


The offers displayed in this catalogue are only available at selected stores within New South Wales between the dates listed on the front page. Please check iga.com.au for offers for your nearest store.



**ON SALE 17<sup>TH</sup> JULY 2024**


**\$5<sup>kg</sup>**  
Australian Gourmet Tomatoes

**Hot PRICE!**

**\$20<sup>kg</sup>**  
Australian Beef Rump Steak

Serving suggestion

Buy any product featuring this logo & help support your local community




**\$275<sup>ea</sup>**  
SAVE \$2.75

Rexona Advanced Protection Antiperspirant Roll-On 50mL Selected Varieties \$5.50 per 100mL



**\$225<sup>ea</sup>**  
SAVE \$2.25

Uncle Tobys Traditional or Quick Oats 500g 45c per 100g

**1/2 PRICE**



Maltersers, M&M's, Pods or Skittles Pack 120-200g Selected Varieties



**\$3<sup>ea</sup>**  
SAVE \$3



**79c<sup>PER CAN</sup>**

**\$1875<sup>ea</sup>**  
SAVE \$18.75

Pepsi, Solo or Schweppes 24x375mL Selected Varieties \$2.08 per Litre

**NEVER MISS A 1/2 PRICE SPECIAL**  
Scan & subscribe to save!



OVER 200 SAVINGS INSIDE

On Sale Wed 17th Jul to Tue 23rd Jul 2024. While stocks last. Some products or varieties may not be available at all stores. Visit iga.com.au for more info. LGE\_IGA\_V1\_IGACN2381\_170724\_1

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**OVER 200 SAVINGS INSIDE**

**1/2 PRICE**

**\$14<sup>ea</sup>**  
SAVE \$14  
OMO Laundry Liquid 2 Litre, Powder 2kg or Laundry Capsules 28 Pack Selected Varieties

**\$192<sup>ea</sup>**  
SAVE \$1.93  
Coca-Cola, Sprite or Fanta 1.25 Litre Selected Varieties \$1.54 per Litre

**50% OFF CENOVIS<sup>A</sup>**

**\$675<sup>ea</sup>**  
SAVE \$6.75  
Cenovis Mega Vitamin C 1000mg Chewable Tablets 60 Pack\*  
\*excludes Low Prices Every Day \$11.25 per 100 units

**\$240<sup>ea</sup>**  
SAVE \$2.40  
Doritos Corn Chips or Smith's Thinly Cut Chips 150-175g Selected Varieties

**\$250<sup>ea</sup>**  
SAVE \$2.50  
The Natural Confectionery Co., Pascal, Cadbury or Sour Patch Kids Bags 130-300g Selected Varieties

**\$6<sup>ea</sup>**  
SAVE \$1.50  
Devondale Spreadable Butter 500g Selected Varieties \$1.20 per 100g

**\$1950<sup>ea</sup>**  
HOT BUY  
Moccona Freeze Dried Coffee 400g Selected Varieties \$4.88 per 100g

**\$7<sup>ea</sup>**  
SAVE \$3  
My Dog Wet Dog Food 6x100g Selected Varieties \$1.17 per 100g

\*Always read the label and follow the directions for use.

Savings are off regular prices. In certain stores, some regular prices have been reduced to ensure you receive the lowest competitive price so savings shown may differ from the actual saving in your store. Price Match at participating stores only. Prices matched weekly to Woolworths or Coles everyday shelf price, excludes specials. Terms and conditions apply. To find out more, visit iga.com.au/pricematch. Specials not available at IGA X-press. Liquor products available only at IGA Plus Liquor stores. We reserve the right to limit purchases to reasonable quantities. Commercial quantities not supplied. See in-store for details. We reserve the right to correct printing errors. Pricing and specials not available via 3rd party online delivery platforms.

