 x 750ml Savlon Antiseptic Liquid



149⁹⁹
20ml

Iberogast Herb Treatment

Discover **Dove**



BUY ANY 2 & SAVE 20%
WITH CARD

BUY ANY 2 x Dove Toiletry Range All Variants (Excluding Nourishing Secrets)

Up to 85 WASHES per bottle.



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SAVE R10
169⁹⁹ per pack
X WITH CARD
Gourmet Glassware Range - 4-Pack
 White Wine Glass
 Verm & White
 Chardonnay Glass
 Cabernet Glass

SAVE R50
199⁹⁹ each
X WITH CARD
Eerlin Glass Dispenser With Tap - 7l

SAVE R50
549⁹⁹ per set
X WITH CARD
Majoré Stainless Steel Cookware Set - 12-Piece

GREAT SAVINGS ON HOME & OUTDOOR

SAVE R20
249⁹⁹ per set
X WITH CARD
Grey Stacked Dinner Set - 12-Piece - All Variants

SAVE R20
249⁹⁹ per set
X WITH CARD
Sage Dinner Set - 12-Piece

SAVE R50
749⁹⁹ per set
X WITH CARD
Oceans Carbon Steel Cookware Set - 7-Piece

SAVE R10
149⁹⁹ each
X WITH CARD
Basic Colour Stainless Steel Whistling Kettle - Various Colours - 2.5l

SAVE R50
299⁹⁹ per set
X WITH CARD
Classic Stainless Steel Cutlery Set - 24-Piece

SAVE R50
199⁹⁹ each
X WITH CARD
Prochef Stainless Steel Large Bread Bin

SAVE R30
199⁹⁹ per set
X WITH CARD
Pressed Aluminium Crispy Fryer Set - 2-Piece

SAVE R10
59⁹⁹ per pack
X WITH CARD
Willy Whisky/Zombie/Hi-Ball Glasses - 10-Pack

SAVE R10
69⁹⁹ per pack
X WITH CARD
Adora/Tuana Hi-Ball Glasses - 6-Pack

SAVE R10
109⁹⁹ per pack
X WITH CARD
Renaissance Glassware Range - 6-Pack

SAVE R20
179⁹⁹ per set
X WITH CARD
Home Discovery Diamond Rectangular/Oval Glass Roaster Set - 3-Piece

SAVE R20
149⁹⁹ per set
X WITH CARD
Prolock 7 in 1 Container Set

SAVE R10
39⁹⁹ each
X WITH CARD
Bake n Lock Glass Dish Range

SAVE R20
129⁹⁹ per set
X WITH CARD
& Stack 12 in 1 Storage Container Set

OFFERS VALID FROM MONDAY 21 MARCH 2022 UNTIL SUNDAY 03 APRIL 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

SAVE R200

1599⁹⁹

each

WITH CARD

SAMSUNG

23%

10 YEAR WARRANTY

Samsung Manual Microwave Oven · 800W

SAVE R300

1699⁹⁹

each

WITH CARD

NutriBullet Blender · 600W

SAVE R20

379⁹⁹

each

WITH CARD

Platinum Black Stainless Steel Kettle · 1.7L

Stainless Steel 2-Slice Toaster · Black/Silver · 329.99

SAVE R50

Unique extraction blades

Exclusive cyclonic action to break down, pulverise, and multiply whole fruits and vegetables better than any standard blender or juicer

Silky smooth nutrient extracted beverages

KEEP SWIPING FOR HOME & OUTDOOR SAVINGS

SAVE R50

249⁹⁹

each

WITH CARD

Russell Hobbs Cordless Kettle · 1.7L · White/Black

SAVE R50

249⁹⁹

each

WITH CARD

Russell Hobbs Ceraglide Steam Iron · 2000W

SAVE R50

499⁹⁹

each

WITH CARD

Platinum Rectangular Electrical Frying Pan

SAVE R50

449⁹⁹

per set

WITH CARD

Platinum Stainless Steel Stick Blender Set

SAVE R50

599⁹⁹

each

WITH CARD

Platinum Oval Slow Cooker With Glass Lid · 6.5L

UP TO 120kg

SAVE R100

349⁹⁹

each

WITH CARD

BushBaby Mushroom Chair · Various Colours

UP TO 100kg

SAVE R50

179⁹⁹

each

WITH CARD

BushBaby Captain's Chair · Various Colours

SAVE R20

229⁹⁹

each

WITH CARD

BushBaby/LK's Large Box Braai

SAVE R20

99⁹⁹

each

WITH CARD

SCE Extension Cord · 5m

SAVE R20

119⁹⁹

per pack

WITH CARD

Duracell AA/AAA Alkaline Batteries · 12-Pack

SAVE R30

99⁹⁹

each

WITH CARD

Blus2 All-in-One Pool Solution · 1.2kg (Reg. No. L7748 Act 36 of 1947)

SAVE R40

129⁹⁹

each

WITH CARD

HTH Floater+ · 1.66kg (Reg. No. L5842 Act 36 of 1947)

SAVE R60

339⁹⁹

each

WITH CARD

HTH Granular+ Pool Chlorine · 8kg (Reg. No. L1448 & N-AR 1560 of Act 36 of 1947)

SAVE R10

139⁹⁹

each

WITH CARD

Polar Chill Cooler Box · 22L · Various Colours

SAVE R10

24⁹⁹

each

WITH CARD

Osram CFL Energy Saver Globe · 14W · BC/ES

SAVE R5 FROM 19⁹⁹

each

WITH CARD

Lumaglo CLA LED Globe · 5W/9W · CW/WW · ES/BC

MoneyMarket

Nokia 105

FEATURE PHONE

1.77" Display

+ 15 Hours Talk Time 400 mAh Battery

Up to 4MB Memory

FM Radio

Includes free starter pack

SAVE R20

R239

Hurricane Iris Plus

SMARTPHONE 3G

4" Display

1500 mAh Battery

5MP + 2MP Camera

Android Operating system

8GB

1GB

Dual SIM

Network Locked

Includes free starter pack

SAVE R100

R299

TECNO POP 2X Air

SMARTPHONE 4G LTE

5" Display

2050 mAh Battery

5MP + 2MP Camera

Android Operating system

8GB

1GB

Network Locked

Includes free starter pack

SAVE R50

R549

Mobicel Ruby

SMARTPHONE 3G

5.45" Display

2000 mAh Battery

5MP + 2MP Camera

Android Operating system

16GB

512MB

Dual SIM

Includes free starter pack

SAVE R100

R699

Colour may vary from image shown. Subject to in-store SIM pairing and activation. Prices subject to change. While stocks last.

OFFERS VALID FROM MONDAY 21 MARCH 2022 UNTIL SUNDAY 03 APRIL 2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDOOP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS.

SAVE 17%

32⁹⁹

2 per pack

Dinu Mega Kitchen Towels

DINU MEGA ROLLS

SAVE R50

174⁹⁹

40/56 per pack

Finish Dishwasher Tablets All Variants

finish POWERBALL

40 TABS

QUANTUM MAX

SUPERIOR CLEAN AND SHINE

BUY ANY 3 & SAVE 30%

3 x **Glade Air Freshener Range**

SAVE R24

ANY 2 FOR R80

2 x 800ml **Comfort Fabric Conditioner All Variants**

XTRA SAVINGS

checkers

KEEP SWIPING, KEEP SAVING

SAVE 21%

24⁹⁹

300ml each

Pledge Multi Surface/Wood Polish All Variants

DOOM

29⁹⁹

300ml each

Doom Insecticide All Variants

SAVE 17%

22⁹⁹

750ml each

Handy Andy Clearing Agent All Variants

SAVE 16%

24⁹⁹

1800ml each

Sunlight Dishwashing Liquid

SAVE 23%

29⁹⁹

1500ml each

Handy Andy Floor Cleaner All Variants

SAVE 20%

27⁹⁹

750ml each

Domestos Disinfectant All Variants

SAVE R26

ANY 2 FOR R50

2 x 1.5l **Jik Bleach All Variants**

SAVE R12

ANY 2 FOR R40

2 x 500ml **Duck Toilet Disinfectant All Variants**

SAVE R15

BUY 2 FOR R35

2 x 5m **Supa Mama Embossed Kitchen Foil**

SAVE 10%

BUY 2 FOR R50

2 x 5m **Supa Mama Baking Paper**

SAVE R20

BUY 2 FOR R50

2 x 20 per pack **Hero Black Drawstring Refuse Bags**

SAVE R28

BOTH FOR R70

520g **Mr. Sheen Oxi Ultra Stain Remover** & 750ml **Mr. Sheen Oxi Ultra Pre-Wash**

BUY ANY 2 & SAVE 20%

2 x 1.8kg **Bob Martin Cat Litter Crystals All Variants**

54⁹⁹

1.5kg/1.75kg each

Catmor Cat Food All Variants

ANY 4 FOR R100

4 x 775g **Petley's Dog Food All Variants**

ANY 5 FOR R100

5 x 120g **Marlitos Dog Treats All Variants**

ANY 2 FOR R180

2 x 12x85g **Pamper Cat Food Pouches All Variants**

209⁹⁹

4kg/5.5kg/6kg each

Canine Cuisine Dog Food All Variants

XTRA SAVINGS

checkers

DEALS DELIVERED

checkers SIXTY 60

download the app

checkers

also at **checkers Hyper**

better and better

checkers SIXTY 60

download the app

OFFERS VALID FROM MONDAY 21/03/2022 UNTIL SUNDAY 03/04/2022. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MARKENG, LICHTENBURG & WELTEVREDEN PARK CHECKERS FOODS. WINE ONLY AVAILABLE AT STORES WITH WINE DEPARTMENTS. BEER & SPIRITS ONLY AVAILABLE AT LIQUORSHOP STORES. DUE TO GOVERNMENT REGULATIONS, LIQUOR TRADING HOURS MAY VARY. PLEASE VISIT WWW.CHECKERS.CO.ZA/LIQUORSHOP FOR THE LATEST TRADING HOURS. LIQUOR ONLY AVAILABLE AT STORES WITH A VALID LIQUOR LICENCE. SEAFOOD ONLY AVAILABLE AT STORES WITH SEAFOOD COUNTERS. CERTAIN FOODS COOKED FOR STYLING PURPOSES ONLY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO TRADERS PLEASE. ERRORS & OMISSIONS EXCEPTED (E&OE). SELECTED ITEMS MAY NOT BE AVAILABLE AT CERTAIN STORES. WHILE STOCKS LAST. CUSTOMER CARE LINE 0800 01 07 09 (TOLL-FREE). XTRA SAVINGS SUPPORT LINE 0800 33 33 85 (TOLL-FREE).

Dis-Chem PHARMACIES

Baby SAVINGS

AND
TOTS

BEST ADVICE
WIDEST RANGE
LOWEST PRICES

24 March - 18 April 2022

**BABY
CITY**
HAS THE
SAME DEALS
ON OFFER

**Mama
Magic**
Baby Expo

7 - 10 APRIL 2022

Gallagher
Convention
Centre

**WELL BABY
CLINIC**

Clinic Services
Weight, measurement and
development assessments
for your baby

Receive advice on:

- Breastfeeding
- Introducing solids
- Preventing rashes and possible allergies
- Normal sleep patterns for baby
- Teething
- Treatment of colic



**BABY CITY
MOM'S & BABY
CLINIC**

powered by Dis-Chem

Clinic Services

For Moms Full antenatal services
2D sonar
Foetal doppler
Birth plan
Postnatal services

For Baby Baby wellness services
Baby measurements
Baby weight
Immunisations
Baby milestones



Get your latest issue of **BENEFITS PARENT & CHILD MAGAZINE** filled with great articles and advice. See in-store or read the online magazine at dischem.co.za.

SCAN the QR code below to view the online magazine directly.



SAVE
1000.00*



Joie™

**Litetrax 4
Travel System**

304838

- Compact and lightweight
- 4-wheel streamline chassis
- Easy to fold
- Multi-position
- Wheel locks

WAS 7999.95
NOW 6999.95

*Advertised price already reflects discount



Pampers Premium Care Nappies Value Pack

New Born	88-pack
Mini	80-pack
Midi	60-pack
Junior	44-pack
Maxi	52-pack

BabyThings
Quality Baby Products



Nappies Value Pack

Size 1 Mini	100-pack
Size 2 Midi	100-pack
Size 3 Midi	100-pack
Size 4 (XL)	100-pack

199.95 per pack

- Multi-core with super gel
- Wetness indicator
- Double leakage barrier
- Super absorbent



Huggies Gold Nappies Jumbo Pack

Size 2	94-pack
Size 3	76-pack
Size 4	66-pack
Size 4+	62-pack
Size 5	52-pack



Johnson's Baby Wipes Value Pack
Extra Sensitive
6 x 56 wipes
OR Gentle All Over
6 x 72 wipes

119.95 each

Johnson's Bedtime Powder
400g

44.95 each



PORTIA
for Baby

Gift Pack
• Baby Wash 250ml
• Baby Lotion 250ml
• Baby Oil 200ml
• Petroleum Jelly 250ml

199.95 per pack



Bennetts Baby Bum Crème
300g

99.95 each



Bepanthen Nappy Care Ointment
100g

WAS 234.95
NOW 182.95



Epi-Max Baby & Junior Cream Banded Pack
400g PLUS 100g

84.95 per pack

*Advertised price already reflects discount



Panado Paediatric Syrup
12 x 5ml sachets

WAS 39.95
NOW 34.95

BATHING BABY

Cetaphil Baby Gentle Wash & Shampoo
300ml
OR
Baby Daily Lotion
300ml
WAS 104⁹⁵
NOW 89⁹⁵ each



BioNike
HEALTH AND BEAUTY

TRIDERM
FOR SENSITIVE AND INTOLERANT SKIN



Baby Bath Cream
500ml
134⁹⁵



Baby Gentle Shampoo
200ml
89⁹⁵

Baby Soothing Cream Tube
100ml
79⁹⁵



FREE

BioNike Triderm Hand Sanitiser 100ml PLUS Triderm Hand Cream 50ml
when you purchase
ANY TWO
BioNike Triderm products

2+1 CHEAPEST FREE
on ANY Mustela baby products



Mustela 2-in-1 Cleansing Gel
200ml
124⁹⁵ each

Mustela Cicastela Moisture Recovery Cream
40ml
169⁹⁵ each

Mustela products available at selected stores or online at dischem.co.za

2+1 CHEAPEST FREE
on ANY Baby Dove products



Baby Dove Shampoo
Rich Moisture
200ml
36⁹⁵ each

Baby Dove Head to Toe Wash
Rich Moisture
OR Sensitive
400ml
62⁹⁵ each

2+1 CHEAPEST FREE
on ANY Purity Elizabeth Anne's products



Purity Baby Soap
175g / Assorted
15⁹⁵ each

Purity Baby Aqueous Cream
450ml / Assorted
29⁹⁵ each

Purity Special Baby Shampoo
500ml / Assorted
69⁹⁵ each

BabyThings
Quality Baby Products



VALUE SIZES



Baby Lotion
500ml
34⁹⁵

Baby Oil
400ml
OR **Baby Powder**
750g
54⁹⁵ each

Baby Shampoo
1 litre
59⁹⁵

MELLOR&RUSSELL
Quack Quack



2-in-1 Shampoo for Hair and Body
200ml
39⁹⁵

Baby Protection Cream
75ml
OR **Nourishing Milk**
200ml
Assorted
49⁹⁵ each

Gentle Baby Oil
150ml
89⁹⁵

PURE BEGINNINGS
Organic Care



2+1 CHEAPEST FREE
on Pure Beginnings baby products



Baby Bum Cream
125ml
109⁹⁵ each

Soothing Baby Wash & Shampoo
250ml
109⁹⁵ each

Soothing Baby Body Lotion
250ml
114⁹⁵ each

oh-lief

3+1 CHEAPEST FREE
on ANY Oh-Lief baby products



Natural Olive Baby Wax
100g
99⁹⁵ each

Natural Aqueous Cream
250ml
124⁹⁵ each

Natural Olive Baby Shampoo & Wash
400ml
169⁹⁵ each

*Offer only applicable on the above Pure Beginnings Organic Baby products

20%* OFF
PortiaM baby products**

PORTIAM
for Baby



Petroleum Jelly
250ml / Assorted
WAS 32⁹⁵
NOW 26³⁶

Body Wash
250ml
WAS 47⁹⁵
NOW 38³⁶

Moisturising Lotion
250ml
WAS 57⁹⁵
NOW 38³⁶

Baby Oil
200ml
WAS 67⁹⁵
NOW 54³⁶

*Advertised prices already reflect discount
**Offer excludes PortiaM Gift Pack

GREENER LIVING

bobini
natural care

10%* OFF
ALL Bobini toiletries



Body Wash
200ml
WAS 34⁹⁵
NOW 31⁴⁶

Shampoo
200ml
OR **Foam Wash**
300ml
WAS 39⁹⁵
NOW 35⁹⁶ each

Shampoo
200ml
OR **Foam Wash**
300ml
WAS 39⁹⁵
NOW 35⁹⁶ each

Shampoo
200ml
OR **Foam Wash**
300ml
WAS 39⁹⁵
NOW 35⁹⁶ each

Shampoo
200ml
OR **Foam Wash**
300ml
WAS 39⁹⁵
NOW 35⁹⁶ each

Bubble Bath
330ml
WAS 49⁹⁵
NOW 44⁹⁶

GERMAN TRADITION
since 1974

Natural care for babies and children

bobini natural care is a hypoallergenic line of extremely gentle face and body products for babies and children. Mild formulas contain plant-based cleaning ingredients that provide optimal care for sensitive and delicate skin. In combination with natural moisturising agents, these products gently clean face, body and hair. The aloe vera water contained in our products soothes irritation, while olive leaf extract cares for the skin and protects it from drying.

THESE OFFERS NOW ALSO AVAILABLE AT **BABY CITY**



Johnson's®

CHOOSE  gentle™
for healthy baby skin

OFFERS ALSO AVAILABLE AT
BABY CITY



step 1
Cleanse



Baby Washes
500ml / Assorted

59⁹⁵
each



Baby Shampoo
200ml / Assorted

39⁹⁵
each

Baby Shampoo
750ml / Assorted

77⁹⁵
each

Shiny Drops
Kids Shampoo
500ml / Assorted

72⁹⁵
each

Baby Shampoo
300ml / Assorted

44⁹⁵
each



Baby Soap
175 / Assorted

15⁹⁵
each

step 2
Moisturise



Cottonouch
Oil
200ml / Assorted

49⁹⁵
each

Baby Oil
500ml / Assorted

69⁹⁵
each

Baby Oil
200ml / Assorted

14⁹⁵
each

Baby Jelly
500ml / Assorted

34⁹⁵
each

2+1
CHEAPEST
FREE
on ANY Johnson's
baby products

Baby
Lotion
500ml
Assorted

59⁹⁵
each



Baby Lotion
200ml / Assorted

14⁹⁵
each



Baby
Aqueous Cream
500ml / Assorted

34⁹⁵
each

step 3
Refresh



Baby Powder
400g / Assorted

44⁹⁵
each



Baby Wipes
Value Pack

Extra Sensitive 4 x 56 wipes
OR Gentle All Over
4 x 72 wipes

99⁹⁵
each



Baby Wipes
Value Pack

Extra Sensitive 6 x 56 wipes
OR Gentle All Over 6 x 72 wipes

119⁹⁵
each

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Baby skin is
30%
thinner than
adult skin



Harsh products can
dry and damage the
skin barrier, making
it more vulnerable
to infection



Try Johnson's®
now with
100%
gentle
ingredients



Keep your baby's
skin healthy at
every age and
stage with the
gentle care of
Johnson's®

**SYMBOLS &
THEIR MEANINGS**



BABY CITY =

Vitality HealthyCare not applicable in Baby City
stores. Discovery Vitality (Pty) Ltd, Auth FSP.
Limits, Ts&Cs apply.