Specials available at Belmore, Boambee, Bourke, Breakfast Point, Calala, Cessnock, Cobarr (Lindsay St), Cobarr (Marshall St), Coff's Harbour, Condobolin, Coolamundra, Eermore Vale, Erina, Erskine Park, Georges Hall, Gilgandra, Gulugong, Harrington Waters, Horsley Park, Kempsey Central, Lightning Ridge, New Lambton, Moruya, Moss Vale, Nambucca Heads, Narrandera, Nyngan, Oberon, Orange, Orange Summer Central, Port Macquarie (Port Central), Quirindi, South Eveleigh, Tamworth, Taree, Taren Point, Thrurston, Timbertown, Wakeley, Warren, Wauchope, Wee Wee, Woonona, Young.

To view specials at your store go to: [www.iga.com.au/catalogue](http://www.iga.com.au/catalogue)

Some products or varieties may not be available at all stores. While stocks last.

**ON SALE 17<sup>TH</sup> JULY 2024**

32 LGE\_IGA\_V1\_IGACN2381\_170724 On Sale Wed 17th Jul to Tue 23rd Jul 2024. While stocks last. Some products or varieties may not be available at all stores.

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — WINTER *Meals* —



**Australian Fresh Chicken Breast Fillets** \$9 ea

**Australian Gourmet Tomatoes** \$5 kg

**Edgell Canned Chick Peas or Beans 400g Selected Varieties** \$1.95 ea (LOW PRICE) \$4.88 per kg

**Peters Original Vanilla Ice Cream 4 Litre** \$8.70 ea (SAVE \$2.20)

**Sara Lee Pudding 475g or Danish 400g Selected Varieties** \$5.95 ea (SAVE \$1.55)

**Pauls Vanilla Custard 600g Selected Varieties** \$3.30 ea (SAVE \$1)

1¢ from each product featuring an IGA Community Chest ticket sold by Metcash Trading Limited to participating stores between 3rd July and 27th August 2024, will be donated by Metcash Trading Limited (ABN 61 000 031 569) through IGA Community Chest Trust (ABN 69 041 266 146, 1 Thomas Holt Drive, Macquarie Park NSW 2115, P: (02) 9741 3000; E: info@metcash.com) to community causes of the retailers' choice. Visit www.iga.com.au/communitychest for more information.

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— COLD & FLU *Essentials* — BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY

**Panadol Rapid** 20 Pack\* \$5.50 ea (HOT BUY) 28¢ each

**Difflam Plus** 16 Pack Selected Varieties\*\* \$7 ea (SAVE \$3) 44¢ each

**Nurofen Zavance** 10 Pack\* \$4.70 ea (SAVE 55¢) 47¢ each

**Strepsils** 36 Pack Selected Varieties\*\*\* \$10.50 ea (SAVE \$2) 29¢ each

**Nyal Decongestant Nasal Spray** 15mL\*\*\* \$7.35 ea (SAVE \$3.15) \$49 per 100mL

**Nyal Bronchitis Cough Medicine** 200mL\*\* \$7.70 ea (HOT BUY) \$3.85 per 100mL

**Vicks VapoRub Easy Applicator Vaporizing Ointment** 35g\*\*\* \$10.80 ea (SAVE \$2.70) \$30.86 per 100g

\* Always read the label and follow the directions for use. Incorrect use could be harmful. \*\* Always read the label and follow the directions for use. If you have Cold and Flu symptoms follow health advice. \*\*\* Always read the label and follow the directions for use.

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — GREAT *Specials* —



**\$6.75** ea  
SAVE \$6.75

Nescafé Roastery 95g Selected Varieties  
\$7.11 per 100g

**1/2 PRICE**



**\$2.20** ea  
SAVE \$2.20

McVitie's Digestive Biscuits or Hobnobs Oat Snap Cookies 262-355g Selected Varieties



**\$2.75** ea  
SAVE \$2.75

V8 Fruit & Vegetable Juice 1.25 Litre Selected Varieties  
\$2.20 per Litre



**\$4.70** ea  
SAVE \$4.70

Nestlé Milo 460g  
\$1.02 per 100g

**1/2 PRICE**



**\$5.90** ea  
SAVE \$2

STARBUCKS® by Nespresso Coffee Capsules 10 Pack Selected Varieties



**\$2** ea  
HOT BUY

Sanitarium So Good Almond Milk 1 Litre Selected Varieties  
\$2 per Litre



**\$5** ea  
SAVE \$2

Sunsol Muesli or Granola 450-500g Selected Varieties



**\$4** ea  
SAVE \$2.30

Uncle Tobys Rolled Oats Quick Sachets 8-10 Pack Selected Varieties



**2.7** ea  
MULTI-BUY SAVE \$3

Arnott's Tim Tam Chocolate Biscuits 165-200g Selected Varieties  
Single Sell \$3.75