See the symbol, trust the brand.
These products are made using natural
extracts, naturally derived or organic
ingredients.



These are quality products that are
exclusive to **Dis-Chem**, offering more
brands for fewer rands.

Dis-Chem
PHARMACIES

let skin breathe

Breathable diaper for
skin protection

Pampers
premium care™
★★★★★

Baby-Dry Nappies Jumbo Pack
Size 1 – 96-pack
Size 2 – 94-pack
Size 3 – 76-pack
Size 4 – 66-pack
Size 4+ – 62-pack
Size 5 – 52-pack
Size 5+ – 48-pack
Size 6 – 44-pack



Premium Care Nappies Value Pack

Size 1 – 82-pack
Size 2 – 76-pack
Size 3 – 60-pack
Size 4 – 52-pack
Size 5 – 44-pack
Size 6 – 36-pack



1 FOR 199⁹⁵

2 FOR
390⁰⁰

Premium Care Pants Value Pack

Size 3 – 56-pack
Size 4 – 44-pack
Size 5 – 40-pack
Size 6 – 36-pack



Active Baby Pants Jumbo Pack

Size 3 – 66-pack
Size 4 – 60-pack
Size 5 – 50-pack
Size 6 – 44-pack
Size 7 – 35-pack



Aqua Pure Wipes Value Pack
3 x 48 wipes

WAS 99⁹⁵
NOW 79⁹⁵
per pack



Baby Wipes
Sensitive Protect
4 x 56 wipes
OR Complete Clean
4 x 64 wipes

WAS 109⁹⁵
NOW 89⁹⁵
per pack



Pants Carry Pack
Size 3-5

WAS 94⁹⁵
NOW 84⁹⁵
per pack

THESE OFFERS NOW ALSO AVAILABLE AT **BABY CITY**

OFFERS ONLY AVAILABLE AT
BABY CITY



Baby-Dry Nappies Mega Box
Midi – 150-pack
Maxi – 132-pack
Maxi+ – 120-pack
Junior – 111-pack

389⁹⁵
per pack

FREE
valued at 29⁹⁵



Pants Mega Box
Size 3 – 136-pack
Size 4 – 120-pack
Size 5 – 100-pack
Size 6 – 96-pack

379⁹⁵
per box

SAVE 70⁰⁰

Premium Care Nappies Mega Box
Midi – 120-pack
Maxi – 104-pack
Junior – 88-pack

379⁹⁵
per box



Baby-Dry Nappies Super Saver Box
Size 3 – 300-pack
Size 4 – 264-pack
Size 4+ – 240-pack
Size 5 – 222-pack
Size 6 – 192-pack

WAS 769⁹⁵
NOW 699⁹⁵
per box



Baby Sensitive Wipes
9 x 56 wipes

WAS 239⁹⁵
NOW 189⁹⁵
per pack

*Advertised price already reflects discount

CHANGING BABY

BabyThings

IMPROVED PERFORMANCE

VALUE SIZES



Nappies
Size 1 Mini – 50-pack
Size 2 Midi – 50-pack
Size 3 Midi – 50-pack
Size 4 (XL) – 50-pack

109⁹⁵
per pack



The acquisition layer that is placed on our core pad ensures an even distribution of liquid which assists in keeping your baby's skin dry.

Our super absorbent gel allows for ultimate absorbency and retains more liquid without causing discomfort to your baby's skin.

The double barrier provides a strong hold for liquid to remain within the diaper to ensure that no leakage occurs. This applies only if correct usage instructions are followed.

It's a water-soluble icon that fades away upon wetness. It indicates the diaper is wet and unlike other diapers, you can examine it without opening the diaper.



Fresh Wipes
Value Size
6 x 80 wipes

109⁹⁵
per pack



Disposable Baby Nappy Bags
150 bags

34⁹⁵



Bum Repair Cream
250g

42⁹⁵



Pure OR Natural Care Baby Wipes
4 x 56 wipes

WAS 99⁹⁵
79⁹⁵
per pack



Huggies SA's No.1
Nappy Brand



Pants Jumbo Pack
Size 3 – 60-pack
Size 4 – 50-pack
Size 5 – 44-pack
Size 6 – 38-pack

WAS 204⁹⁵
179⁹⁵
per pack



1 FOR 209⁹⁵
2 FOR 389⁹⁵
SAVE 29⁹⁵

Extra Care Nappies Jumbo Pack
Size 1 – 96-pack
Size 2 – 80-pack
Size 3 – 60-pack
Size 4 – 52-pack
Size 5 – 44-pack

OFFERS ONLY AVAILABLE AT **BABY CITY**



Extra Care Nappies Jumbo Bale
Size 2 – 2 x 80-pack
Size 3 – 2 x 60-pack
Size 4 – 2 x 52-pack
Size 5 – 2 x 44-pack

389⁹⁵
per bale



Gold Nappies Jumbo Bale
Size 3 – 2 x 76-pack
Size 4 – 2 x 66-pack
Size 4+ – 2 x 62-pack
Size 5 – 2 x 52-pack

389⁹⁵
per bale



Gold Pants Mega Box
Size 3 – 124-pack
Size 4 – 100-pack
Size 5 – 88-pack
Size 6 – 76-pack

329⁹⁵
per box



Pigeon 100% Pure Water Baby Wipes Value Pack
3 x 80 wipes

WAS 119⁹⁵
79⁹⁵
per pack



Cherubs Baby Wipes Value Pack
6 x 72 wipes

WAS 119⁹⁵
99⁹⁵
per pack



Yugi Baby Green Wipes
72 wipes

29⁹⁵
each



Bennetts Baby Wipes
80 wipes

29⁹⁵
each



Tommy Tippee Simplee Sangenic Nappy Disposal Bin
Assorted colours

WAS 324⁹⁵
219⁹⁵



Mellor & Russell Quack Quack Baby Diaper Rash Cream
50ml

59⁹⁵



Sudocrem Skin and Baby Care Cream
250g

WAS 149⁹⁵
114⁹⁵



EpiMax Baby & Junior Lotion
450ml

WAS 69⁹⁵
59⁹⁵
each

THESE OFFERS NOW ALSO AVAILABLE AT **BABY CITY**

Dis-Chem PHARMACIES

FEEDING BABY

PURITY



1 FOR 16⁹⁵
6 FOR 85⁰⁰
SAVE 16⁷⁰

10 Months
200ml / Assorted*



1 FOR 11⁹⁵
6 FOR 54⁰⁰
SAVE 17⁷⁰



7 Months 125ml Assorted*
8 Months 200ml Assorted*

1 FOR 14⁹⁵
6 FOR 73⁰⁰
SAVE 16⁷⁰



1 FOR 11⁹⁵
6 FOR 65⁰⁰
SAVE 6⁷⁰

Pouches
110ml Assorted



*Offers exclude Purity Organic range

Baby Cereal
(Mix with Water)
200g / Assorted

WAS 31⁹⁵
NOW 27⁹⁵

Organic
Rooibos
Flavoured Tea
20 tagged teabags
Assorted

WAS 37⁹⁵
NOW 27⁹⁵



Junior!



Soft Muesli
350g / Assorted

WAS 31⁹⁵
NOW 24⁹⁵

Instant Oats
280g / Assorted

WAS 39⁹⁵
NOW 26⁹⁵

Flavoured Milk
200ml / Assorted

WAS 10⁹⁵
NOW 8⁹⁵

Nestlé



Cerelac
Baby Cereal
Stage 1 - 3
(Just Add Water)
500g / Assorted

WAS 69⁹⁵
NOW 64⁹⁵



Nestum
Baby Cereal
Stage 1 - 2
(Just Add Milk)
500g / Assorted

WAS 43⁹⁵
NOW 38⁹⁵



Nido 3+
Powdered Drink
1.8kg

WAS 282⁹⁵
NOW 237⁹⁵



Lactokid
1.8kg

WAS 244⁹⁵
NOW 212⁹⁵



Nankid
Optipro
1.8kg

WAS 354⁹⁵
NOW 289⁹⁵



Olli
Smoothies
100g / Assorted

14⁹⁵ each



Olli
Puds
OR Mealos
OR Brekkies
100g / Assorted

19⁹⁵ each



Olli
Oaty
Munch Bars
9 x 10g
Assorted

42⁹⁵ each



Hipp Organic
Cereal
160g / Assorted

WAS 54⁹⁵
NOW 49⁹⁵



Novalac
Junior
800g / Assorted

WAS 184⁹⁵
NOW 139⁹⁵



Kiddylicious
Fruit Wriggles
12g / Assorted

WAS 14⁹⁵
NOW 12⁹⁵ each



Kiddylicious
Crispie Tiddlers
12g / Assorted
Suitable for 12 months+

WAS 15⁹⁵
NOW 13⁹⁵ each



Kiddylicious
Rice Wafers
5 yummy twin packs
Suitable for 6 months+
Assorted

WAS 39⁹⁵
NOW 33⁹⁵ each



PediaSure
TripleSure 3+
180ml / Assorted

WAS 19⁹⁵
NOW 11⁹⁵



PediaSure
TripleSure
Nutritional
Supplement 3+
850g / Assorted

WAS 249⁹⁵
NOW 119⁹⁵

THESE OFFERS NOW ALSO AVAILABLE AT BABY CITY

INSTANT DISCOUNTS

Sign up for your **Dis-Chem** OR **Baby City** Benefit card today, the more you swipe the more you earn, the more you give. Join the **Dis-Chem** OR **Baby City** Baby Programme, earn real rewards and so much more. Ts&Cs apply. Dis-Chem and Baby City Benefit Cards can be used in both outlets.

BABY ESSENTIALS



Duck Shaped Bath Thermometer

Benefit Price **16¹⁶**



Baby Things
Quality Baby Products



INSTANT DISCOUNT

10%* OFF



Water Filled Teether Assorted

Benefit Price **26⁹⁶**



Bottle Brush 2-piece

Benefit Price **35⁹⁶**



Bottle & Teat Brush with Stand Assorted

Benefit Price **29⁶⁶**



Potty with Lid Available in Pink OR Blue

Benefit Price **314⁹⁶ each**



Footstool Assorted colours

Benefit Price **89⁹⁶**



Silicone Food Feeder Assorted

Benefit Price **35⁹⁶ each**

*Instant discount to be deducted when you swipe your **Dis-Chem** OR **Baby City** Benefit Card



Vital Baby Nourish start weaning kit

Benefit Price **349⁹⁵ each**



Nuby Lots-a-Loops Teether

Benefit Price **109⁹⁵**



Jordan Kids Toothbrushes and Toothpaste

Benefit Price **13⁹⁷**



Dr. Brown's Pacifier 2-pack / Assorted

Benefit Price **109⁹⁵ per pack**



Nuby Chewies Teether

Benefit Price **69⁹⁵**



Wacky Teething Ring

Benefit Price **79⁹⁵**

*Advertised price already reflects discount



tommee tippee Active Straw Cup OR Sports Bottle

Benefit Price **119⁹⁵ each**



tommee tippee Active Sipper Cup

Benefit Price **119⁹⁵ each**



Milton Sterilising Fluid

Benefit Price **84⁹⁵ each**



Super-Steam Advanced Electric Steriliser

Benefit Price **1199⁹⁵**



Perfect Prep Milk Preparation Machine

Benefit Price **1999⁹⁵**



Milton Sterilising Unit

Benefit Price **109⁹⁵ each**

2+1 CHEAPEST FREE on ANY Milton products

THESE OFFERS NOW ALSO AVAILABLE AT BABY CITY

Dis-Chem PHARMACIES

BABY CLOTHING

INSTANT DISCOUNTS

Sign up for your **Dis-Chem** OR **Baby City** Benefit card today, the more you swipe the more you earn, the more you give. Join the **Dis-Chem** OR **Baby City** Baby Programme, earn real rewards and so much more. Ts&Cs apply. Dis-Chem and Baby City Benefit Cards can be used in both outlets.



Infant Caps
323360
2-pack / Assorted

74⁹⁵ per pack
Benefit Price
67⁴⁶ per pack



Long Bodysuit
323397
2-pack
Assorted

269⁹⁵ per pack
Benefit Price
242⁹⁶ per pack



Short Bodysuit
323394
2-pack
Assorted

189⁹⁵ per pack
Benefit Price
170⁹⁶ per pack



100% Cotton Hooded Towel
387457001
Assorted

139⁹⁵ per pack
Benefit Price
125⁹⁶ per pack

Mother's Choice 100% Cotton Hooded Towel available at selected stores



Infant Caps
323361
2-pack
Assorted

74⁹⁵ per pack
Benefit Price
67⁴⁶ per pack



Long Bodysuit
323395
2-pack
Assorted

269⁹⁵ per pack
Benefit Price
242⁹⁶ per pack

INSTANT DISCOUNT

10%* OFF



Short Bodysuit
323398
2-pack
Assorted

189⁹⁵ per pack
Benefit Price
170⁹⁶ per pack



Teether Bibs
33346001
2-pack
Assorted

79⁹⁵ per pack
Benefit Price
71⁹⁶ per pack



Infant Caps
323417
2-pack
Assorted

74⁹⁵ per pack
Benefit Price
67⁴⁶ per pack



Long Bodysuit
323455/323457
2-pack
Assorted

269⁹⁵ per pack
Benefit Price
242⁹⁶ per pack



Short Bodysuit
323456
2-pack
Assorted

189⁹⁵ per pack
Benefit Price
170⁹⁶ per pack



Teether Bibs
2-pack
Assorted

79⁹⁵ per pack
Benefit Price
71⁹⁶ per pack



Cotton Rich Hooded Towel PLUS 5 Wash Cloths
6-piece
Assorted

119⁹⁵ per pack
Benefit Price
107⁹⁶ per pack



Jersey Wrap
387397001/002
2-pack
Assorted

119⁹⁵ per pack
Benefit Price
107⁹⁶ per pack



Dribble-Proof Bibs
328891/335458/
335457
4-pack
Assorted

99⁹⁵ per pack
Benefit Price
89⁹⁶ per pack



Baby Things Baby Bibs
226122/226117
226120
Assorted colours

39⁹⁵ each
Benefit Price
35⁹⁶ each



Oh Baby Bibs Gift Set
291207001/2/3
2-pack

79⁹⁵ per pack
Benefit Price
71⁹⁶ per pack



Beanies Gift Set
4-pack

79⁹⁵ per pack
Benefit Price
71⁹⁶ per pack

*Instant discount to be deducted when you swipe your **Dis-Chem** OR **Baby City** Benefit Card

All clothing available in sizes 0-3 months and 3-6 months. All clothing is available at selected stores only

THESE OFFERS NOW ALSO AVAILABLE AT **BABY CITY**

MOM ESSENTIALS



Medela Swing Flex Electric Breast Pump

326158
• Compact, portable and easy to use
• Single electric breast pump

SAVE 700⁰⁰
WAS 3499⁹⁵
NOW 2799⁹⁵



Medela Swing Maxi Flex Double Electric Breast Pump

326180
• 2-phase expression technology
• AC adaptor or battery power option
• PersonalFit™ breast shield

SAVE 1000⁰⁰
WAS 5199⁹⁵
NOW 4199⁹⁵



Medela Freestyle Flex Double Electric Breast Pump

326186
• Rechargeable battery pump
• Keep track with MyMedela® App
• 2-phase expression

SAVE 1700⁰⁰
WAS 8999⁹⁵
NOW 7299⁹⁵



SAVE 265⁰⁵
Medela Harmony Essentials Pack Manual Breast Pump
298890
• Starter kit
• 4 milk storage bags
• 4 ultra thin nursing pads
• 1 x Harmony manual breast pump

WAS 995⁹⁵
NOW 729⁹⁵

*Advertised prices already reflect discounts



Baby Things Manual Breast Pump

199891
• Stimulate and suction of breast milk
• Imitates baby's nursing motion
• Easy storage of breast milk

214⁹⁵



Pigeon Manual Breast Pump
159452
Simple, compact and portable

SAVE 200⁰⁰
WAS 799⁹⁵
NOW 599⁹⁵



Pigeon Breastmilk Storage Bags
25 bags

WAS 109⁹⁵
NOW 89⁹⁵



Pigeon Baby Bottles and Accessories Cleanser
500ml

WAS 99⁹⁵
NOW 72⁹⁵



Softi Nursing Pads
40 pieces

64⁹⁵



Softi Maternity Pads
12-pack

24⁹⁵



Softi Cotton Buds
100 pieces

8⁹⁵ each



Tommee Tippee Made for Me Single Manual Breast Pump
4745
• Soft, cushioned silicone cup that's gentle on breasts
• Compact, discreet and quiet to use so you can express how and where you choose

WAS 739⁹⁵
NOW 599⁹⁵



Purity & Elizabeth Anne's Nipple Cream
50ml

69⁹⁵ each



Happy Event Antenatal Massage Lotion
200ml

124⁹⁵ each



BUY BOTH FOR 38⁰⁰
SAVE 8⁹⁰



Dove 100% Pure Cotton Wool Pads
80-pack
PLUS
Cotton Buds
200-pack



Carriwell Premium Maternity & Hospital Panty
Assorted sizes and colours

WAS 84⁹⁵
NOW 54⁹⁵ each



Purity & Elizabeth Anne's Baby Laundry Wash
750ml

49⁹⁵ each

Purity & Elizabeth Anne's Baby Fabric Conditioner
750ml

38⁹⁵ each



Ariel Baby Concentrated Liquid
1.1 litres
Assorted

WAS 86⁹⁵
NOW 69⁹⁵ each

MamaMagic Baby Expo

JOBURG

7 – 10 APRIL 2022

Gallagher Convention Centre

Tickets are available to purchase online via the MamaMagic website. Visit www.mamamagic.co.za/expo-joburg/

THESE OFFERS NOW ALSO AVAILABLE AT **BABY CITY**

Dis-Chem PHARMACIES

THESE OFFERS ONLY AVAILABLE AT **BABY CITY**

SAVE
1200⁰⁰



Titan Plus Car Seat
304816
• From 9 - 36kg
• Multi-age use (9 months-12 years)
• Extra-padding for best-in-class comfort
• ClimaFlow for temperature control
• Easy installation

WAS 7499⁹⁵
NOW **6299⁹⁵**

MAXI-COSI



SAVE
1000⁰⁰

Pearl Pro Car Seat
323621 / 323625
• Ages 6 months to 4 years
• Extra padded comfort cushion
• High density seat unit padding
• Recline position for sleeping
• Easy-in harness
• Interactive light and sound feedback

WAS 5899⁹⁵
NOW **4899⁹⁵**

MAXI-COSI

SAVE
700⁰⁰



RodiFix AirProtect Car Seat
310059
• From 15 - 36kg
• Ages 3.5 to 12 years
• Easy ISOFIX installation with seat belt
• Easy buckle-up system
• Patented AirProtect technology for extra protection
• Headrest adjustment

WAS 3999⁹⁵
NOW **3299⁹⁵**

SAVE
800⁰⁰



FamilyFix 3 Car Seat Base
326081
• From 0 - 18kg
• Ages 0 to 4 years
• ISOFIX installation for Jade, Coral, Pebble Pro i-Size and Pearl Pro 2 i-Size
• Click & Go installation
• Installation feedback
• i-Size for improved safety

WAS 4499⁹⁵
NOW **3699⁹⁵**

SAVE
500⁰⁰



Pebble Pro Essential Car Seat
323622 / 323623
• From birth to 12 months
• i-Size for improved safety
• Seat belt or Click & Go installation
• Removable baby-hug inlay with separate headrest
• Flexible travel system

WAS 4599⁹⁵
NOW **4099⁹⁵**

*Advertised prices already reflect discounts

SAVE
100⁰⁰



BAMBINO

Commuter Booster Cushion
322978002

• From 15 - 36kg
• Safe booster seat for children 4 to 12 years
• Luxurious comfort
• Padded and fitted with comfortable armrests
• Removable, washable fabric

WAS 749⁹⁵
NOW **649⁹⁵**

SAVE
300⁰⁰



BAMBINO

I-Rotate 360 Car Seat with Isofix
304769

• From 0 - 36kg
• Ages: 0 to ±12 years
• ISOFIX connectors
• Top tether anchor
• 5-point safety harness, includes shoulder pads
• Side protection system
• Rotation mechanism
• 4 recline positions

WAS 3299⁹⁵
NOW **2999⁹⁵**

SAVE
300⁰⁰



GRACO

Enhance Car Seat
326154

• Rearward Facing from Birth to ± 4 yrs (0-18kg)
• Forward facing from ± 1 to 7 years (9-25kg)
• 4-position recline
• No rethread harness for easy harness adjustment

WAS 3599⁹⁵
NOW **3299⁹⁵**

SAVE
300⁰⁰



Joie

Commuter Change Travel Cot
324339001

• Full-size bassinet included for naptime options
• Carry bag included for travel
• Full-size bassinet included
• Changing unit easily clicks on and off

WAS 2499⁹⁵
NOW **2199⁹⁵**

SAVE
700⁰⁰



Joie

Stages FX Car Seat
304747

• From birth to 25kg
• 6 recline positions
• Easy ISOFIX installation
• Impact protection
• Steel frame support

WAS 5999⁹⁵
NOW **5299⁹⁵**

SAVE
300⁰⁰



Joie

Elevate Booster Car Seat
3241860

• From 9 - 36kg
• Ages 1 to 12 years
• Suitable for forward facing
• Side impact protection
• 10-position height adjustable headrest

WAS 2299⁹⁵
NOW **1999⁹⁵**

*Advertised prices already reflect discounts

BABY CITY
we know you care

Sign up for your Baby City Benefit Card today to earn rands to spend, partner rewards and get instant discounts.

Get More. Save More. Give More.

Baby City and Dis-Chem Benefit Cards can be used in both outlets.
T&Cs apply.

Dis-Chem Foundation
Caring for the Community



THESE OFFERS ONLY AVAILABLE AT **BABY CITY**



SAVE
200⁰⁰

BAMBINO

Candy Highchair

- Removable double tray
- Easy to fold
- 5-point harness safety belt

WAS 1199⁹⁵
NOW 999⁹⁵

GRACO

Comfy Cruiser Travel System

304842

- Includes Snug Essentials Car Seat with click connect technology
- Tray with storage and 2 cup holders
- Body support
- Transition from car seat to stroller
- Opens and closes easily

WAS 3999⁹⁵
NOW 3799⁹⁵



Snuggletime

Body Comfort Pillow

190765

- Relieve lower back discomfort by using the pillow while sitting or sleeping

WAS 799⁹⁵
NOW 559⁹⁵

*Advertised price already reflects discount

Joie

Serina 2-in-1 Swing

305116

- Holds up to 13kgs
- 2-way seat swings front and back or side to side
- 6 swing speeds

WAS 4499⁹⁵
NOW 4199⁹⁵



BAMBINO

Icon Plus Activity Walker

324385001/324385002

- Removable electronic tray with music, sounds and activities
- Soft padded seat with backrest
- Folds flat for storage and travel

WAS 1399⁹⁵
NOW 1299⁹⁵



Taglet Comfort Blankie
Assorted colours

119⁹⁵ each



Cotton Muslin Receiver and Pram Peg Gift Set
Assorted colours

189⁹⁵ each

2+1 CHEAPEST FREE
on ANY Snuggletime baby products*



Baby Carrier
Assorted colours

539⁹⁵ each



3 in 1 Feeding Scarf
Assorted colours

149⁹⁵ each

playgro

High Chair Spinning Toy

216893

WAS 229⁹⁵
NOW 169⁹⁵



Pop & Drop Activity Ball Gym

310031

WAS 1299⁹⁵
NOW 999⁹⁵



mother's choice

Nappy Bags

INSTANT DISCOUNT

10%* OFF



Baby Nappy Bag
Assorted colours

299⁹⁵
Benefit Price
269⁹⁵



Baby Nappy Backpack
Assorted colours

599⁹⁵
Benefit Price
539⁹⁵



Bottle Warmer
Assorted colours

429⁹⁵
Benefit Price
386⁹⁵ each



Travel 3 in 1 Cover
Assorted colours

159⁹⁵ each



Smart Swaddle Blanket
Assorted colours

199⁹⁵ each



Mother's Choice Baby Carrier
Assorted colours

339⁹⁵
Benefit Price
305⁹⁵

*Instant discount to be deducted when you swipe your **Dis-Chem OR Baby City Benefit Card**

*Instant discount to be deducted when you swipe your **Dis-Chem OR Baby City Benefit Card**

CHILDREN'S HEALTH



Panado Infant Drops
20ml
WAS 55⁹⁵
NOW 45⁹⁵



Panado Paediatric Syrup
100ml
WAS 52⁹⁵
NOW 48⁹⁵



Himalaya Koflet Cough Syrup
100ml
2+1 CHEAPEST FREE on ANY Himalaya products
69⁹⁵ each



Pholtex BRONCHO STOP CHILDREN'S COUGH SYRUP
120ml
20% OFF
WAS 98⁹⁵
NOW 79¹⁶

*Advertised price already reflects discount



Vi-Daylin Vitamin Pops
Daily Multivitamin & Mineral Supplement
10 lollipops
WAS 56⁹⁵
NOW 49⁹⁵

Vi-Daylin Syrup
Daily Multivitamin Supplement
150ml
WAS 153⁹⁵
NOW 143⁹⁵

Vi-Daylin Drops
Daily Multivitamin Supplement
25ml
WAS 148⁹⁵
NOW 138⁹⁵

Vi-Daylin Plus Iron
Multivitamin with minerals
30ml
WAS 153⁹⁵
NOW 143⁹⁵



Baby Things Digital Thermometer
84593
79⁹⁵

Braun IRT3030 ThermoScan 3
175656
WAS 649⁹⁵
NOW 589⁹⁵

Braun IRT6520 ThermoScan 7
150182
WAS 999⁹⁵
NOW 869⁹⁵



CHILDREN ARE CUTE. FEVER IS NOT. **gsk**

Calpol
Paracetamol Suspension
STARTS TO WORK ON FEVER IN JUST 15 MINUTES
Available in 100 ml & 50 ml

References: 1. Temple AR, Temple BR, Kuffner EK. Dosing and antipyretic efficacy of oral acetaminophen in children. Clinical Pediatrics. 2013 Sep 30;52(9):1361-75. 2. Wong A, Schmid A, Farnham P, Payer M, Santolaya ME, Escobar AM, Campos S, Barragan S, Gonzalez MO, Kessinger GE, Fowler P. A multicenter, randomized, controlled trial of acetaminophen versus ibuprofen in children: results of a multinational, randomized, modified double-blind study. Clinical Pediatrics. 2007 Jun 1;46(6):513-24. 3. Mahar A, F, et al. "Taped" sponging to reduce temperature in febrile children in a tropical climate. Clinical Pediatrics. 33.4 (1994): 227-231. 50 CALPOL Paediatric Suspension. Reg. no: B-2.7.767. Each 5 ml suspension contains 120 mg Paracetamol. Preservatives: Methyl Hydroxybenzoate 0.1%, Propyl Hydroxybenzoate 0.02%, m.v. Alcohol Free. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd, 39 Hawkins Avenue, Epping Industria 1, Cape Town, 7480. Reg. No: 2014/17350/07. For full prescribing information refer to the professional information approved by the medicines regulatory authority. For any further information, including safety, please contact the GSK helpline on +27 11 745 8001 or 0800 118274. Trademarks are owned by or licensed to GSK group of companies. Always read the label before use. PM 2A CALP 00042



Crèche Guard Immune Multivit Syrup
200ml
PLUS Restore Lolly
50ml x 5 lollies
BUY BOTH FOR 199⁹⁵
SAVE 80⁹⁵

NutriPure Kids Vitamin C
60 gummies
OR
NutriPure Kids Multi Vitamin
60 gummies
WAS 109⁹⁵
NOW 99⁹⁵ each

Elgydium Teething Gel
15ml
20% OFF
WAS 44⁹⁵
NOW 35⁹⁶ each

*Advertised price already reflects discount

*Advertised price already reflects discount



Woodward's Gripe Water
150ml
WAS 42⁹⁵
NOW 31⁹⁵

Muthi Wenyoni Antacid
100ml
WAS 32⁹⁵
NOW 24⁹⁵

Telament Paediatric Gripe Water
150ml
WAS 37⁹⁵
NOW 28⁹⁵

Telament Paediatric Colic Drops
30ml
WAS 119⁹⁵
NOW 89⁹⁵



Get your latest issue of **BENEFITS PARENT & CHILD MAGAZINE** filled with great articles and advice. See in-store or read the online magazine at dischem.co.za.

SCAN the QR code below to view the online magazine directly.

Baby City Benefit Card
Dix-chem Benefit card

THESE OFFERS NOW ALSO AVAILABLE AT **BABY CITY**

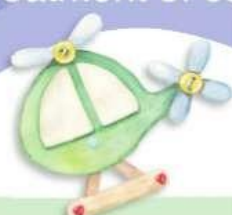


WELL BABY CLINIC

Weight, measurement and development assessments for your baby

Receive advice on:

- Breastfeeding
- Introducing solids
- Preventing rashes and possible allergies
- Normal sleep patterns for baby
- Teething
- Treatment of colic



BABY CITY

MOM'S & BABY

CLINIC

powered by **Dis-Chem PHARMACIES**

Clinic Services

For Moms Full antenatal services
2D sonar
Foetal doppler
Birth plan
Postnatal services

For Baby Baby wellness services
Baby measurements
Baby weight
Immunisations
Baby milestones

Baby & childhood vaccinations

AGE OF CHILD	VACCINES NEEDED	HOW AND WHERE IT IS GIVEN
At birth	BCG Bacilles Calmette Guerin	Right arm
	OPV (0) Oral Polio Vaccine	Drops by mouth
6 weeks	OPV (1) Oral Polio Vaccine	Drops by mouth
	RV (1) Rotavirus Vaccine*	Liquid by mouth
	DTaP-IPV-Hib-HBV (1) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left thigh
	PCV (1) Pneumococcal Conjugated Vaccine	Intramuscular / right thigh
10 weeks	DTaP-IPV-Hib-HBV (2) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left thigh
14 weeks	RV (2) Rotavirus Vaccine*	Liquid by mouth
	DTaP-IPV-Hib-HBV (3) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left thigh
	PCV (2) Pneumococcal Conjugated Vaccine	Intramuscular / right thigh
6 months	Measles Vaccine (1)**	Subcutaneous / left thigh
9 months	PCV (3) Pneumococcal Conjugated Vaccine	Intramuscular / right thigh
9 months onwards	Meningitis (1)	Intramuscular / left thigh
	Chicken pox	Subcutaneous / left thigh
12 months	Measles Vaccine (2)**	Subcutaneous / right arm
9 – 18 months	Measles - Mumps - Rubella	Intramuscular / right arm
	Meningitis (2)	Intramuscular / left arm
18 months	DTaP-IPV-Hib-HBV (4) Diphtheria, Tetanus, Acellular Pertussis, Inactivated Polio Vaccine and Haemophilus Influenzae Type B and Hepatitis B Combined	Intramuscular / left arm
	Hepatitis A (1)	Intramuscular / right arm
2 years	Hepatitis A (2)	Intramuscular / right arm
6 years	Td Vaccine Tetanus and reduced strength of Diphtheria Vaccine	Intramuscular / left arm
	Measles - Mumps - Rubella	Intramuscular / right arm
9 years onwards	HPV (1)	Intramuscular / left arm
	HPV (2) 6 months later	Intramuscular / left arm
12 years	Td Vaccine Tetanus and reduced strength of Diphtheria Vaccine	Intramuscular / left arm
	Measles - Mumps - Rubella	Intramuscular / right arm

*Rotavirus Vaccine should NOT be administered after 24 weeks

**Do not administer with any other vaccine

GO Advertising 48359

FLIP CATALOGUE OVER FOR ULTIMATE SAVINGS

Dis-Chem
PHARMACIES

Dis-Chem PHARMACIES



**VOTED BEST PHARMACY,
BEST HEALTH and TOILETRIES SHOP.**

PRETORIA NEWS

Bio-Oil's gift to you.

A limited edition
gift pack containing
FREE products
valued at over 135⁰⁰

35 YEARS OF
HARNESSING
THE POWER
OF OIL

Skincare Oil 200ml PLUS FREE
Skincare Oil (Natural) 25ml
AND Dry Skin Gel 50ml

264⁹⁵
per pack



Limited
edition
gift pack.

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Clinic Services**

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CLINIC**

Visit us in-store at your convenience
OR book an appointment for a
consultation via our App **OR** call our
Clinic Careline on 086 111 74 27



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PackMyMeds**

**REPEAT MEDICINES
MADE EASY**

Choose the chronic medication
you need and ensure you
receive it on time, every time.

www.dischem.co.za/pack-my-meds



FREE delivery within 15 km of your nearest Dis-Chem Pharmacy

Dis-Chem and Baby City
Benefit Cards can be used at
both retailers.

Open a world of possibilities
Earn even more with our accelerator partners



Get more.
Save more.
Give more.

Ultimate SAVINGS

24 March - 18 April 2022

herbex

**2+1
CHEAPEST
FREE**
on ANY Herbex
products

LOVE YOUR BODY!



**Celebrate
Easter
with our
Amazing Deals**



Beacon
Hens Eggs
6-pack

45⁹⁵
per pack



Cadbury
Fluffies
Mallow Eggs
30-pack

69⁹⁵
per pack



Beacon
Milk Chocolate
Marshmallow
Eggs
36-pack

69⁹⁵
per pack



Maltesers
Mini
Bunnies
58g

42⁹⁵



Lindt
Gold Milk
Chocolate
Easter Bunny
100g

59⁹⁵



Lindt Lindor
Easter Eggs
6-pack

84⁹⁵
per pack

**-More-
Easter
deals
on page 2**

Gillette
Mach 3
Cartridges
4-pack

**1 FOR 214⁹⁵
2 FOR 300⁰⁰
SAVE 129⁹⁰**



Dettol
Antiseptic
Liquid
750ml

**WAS 84⁹⁵
NOW 64⁹⁵**



**50%
OFF**
ALL Oral-B
Powerbrushes

Oral-B
Vitality 150
Cross Action
Powerbrush
229405002

**WAS 589⁹⁵
NOW 294⁹⁸**



Oral-B
Kids D100
Toy Story
Powerbrush
289965004

**WAS 589⁹⁵
NOW 294⁹⁸**

*Advertised prices already reflect discount

**Dis-Chem
PHARMACIES**

Dis-Chem prices and offers are
now available at Medicare Pharmacies*
*Selected products may not be available in all stores



Celebrate easter with our Amazing Deals



NEW
Fun Mallow
Mix Twist
175g
39⁹⁵



**Chocolate
Easter Bunny**
125g
69⁹⁵

**Chocolate
Easter Eggs
with Hazelnut
Filling**
250g

109⁹⁵



**Excelcium
Choco Eggs
with Crème Filling**
144g
74⁹⁵

Lindt

**Lindor
Milk Cornet**
200g / Assorted

NEW
WAS 124⁹⁵
NOW **89⁹⁵**

**Lindor
Milk Eggs**
90g / Assorted

NEW
WAS 49⁹⁵
NOW **42⁹⁵**



**Gold Milk
Bunny Flower
Edition**
100g
**WAS 69⁹⁵
NOW 59⁹⁵**

**Gold Milk
Chocolate
Easter Bunny**
50g
**WAS 39⁹⁵
NOW 34⁹⁵**



**Gold Milk
Chocolate
Easter Bunnies**
5-pack
**WAS 49⁹⁵
NOW 42⁹⁵**

**RIEGELEIN
CONFISERIE**



**Easter
Chocolates
with Memory
Game**
120g
89⁹⁵

Easter Bag
150g / Assorted
49⁹⁵

**Red & Gold
Bunny**
80g
44⁹⁵



**Easter Bunny
Flower Line**
140g
59⁹⁵

**FERRERO
ROCHER**

**Collection
Crispy Eggs**
100g / Assorted

**WAS 69⁹⁵
NOW 59⁹⁵**



16 Chocolates
200g
**WAS 109⁹⁵
NOW 99⁹⁵**



24 Chocolates
300g
**WAS 199⁹⁵
NOW 179⁹⁵**



RondNoir
14-pack
**WAS 139⁹⁵
NOW 129⁹⁵**



**Jacquot
Praliné Eggs**
250g
69⁹⁵



**Cémoi
Les Irresistibles
Chocolate
Marshmallows**
180g
64⁹⁵



**Cémoi
Foiled Milk
Chocolate
Rabbit**
150g
49⁹⁵

Kinder



**Joy for Boys
OR Girls**
20g
**WAS 15⁹⁵
NOW 12⁹⁵ each**



**Figura Cava
Easter Chocolates**
6 x 15g / Assorted
**WAS 49⁹⁵
NOW 34⁹⁵**

Sally Williams

**Milk Chocolate Easter
Treats
Bag with Roasted
Crunchy Nougat**
34g

**WAS 24⁹⁵
NOW 19⁹⁵**



**Milk OR Dark Chocolate Treats
with Roasted Nougat**
102g / Assorted
**WAS 64⁹⁵
NOW 57⁹⁵ each**



**Milk Chocolate
Easter Eggs with
Roasted Nougat**
178g
**WAS 102⁹⁵
NOW 94⁹⁵**



**Milk OR Dark
Chocolate Eggs
with Roasted
Nougat**
110g
**WAS 67⁹⁵
NOW 59⁹⁵ each**



Diary Milk
Caramel Egg
40g

19⁹⁵



Mini Eggs
Pouch OR
Clip Strip
80g

39⁹⁵
each



Mini Eggs
Chocolate Bar
110g

39⁹⁵

Mini Eggs
Tube
96g

49⁹⁵
each



Cadbury



Heroes
Chocolate
Selection
185g

84⁹⁵



Caramel
Eggs
3-pack

49⁹⁵
per pack



Creme Egg
40g

19⁹⁵



Oreo Egg
31g

19⁹⁵



Bournville
OR
Darkmilk
Giant Buttons
100g/110g
Assorted

47⁹⁵
each



Dairy Milk
Chocolate
4-pack

49⁹⁵



Hen's Eggs
6-pack
150g

45⁹⁵
per pack

Fluffies
Chocolate
Covered
Mallow Egg
Strip
3-pack
49.5g

7⁹⁵
per pack



Fluffies
Chocolate Covered
Mallow Egg Strip
12-pack
165g

29⁹⁵
per pack



Hollow Milk
Chocolate Egg
with Astros
OR Whispers
100g

44⁹⁵
each



Mister Sweet
Speckled Eggs
125g
OR Giant
Speckled Eggs
100g

WAS 32⁹⁵
NOW 24⁹⁵
each



Nestlé
Aero
Bubbles Pouch
92g/80g / Assorted

WAS 54⁹⁵
NOW 47⁹⁵
each



Lipton
Ice Tea
300ml
Assorted

WAS 13⁹⁵
NOW 9⁹⁵
each



Liqui Fruit
Juice
300ml
Assorted

WAS 14⁹⁵
NOW 10⁹⁵
each



Maynards
Bassetts
Jelly Babies Chicks
165g

WAS 49⁹⁵
NOW 42⁹⁵



Nestlé
KitKat
Mini Eggs
Pouch
81g

WAS 42⁹⁵
NOW 35⁹⁵



Galaxy
Enchanted
Eggs
80g

WAS 49⁹⁵
NOW 42⁹⁵



Toblerone
100g / Assorted

WAS 34⁹⁵
NOW 29⁹⁵



Nestlé Smarties Mini Eggs
85g PLUS Giant Tube 130g

**BUY BOTH
FOR 59⁹⁵**
SAVE 24⁹⁵



Bené
Still OR
Sparkling
Water
6 x 330ml

WAS 29⁹⁵
NOW 24⁹⁵
per pack



Coca-Cola
OR Fanta OR Sprite
OR Iron Brew OR Creme Soda
OR Sparberry OR Lemon Twist
6 x 300ml / Assorted
*Includes sugar-free variants