**\$4.90** ea  
SAVE \$2.10

Lipton Tea Bags 100 Pack Selected Varieties  
\$2.45 per 100g

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— PICK OF THE *Crop* — IGA



**\$3.50** kg

*Australian*  
**PINK LADY APPLES**



**\$3.50** ea  
200G PACK

Australian Green Beans 200g  
\$17.50 per kg



**\$2.50** kg

Australian Butternut Pumpkin



**\$5** kg

Australian Gourmet Tomatoes



**\$3** ea

Australian Cauliflower



**\$3** ea  
1KG PACK

Australian Sweet Potatoes 1kg  
\$3 per kg

community Co PROUDLY GIVES BACK TO LOCAL COMMUNITIES THROUGH



**\$3** ea  
SAVE 70%

Community Co Chunky Stir Fry 350g  
\$8.57 per kg



**\$3** ea  
SAVE 50%

Community Co Fine Cut Stir Fry 335g  
\$8.95 per kg



**\$4.80** ea  
SAVE 50%

Community Co Crunchy Noodle Salad Kit 450g  
\$10.67 per kg

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**IGA** — WHAT'S FOR *Dinner?* —

Try our *delicious* Steak with Mushroom Sauce recipe  
Visit [IGA.COM.AU/RECIPES](http://IGA.COM.AU/RECIPES)



**\$24** kg

**Australian ECONOMY BEEF SCOTCH FILLET STEAK**

Grown in Australia



**\$20** kg

**Australian Beef Rump Steak**

Grown in Australia



**\$33** kg

**Australian Lamb Racks**

Grown in Australia



**\$16** kg

**Australian Pork Midloin Chops**

Australian PORK



**\$9** kg

**Australian Fresh Chicken Breast Fillets**

Grown in Australia



**\$17** kg

**Australian Beef Chuck Steak**

Grown in Australia



**\$1450** ea

**Global Seafoods Southern Blue Whiting Fillets 1kg**  
(Imported Product)  
\$14.50 per kg

**SAVE \$1**



**\$2050** ea

**Global Seafoods Cooked Tail On Prawn Cutlets 500g**  
(Imported Product)  
\$41 per kg

**LOW PRICE**



**\$1450** ea

**Ready Chef Homestyle Lasagne 2kg**  
73c per 100g

**SAVE \$1.50**



**\$8** kg

**Australian Beef Corned Silverside**

Grown in Australia

**HOT BUY**

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— DELI *Delights* — **IGA**



**\$14** kg

**Irresistible MIDDLE BACON RASHERS**

\$1.40 PER 100G



**\$19** kg

**Champagne Leg Ham Sliced or Shaved**

\$1.90 PER 100G



**\$24** kg

**Ham Off the Bone Sliced or Shaved**

\$2.40 PER 100G



**\$20** kg

**Chicken Breast Supreme Sliced or Shaved**  
\$2 per 100g

**LOW PRICE**



**\$24** kg

**Roast Pork Sliced or Shaved**

\$2.40 PER 100G



**\$7** kg

**Cocktail or Slim Frankfurts Selected Varieties**

70c PER 100G



**\$7** ea

**Mersey Valley Vintage Cheddar Cheese 235g Selected Varieties**  
\$29.79 per kg

**SAVE \$2.90**



**\$6** ea

**Lemnos Haloumi 180-200g Selected Varieties**

**HOT BUY**



**\$645** ea

**South Cape Danish Style Fetta 200g Selected Varieties**  
\$32.25 per kg

**LOW PRICE**



**\$23** kg

**Mediterranean Olive Mix**

\$2.30 PER 100G

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**IGA** — *BAKERY Delights* —



Serving Suggestion

**\$6** ea  
500g Selected Varieties  
\$1.20 per 100g

*Scrumptious*  
**PAPA JOE'S BREAD**



**\$5.20** ea  
JonJon Ginger Kisses 200g  
\$2.60 per 100g



**\$4.30** ea  
The Happy Muffin Co. Muffins 4 Pack Selected Varieties



**\$2.50** ea  
Your Bakery Croissants 3 or 4 Pack



**\$5** ea  
Sourdough Bread Rolls 4 Pack Selected Varieties



**\$5** ea  
Mission Wraps 6-8 Pack Selected Varieties



**\$4.90** ea  
Helga's Bread 650-850g Selected Varieties

**PACK LUNCHES EVERYONE LOVES**



**\$3** ea  
Tip Top Sandwich or Burger Thins 204-240g Selected Varieties

**\$4.40** ea  
Tip Top The One Bread 700g Selected Varieties 63¢ per 100g

**\$4.40** ea  
Tip Top 9 Grain Bread 700-750g Selected Varieties

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— *SWEET Treats* — **BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY**



**\$11** ea  
SAVE \$11  
Cadbury Favourites 520g Selected Varieties \$2.12 per 100g

**\$1.25** ea  
SAVE \$1.25  
Cadbury Cherry Ripe, Fry's Turkish Delight or Boost Medium Bars 40-50g Selected Varieties

**1/2 PRICE**

**\$7** ea  
SAVE \$7  
Darrell Lea Soft Centres 255g \$2.75 per 100g



**\$4** ea  
SAVE \$2  
Nestlé Aero Milky Bars 118-180g Selected Varieties



**\$4** ea  
SAVE \$2  
Darrell Lea Chocolate Blocks 160-180g Selected Varieties



**\$7** ea  
SAVE \$3  
Lindt Lindor Chocolate Bag 123-125g Selected Varieties



**\$6** ea  
SAVE \$2  
Cadbury Roses 150g or Toblerone Gift Pouch 120g



**\$4** ea  
SAVE \$1.50  
Darrell Lea or Life Savers Share Pack 150-280g Selected Varieties



**\$7** ea  
LOW PRICE  
Cadbury Dairy Milk Chocolate Blocks 315-360g Selected Varieties



**\$4** ea  
SAVE \$2  
Cadbury Dairy Milk Caramello Koala or Twirl 144-180g Selected Varieties



**\$5.50** ea  
SAVE \$1  
Allen's Family Size ParV Mix or Snakes Alive Bag 300-420g Selected Varieties

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— TASTY *Snacks* —

**Kellogg's**

**1/2 PRICE**

Kellogg's **LCM's** Kaleidos

5 BARS 110g

**\$225** ea  
SAVE \$2.25

Kellogg's **NUTRI GRAIN ORIGINAL**

MADE WITH CORN, OATS & WHEAT

5 BARS 110g

Kellogg's LCMs or Nutri-Grain Bars 5 Pack Selected Varieties

**Arnett's Jatz, Clix, Shapes or Savoy 130-250g Selected Varieties**

**\$3** ea  
SAVE \$1

**Smith's Chips, Twisties, Toobs, Cheetos or Burger Rings 125-270g Selected Varieties**

**\$3.50** ea  
HOT BUY

**1/2 PRICE**

**Cadbury Cookies, Fingers or Freddo Chocolate Biscuits 114-167g Selected Varieties**

**\$2** ea  
SAVE \$2

**Twisties, Cheetos, Toobs or Burger Rings 65-90g Selected Varieties**

**\$1.35** ea  
SAVE \$1.35

**Oreo Original Snack Pack, Mini Oreo Multipack or In A Biskit 168-248g Selected Varieties**

**\$3.50** ea  
SAVE \$1.50

**Kettle Potato Chips 135-165g Selected Varieties**

**\$4.50** ea  
HOT BUY

**Low Prices EVERY DAY**

**Uncle Tobys Le Snak & Pack Selected Varieties \$3.60 per 100g**

**\$4.75** ea  
LOW PRICE