WAS 64⁹⁵
NOW 55⁹⁵
per pack



Manhattan
Marshmallows
150g / Assorted

1 FOR 19⁹⁵
2 FOR 35⁰⁰
SAVE 4⁹⁰



Mentos
Fruit Rolls
14-pack / Assorted

1 FOR 10⁹⁵
2 FOR 18⁰⁰
SAVE 3⁹⁰



Britannia
Good Day
Choco-Chip Cookies
44g

1 FOR 10⁹⁵
2 FOR 15⁰⁰
SAVE 6⁹⁰



Pringles
100g
Assorted

1 FOR 25⁹⁵
3 FOR 65⁰⁰
SAVE 12⁸⁵

Red Bull
250ml
Assorted



1 FOR 16⁹⁵
2 FOR 24⁰⁰
SAVE 9⁹⁰

Dis-Chem
PHARMACIES

BEAUTY & SELF CARE

LENTHERIC

RIMMEL LONDON

50% OFF*

Rimmel eye products when you purchase Rimmel Wonder'Extension Mascara OR Wonder'Serum for Lashes & Brows

EDP 50ml Assorted
WAS 149⁹⁵
NOW 119⁹⁶



20% OFF
Lentheric I♥️ EDP 50ml AND Masculin EDT 100ml fragrances



Masculin EDT 100ml Assorted
WAS 149⁹⁵
NOW 119⁹⁶

Solo EDT 100ml Assorted
WAS 199⁹⁵
NOW 159⁹⁶



20% OFF
Lentheric Solo EDT 100ml AND Hoity Toity EDP 50ml fragrances



Hoity Toity EDP 50ml Assorted
WAS 199⁹⁵
NOW 159⁹⁶

*Advertised prices already reflect discount

COTY

20% OFF
ALL COTY eX'cla'ma'tion Fragranced Body Mists 220ml

eX'cla'ma'tion Fragranced Body Mist 220ml / Assorted
WAS 139⁹⁵
NOW 111⁹⁶ each



FACE CARE

VICHY

20% OFF
ALL Vichy LiftActiv face care products



LiftActiv Supreme Day Cream 50ml
WAS 475⁰⁰
NOW 380⁰⁰



LiftActiv Collagen Specialist 50ml
WAS 545⁰⁰
NOW 436⁰⁰



LiftActiv Supreme Vitamin C Serum 10ml
WAS 495⁰⁰
NOW 396⁰⁰

*Advertised prices already reflect discount

YARDLEY LONDON

FREE

Yardley Gift Set* valued at 560⁰⁰ each when you purchase ANY Yardley colour cosmetics valued at 299⁹⁵ OR more



*Choose between a Berry, Red OR Nude Gift Set. Your FREE Yardley Gift Set includes: a Yardley Lipstick, Lip Lustre Lip Gloss, Blusher PLUS Velvet Brow Pencil.

BioNike

Triderm A.D. Cleansing Cream 500ml
195⁰⁰

Triderm Len'Oil 100ml
135⁰⁰

Triderm A.D. Emollient Balm 450ml
245⁰⁰



FREE

BioNike Triderm Hand Sanitiser 100ml PLUS Triderm Hand Cream 50ml when you purchase ANY TWO BioNike Triderm products



20% OFF
ALL Vaseline MEN face care products 100ml AND 50ml



Vaseline MEN Oil Control Face Wash 100ml
WAS 59⁹⁵
NOW 47⁹⁶

Vaseline MEN Hydrate & Soothe Face Moisturizer 50ml
WAS 59⁹⁵
NOW 47⁹⁶

20% OFF
ALL Pond's Perfect Colour Complex face care products



Pond's Perfect Colour Complex Serum Face Cream 40ml
WAS 49⁹⁵
NOW 36⁹⁶

Pond's Perfect Colour Complex Serum Facial Foam 100ml
WAS 49⁹⁵
NOW 36⁹⁶

*Advertised prices already reflect discount

OLAY TOTAL EFFECTS

YOUR SKIN'S DAILY VITAMIN



7 In One Day Moisturiser Nourish & Protect SPF15 50ml
249⁹⁵ each



7 In One Day Moisturiser Sensitive SPF15 50ml
249⁹⁵ each



7 In One Moisturiser + Serum SPF20 40ml
249⁹⁵ each



7 In One Featherweight Moisturiser SPF15 50ml
249⁹⁵ each

2+1 CHEAPEST FREE
on ANY Olay face care products

7IN1 BENEFITS for **NOURISHED & PROTECTED SKIN**

GREENER LIVING

Himalaya
SINCE 1930

HIMALAYA products are 100% natural and safe for men, women and babies. Each product is the result of the best of Ayurveda holistic medicine combined with years of dedicated research. Every ingredient is herbally derived, natural and vegan-friendly.



Detoxifying Charcoal Face Wash
150ml

89⁹⁵ each



Detoxifying Charcoal & Green Tea Sheet Mask
1-sheet

54⁹⁵ each

2+1
CHEAPEST
FREE
on ANY Himalaya
products

dalan



d'Olive Olive Oil Liquid Soap
300ml

39⁹⁵ each

Olive Oil, Coconut Oil and Aloe Vera are known for their excellent moisturising benefits and are key ingredients in Dalan.



Natura Therapy Pure Olive Oil Soap
200g / Assorted

54⁹⁵ each

Thinking of Going Greener?

Whether you want to be greener on the inside (healthy diet, supplements or superfoods), or on the outside (face, hair and body) we're constantly growing our greener range for you.

Look out for products at Dis-Chem that are made with natural extracts, or are naturally derived or contain organic ingredients, marked with this symbol.

30%*
OFF
EF-Active Eucalyptus Oils
25ml/100ml AND
Peppermint Oil
30ml



Eucalyptus Oil
25ml

WAS 38⁹⁵
NOW 27²⁷



Eucalyptus Oil
100ml

WAS 97⁹⁵
NOW 68⁵⁷



Peppermint Oil
30ml

WAS 99⁹⁵
NOW 69⁹⁷

*Advertised prices already reflect discount

ef-active

SUN CARE

Eucerin

LIFE-CHANGING POWER OF DERMATOLOGICAL SKINCARE

PhotoAging Control Tinted Sun Cream SPF50+
50ml

WAS 269⁹⁵
NOW 188⁹⁷



ADVANCED SUN PROTECTION

Eucerin® Sun Protection for different skin needs.

Extra Light Sun Lotion SPF50+
150ml

WAS 274⁹⁵
NOW 192⁴⁷



Actinic Control MD SPF100
80ml

WAS 499⁹⁵
NOW 349⁹⁷

*Advertised prices already reflect discount



Sensitive Immediate Protect Sun Lotion SPF50+
200ml

WAS 189⁹⁵
NOW 132⁹⁷

Kids Swim & Play Lotion SPF50+
150ml

WAS 174⁹⁵
NOW 122⁴⁷



30%*
OFF
ALL NIVEA SUN products



Kids Protect & Care Roll-On SPF50+
50ml

WAS 94⁹⁵
NOW 66⁴⁷

See the symbol. Trust the brand!



Scan QR code to shop directly online

*Advertised prices already reflect discount

Sun Lab



Face Cream SPF50
100ml

84⁹⁵

Sensitive Sunscreen Lotion SPF30
150ml

69⁹⁵



Family Water & Sun Trigger Spray SPF50
250ml

124⁹⁵

Kids Trigger Sun Spray SPF50
250ml

124⁹⁵

Express Trigger Sun Spray SPF50
500ml

199⁹⁵

island Tribe

2+1
CHEAPEST
FREE
on Island Tribe sun care products*

Invisible Continuous Spray SPF50
125ml

155⁹⁵ each

Kids Sun Protection Lotion Spray Light SPF50
300ml

219⁹⁵ each



*Offer excludes Island Tribe Banded Packs

Dis-Chem

DeliverD

From US to YOU On Demand



Over 7 000 products at in-store prices

DeliverD to you within 60 minutes.

Selected over-the-counter medication now available.



Dis-Chem Benefit Card holders earn cash back each time they shop via the App! Download the App today!

Not available in all areas. Please check the app to see if we are in yours.

Dis-Chem
PHARMACIES

BATH & BODY CARE



BON Eucalyptus Oil 200ml

WAS 204⁹⁵
NOW **163⁹⁵**



BON Eucalyptus Oil 50ml

WAS 72⁹⁵
NOW **58³⁶**

20% OFF
BON Eucalyptus Oil 200ml/50ml



Sanex Advanced Shower Cream 500ml / Assorted

76⁹⁵ each

Sanex Shower Gel 500ml / Assorted

67⁹⁵ each

2+1 CHEAPEST FREE
on ANY Sanex 500ml products

Ingram's Tissue Oil Cream 500ml
OR Rooibos OR Hemp Oil Body Cream 450ml



**1 FOR 69⁹⁵
2 FOR 100⁰⁰**
SAVE 39⁹⁰

**1 FOR 36⁹⁵
2 FOR 52⁰⁰**
SAVE 21⁹⁰

NIVEA Shower Gel 250ml / Assorted



Skin eFX Luxury Foam Bath 1 litre / Assorted

**1 FOR 34⁹⁵
2 FOR 52⁰⁰**
SAVE 17⁹⁰

**1 FOR 13⁹⁵
5 FOR 52⁰⁰**
SAVE 17⁷⁵

Dove Soap 100g / Assorted



2+1 CHEAPEST FREE
on ANY Radox products

Radox Bodywash 400ml / Assorted

42⁹⁵ each

Radox Foam Bath 500ml / Assorted

42⁹⁵ each

Radox Shower Mousse 200ml / Assorted

59⁹⁵ each

Radox Bodywash 750ml / Assorted

66⁹⁵ each



Satisfin Shower Gel OR Body Wash 1 litre Assorted

WAS 82⁹⁵
NOW **69⁹⁵ each**

NATURE'S NOURISHMENT

Make Everyday a self-care day



Epsom Salt 1.36kg Assorted

89⁹⁵



Liquid Hand Wash 450ml / Assorted

32⁹⁵



Vaseline Petroleum Jelly 250ml Assorted

**1 FOR 32⁹⁵
2 FOR 48⁰⁰**
SAVE 17⁹⁰



NIVEA Body Lotion 625ml Assorted

WAS 78⁹⁵
NOW **59⁹⁵ each**



NIVEA Repair & Care Body Lotion OR Cream 400ml

WAS 74⁹⁵
NOW **59⁹⁵ each**



Body Lotion 236ml Assorted

29⁹⁵ each

Bath and Shower Gel 1 litre Assorted

WAS 54⁹⁵
NOW **49⁹⁵ each**



Vaseline Body Cream 400ml / Assorted*

WAS 48⁹⁵
NOW **39⁹⁵**

Vaseline Body Lotion 625ml / Assorted*

WAS 69⁹⁵
NOW **52⁹⁵**



Lux Body Wash OR Shower Gel 750ml Assorted

WAS 63⁹⁵
NOW **56⁹⁵ each**

*Excludes Vaseline Clinical Care range



Instant Hand Sanitizer Spray 120ml

34⁹⁵ each

2+1 CHEAPEST FREE
on ANY Lifebuoy products

Hygiene Bodywash 400ml / Assorted

34⁹⁵ each



Soap 175g Assorted

13⁹⁵ each

Hand Sanitizer 100ml

29⁹⁵ each



SAVE 20⁰⁰*

SAVE 10⁰⁰*

EF-Active Surface Disinfectant Spray 500ml Assorted

WAS 79⁹⁵ NOW 59⁹⁵

EF-Active Liquid Hand Sanitizer Refill 1 litre

WAS 79⁹⁵ NOW 69⁹⁵

*Advertised prices already reflect discounts



Protex Soap 200g Assorted

WAS 15⁹⁵ NOW 10⁹⁵ each

Good Stuff Hand Wash Refill Value Pack 1 litre / Assorted

WAS 66⁹⁵ NOW 54⁹⁵



Protects against 99.9% of Germs*



Hygiene Soap Bar 175g / Assorted

Hygiene Liquid Hand Wash 200ml Assorted

Hygiene Wipes 10 wipes Assorted

WAS 19⁹⁵ NOW 14⁹⁵ per pack



1 FOR 62⁹⁵
2 FOR 85⁰⁰
SAVE 40⁹⁰

Body Wash 600ml Assorted

*Tested against E.coli, C. aureus, S. aureus, E. aeruginosa, E. hirae and germs. **Tested against the SARS-CoV-2 (COVID-19) strain. Dettol Antiseptic Liquid products are not suitable for kids under the age of 1 year and all other the listed Dettol products are not suitable for kids under the age of 3 years. SO Dettol Antiseptic Liquid Reg No. G/13.1/2345. Each 100ml contains Chloroxyfenol 4.8g. Always use Dettol products in accordance with directions for use on label. Name and business address of the holder of the certificate of registration: Reckitt Benckiser Pharmaceuticals (Pty) Ltd, 8 Jet Park Road, Elandsfontein, 1601. Customer Care Line: 0861 11 11 00. ©2022 Dettol and the Dettol logo are trademarks of the RB Group.



EpiMax Man Cream 400g

WAS 79⁹⁵ NOW 69⁹⁵



EpiMax Body Lotion 450ml

WAS 79⁹⁵ NOW 69⁹⁵



Good Stuff Tissue Oil 100ml / Assorted

57⁹⁵

Good Stuff Tissue Oil 50ml / Assorted

34⁹⁵



Eulactol Heel Balm 50g

WAS 64⁹⁵ NOW 49⁹⁵



Dove Body Lotion 400ml / Assorted

WAS 61⁹⁵ NOW 39⁹⁵



Good Stuff Body Cream 450ml / Assorted

WAS 46⁹⁵ NOW 39⁹⁵



Dis-Chem Aqueous Cream Winter Formula 500g

37⁹⁵



Blistex Lip Medix OR DCT 7g

WAS 104⁹⁵ NOW 89⁹⁵ each



Dis-Chem Colloidal Oatmeal Daily Moisturising Lotion 227ml

34⁹⁵



Dolly Varden Glycerine 100ml

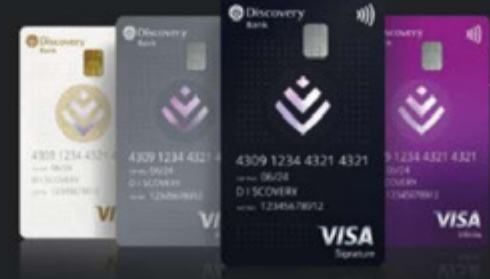
WAS 14⁹⁵ NOW 10⁹⁵

*Advertised prices already reflect discounts

Dis-Chem PHARMACIES

BANK ON YOUR HEALTH WITH UP TO 50% BACK ON PERSONAL CARE ITEMS WITH VITALITY

Your percentage back is dependent on completing your Vitality Age and Vitality Health Check, and being financially healthier with Discovery Bank.



Discovery Bank



HAIR CARE

30% OFF
ALL Luster's hair care products

NEW

Luster's Pink Kids Gentle Detangling Shampoo
355ml
WAS 199⁹⁵
NOW **139⁹⁷**

Luster's Pink Kids Awesome Nourishing Conditioner
355ml
WAS 192⁹⁵
NOW **135⁰⁷**

Luster's Shortlooks Quench Moisture Mist
236ml
WAS 149⁹⁵
NOW **104⁹⁷**

Luster's Pink No-Lye Relaxer Kit Original OR Super
WAS 209⁹⁵
NOW **146⁹⁷ each**

Luster's Pink Kids Gentle Detangling Shampoo
355ml
WAS 199⁹⁵
NOW **139⁹⁷**

Luster's Pink Kids Awesome Nourishing Conditioner
355ml
WAS 192⁹⁵
NOW **135⁰⁷**

Luster's Shortlooks Quench Moisture Mist
236ml
WAS 149⁹⁵
NOW **104⁹⁷**

Luster's Pink No-Lye Relaxer Kit Original OR Super
WAS 209⁹⁵
NOW **146⁹⁷ each**

*Advertised prices already reflect discount

30% OFF
ALL Gill hair care products

Gill 2in1 Anti-Dandruff Shampoo
200ml
WAS 52⁹⁵
NOW **37⁰⁷**

Tropic Isle Living Jamaican Black Castor Oil
118ml / Assorted
WAS 219⁹⁵
NOW **153⁹⁷**

Hollywood Beauty Olive Oil
59ml / Assorted
WAS 109⁹⁵
NOW **76⁹⁷ each**

30% OFF
ALL Hollywood Beauty Oil

Hollywood Beauty Olive Oil
59ml / Assorted
WAS 109⁹⁵
NOW **76⁹⁷ each**

*Advertised prices already reflect discount

30% OFF
ALL Mielle hair care products

Mielle Rosemary Mint Strengthening Hair Masque
340g
OR Shampoo 355ml
WAS 259⁹⁵
NOW **181⁹⁷ each**

Mielle Rosemary Mint Hair Growth Oil
55ml
WAS 249⁹⁵
NOW **174⁹⁷**

30% OFF
ALL Twisted Sista hair care products

Twisted Sista Amazing Dream Curls Cream Gel
360g
OR Curl Activator Crème 221ml
WAS 269⁹⁵
NOW **188⁹⁷ each**

*Advertised prices already reflect discount

20% OFF
ALL Aunt Jackie's hair care products

Aunt Jackie's Quench! Moisture Intensive Leave-In Conditioner
355ml
WAS 129⁹⁵
NOW **103⁹⁶**

Aunt Jackie's Curl La La Custard
430ml
WAS 115⁹⁵
NOW **92⁷⁶**

Aunt Jackie's Curl La La Custard
254ml
WAS 92⁹⁵
NOW **74³⁶**

Aunt Jackie's Don't Shrink Flaxseed Elongating Curling Gel
426ml
WAS 102⁹⁵
NOW **82³⁶**

*Advertised prices already reflect discount

20% OFF
ALL Afri Pure Oils 100ml

Nu-Lite Silver Shampoo OR Conditioner
200ml
WAS 84⁹⁵
NOW **67⁹⁶ each**

Afri Pure Oils
100ml / Assorted
WAS 49⁹⁵
NOW **39⁹⁶ each**

20% OFF
Nu-Lite hair care products**

Nu-Lite Silver Shampoo OR Conditioner
200ml
WAS 84⁹⁵
NOW **67⁹⁶ each**

*Advertised prices already reflect discount
**Offer Excludes Nu-Lite Colour Mousse

Perfect Choice Oil Moisturising Spray
250ml
WAS 39⁹⁵
NOW **34⁹⁵**

Girlz Only Dry Shampoo
400ml / Assorted
WAS 89⁹⁵
NOW **79⁹⁵ each**

GREENER LIVING

Dalan d'Olive Shampoo
400ml
WAS 109⁹⁵
NOW **99⁹⁵**

Dalan d'Olive Conditioner
200ml
WAS 84⁹⁵
NOW **74⁹⁵**

Dove Shampoo
400ml
OR Conditioner 350ml
OR Treatment Mask 200ml / Assorted
WAS 74⁹⁵
NOW **54⁹⁵ each**

SHOP ONLINE
24/7
365



Scan QR code to shop directly online

click&collect

Delivered to your door OR collect from any Dis-Chem store nationwide - dischem.co.za

FREE delivery on orders of 600⁰⁰ or more in major metropolitan areas.
No charge for collection in-store.



BUY 1 SHAMPOO 250ml

AND GET 50% OFF*
Reflections Colour Treatment Conditioner

REFLECTIONS style INNOVATION

Reflections Style Innovation colour reflecting range is a unique formula that has the best colour pigment to enhance coloured or natural hair.

The Colour Reflecting Sulphate-Free Shampoo range is infused with natural oils to protect and maintain your colour and it is suitable for all hair types.

The Colour Reflecting Treatment contains extreme conditioning agents for both scalp and hair to ensure that your hair is smooth and nourished and does not become tangled or static.



Reflections Colour Reflecting Shampoo
Sulphate Free
250ml / Assorted

129⁹⁵
each

*Offer only applicable on Reflections Gold, Hazel, Jet Black, Ruby AND Silver Shampoo



30% OFF
ALL Donna hair caps

Donna Satin Sleep Cap
Large

WAS 119⁹⁵
83⁹⁷

Donna Stocking Wig Cap
Extra Large

WAS 84⁹⁵
59⁴⁷



20% OFF
ALL Vatika Shampoos AND Conditioners 400ml

Vatika Shampoo OR Conditioner
400ml / Assorted

WAS 94⁹⁵
75⁹⁶
each

*Advertised prices already reflect discounts



1 FOR 79⁹⁵
2 FOR 90⁰⁰
SAVE 69⁹⁰

Pantene Shampoo OR Conditioner
400ml/360ml Assorted



1 FOR 99⁹⁵
2 FOR 110⁰⁰
SAVE 89⁹⁰

Head & Shoulders Shampoo
360ml/400ml Assorted*

*Offer excludes Head & Shoulders Supreme range



1 FOR 74⁹⁵
2 FOR 110⁰⁰
SAVE 39⁹⁰

Organics Shampoo OR Conditioner
1litre Assorted



Kair Serum
50ml / Assorted

WAS 79⁹⁵
57⁹⁵

Kair Treatment
200ml / Assorted

WAS 59⁹⁵
42⁹⁵

Kair Blonde High-Light Kit

WAS 99⁹⁵
79⁹⁵



Natur Vital's wide range of hair care products contain natural formulas that give your hair what it needs. These products are dermatologically tested, do not contain colourants, silicones or parabens, and protect the colour and strength of your hair.



Coloursafe Shampoo
300ml / Assorted

WAS 99⁹⁵
89⁹⁵

Anti-Dandruff Shampoo
300ml / Assorted

WAS 99⁹⁵
92⁹⁵

Coloursafe Hair Mask
300ml / Assorted

WAS 99⁹⁵
89⁹⁵



Sofn'Free Creme Relaxer
450ml PLUS

Neutralising Conditioning Shampoo
Banded Pack 60ml

WAS 52⁹⁵
47⁹⁵
per pack



Girl Boss Mango + Marula Moisturising Leave-In Conditioner
250ml

WAS 59⁹⁵
49⁹⁵

Girl Boss Mango + Marula Hair Growth Oil
100ml

WAS 69⁹⁵
59⁹⁵

Girl Boss Mango + Marula Growth Butter
250ml

WAS 54⁹⁵
44⁹⁵



Pure Royal Olive Oil Hair Mayonnaise
250ml

WAS 69⁹⁵
55⁹⁶

20% OFF
ALL Pure Royal hair products

Pure Royal Anti-Itch Treatment Spray OR Scalp Treatment
125ml

WAS 72⁹⁵
58³⁶
each

Pure Royal Repair 'n Grow Hair & Scalp Treatment
200ml

WAS 79⁹⁵
63⁹⁶

*Advertised prices already reflect discount

DEODORANTS

INSTANT DISCOUNTS

Exclusive to Benefit Card holders.



INSTANT DISCOUNT 20%* OFF			INSTANT DISCOUNT 20%* OFF			INSTANT DISCOUNT 20%* OFF			INSTANT DISCOUNT 20%* OFF			INSTANT DISCOUNT 800* OFF		
Coty eX'clama'tion Perfumed Body Spray 90ml / Assorted	Coty eX'clama'tion Perfumed Body Spray 150ml / Assorted	Coty Gravity Deodorant Body Spray 250ml / Assorted	Good Stuff Perfumed Body Spray 90ml / Assorted	Good Stuff Perfumed Body Spray 100ml / Assorted	Good Stuff Perfumed Body Spray 50ml / Assorted	Lenthéric Perfumed Deodorant Body Spray 150ml / Assorted	Lenthéric Masculin Anti-Perspirant Roll-On 50ml / Assorted	Lenthéric Masculin Anti-Perspirant Roll-On 50ml / Assorted	Mellor & Russell Mister Groomer Deo Spray 150ml	Dove Men+Care Invisible Dry Deodorant 148h	Dove Men+Care Invisible Dry Deodorant 148h	Dove Men+Care Invisible Dry Deodorant 148h	Dove Men+Care Invisible Dry Deodorant 148h	
35 ⁹⁵ Benefit Price	52 ⁹⁵ Benefit Price	62 ⁹⁵ Benefit Price	29 ⁹⁵ Benefit Price	27 ⁹⁵ Benefit Price	19 ⁹⁵ Benefit Price	24 ⁹⁵ Benefit Price	14 ⁹⁵ Benefit Price	14 ⁹⁵ Benefit Price	59 ⁹⁵ Benefit Price	54 ⁹⁵ Benefit Price	54 ⁹⁵ Benefit Price	54 ⁹⁵ Benefit Price	54 ⁹⁵ Benefit Price	
28 ⁷⁶	42 ³⁶	50 ³⁶	22 ³⁶	22 ³⁶	15 ⁹⁶	19 ⁹⁶ each	11 ⁹⁶	11 ⁹⁶	39 ⁹⁵	46 ⁹⁵ each	46 ⁹⁵ each	46 ⁹⁵ each	46 ⁹⁵ each	

*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

<p>2+1 CHEAPEST FREE on ANY Axe Deodorants 150ml AND Roll-Ons 50ml</p> <p>Axe Anti-Perspirant Roll-On 50ml / Assorted</p> <p>14⁹⁵ each</p>			<p>Axe Deodorant Body Spray 150ml Assorted</p> <p>29⁹⁵ each</p>			<p>1 FOR 26⁹⁵ 3 FOR 54⁰⁰ SAVE 26⁸⁵</p> <p>Sanex Anti-Perspirant Roll-On for Men OR Women 50ml / Assorted</p>			<p>1 FOR 23⁹⁵ 3 FOR 54⁰⁰ SAVE 17⁸⁵</p> <p>NIVEA Anti-Perspirant Roll-On for Men OR Women 50ml / Assorted*</p> <p>*Excludes NIVEA Naturally & Beauty Essence</p>		
<p>1 FOR 23⁹⁵ 2 FOR 35⁰⁰ SAVE 12⁹⁰</p> <p>Blade Deodorant Body Spray 150ml Assorted</p>			<p>1 FOR 33⁹⁵ 2 FOR 55⁰⁰ SAVE 12⁹⁰</p> <p>Brut Deodorant Body Spray 120ml Assorted</p>			<p>1 FOR 29⁹⁵ 2 FOR 50⁰⁰ SAVE 9⁹⁰</p> <p>Shower to Shower Deodorant for Men OR Women 150ml / Assorted</p>			<p>1 FOR 59⁹⁵ 2 FOR 82⁰⁰ SAVE 37⁹⁰</p> <p>English Leather Active Sport OR Michael Game Plan Big League OR Ensign Deodorant Body Sprays 250ml</p>		
<p>1 FOR 27⁹⁵ 2 FOR 48⁰⁰ SAVE 7⁹⁰</p> <p>Shield Anti-Perspirant Deodorant for Men OR Women 150ml / Assorted</p>			<p>1 FOR 43⁹⁵ 2 FOR 68⁰⁰ SAVE 19⁹⁰</p> <p>Mitchum Anti-Perspirant Roll-On for Men OR Women 50ml / Assorted</p>			<p>NEW</p> <p>1 FOR 43⁹⁵ 2 FOR 68⁰⁰ SAVE 19⁹⁰</p> <p>Mitchum Anti-Perspirant Deodorant Body Spray for Men OR Women 120ml / Assorted</p>			<p>1 FOR 67⁹⁵ 2 FOR 105⁰⁰ SAVE 30⁹⁰</p> <p>Mitchum Anti-Perspirant Gel Stick for Men OR Women 63g / Assorted</p>		

INSTANT DISCOUNTS

Sign up for your **Dis-Chem** BENEFIT Card in-store or online today! www.dischem.co.za

DENTAL CARE



INSTANT DISCOUNT
70⁰⁰* OFF

Dentalmate Oral Irrigator
Cleans deep between teeth and below the gumline. Gently and effectively improves oral health. USB cord and USB wall charger included.

499⁹⁵
Benefit Price
429⁹⁵

INSTANT DISCOUNT
20⁰⁰* OFF

Dentalmate Interdental Flossers
90-pack

79⁹⁵ per pack
Benefit Price
59⁹⁵ per pack

White Glo Charcoal + Baking Soda Toothpaste
150g PLUS Toothbrush

79⁹⁵
Benefit Price
59⁹⁵

INSTANT DISCOUNT
13⁰⁰* OFF

333 Anti-Bacterial Mouthwash & Gargle
200ml

72⁹⁵
Benefit Price
59⁹⁵

INSTANT DISCOUNT
7⁰⁰* OFF

Dentalmate Oral Salts
120g

41⁹⁵
Benefit Price
34⁹⁵

INSTANT DISCOUNT
5⁰⁰* OFF

Dentalmate Toothbrushes PLUS Caps
5-pack

29⁹⁵ per pack
Benefit Price
24⁹⁵ per pack

*Instant discounts to be deducted when you swipe your **Dis-Chem** Benefit Card

Discovery Vitality members get up to 50% back on these HealthyCare items.

2+1 FREE
on ANY Plackers Dental Flossers

Plackers Flossers
25-pack/35-pack/
36-pack Assorted

32⁹⁵ per pack

2+1 CHEAPEST FREE
on ANY Oral-B Manual Toothbrushes

Oral-B Pro-Flex Toothbrush Soft OR Charcoal Whitening Therapy Toothbrushes
2-pack

89⁹⁵ per pack

1+1 CHEAPEST FREE
on ANY Oral-B Powerbrush Heads 2-pack AND 4-pack

Oral-B Powerbrush Heads
2-pack/4-pack

FROM 219⁹⁵ per pack

50%* OFF
ALL Oral-B Powerbrushes

Oral-B Professional GumCare 2 Powerbrush
229390
2-minute timer with 3D cleaning. Special sensitive mode for sensitive teeth and gums. Pressure sensor.

WAS 1179⁹⁵
NOW 589⁹⁸

*Advertised price already reflects discount

1 FOR 34⁹⁵
2 FOR 50⁰⁰
SAVE 19⁹⁰

Dentalmate ProWhite Toothpaste PLUS Toothbrush
150g

1 FOR 15⁹⁵
3 FOR 36⁰⁰
SAVE 11⁸⁵

CloseUp Toothpaste
125ml Assorted

SAVE 30⁰⁰*

Colgate Optic White Expert Toothpaste
75ml

WAS 94⁹⁵
NOW 64⁹⁵

*Advertised price already reflects discount

FREE

Dentalmate Mouthwash
250ml valued at 24⁹⁵ when you purchase Dentalmate Mouthwash 1 litre

Dentalmate Mouthwash
1 litre / Assorted

54⁹⁵

1 FOR 49⁹⁵
2 FOR 78⁰⁰
SAVE 21⁹⁰

Sensodyne Pronamel Toothpaste
75ml / Assorted

1 FOR 46⁹⁵
2 FOR 70⁰⁰
SAVE 23⁹⁰

Colgate Max White Lasting White OR Total 12 Toothpaste
75ml / Assorted

1 FOR 64⁹⁵
2 FOR 95⁰⁰
SAVE 34⁹⁰

Colgate Optic White OR Naturals Toothpaste
75ml / Assorted*

*Excludes Colgate Optic White Expert Toothpaste 75ml

Look for the Vitality HealthyCare indicator in-store for more. Discovery Vitality (Pty) Ltd, Auth FSP, Limits, Ts&Cs apply.

Promotional offers valid from 24 March to 18 April 2022 while stocks last – may not be available in all stores.

Dis-Chem
PHARMACIES

SMOOTH SAVINGS

Gillette



2+1

CHEAPEST FREE
on ANY Gillette Fusion, Fusion Power, Fusion ProGlide Cartridges 4 AND 8-pack

Fusion 5 Cartridges 4-pack

329⁹⁵
per pack

Fusion 5 Power Cartridges 8-pack

649⁹⁵
per pack



30% OFF

Gillette Fusion 5 Manual 2UP OR Venus & Olay Comfortglide 1UP Razors

Fusion 5 Manual 2UP Razor

WAS 219⁹⁵
153⁹⁷

Venus & Olay Comfortglide 1UP Razor

WAS 189⁹⁵
132⁹⁷

*Advertised prices already reflect discount

INSTANT DISCOUNTS

Exclusive to Benefit Card holders.



INSTANT DISCOUNT

15% OFF

MaxShave TechEdge 5 5-Blade Cartridges 4-pack

199⁹⁵
Benefit Price
169⁹⁶
per pack



INSTANT DISCOUNT

10% OFF

MaxShave Magnum 3 3-Blade Razor Handle PLUS 2 Cartridges

109⁹⁵
Benefit Price
93⁴⁶



INSTANT DISCOUNT

10% OFF

Intima Liquid Soap OR Wash 220ml / Assorted

74⁹⁵
each
Benefit Price
67⁴⁵
each



INSTANT DISCOUNT

30% OFF

DQUIP 5-in-1 Shaver 123965 Beard shaver & trimmer Body groomer Nose hair trimmer Hair cutter stand

209⁹⁵
Benefit Price
179⁹⁵



INSTANT DISCOUNT

30% OFF

Energizer Max AA OR AAA Batteries 12-pack

139⁹⁵
Benefit Price
109⁹⁶
per pack



VALUE SIZE

INSTANT DISCOUNT

5% OFF

Blade Shave Cream 400ml Assorted

41⁹⁵
each
Benefit Price
36⁹⁵
each

*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

Schick



Exacto 2 Sensitive Disposable Razors 7-pack

WAS 34⁹⁵
27⁹⁶
per pack



Quattro for Women Cartridges 4-pack

WAS 169⁹⁵
135⁹⁶
per pack



Xtreme 3 Sensitive Disposable Razors 10-pack

WAS 119⁹⁵
95⁹⁶
per pack



Intuition Variety Edition 1 Razor Handle PLUS 4 Cartridges

WAS 176⁹⁵
141⁵⁶
per pack

20% OFF
Schick products**

*Advertised prices already reflect discount
**Offer only applicable on the above Schick products

SAVE 120⁰⁰*



Wahl Deluxe Travel Kit Trimmer & Grooming Kit 216970 12-piece Lithium battery Comprehensive travel grooming kit

WAS 319⁹⁵
199⁹⁵

SAVE 60⁰⁰*



Philips Nose, Ear & Brow Trimmer 335805 100% comfort, without pulling Protective Guard System

WAS 429⁹⁵
369⁹⁵

1 FOR 83⁹⁵
2 FOR 129⁹⁵
SAVE 37⁹⁵



Duracell Plus AA OR AAA Batteries 4-pack

*Advertised prices already reflect discounts

TOP TEN for Men

BUY ANY 1 GET 2ND AT 50% OFF

3in1 Shower Gel, Shampoo & Shaving Gel 250ml / Assorted

59⁹⁵
each



Active Charcoal Shaving Cream 100ml

24⁹⁵
each



Shaving Cream 100ml

26⁹⁵
each



Hair Removal Cream 150ml

74⁹⁵
each

*Offer only applicable on the cheapest Top Ten for Men product purchased

FEMININE HYGIENE

1 FOR 46⁹⁵
2 FOR 60⁰⁰
SAVE 33⁹⁰



Always DreamZzz Cotton-Soft Maxi Pads 16 Extra Long Night

1 FOR 21⁹⁵
2 FOR 28⁰⁰
SAVE 15⁹⁰



Always Daily Liners Scented OR Unscented 20-pack

VALUE PACK



Always Platinum Ultra Thin Pads Value Pack 14 Long 16 Super Plus

1 FOR 54⁹⁵
2 FOR 63⁰⁰
SAVE 46⁹⁰



Libresse Pads 20 Maxi Normal 18 Maxi Super 16 Maxi Night



1 FOR 34⁹⁵
2 FOR 55⁰⁰
SAVE 14⁹⁰



SuperMax 3 Triple Blade Disposable Razors for Men OR Women 5-pack

WAS 44⁹⁵
36⁹⁵
per pack



No Hair Hair Removal Lotion for Men OR Women 400ml

WAS 97⁹⁵
69⁹⁵
each



Kotex Everyday Pantyliners 20-pack / Assorted

WAS 17⁹⁵
13⁹⁵
per pack



Kotex Young Maxi Pads 8 Super 10 Normal

WAS 18⁹⁵
14⁹⁵
per pack

INSTANT DISCOUNTS

Sign up for your **Dis-Chem** BENEFIT Card in-store or online today! www.dischem.co.za

HOUSEHOLD ESSENTIALS

<p>INSTANT DISCOUNT 1700* OFF</p> <p>Ariel Auto Liquid 1.1/1.5 litres OR Auto Washing Powder 2kg / Assorted OR 3in1 Capsules 14-pack</p> <p>86⁹⁵ Benefit Price 69⁹⁵ each</p>	<p>INSTANT DISCOUNT 700* OFF</p> <p>Home Butler Dishwashing Liquid 1.5 litres</p> <p>39⁹⁵ Benefit Price 32⁹⁵</p>	<p>INSTANT DISCOUNT 700* OFF</p> <p>Handy Andy Spray 500ml Assorted</p> <p>39⁹⁵ Benefit Price 32⁹⁵</p>	<p>INSTANT DISCOUNT 700* OFF</p> <p>Domestos 750ml Assorted</p> <p>34⁹⁵ Benefit Price 27⁹⁵</p>	<p>INSTANT DISCOUNT 700* OFF</p> <p>Doom Aerosol 300ml Assorted</p> <p>38⁹⁵ Benefit Price 31⁹⁵</p>
<p>INSTANT DISCOUNT 3500* OFF</p> <p>Dis-Chem Crystal Water Filter Jug Rose 2.4 litres</p> <p>199⁹⁵ Benefit Price 164⁹⁵</p>	<p>INSTANT DISCOUNT 500* OFF</p> <p>Mortein Instant Killer Aerosol 300ml / Assorted</p> <p>33⁹⁵ Benefit Price 28⁹⁵</p>	<p>INSTANT DISCOUNT 400* OFF</p> <p>Sunlight Extra Dishwashing Liquid 750ml / Assorted**</p> <p>32⁹⁵ Benefit Price 28⁹⁵</p> <p><small>**Offer excludes Sunlight Regular Dishwashing Liquid</small></p>	<p>INSTANT DISCOUNT 300* OFF</p> <p>Sunlight Regular Dishwashing Liquid Refill Pouch 750ml</p> <p>22⁹⁵ Benefit Price 19⁹⁵</p>	

*Instant discounts to be deducted when you swipe your **Dis-Chem** Benefit Card

SAVE 4000*

2+1 CHEAPEST FREE
on ANY Peaceful Sleep products

Peaceful Sleep Liquid Refill Value Pack
2 x 35ml

72⁹⁵ per pack

Peaceful Sleep Superior Mosquito Mats
30-pack

49⁹⁵ per pack

Poo-Pourri Toilet Spray
41ml / Assorted

WAS 139⁹⁵
99⁹⁵ each

*Advertised price already reflects discount

NEW

2+1 CHEAPEST FREE
on ANY Sta-Soft Fabric Conditioner 500ml AND 1 Litre

4X CONCENTRATED
MORE FRAGRANCE
LONG LASTING FRESHNESS

Ultra Concentrate Fabric Conditioner
500ml / Assorted

48⁹⁵ each

Ultra Concentrate Fabric Conditioner
1 litre / Assorted

78⁹⁵ each

OMO Auto Washing Powder
2kg / Assorted
OR Auto Liquid
1.5 litres Assorted

WAS 74⁹⁵
62⁹⁵ each

BUY 1 GET 1 FREE
SAVE 229⁹⁵*

Finish 0% Powerball
56 tablets

229⁹⁵ each

*Offer only applicable on Finish 0% Powerball 56 tablets

HOME butler

Dishwash Tablets
9-pack

1 FOR 26⁹⁵
3 FOR 65⁰⁰
SAVE 15⁸⁵

Budget Bags Bulk Pack
50-pack

1 FOR 74⁹⁵
2 FOR 110⁰⁰
SAVE 39⁹⁰

DON'T LET ANYTHING GET YOU DOWN

ALL ASPECTS OF HOME CARE DONE AND DUSTED.