**Parker's Pretzels 200-225g Selected Varieties**

**\$3.50** ea  
LOW PRICE

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— REFRESH *Me* —

**V Energy Drink 4x500mL Selected Varieties \$5.60 per Litre**

**\$11.20** ea  
SAVE \$4.80

**Coca-Cola, Sprite, Fanta or Mount Franklin 10x375mL Selected Varieties \$3.04 per Litre**

**\$11.40** ea  
SAVE \$7.60

**Coca-Cola 30x375mL Selected Varieties \$2.52 per Litre**

**\$28.30** ea  
SAVE \$18.90

**1/2 PRICE**

**Powerade or Powerade Active Water 600mL Selected Varieties \$3.50 per Litre**

**\$2.10** ea  
SAVE \$2.10

**Red Bull Energy Drink 8x250mL Selected Varieties \$8.50 per Litre**

**\$17** ea  
SAVE \$4

**Bundaberg Mini Cans 6x200mL Selected Varieties \$5.17 per Litre**

**\$6.20** ea  
SAVE \$1.60

**Maximus Sports Drink 1 Litre Selected Varieties \$2.80 per Litre**

**\$2.80** ea  
SAVE 95c

**Mother Energy Drink 4x500mL Selected Varieties \$3.75 per Litre**

**\$7.50** ea  
SAVE \$5.05

**Schweppes Mixers or Soft Drink 1.1 Litre Selected Varieties \$1.82 per Litre**

**\$2** ea  
SAVE \$1

**V Energy Drink 250mL Single Sell \$3.10**

**\$5.20** ea  
LOW PRICE

**Mount Franklin Lightly Sparkling Spring Water 4x450mL Selected Varieties \$3.19 per Litre**

**\$5.75** ea  
LOW PRICE

**Mount Franklin Lightly Sparkling Water 1.25 Litre Selected Varieties \$1.54 per Litre**

**\$1.92** ea  
SAVE \$1.18

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — FILL UP YOUR *Cup* —

# NESCAFÉ

Your chance to **WIN** A \$250 eGift Card 200 to be WON\*

\*Buy a participating NESCAFÉ product\* and go to [www.nescafe.com/au/campaigns/egift-card-independents-promotion](http://www.nescafe.com/au/campaigns/egift-card-independents-promotion) for your chance to win. Purchase and enter between 29.05.24 - 23.07.24 (AEST). Retain receipt.

Nescafé Gold or Blend 43 Instant Coffee 90-150g Selected Varieties **\$8** ea **SAVE \$3.50**

Nescafé Gold Instant Coffee 180-200g Selected Varieties **\$11** ea **HOT BUY**

Tetley All Rounder Tea Bags or Tea Cup Bags 100 Pack \$1.90 per 100g **\$3.80** ea **MATCHED**

Bushells Blue Label Tea Leaf 250g \$1.56 per 100g **\$3.90** ea **LOW PRICE**

Nescafé Gold or Blend 43 Instant Coffee 90-150g Selected Varieties **\$8** ea **SAVE \$3.50**

Nescafé Gold Instant Coffee 180-200g Selected Varieties **\$11** ea **HOT BUY**

Tetley All Rounder Tea Bags or Tea Cup Bags 100 Pack \$1.90 per 100g **\$3.80** ea **MATCHED**

Bushells Blue Label Tea Leaf 250g \$1.56 per 100g **\$3.90** ea **LOW PRICE**

**Low Prices EVERY DAY**

Robert Timms Coffee Bags 24-28 Pack Selected Varieties **\$10** ea **LOW PRICE**

Vittoria Espresso Coffee Beans or Ground Coffee 500g \$3.59 per 100g **\$17.95** ea **LOW PRICE**

ADVERTISER PROMOTION

Nescafé Gold Instant Coffee 180-200g Selected Varieties **\$11** ea **HOT BUY**

L'OR Premium Indulgent Instant Coffee 210-250g Selected Varieties **\$8.75** ea **SAVE \$3.75**