HOME butler
HOME'S HELPING HAND

Handy Andy Cream
750ml / Assorted

1 FOR 27⁹⁵
2 FOR 42⁰⁰
SAVE 13⁹⁰

Comfort Concentrated Fabric Conditioner
800ml / Assorted

1 FOR 49⁹⁵
3 FOR 115⁰⁰
SAVE 34⁸⁵

Baby Soft 2-Ply Toilet Rolls
9-pack **OR** Supreme Quilts 12-pack
PLUS Moist Toilet Tissues 42-pack

BUY BOTH FOR 79⁹⁵
SAVE 15⁹⁵

ALL ABOUT HEALTH & WELLNESS



Rennie Duo Suspension
100ml

WAS 68⁹⁵
NOW 37⁹⁵



Rennie Antacid
48 chewable tablets
Assorted

51⁹⁵
each



Gaviscon Double Action
600ml / Assorted

249⁹⁵

Dis-Chem
CLINIC
CONNECT

CONNECTING YOU TO A VIRTUAL DOCTOR

Let our nurses & virtual doctors take care of you & your family.



Dis-Chem
App

Our Pharmacy in your hand

DOWNLOAD NOW

Order scripts, script reminders,
view repeat scripts, book
appointments and
shop online.

BOOST
YOUR
IMMUNE
SYSTEM

Dis-Chem
PackMyMeds

REPEAT MEDICINES MADE EASY

Ensure you receive your
chronic medication on time, every time.



SHOP ONLINE



DELIVERED TO YOUR DOOR
OR COLLECT FROM ANY Dis-Chem
STORE NATIONWIDE

Free delivery on orders of R200* or more in major
metropolitan areas. No charge for collection in-store.



GET YOUR
MEDICATION
YOUR WAY

EXPERT
PHARMACY
ADVICE



Movicol
20-pack

WAS 149⁹⁵
NOW 135⁹⁵



Lacson Syrup
150ml

46⁹⁵



Inteflora 250
10 capsules

WAS 99⁹⁵
NOW 79⁹⁵



Lennon
Wonderkroonessens
20ml

WAS 23⁹⁵
NOW 18⁹⁵



Rehidrat Sport OR
Rehidrat
6-pack / Assorted

69⁹⁵
each



Vermox
SD Suspension
10ml / Assorted

44⁹⁵

SAME
TRUSTED
PRODUCT

READY TO
WORK IN
10
SECONDS*

GRAND-PA HEADACHE TABLETS. Each tablet contains: Aspirin 225mg, Paracetamol 162.5mg, Caffeine 32.4mg. Reg. No.: P12 8222. Symptomatic relief of mild to moderate pain. Reference: 1. Diner HC et al. ASA-APAP and caffeine in the treatment of headache: The fixed combination of acetylsalicylic acid, paracetamol and caffeine is more effective than single placebo-controlled parallel group study. Cephalgia. 2005; 25: 776-787. GlaxoSmithKline Consumer Healthcare S.A. (Pty) Ltd. 2014/172939/07. 39 Hawkins Avenue, Epping Industria 1, 7460, Cape Town. For full prescribing information, refer to the package insert approved by the medicines regulatory authority. For any product safety issues, contact GSK on 011 745 6001. Trade marks are owned by or licensed to the GSK group of companies. CH2AF-CHGHPA/0001/19a(1)

RELEASES MEDICINE
5X FASTER



NOW FOR
ADULTS*

FAST PAIN RELIEF*

*Than standard paracetamol tablets. *Also suitable for children 10 to 15 years and older. Reference: 1. Wilson CG, Clarke CP, Starkey YY, Clarke GD. Comparison of a novel fast-dissolving acetaminophen tablet formulation (FD-APAP) and standard acetaminophen tablets using gamma scintigraphy and pharmacokinetic studies. Drug development and industrial pharmacy. 2011 Jul; 1:37(7):747-53.50. CALPOL Tablets. Each tablet contains 500 mg Paracetamol. Reg. no.: 442.7.0321. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 39 Hawkins Avenue, Epping Industria 1, Cape Town, 7460. Reg. No: 2014/173930/07. For full prescribing information refer to the professional information approved by the medicines regulatory authority. For any further information, including safety, please contact the GSK Hotline on +27 11 745 6001 or 0800118274. Always Read label before use. Trademarks are owned by or licensed to GSK group of companies. PM-ZA-CALP-00042

Get **2X faster**
PAIN RELIEF



Use Voltaren Emulgel
Available in 100g at the OTC counter.

*Vs Placebo Reference: 1. Predel HG, Giannetti B, Pabel H, Schaefer A, Hug AM, Burnett I. Efficacy and safety of diclofenac diethylamine 1.16% gel in acute neck pain: a randomized, double-blind, placebo-controlled study. BMC Musculoskelet Disord. 2013;14:250. Published 2013 Aug 21. doi:10.1186/1471-2474-14-250. [50] 20 g & 50 g [51] 100 g Voltaren Emulgel. Each 100 g of gel contains 1.16 g diclofenac diethylamine corresponding to 1 g diclofenac sodium. Reg. No.: U3.1/77. Indicated for use in adults and adolescents older than 12 years. Safety in pregnancy and lactation has not been established. Consult your pharmacist/healthcare professional if needed. GlaxoSmithKline Consumer Healthcare South Africa (Pty) Ltd. 39 Hawkins Avenue, Epping Industria 1, Cape Town, 7460. Reg. No: 2014/173930/07. For full prescribing information refer to the professional information approved by the medicines regulatory authority. For any further information, including safety, please contact the GSK Hotline on +27 11 745 6001 or 0800118274. Always Read the label before use. Trademarks are owned by or licensed to GSK group of companies. PM-ZA-VOLT-22-00013

BOOK
YOUR FLU
INJECTION
TODAY!

STOP
FLU

Flu risk reduced
60%
by vaccine*

Stay
up to date
with your
COVID
vaccine

Both the
Flu and the
COVID vaccine
can be administered
at the same time

Dis-Chem
**WELLNESS
CLINIC**



*This information has been reviewed and approved by Rosine Angbanzan, MPH (September 2019).

Get your flu vaccine now, available at all Dis-Chem Wellness Clinics. To book an appointment contact the clinic call centre on 086 111 7427 or email: clinicqueries@dischem.co.za. Book an appointment online on www.dischem.co.za or via the App.

Promotional offers valid from 24 March to 18 April 2022 while stocks last – may not be available in all stores. NB: These prices are only valid on cash and card purchases, standard rates apply for all medical aid claims.

HEALTHY LIVING

INSTANT DISCOUNTS

Exclusive to Benefit Card holders.



INSTANT DISCOUNT
15% OFF



Insolyn IR
60 tablets

~~259⁹⁵~~
Benefit Price
220⁹⁵

INSTANT DISCOUNT
15% OFF



Biogen
Multivitamin Plus
Value Pack
60 tablets
PLUS 30 tablets

~~199⁹⁵~~
Benefit Price
169⁹⁵

INSTANT DISCOUNT
15% OFF



PromuCoff Syrup
200ml

~~109⁹⁵~~
Benefit Price
93⁴⁶

INSTANT DISCOUNT
10% OFF



Bio-Strath
100 tablets

~~194⁹⁵~~
Benefit Price
184⁹⁵

INSTANT DISCOUNT
13% OFF



Lifestyle Nutrition
Garlic & Parsley
250 softgel capsules

~~92⁹⁵~~
Benefit Price
79⁹⁵



Erex for Men
The 1 Hour
Before Capsule
4 capsules

~~108⁹⁵~~
Benefit Price
89⁹⁵

Erex for Men
uBangalala
4 capsules

~~158⁹⁵~~
Benefit Price
139⁹⁵

INSTANT DISCOUNT
20% OFF



A. Vogel
Molkosan
500ml

~~299⁹⁵~~
Benefit Price
279⁹⁵

INSTANT DISCOUNT
25% OFF



Spectrum
Multivitamin
OR Senior
Multivitamin
120 tablets

~~324⁹⁵~~
Benefit Price
299⁹⁵



Ciplaton
60 capsules

~~124⁹⁵~~
Benefit Price
99⁹⁵

*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

Vital

Multi Protect
30 softgel capsules

199⁹⁵ each



Immune Ultra
10 effervescent tablets

69⁹⁵ each

**2+1
CHEAPEST
FREE**
on ANY Vital
products

Calcium
Complex
30 tablets

79⁹⁵ each



Zinc
Complex
90 tablets

99⁹⁵ each



Multivitamin
for Men
OR Women
30 film-coated tablets

129⁹⁵ each



Omega 3 OR 3, 6 & 9
OR 3 & 6
30 softgel capsules

85⁹⁵ each

DID YOU KNOW

Fat-soluble vitamins like vitamin A, E and D require some fat to be present in order to optimise their absorption in our digestive systems. So, if you prefer to take your vitamins after breakfast, but your breakfast does not contain a lot of fats or oils, consider taking these with a meal that does instead.

Dis-Chem
PHARMACIES

COVID-19 Vaccination sites



Standard
Bank

For a list of vaccination sites and how to register, visit our website at www.dischem.co.za/covid-19-vaccination and scroll down.

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INSTANT DISCOUNTS

Sign up for your **Dis-Chem** BENEFIT Card in-store or online today!
www.dischem.co.za

 <p>INSTANT DISCOUNT 10⁰⁰* OFF</p> <p>Lifestyle Nutrition Aloe Vera Concentrate 1 litre</p> <p>50⁹⁵ Benefit Price 40⁹⁵</p>	 <p>INSTANT DISCOUNT 10⁰⁰* OFF</p> <p>Entiro Probiotic 30 capsules</p> <p>169⁹⁵ Benefit Price 159⁹⁵</p>	 <p>INSTANT DISCOUNT 25⁰⁰* OFF</p> <p>Biogen Digestive Enzymes 60 capsules PLUS 10 capsules</p> <p>144⁹⁵ Benefit Price 119⁹⁵</p>	 <p>INSTANT DISCOUNT 26⁰⁰* OFF</p> <p>VirAway Cold & Flu Immune System Enhancer 60 capsules PLUS 60 capsules</p> <p>215⁹⁵ per pack Benefit Price 189⁹⁵ per pack</p>	 <p>INSTANT DISCOUNT 30⁰⁰* OFF</p> <p>XtensiFlora9 Probiotic 60 vegicaps</p> <p>249⁹⁵ Benefit Price 219⁹⁵</p>
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*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

 <p>SAVE 20⁰⁰*</p> <p>A. Vogel Echinaforce Echinacea Drops 100ml</p> <p>WAS 239⁹⁵ NOW 219⁹⁵</p>	 <p>SAVE 15⁰⁰*</p> <p>A. Vogel Echinaforce Forte Echinacea Tablets 30 tablets</p> <p>WAS 144⁹⁵ NOW 129⁹⁵</p>	 <p>SAVE 61⁰⁰*</p> <p>Cal-C-Vita Immune Support 30 effervescent tablets</p> <p>WAS 226⁹⁵ NOW 165⁹⁵</p>	<p>BUY BOTH FOR 112⁹⁵ SAVE 66⁹⁵</p>  <p>PromuCoff Syrup 100ml PLUS VirAway Immune Junior Syrup 200ml</p>
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*Advertised prices already reflect discounts

ProbiFlora™

 <p>Adult Everyday Flora Balance 2 Strain 30 capsules</p> <p>WAS 112⁹⁵ NOW 90³⁶</p>	 <p>Adult Classic Bowel Support 4 Strain 30 capsules</p> <p>WAS 146⁹⁵ NOW 117⁵⁶</p>
 <p>Adult Intensive Rescue 9 Strain 30 capsules</p> <p>WAS 179⁹⁵ NOW 143⁹⁶</p>	<p>20% OFF ALL ProbiFlora products</p>

*Advertised prices already reflect discount

10% OFF ALL Bioplus products

1+1 FREE on Biogen Junior Probiotic Drops 5ml

15% OFF Flugon 50 capsules

SAVE 20⁰⁰* Pro Collagen

 <p>Bioplus Vit-ality Vitamin C 1000mg 10 effervescent tablets</p> <p>WAS 64⁹⁵ NOW 58⁴⁶</p>	 <p>Biogen Junior Probiotic Drops 5ml</p> <p>129⁹⁵ each</p>
 <p>Flugon 50 capsules</p> <p>WAS 114⁹⁵ NOW 97⁷¹</p>	 <p>Pro Collagen 90 capsules</p> <p>WAS 254⁹⁵ NOW 234⁹⁵</p>

*Advertised prices already reflect discounts

SOLAL® HEALTHY AGING SPECIALISTS

 <p>ALL YOU NEED FOR MEN AGES 20-50 90 capsules</p> <p>WAS 259⁹⁵ NOW 207⁹⁶ each</p>	 <p>ALL YOU NEED FOR WOMEN AGES 20-50 90 capsules</p> <p>WAS 259⁹⁵ NOW 207⁹⁶ each</p>
 <p>ALL YOU NEED FOR MEN AGES 50+ 90 capsules</p> <p>WAS 259⁹⁵ NOW 207⁹⁶ each</p>	 <p>ALL YOU NEED FOR WOMEN AGES 50+ 90 capsules</p> <p>WAS 259⁹⁵ NOW 207⁹⁶ each</p>
 <p>OMEGA-3 KRILL OIL 60 capsules</p> <p>WAS 309⁹⁵ NOW 247⁹⁶</p>	

20% OFF ALL Solal All You Need AND Omega-3 Krill Oil products

*Advertised prices already reflect discount

Dis-Chem PHARMACIES

Promotional offers valid from 24 March to 18 April 2022 while stocks last. May not be available in all stores. NB: These prices only valid on cash and card purchases. Standard rates apply for all medical aid claims. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

INSTANT DISCOUNTS

Exclusive to Benefit Card holders.



INSTANT DISCOUNT

10%* OFF

Calcium Sandoz Forte
40 effervescent tablets

~~173⁹⁵~~
156⁵⁶



INSTANT DISCOUNT

15%* OFF

A. Vogel Multiforce Alkaline Powder
105g / Assorted

~~108⁹⁵~~
92⁶¹



INSTANT DISCOUNT

15%* OFF

Gold Glucosamine
240 tablets

~~251⁹⁵~~
214¹⁶



INSTANT DISCOUNT

15%* OFF

Gold Omega 3 Salmon Oil
1000mg
90 softgel capsules

~~106⁹⁵~~
90⁹¹

B-CAL-D
100 tablets

~~189⁹⁵~~
151⁹⁶

B-CAL-DM
100 tablets

~~199⁹⁵~~
159⁹⁶

B-CAL-D
500 mg Elemental Calcium
125 mg Magnesium
1000 IU Vitamin D3
100 Tablets

INSTANT DISCOUNT

20%* OFF



INSTANT DISCOUNT

20%* OFF

Caltrate Plus
30 tablets

~~133⁹⁵~~
107¹⁶

Lifestyle Nutrition Cal K2
30 tablets

~~148⁹⁵~~
118⁹⁵

ArthraWay Value Pack
90 tablets PLUS 90 tablets

~~259⁹⁵~~
229⁹⁵

INSTANT DISCOUNT

30⁰⁰ OFF

*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card

15%* OFF

Chela-Fer Iron Supplement
15mg 60 tablets and 24mg 30 tablets

Chela-Fer
Iron Supplement
24mg
30 tablets

~~WAS 214⁹⁵~~
182⁷¹

Chela-Fer
Iron Supplement
15mg
60 tablets

~~WAS 299⁹⁵~~
254⁹⁶

*Advertised prices already reflect discount

15%* OFF

Gold Slow Release Magnesium
100 tablets

~~WAS 84⁹⁵~~
72²¹

Dis-Chem GOLD
SLOW RELEASE MAGNESIUM

*Advertised price already reflects discount

Dis-Chem GOLD
CAYENNE

Gold Cayenne
60 vegcaps

~~WAS 86⁹⁵~~
74⁹⁵

Dis-Chem GOLD
IRON PLUS HIGH STRENGTH

Gold Iron Plus
60 tablets

~~WAS 124⁹⁵~~
99⁹⁵

Dis-Chem GOLD
WATERFREE

Gold Waterfree
60 vegcaps

~~WAS 99⁹⁵~~
84⁹⁵

Slow-Mag

2+1 CHEAPEST FREE
on Slow-Mag products*

BEAT YOUR SLUMP

Fizzies
20 effervescent

~~136⁹⁵~~
each

Fizzies
10 effervescent

~~73⁹⁵~~
each

Slow-Mag
60 Capsules

~~229⁹⁵~~
each

Slow-Mag
30 Capsules

~~144⁹⁵~~
each

*Offer only applicable on the above Slow-Mag products

1 FOR 208⁹⁵
2 FOR 269⁹⁵
SAVE 147⁹⁵

Slow-Mag
100 Capsules

Fizzies
30 effervescent tablets

~~WAS 329⁹⁵~~
229⁹⁵

10%* OFF

Natura Biochemic Tissue Salt Simplex products

Natura Biochemic Calc Fluor Tissue Salts
125 tablets

~~WAS 57⁹⁵~~
52¹⁶

*Advertised price already reflects discount

PREGNAVIT M
Before, during and after pregnancy

Pregnavit M
30 capsules

~~WAS 112⁹⁵~~
99⁹⁵

2+1 CHEAPEST FREE
on ANY Himalaya products

Gelusil Plus
Heartburn relief in pregnancy

Gelusil Plus Suspension
200ml

~~WAS 126⁹⁵~~
115⁹⁵

Himalaya Neem Skin Wellness
60 capsules

~~119⁹⁵~~
each

Biogen ZINC POWDER
100g

Biogen Zinc Powder
100g

~~WAS 129⁹⁵~~
99⁹⁵

Biogen Circu-Vine
30 capsules

~~WAS 219⁹⁵~~
199⁹⁵

INSTANT DISCOUNTS

Sign up for your **Dis-Chem** BENEFIT Card in-store or online today!
www.dischem.co.za



INSTANT DISCOUNT
10⁰⁰ OFF
 Biogen Junior Zinc Mune Syrup 200ml
 64⁹⁵
 Benefit Price
 54⁹⁵



INSTANT DISCOUNT
15%* OFF
 Phytolipid 60 tablets
 289⁹⁵
 Benefit Price
 246⁴⁶



INSTANT DISCOUNT
15%* OFF
 Biogen Co-Enzyme Q10 150mg 60 capsules
 308⁹⁵
 Benefit Price
 262⁶¹



INSTANT DISCOUNT
15⁰⁰ OFF
 Lifestyle Nutrition Vitamin C OR Multi-Vitamin and Mineral Gummy Bears 60 bears
 99⁹⁵
 Benefit Price
 84⁹⁵



INSTANT DISCOUNT
40⁰⁰ OFF
 Biogen Magnesium Glycinate 60 tablets
 239⁹⁵
 Benefit Price
 199⁹⁵



INSTANT DISCOUNT
30⁰⁰ OFF
 Biogen CBD Sleep with MCT Oil 30ml
 299⁹⁵
 Benefit Price
 269⁹⁵



INSTANT DISCOUNT
20⁰⁰ OFF
 Biogen Joint Care 120 tablets
 219⁹⁵
 Benefit Price
 199⁹⁵



INSTANT DISCOUNT
20⁰⁰ OFF
 Biogen Multi Mune Syrup 200ml
 159⁹⁵
 Benefit Price
 139⁹⁵

*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card



Youthful Living Collagen + CBD 60 capsules
 WAS 399⁹⁵
 NOW 359⁹⁵



MenaCal.7 Value Pack 90 tablets
 WAS 319⁹⁵
 NOW 271⁹⁶

2+1 CHEAPEST FREE
 on ANY Natura Rescue products



Natura Rescue Drops 25ml
 113⁹⁵ each

Natura Rescue Tablets 150 tablets
 139⁹⁵ each

Natura Rescue Spray 25ml
 149⁹⁵ each



Growing Pains Day & Night 30 snap-caps
 119⁹⁵ each

Growing Pains Gel 75g
 109⁹⁵ each

1+1 CHEAPEST FREE
 on ANY Growing Pains products



BioPlus Syrup 200ml
 WAS 84⁹⁵
 NOW 76⁴⁶

BioPlus Stimulant Free Booster 30 effervescent tablets
 WAS 219⁹⁵
 NOW 197⁹⁶

10%* OFF
 ALL BioPlus products

BioPlus 10 effervescent tablets
 WAS 79⁹⁵
 NOW 71⁹⁶ each



25%* OFF
 ALL ReVite Super B Energy products

ReVite Super B Energy Injection 60 tablets
 WAS 209⁹⁵
 NOW 157⁴⁶

ReVite Super B Energy & Anti-Stress 30 effervescent tablets
 WAS 184⁹⁵
 NOW 138⁷¹



Nativa Complex Junior OmegaBurst 60 chewable soft gel capsules
 WAS 219⁹⁵
 NOW 189⁹⁵ each



BioPlus Booster Sachets 12-pack
 WAS 59⁹⁵
 NOW 53⁹⁶



20%* OFF
 ALL ReThink CBD Tea products

ReThink CBD Tea 10 teabags Assorted
 WAS 99⁹⁵
 NOW 79⁹⁶ each

DID YOU KNOW

Multivitamins

Can help boost your daily nutrition levels. They may also help maintain muscle strength and improve your memory. Speak to our friendly in-store consultants to advise you on the right products for you.

Dis-Chem
 PHARMACIES

*Advertised prices already reflect discount

*Advertised prices already reflect discounts

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HEALTH FOODS



REBUILD OUR FUTURE



1 FOR 45⁹⁵
2 FOR 68⁰⁰
SAVE 23⁹⁰

Smart+ Food
Granola Crunch
425g / Assorted
OR Smart+ Food
500g / Assorted



1 FOR 74⁹⁵
2 FOR 100⁰⁰
SAVE 49⁹⁰

Smart+ Food
High Protein
500g / Assorted



1 FOR 54⁹⁵
2 FOR 80⁰⁰
SAVE 29⁹⁰

Crunch Granola Bars
5-pack Assorted



1 FOR 27⁹⁵
2 FOR 38⁰⁰
SAVE 17⁹⁰

Tots Toddler Cereal with Milk
250g / Assorted



2+1
FREE
on FutureLife Bran+ Flakes 910g PLUS Probiotics 10 capsules

Bran+ Flakes 910g PLUS Probiotics 10 capsules
71⁹⁵ each

INSTANT DISCOUNTS

Exclusive to Benefit Card holders.



INSTANT DISCOUNT
40⁰⁰* OFF

Lifestyle Food Xylitol Sugar Replacement 1kg

169⁹⁵ Benefit Price
129⁹⁵



INSTANT DISCOUNT
40⁰⁰* OFF

Lifestyle Food Choice Grade Irradiated Honey 1kg

169⁹⁵ Benefit Price
129⁹⁵ each



INSTANT DISCOUNT
20%* OFF

EVE Green Tea

169⁹⁵ Benefit Price
135⁹⁵



INSTANT DISCOUNT
10⁰⁰* OFF

B-well Non-Stick Canola Baking OR Cooking Spray 300ml

39⁹⁵ Benefit Price
29⁹⁵ each

*Instant discounts to be deducted when you swipe your Dis-Chem Benefit Card



Nescafé Gold Almond OR Coconut Latte 6-pack

WAS 59⁹⁵
NOW 49⁹⁵ per pack



Bean There Coffee 250g / Assorted

WAS 89⁹⁵
NOW 79⁹⁵ each



Nescafé Gold Espresso OR Alta Rica OR Festive Edition 200g

WAS 119⁹⁵
NOW 109⁹⁵ each

*Advertised price already reflects discount



Simply Delish Suki Sweetener 750g

WAS 149⁹⁵
NOW 134⁹⁵

Canderel Original Café Sticks 200 café sticks

WAS 109⁹⁵
NOW 99⁹⁵

Health Connection Wholefoods Stevia Liquid Vanilla 150ml

WAS 74⁹⁵
NOW 59⁹⁵

Equal Sweetener 300 tablets

*Advertised price already reflects discount



1 FOR 184⁹⁵
2 FOR 250⁰⁰
SAVE 119⁹⁰

Lifestyle Food Raw Almonds Value Pack 750g



1 FOR 24⁹⁵
2 FOR 40⁰⁰
SAVE 9⁹⁰

Plato's Chips 125g Assorted

INSTANT DISCOUNTS

Sign up for your **Dis-Chem** BENEFIT Card in-store or online today! www.dischem.co.za

INSTANT DISCOUNT
900* OFF

Lifestyle Food Oat Milk 1 litre

43⁹⁵
Benefit Price
34⁹⁵

INSTANT DISCOUNT
700* OFF

Lifestyle Food Coconut Milk 1 litre

52⁹⁵
Benefit Price
43⁹⁵

INSTANT DISCOUNT
600* OFF

Lifestyle Food Barista Blend Oat Milk 1 litre

45⁹⁵
Benefit Price
39⁹⁵

INSTANT DISCOUNT
500* OFF

B-well Mayonnaise 375g
OR Tangy Mayonnaise 750g / Assorted

34⁹⁵
Benefit Price
29⁹⁵

*Instant discount to be deducted when you swipe your **Dis-Chem** Benefit Card

3+1 FREE
on Youthful Living Banana Chips 70g / Assorted

Youthful Living Banana Chips 70g / Assorted

24⁹⁵
each

3+1 FREE
on Barry's Bars*

Barry's Bar 45g/50g / Assorted

17⁹⁵
each

3+1 FREE
on ANY Safari Peanuts & Raisins 55g/60g

Safari Peanuts & Raisins 55g/60g / Assorted

7⁹⁵
each

20%* OFF
ALL Safari Dried Fruit & Cashews

Safari Roasted & Salted Cashews 100g

WAS 50⁹⁵
NOW 40⁷⁶

20%* OFF
ALL Safari Dried Fruit & Cashews

Safari Apricot Mixed Fruit Roll 80g

WAS 16⁹⁵
NOW 13⁵⁶

*Advertised prices already reflect discount

Nutrinuts Corn Chutney 500g / Assorted

WAS 46⁹⁵
NOW 39⁹⁵

Nutrinuts Ouma se Appelkoesie 350g

WAS 54⁹⁵
NOW 49⁹⁵

3+1 CHEAPEST FREE
on ANY Lifestyle Food Spices AND Olive Oils

Lifestyle Food Parsley OR Rosemary 10g

13⁹⁵
each

3+1 CHEAPEST FREE
on ANY Lifestyle Food Spices AND Olive Oils

Lifestyle Food Ground Coriander OR Paprika 40g / Assorted

14⁹⁵
each

3+1 CHEAPEST FREE
on ANY Lifestyle Food Spices AND Olive Oils

Lifestyle Food Canola Oil & Extra Virgin Olive Oil 1 litre

54⁹⁵
each

HEALTHY FOODS

Let's face it, we all want a healthier lifestyle, and we know that what we put into our bodies has a lot to do with what we get out of them.

The Lifestyle Food range of products contains high quality ingredients, carefully sourced to accommodate your unique dietary requirements.

Scan QR code to visit our new Lifestyle Food website with exciting recipes and products



BISCUITS

Who doesn't like a delicious biscuit or two with their morning cup of coffee or tea, not to mention a sneaky lunchbox snack? No reason to feel guilty though, as you'll find a wide range of healthy biscuits and cookies to choose from at **Dis-Chem**, that are packed with tasty goodness.

10% OFF
ALL Nairn's Gluten Free Biscuits 160g

Nairn's Gluten Free Biscuits 160g / Assorted

WAS 51⁹⁵
NOW 46⁷⁶
each

*Advertised price already reflects discount

Gullón Sugar Free Digestive Biscuits 400g

WAS 42⁹⁵
NOW 32⁹⁵

Gullón Sugar Free Choc Chip Cookies 125g

WAS 29⁹⁵
NOW 19⁹⁵
each

Nature Valley Crunchy Oat Bars 6-pack / Assorted

WAS 57⁹⁵
NOW 49⁹⁵
per pack

Dis-Chem
PHARMACIES

SPORTS SUPPLEMENTS

3+1 FREE
on ANY NPL #21 Protein Bars 65g



NPL #21 Protein Bar 65g / Assorted

32⁹⁵ each

3+1 FREE
on ANY Biogen Whey Oats Bars 55g



Biogen Whey Oats Bar 55g / Assorted

19⁹⁵ each

3+1 FREE
on ANY Evox Maxilean Protein Bars 65g



Evox Maxilean Protein Bar 65g / Assorted

32⁹⁵ each

3+1 FREE
on ANY Grenade Carb Killa High Protein Bars 60g



Grenade Carb Killa High Protein Bar 60g / Assorted

44⁹⁵ each

3+1 CHEAPEST FREE
on ANY USN Trust Crunch Protein Bars 60g



USN Trust Crunch Protein Bar 60g / Assorted

FROM 38⁹⁵ each



NUTRITIONAL PERFORMANCE LABS

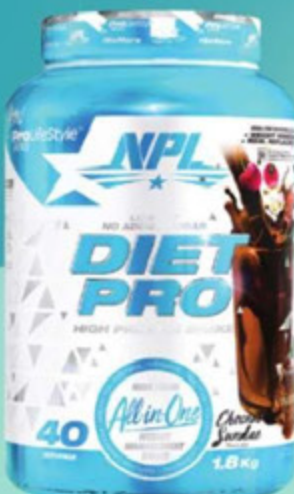
FAT METABOLISING
STRESS AND SLEEP SUPPORT



Night Time Burn 90 capsules

WAS 279⁹⁵
NOW 219⁹⁵

HIGH PROTEIN
WEIGHT CONTROL SHAKE



Diet Pro 1.8kg / Assorted

WAS 599⁹⁵
NOW 499⁹⁵

ULTIMATE PRE-WORKOUT
FOR PUMP & STRENGTH



Hyper Pump II 500g / Assorted

WAS 499⁹⁵
NOW 399⁹⁵

MAXIMISE
TESTOSTERONE SUPPORT



Pro Test 150 capsules

WAS 579⁹⁵
NOW 499⁹⁵

EXTREME
WEIGHT LOSS AID



Thermo Cuts Black 80 capsules

WAS 599⁹⁵
NOW 499⁹⁵

SCAN THE QR CODE TO GET YOUR FREE MEAL PLAN.



PRIMAL
SPORTS NUTRITION



Skinny Whey 900g / Assorted

WAS 419⁹⁵
NOW 369⁹⁵



Diet Shake 900g / Assorted

WAS 279⁹⁵
NOW 239⁹⁵



Energy Amino 390g / Assorted

WAS 249⁹⁵
NOW 199⁹⁵



CLA Banded Pack 3 x 90 softgel capsules

WAS 349⁹⁵
NOW 299⁹⁵ per pack

Dis-Chem
PHARMACIES

planetfitness

PLANET FITNESS MEMBERS EARN AN ADDITIONAL
10% BACK IN DIS-CHEM BENEFIT REWARDS
WHEN PURCHASING ANY OF THESE GREAT BRANDS

take 10% BACK

EVox


Biogen

USN

Muscle Science


*Exclusively available at Dis-Chem Pharmacies. T's and C's apply. Check dischem.co.za for more info

1 FOR 13⁹⁵
2 FOR 19⁹⁵
SAVE 7⁹⁵




USN
Spike Qhush
Energy Drink
500ml / Assorted

1 FOR 17⁹⁵
2 FOR 29⁹⁵
SAVE 5⁹⁵




BioPlus
Energy Drink
440ml / Assorted

1 FOR 18⁹⁵
2 FOR 29⁹⁵
SAVE 7⁹⁵




BioPlus
Sugar Free
Energy Drink
440ml / Assorted

1 FOR 14⁹⁵
2 FOR 19⁹⁵
SAVE 9⁹⁵




NPL
Hustle
Energy Drink
440ml / Assorted

1 FOR 29⁹⁵
2 FOR 49⁹⁵
SAVE 9⁹⁵



Grenade
Energy Drink*
330ml / Assorted

1 FOR 9⁹⁵
2 FOR 15⁹⁵
SAVE 3⁹⁵



Switch
Energy Drink
500ml / Assorted

*Grenade Energy Drink available at selected stores or online at dischem.co.za



USN
BCAA
12:1:1
HIGH IMPACT AMINO SYSTEM

BCAA 12:1:1
315g Assorted
WAS 299⁹⁵
NOW 249⁹⁵



USN
CREATINE HCl
3824mg
SUPER STRENGTH CREATINE HCl

Creatine HCl
100 capsules
WAS 194⁹⁵
NOW 169⁹⁵



USN
QHUSH
HYPERDRIVE PRE-WORKOUT

Hyperdrive Qhush
Pre-Workout
210g / Assorted
WAS 199⁹⁵
NOW 169⁹⁵



USN
TESTO 9H ULTRA
1250mg
REACH MAXIMUM TESTOSTERONE LEVELS

Testo 9H Ultra
120 capsules
WAS 349⁹⁵
NOW 299⁹⁵



USN
FAST GROW ANABOL 9H
7800mg
ALL-IN-ONE ULTRA LEAN GAINER

Fast Grow Anabol 9H
4kg Assorted
WAS 639⁹⁵
NOW 599⁹⁵



Biogen
EDGE
RAGE ENERGY 2.0
EXTREME PRE-WORKOUT

Rage Energy 2.0
360g / Assorted
WAS 299⁹⁵
NOW 249⁹⁵



Biogen
EDGE
RAGE TESTO
STAMINA & PERFORMANCE

Rage Testo
120 capsules
WAS 469⁹⁵
NOW 399⁹⁵



Biogen
EDGE
RAGE ULTRA FUEL
VOLUMIZING INTRA-WORKOUT

Rage Ultra Fuel
550g
WAS 299⁹⁵
NOW 249⁹⁵



Biogen
EDGE
RAGE ULTRA MASS
CUTTING-EDGE MUSCLE BUILDING FORMULATION

Rage Ultra Mass
4kg / Assorted
WAS 519⁹⁵
NOW 449⁹⁵



Dis-Chem
Benefit Card
The more you swipe, the more you save, the more you give.



Dis-Chem
Foundation
Caring for the Community



click&collect
Delivered to your door OR collect from any Dis-Chem store nationwide. Free delivery on orders of 600⁰⁰ or more in metropolitan areas. No charge for collection in-store.



SHOP ONLINE
24/7
Scan QR code to shop directly online



Dis-Chem
DeliverD
From US to YOU On Demand



Download or update the **Dis-Chem** App today
Enjoy the convenience of **Dis-Chem** DeliverD



Dis-Chem
PHARMACIES
Pharmacists who care

BOXER MORE EASTER FOR EVERYONE



**MORE
LOW
PRICES**

**MORE
FREE
DEALS**

**MORE
COMBOS**

+ R75
When you Spend R750

*Ts & Cs Apply

AS SEEN ON
TV



FRESH WAVE
Hand Washing
Powder



BUY FOUR

220

4 x 3kg

**& GET THIS
FREE!**

SPEKKO Long Grain Parboiled Rice 10kg, WHITE STAR Super Maize Meal 10kg,
SASKO Cake Wheat Flour 10kg & LUCKY STAR Pilchards Assorted 4 x 400g



BUY THREE

60

3 x 500g



SASKO
Premium
Slices White
Bread

BUY TWO

22

2 x 700g



GOLDI
IQF Mixed
Chicken
Portions

158⁹⁹

5kg



COCA-COLA
Original Soft
Drinks

BUY TWO

40

2 x 2L



BUY ALL

349

per combo



EXCELLA
Sunflower Oil

BUY TWO

119

2 x 2L

PRICES VALID: 24/03/2022 - 10/04/2022

GET R75 WHEN YOU SPEND R750* ON ADVERTISED PRODUCTS
To be redeemed between 11th April to 18th April 2022 ONLY!

*Ts & Cs Apply

19⁹⁹
2kg each

CLOVER
Medium Cream
Amasi

2kg

24⁹⁹
400g each

CLOVER
Go Nuts Smooth
Peanut Butter

400g

BUY THREE 69

+ & GET THIS FREE!