Tetley All Rounder Tea Bags or Tea Cup Bags 100 Pack \$1.90 per 100g **\$3.80** ea **MATCHED**

Golden Circle Nectar Fruit Drink 1 Litre Selected Varieties \$3 per Litre **\$3** ea **SAVE 60¢**

Bushells Blue Label Tea Leaf 250g \$1.56 per 100g **\$3.90** ea **LOW PRICE**

Vitasoy Long Life Soy Milk 1 Litre Selected Varieties \$3 per Litre **\$3** ea **LOW PRICE**

Robert Timms Coffee Bags 24-28 Pack Selected Varieties **\$10** ea **LOW PRICE**

Vittoria Espresso Coffee Beans or Ground Coffee 500g \$3.59 per 100g **\$17.95** ea **LOW PRICE**

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — FILL UP THE *Pantry* —

Kellogg's VALUE PACK NUTRI GRAIN PROTEIN FIBRE MULTIGRAIN 12x250g **\$12** ea **SAVE \$3.50**

Nestlé Milo Pro 700g \$1.71 per 100g **\$12** ea **SAVE \$3.50**

Kellogg's COCO POPS 12x250g **\$8** ea **HOT BUY**

Sanitarium Weet-Bix Cholesterol Lowering 440g \$1.25 per 100g **\$5.50** ea **SAVE \$1.50**

Kellogg's Cereal 460-765g Selected Varieties **\$8** ea **HOT BUY**

Sanitarium Weet-Bix Cholesterol Lowering 440g \$1.25 per 100g **\$5.50** ea **SAVE \$1.50**

Golden Days Apricot Bites 175-200g **\$3.50** ea **SAVE \$1.10**

Sanitarium Weet-Bix Aussie Kids are Weet-Bix Kids 77¢ per 100g **\$4.40** ea **MATCHED**

Golden Days Apricot Bites 175-200g **\$3.50** ea **SAVE \$1.10**

Sanitarium Weet-Bix Aussie Kids are Weet-Bix Kids 77¢ per 100g **\$4.40** ea **MATCHED**

Sanitarium UP & GO LIQUID BREAKFAST 12x250mL Selected Varieties \$5.83 per Litre **\$17.50** ea **LOW PRICE**

Serving Suggestions

## Bega

**SPREAD the WARMTH this Winter**

Bega Peanut Butter 375g Selected Varieties \$1.01 per 100g **\$3.80** ea **SAVE \$1.60**

VEGEMITE 220g \$1.82 per 100g **\$4** ea **HOT BUY**

B Honey 100% Australian Pure Honey 300g \$1.67 per 100g **\$5** ea **SAVE \$1.50**

**Proudly Aussie Owned & Made**

VEGEMITE and the VEGEMITE device, the VEGEMITE trade dress, BEGA and the BEGA device, NEVER ONLY NEVER DRY and the B device are trade marks of Bega Group.

BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — FILL UP THE *Pantry* —

**Leggo's PIZZA SAUCE**  
400g ea  
\$4 ea  
LOW PRICE  
Leggo's Pizza Sauce or Tomato Paste 390-400g Selected Varieties

**WIN**  
A SHARE IN \$10,000 IGA GIFT CARDS

**Leggo's TOMATO PASTE**  
600g ea  
\$4.30 ea  
SAVE 50¢  
Leggo's Tomato Paste 500g Selected Varieties 86¢ per 100g

**Leggo's PIZZA SAUCE**  
2x140g Selected Varieties  
\$3 ea  
SAVE 50¢

**IT'S HOW WE DO ITALIAN™**

**San Remo Family Pack Pasta 750g**  
Selected Varieties  
40¢ per 100g  
\$3 ea  
SAVE 60¢

**SunRice 90 Seconds Microwave Rice 250g**  
Selected Varieties  
70¢ per 100g  
\$1.75 ea  
SAVE \$1.75

**Dolmio Nonna's 7 Vegetables Pasta Sauce 500g**  
Selected Varieties  
70¢ per 100g  
\$3.50 ea  
SAVE \$1.40

**Praise Whole Egg Creamy Mayo 445g**  
\$1.12 per 100g  
\$5 ea  
SAVE \$1

**Bertolli Olive Oil 750mL**  
Selected Varieties  
\$2.40 per 100mL  
\$18 ea  
SAVE \$8

**Low Prices EVERY DAY**

**Saxa Table Salt 125g**  
Selected Varieties  
\$1.92 per 100g  
\$2.40 ea  
LOW PRICE

**KanTong Honey, Soy & Garlic Sesame Sauce 175-180g**  
Selected Varieties  
\$2.50 ea  
LOW PRICE

Aus. res. 19+ only. Starts 3/7/24 9am AEST. Ends 30/7/24 11:59pm AEST. Limit 1 entry per transaction. Draw: 12pm AEST, 30/7/24. Prizes: Level 4, 4th Collins Street, Melbourne VIC 3000. Prizes: 1x \$5000 worth of IGA gift card; 20x \$250 IGA gift card. Max 1 prize per person (incl. SA). Major prize winners published at iga.com.au by 14/8/24. Promoter: Melcash ABN 61 000 031 569; 1 Thomas Holt Drive, Macquarie Park NSW 2113. See www.iga.com.au/terms/simplified-pasta-sauces-comp-2024/terms-and-conditions/ for Terms and Conditions. Permit No: ACT TP 24/0168 & SA 124/894.

BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — FILL UP THE *Pantry* —

**Continental Cup A Soup**  
Selected Varieties  
\$1.40 ea  
SAVE \$1.40

**Hamper Original or Lite Corned Beef 340g**  
\$19.12 per kg  
\$6.50 ea  
SAVE \$1.70

**Old El Paso Tortilla Pockets 223g**  
\$2.15 per 100g  
\$4.80 ea  
SAVE \$1.20

**Continental Pasta & Sauce or Rice 85-125g**  
Selected Varieties  
\$2.25 ea  
SAVE 75¢

**Marion's Kitchen Cooking Kit 309-419g**  
Selected Varieties  
\$5.95 ea  
SAVE \$2.55

**Edgell Beans, Corn Kernels or Chick Peas 4x125g**  
Selected Varieties  
\$7.60 per kg  
\$3.80 ea  
LOW PRICE

**WIN**  
A YEAR'S SUPPLY OF GROCERIES  
VALUED AT \$20K

PLUS 50x \$200 GROCERY GIFT CARDS TO BE WON

**1/2 PRICE**

**Campbell's Country Ladle or Chunky Canned Soup 495-505g**  
Selected Varieties  
\$2.25 ea  
SAVE \$2.25

**BUY ANY 2 CAMPBELL'S PRODUCTS**  
REAL STOCK Country Ladle V8

**SCAN**  
THE QR CODE OR GO TO WWW.ARNOTTS.COM/PROMOS

**ENTER**  
YOUR DETAILS FOR THE CHANCE TO WIN  
\*T&Cs apply, see www.Arnotts.com/promos.  
ADVERTISER PROMOTION



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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — FILL UP THE *Pantry* —

 <p><b>\$4</b> ea SAVE \$1</p> <p>Green's Baking Mix 380-630g Selected Varieties</p>	 <p><b>\$4</b> ea SAVE \$1</p> <p>Maggi 2 Minute Noodles 5 Pack Selected Varieties</p>	 <p><b>\$1.80</b> ea SAVE 70¢</p> <p>Maggi Cup Noodles 58-65g Selected Varieties</p>
 <p><b>\$2.50</b> ea SAVE 35¢</p> <p>McKenzie's Baking Powder 125g 52 per 100g</p>	 <p><b>\$3</b> ea SAVE \$1.20</p> <p>MasseL Liquid Stock 1 Litre Selected Varieties 30¢ per 100mL</p>	 <p><b>\$1.80</b> ea SAVE 70¢</p> <p>Maggi Air Fryer Seasoned Coating 40-45g Selected Varieties</p>
 <p><b>\$7</b> ea HOT BUY</p> <p>Equal Classic Low Calorie Sweetener Tablets 300 Pack 528 per 100g</p>	 <p><b>\$2.80</b> ea SAVE 70¢</p> <p>Sunbeam Sultanas 6 Packs 511.67 per kg</p>	 <p><b>\$1.60</b> ea SAVE 70¢</p> <p>Trident Coconut Milk or Cream 400mL Selected Varieties 40¢ per 100mL</p>
 <p><b>\$4.30</b> ea SAVE \$1</p> <p>SPC Fruits In Juice 825g Selected Varieties 55.21 per kg</p>	<p><b>Low Prices EVERY DAY</b></p>	
	 <p><b>\$2.70</b> ea LOW PRICE</p> <p>Wokka Noodles 440g Selected Varieties 61¢ per 100g</p>	 <p><b>\$5</b> ea LOW PRICE</p> <p>Sharwood's Simmer Sauce 420g Selected Varieties 51.19 per 100g</p>