3 x 2kg

3 x 400g

MORE EASTER FOR EVERYONE

BUY TWO 78

STORK
Country Spread Tub

1kg

58⁹⁹

CLOVER
Berg Processed Cheese
Assorted

800g

BUY TWO 40

CLOVER
Full Cream Processed Cheese
Slices Assorted

180g

49⁹⁹

THOMPSONS
Viennas Assorted

1kg

27⁹⁹

ALL GOLD
Smooth Apricot Jam

900g

BUY TWO 299

MAMA'S
Chilli Russians

4kg

59⁹⁹

CLOVER
Mooi River
Butter

500g

49⁹⁹

BEST COOK
French / Chicken
Polony

2kg each

29⁹⁹

ESKORT
Smoked
Viennas

500g

23⁹⁹

ESKORT
Shoulder / Rindless
Back Bacon

200g each

159⁹⁹

Frozen Value
Chicken
Drumsticks

4kg

159⁹⁹

Frozen Sliced
Pork Chops

3kg

129⁹⁹

Frozen Sliced
Beef Liver

3kg

99⁹⁹

Frozen
Chicken Feet
(Large)

3kg

CLOVER
Classic Smooth
Low Fat Yoghurt
Based Dairy Snack
Assorted

6 x 100g

12⁹⁹
(6 x 100g) each

BUY SIX
66
6 x (6 x 100g)

CLOVER
Classic
CUSTARD
VANILLA FLAVOURED

1L

19⁹⁹
1L each

BUY FOUR
60
4 x 1L

GET R75 WHEN YOU SPEND R750* ON ADVERTISED PRODUCTS

To be redeemed between 11th April to 18th April 2022 ONLY!
*Ts & Cs Apply

CLOVER
Bliss Yoghurt
Assorted

each

1kg

29⁹⁹
1kg each

CLOVER
Fresh Milk
Assorted

2L

24⁹⁹
2L

CLOVER
Tropika Dairy Fruit
Mix Assorted 2L /
CLOVER
Krush 100% Fruit
Juice Blend Assorted
1.5L

2L

1.5L

each

28⁹⁹
each

NUMBER 1
Mageu
Assorted

1L

12⁹⁹
1L

DAIRYMAID
Farmhouse Ice Cream
Assorted

5L

74⁹⁹
5L

GOLDI
Frozen Chicken Heads & Feet

1kg

BUY TWO
18
2 x 1kg

BEST COOK
MIXED VEGETABLES

1kg

21⁹⁹
1kg

MAMA'S
Straight Cut Frozen
Potato Chips

2kg

BUY THREE
99
3 x 2kg

30's
Large Eggs

54⁹⁹
30's

THOMPSON'S
Chicken / Beef Patties

1kg

39⁹⁹
1kg each

Fresh Beef
Shisa Nyama
(Class A)

88⁹⁹
per kg

Fresh Lean
Beef Mince

84⁹⁹
per kg

BOXER
Oukraal Wors

76⁹⁹
per kg

MAMA'S
Chilli
Russians

44⁹⁹
per kg



CADBURY
Lunch Bar / P.S. /
5 Star Chocolate
Bars

5's

each

BUY FIVE

50

5's

& GET THIS
FREE!



85g

#REAL
Milk
Chocolate
Slabs
Assorted

85g

BUY THREE

36

3 x 85g

& GET THIS
FREE!

MORE EASTER FOR EVERYONE



ALIBI MAX
Chocolate
Bars
Assorted

49g

49g

BUY THREE

27

3 x 49g

& GET THIS
FREE!



Go Fresh

33g

SOLEN
Go Fresh
Chocolate
Bars

33g

BUY FOUR

24

4 x 33g

& GET THIS
FREE!



WAPPS

33g

SOLEN
Wapps
Chocolate
Bars

33g

BUY FOUR

24

4 x 33g

& GET THIS
FREE!



YUM FUN
Pink & White
Mallows

130g

130g

BUY THREE

39

3 x 130g

& GET THIS
FREE!



CRAZY

30g

SOLEN
Crazy Extra
Chocolate
Bars

30g

BUY FOUR

24

4 x 30g

& GET THIS
FREE!



PENGU

75g

PENGU
Sour Fizzy
Assorted

75g

BUY THREE

30

3 x 75g

& GET THIS
FREE!



YUM FUN
JELLY BEARS

75g

YUM FUN
Gummy Jellies
Assorted

75g

BUY THREE

25

3 x 75g

& GET THIS
FREE!



FRIMAX
Hot Pops
Assorted

100g

100g

BUY THREE

21

3 x 100g

& GET THIS
FREE!



Imitation
Cream Ready Made
Cake



109⁹⁹
each

& GET THIS
FREE!

Imitation Cream
Black Forest Cake



79⁹⁹
each

& GET THIS
FREE!

Imitation
Cream Traditional
Easter Cake



59⁹⁹
each

& GET THIS
FREE!

AQUELLE
Khula
Soft Drinks
Assorted

1.5L

BUY FIVE
50
5 x 1.5L

+ & GET THIS FREE!

SCORE
Original Energy
Drink

500ml

BUY FIVE
40
5 x 500ml

+ & GET THIS FREE!

MORE LOW PRICES

MORE FREE DEALS

MORE COMBOS

+ R 75
When you Spend R750

FRUIT BLAST
Dairy Blend Concentrate
Assorted

each

5L

29.99
5L each

WET
Energy Drink

500ml

8.99
500ml

THIRSTI
Flavoured Water
Assorted

500ml

BUY TWO
12
2 x 500ml

APPLETISER /
GRAPETISER
Assorted

1.25L

21.99
1.25L

1L **each** **1L**

17.99
1L each

1L **each** **1L**

1L **each** **1L**

2's **BUY TWO**
12
2's

2L **125g**

BUY BOTH
40
per combo

HOME SQUARE
Printed Tumblers
Assorted

2's

BUY TWO
16
2's

2L **27.99**
2L

FRUITREE
Fruit Nectar Blend
Assorted

1L

BUY FIVE
75
5 x 1L

+ & GET THIS FREE!

Hot Cross Buns
6's

Selected Stores

BUY TWO
28
2 x 6's

+ & GET THIS FREE!

Imitation Cream Buns
6's

Selected Stores

BUY TWO
26
2 x 6's

+ & GET THIS FREE!

Hotdog / Soft Rolls
6's

Selected Stores

BUY TWO
20
2 x 6's

+ & GET THIS FREE!

FRISCO
Instant Coffee

250g

31⁹⁹
250g each

frisco
ORIGINAL
ORIGINAL - ORIGINALE

BUY THREE
78
3 x 250g

PARMALAT
EverFresh Long Life Milk Assorted

6x1L

79⁹⁹
6 x 1L each

BUY TWO
150
2 x (6 x 1L)

MORE EASTER FOR EVERYONE

CRE-MEAR
Creamer

750g

BUY TWO
60
2 x 750g

LAAGER
Rooibos Teabags

40's

19⁹⁹
40's

HENRO
Marie Biscuits

150g

BUY TWO
20
2 x 150g

HENRO
All Day Any Time
Treats Biscuits

200g

BUY TWO
24
2 x 200g

GLEN
Tagless Teabags

AS SEEN ON TV

100's

BUY FIVE
99
5 x 100's

+ GET THIS FREE!

HENRO
My Scotties Shortbread Biscuits

185g

BUY TWO
26
2 x 185g

HENRO
Lemon Creams Biscuits

150g

BUY TWO
20
2 x 150g

TEA TIME
Tagless Teabags

100's

BUY TWO
32
2 x 100's

OREO
Cream Biscuits Assorted

133g

12⁹⁹
133g

WHEELS
Cream Biscuits Assorted

180g

BUY TWO
22
2 x 180g

Mama's

2 x MAMA'S Russian Roll & MAMA'S Hot Chips 200g

34⁹⁹
per serving

2 x MAMA'S Chunky Chicken Burger & MAMA'S Hot Chips 200g

29⁹⁹
per serving

1kg Potatoes

Selected Stores

BUY TWO
20
2 x 1kg

1kg Onions

Selected Stores

BUY TWO
20
2 x 1kg

1kg Carrots

Selected Stores

BUY TWO
16
2 x 1kg

3kg Red Apples

Selected Stores

29⁹⁹
3kg

500g Red Grape Punnet

Selected Stores

BUY TWO
28
2 x 500g

2's Pineapples

Selected Stores

BUY TWO
18
2's

24⁹⁹
500g each

BUY FIVE

99

5 x 500g

+ & GET THIS FREE!

31⁹⁹
each

BUY THREE

90

3 x 350g / 400g

+ & GET THIS FREE!

GET R75 WHEN YOU SPEND R750*

ON ADVERTISED PRODUCTS

To be redeemed between 11th April to 18th April 2022 ONLY!

*Ts & Cs Apply

16⁹⁹
1kg

26⁹⁹
1kg

34⁹⁹
500g

BUY TWO

36

2 x 1kg

BUY THREE

21

3 x 260g

+ & GET THIS FREE!

21⁹⁹
500ml

24⁹⁹
780g

BUY BOTH

40

per combo

BUY BOTH

46

per combo

BUY THREE

69

3 x 750g

+ & GET THIS FREE!

BUY TWO

125

+ & GET THIS FREE!

BUY TWO

150

+ & GET THIS FREE!

BUY BOTH

185

+ & GET THIS FREE!

BUY TWO

260

+ & GET THIS FREE!

BUY TWO

299

+ & GET THIS FREE!

BOXER LIQUORS

KNORR
Packet Soup
Assorted

50g

BUY TEN
38
10 x 50g

BEST COOK
Soup
Assorted

500g

BUY THREE
45
3 x 500g

+ & GET THIS FREE!

MORE EASTER FOR EVERYONE

BEST COOK
Stock Powder
Assorted

each

42 x 15g

29.99
42 x 15g each

KNORR
Stock Cubes
Assorted

24's

15.99
24's

BEST COOK
Soya Mince
Assorted

500g

21.99
500g

AS SEEN ON TV

BUY SIX
54
6 x 410g

BEST COOK
Chicken Flavour

29.99
42 x 15g each

BEST COOK
Pilchards
Assorted

400g

BUY TWO
40
2 x 400g

GOLDEN RAY
Spaghetti

500g

BUY TWO
20
2 x 500g

BEST COOK
Chakalaka Assorted

2 x 410g

BUY ALL
48
per combo

GOLDEN RAY
Macaroni

500g

BUY SIX
60
6 x 500g

+ & GET THIS FREE!

BEST COOK
Pasta Screws / Shells / Elbows / Penne

each

500g

14.99
500g each

FATTI'S & MONI'S
Macaroni / Spaghetti 500g & BEST COOK Tomato & Onion Mix 2 x 410g

500g

BUY ALL
30
per combo

Bake More with these Low Prices

MOIR'S
Jelly Assorted

80g

BUY FIVE
30
5 x 80g

MOIR'S
Custard Powder

125g

BUY TWO
16
2 x 125g

KOO
Fruit Peach Slices in Syrup

825g

29.99
825g

KOO
Fruit Peach Slices in Syrup

410g

BUY THREE
45
3 x 410g

KOO
Fruit Cocktail in Syrup

410g

22.99
410g

AS SEEN ON
TV



RAJAH
Curry Powder
Assorted

BUY THREE
50
3 x 100g



BEST COOK
Stock Cubes
Assorted

BUY THREE
45
3 x 24's

+
& GET THIS FREE!

**MORE LOW
PRICES**

**MORE FREE
DEALS**

**MORE
COMBOS**

+ R 75
When you Spend R750



SHIBOBO
Super Maize Meal

69⁹⁹
12.5kg



TASTIC
Long Grain
Parboiled
Rice

BUY TWO
48
2 x 2kg



SELATI
Golden Brown Sugar

BUY THREE
90
3 x 2kg



KING KORN
GS Malt

56⁹⁹
3kg



IMBO
Red Speckled
Beans

BUY TWO
38
2 x 500g



MNANTI
Beer
Powder

BUY TWO
36
2 x 750g



CLOVER
Olive Pride Blend Of
Seed Oils & Extra Virgin
Olive Oil

59⁹⁹
1L



BUY ALL
89
per combo



BEST COOK
Instant Noodles
Multi Pack
Assorted 5's

BUY TWO
34
2 x 5's

+
& GET 2 FREE!



GOLDEN CLOUD
Self Raising Wheat Flour

36⁹⁹
2.5kg



GOLDEN CLOUD
Cake Wheat Flour

23⁹⁹
2.5kg



GOLDEN CLOUD
Muffin Mix
Assorted

23⁹⁹
1kg



ROBERTSON'S
Essences
Assorted

BUY TWO
15
2 x 40ml



ROYAL
Baking Powder
Refill

BUY TWO
40
2 x 200g



GOLD STAR
Instant Yeast

BUY FOUR
12
4 x 10g

CLOVER
Mama Bake
Margarine
Brick



17⁹⁹
500g

AS SEEN ON
TV

16⁹⁹
50ml each



SHIELD
Roll On
Assorted

50ml

Mens /
Ladies

BUY THREE

48

3 x 50ml

14⁹⁹
each



KOTEX
Maxi Pads 8's / 10's /
Pantyliners Assorted 20's

BUY THREE

36

x 3 packs

MORE EASTER FOR EVERYONE



YARDLEY
Male Perfumed
Body Spray Assorted
125ml / Female
Perfumed Body
Spray
Assorted 90ml

BUY TWO
58

2 x (90ml / 125ml)



EASY WAVES
Hair Food Assorted
150ml / EASY WAVES
Coconut Hair
Food 125ml

BUY TWO
30

2 x (125ml / 150ml)



DAWN
Body Lotion
Assorted

18⁹⁹
each



INGRAM'S
Camphor
Cream
Assorted

37⁹⁹
450g / 500g
each



GENTLE
MAGIC
Vanishing
Cream

14⁹⁹
50ml



FRESH WAVE
Your Family
Hygiene Soap
Assorted

9⁹⁹
200g
each



PERFECT CHOICE
Moisturising Lotion with
Avocado Oil 250ml /
Oil Moisturiser Spray 250ml /
Oil Sheen Pro Vitamin B5
Hair Spray 240ml

BUY TWO
60

2 x (240ml / 250ml)



NIVEA
Body Lotion 400ml /
Creme 400ml
Assorted

39⁹⁹
each



GENTLE MAGIC
Skincare Lotion

BUY TWO
22
2 x 125ml

+ GET THIS
FREE!



DETTOL
Bath Soap
Assorted

BUY FOUR
40

4 x 175g



175g
25 g EXTRA

+ GET THIS
FREE!



VASELINE
Blue Seal Pure Petroleum Jelly
Assorted

BUY THREE
78

3 x 250ml



COLGATE
Herbal Regular
Toothpaste

16⁹⁹
125ml



AQUAFRESH
Fresh and Minty
Value Pack

22⁹⁹
per pack



SENSODYNE
Multi Care
Value Pack

49⁹⁹ 21⁹⁹
per pack



AQUASMILE
Plus Arctic
Charcoal
Toothpaste

+ GET THIS
FREE!



2 FOR
R220

Value Pack

40's / 44's /
50's / 60's



LOW PRICE
R34⁹⁹

JOHNSON'S
Baby Jelly
Assorted



LOW PRICE
R9⁹⁹

each



BOTH FOR
R189

HUGGIES
Dry Comfort Nappies
44's / 50's / 58's / 66's
& HUGGIES
Baby Wipes 56's



LOW PRICE
R11⁹⁹

each

BABY STEPS Baby Oil 100ml /
Body Wash 200ml / Baby Powder
Assorted 100g / Baby Lotion 200ml

Save
More
on
BABY



22⁹⁹
750ml each

FRESH WAVE
Dishwashing Liquid

BUY THREE
60
3 x 750ml



22⁹⁹
10's each

Angel Soft
1 Ply 300 Sheets Toilet Tissue

BUY THREE
60
3 x 10's

GET R75 WHEN YOU SPEND R750* ON ADVERTISED PRODUCTS

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*Ts & Cs Apply



SUNLIGHT
Hand Washing Powder 3kg,
Dishwashing Liquid 750ml &
Laundry Bar 500g

BUY ALL
99
per combo



FRESH WAVE
Auto Washing Powder 2kg &
STA-SOFT Fabric Conditioner Refill 500ml

BUY BOTH
60
per combo



FRESH WAVE
Fabric Conditioner Refill Assorted 500ml

BUY TWO
40
2 x 500ml

JIK
Bleach Value Pack Assorted 2 x 1L

39⁹⁹
2 x 1L



Baby Soft
2 Ply 350 Sheets Toilet Tissue 12's

59⁹⁹
12's



SUNBEAM / COBRA
Floor Polish Assorted 350ml each

29⁹⁹
350ml each



KIWI
Black Shoe Polish 50ml

14⁹⁹
50ml



DOOM
Multi Insect Killer Assorted 300ml

29⁹⁹
300ml



HANDY ANDY
Cream Assorted 750ml &
DOMESTOS
Multipurpose Thick Bleach Assorted 750ml

BUY BOTH
48
per combo



TIARA
Swabs Assorted 2's

BUY TWO
28
2's



TIARA
Bucket Assorted 9L

BUY TWO
24
2 x 9L



TIARA
Basin Assorted 7L

BUY TWO
24
2 x 7L



FRESH WAVE
Laundry Soap 500g

BUY FOUR
50
4 x 500g

+ GET THIS FREE!



PURITY
Cream of Maize Porridge Assorted 400g

LOW PRICE
R18⁹⁹

Selected Stores



WOODWARD'S
Gripe Water 150ml

LOW PRICE
R38⁹⁹

Selected Stores



CALPOL
Pain And Fever Tablets 12's

LOW PRICE
R21⁹⁹

Selected Stores



MOOV
Rapid Pain Relief Ointment 25g

LOW PRICE
R31⁹⁹

Selected Stores



BOXER
Hygiene Hand Sanitiser 500ml

LOW PRICE
R36⁹⁹

Selected Stores



RE-JOOVENA
1L

LOW PRICE
R89⁹⁹

Selected Stores



PURITY
2nd Food Jars Assorted 125ml

3 FOR
R33

Selected Stores



SCOTT'S
Emulsion Vitamin Syrup Assorted 100ml

LOW PRICE
R48⁹⁹

Selected Stores



CALPOL
Paediatric Suspension Syrup 50ml

LOW PRICE
R34⁹⁹

Selected Stores



BENLYN
Wet Cough Syrup 100ml

LOW PRICE
R48⁹⁹

Selected Stores



DETTOL
Antiseptic Liquid 500ml

LOW PRICE
R49⁹⁹

Selected Stores

DOUBLE YOUR GRANT AT BOXER



ON THE

OLD AGED GRANTS
4th APR

DISABILITY GRANTS
5th APR

CHILD SUPPORT GRANTS
6th APR

STAND A CHANCE TO **WIN** THE VALUE OF YOUR SASSA GRANT IN BOXER eCOUPONS

1 BUY any 2
Advertised Combos

2 DIAL *120*26937*uniquecode#
and follow the prompts (20c per 20 seconds)

3 You could be a
WINNER!

COMPETITION VALID: 4th APRIL to 10th APRIL

WINNERS WILL BE ANNOUNCED: 17th APRIL 2022 *Ts & Cs APPLY. Visit www.boxer.co.za



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To be redeemed between 11th April to 18th April 2022 ONLY! *Ts & Cs Apply

PRICES VALID AT BOXER GAUTENG STORES ONLY

Range May Vary. Prices include 15% VAT where applicable. Boxer will attempt to have sufficient advertised stock available to meet our customers anticipated demand, however if we still run out of stock we will obtain the stock or we will offer you a reasonable alternative. Boxer reserves the right to limit quantities per customer. Boxer takes utmost care to ensure that all promotion leaflets are correct. If, however, in the unlikely occurrence of a mistake, we will display a notice in-store with all the correct details. E.&O.E. Terms & Conditions apply.

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