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— FRIDGE *Faves* — BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY

 <p><b>\$1.60</b> ea SAVE 80¢</p> <p>Tamar Valley Kids Greek Yoghurt 110g Selected Varieties 51.45 per 100g</p>	 <p><b>\$4</b> ea HOT BUY</p> <p>Vaalia Probiotics Yoghurt 4x150g Selected Varieties 67¢ per 100g</p>
 <p><b>\$1.20</b> ea HOT BUY</p> <p>Yoplait No Sugar Added Yoghurt Pouch 130g Selected Varieties 92¢ per 100g</p>	 <p><b>\$4</b> ea SAVE \$1</p> <p>Dairy Farmers Thick &amp; Creamy Yoghurt 4x110g Selected Varieties 91¢ per 100g</p>
 <p><b>\$1.90</b> ea SAVE \$1</p> <p>Tamar Valley Greek Style Yoghurt 170g Selected Varieties 51.12 per 100g</p>	 <p><b>\$1.95</b> ea SAVE 65¢</p> <p>Dairy Farmers Thick &amp; Creamy Yoghurt 140-150g Selected Varieties</p>
 <p><b>\$4</b> ea SAVE \$1.75</p> <p>Danone Activia Probiotics Yoghurt 4 Pack Selected Varieties 80¢ per 100g</p>	
 <p><b>\$5.50</b> ea SAVE \$1.55</p> <p>Original Juice Co Black Label Orange Juice 1.5 Litre Selected Varieties 53.67 per Litre</p>	 <p><b>\$2.30</b> ea SAVE 60¢</p> <p>Pauls Plus+ Protein Yoghurt 160g Selected Varieties 51.44 per 100g</p>
 <p><b>\$4.30</b> ea SAVE \$1.05</p> <p>Dare Iced Coffee 750mL Selected Varieties 55.73 per Litre</p>	

**New look a2 Milk®**

**PRICE MATCHED**

A2 Full Cream Milk 1 Litre \$3.90 per Litre **\$3.90** ea MATCHED

A2 Full Cream Milk 2 Litre \$5.45 per Litre **\$6.90** ea MATCHED

THE a2 MILK COMPANY®  
FEEL THE DIFFERENCE

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — FRIDGE Faves —

BRING A LITTLE CHEER™

Serving suggestion

CHEER Tasty 16 PACK 250g ea

**\$7** ea  
LOW PRICE

Cheer Cheese Slices 250g Selected Varieties \$28 per kg

\*Compared to the weight of the previous CHEER Slices 250g packaging

CHEER Tasty 16 PACK 250g ea

**\$665** ea  
LOW PRICE

Cheer Tasty Cheese Block 250g \$26.60 per kg

CHEER SHRED Tasty 2 CLIPS 250g ea

**\$650** ea  
LOW PRICE

Cheer Tasty Shredded Cheese 250g \$26 per kg

Don Salami 200g Selected Varieties \$38.00 per kg

**\$7.70** ea  
SAVE 80¢

Red Rock Deli Dip 135g Selected Varieties \$2.90 per 100g

**\$4** ea  
HOT BUY

Mil Lel Parmesan Extra Sharp 170g Selected Varieties \$32.35 per kg

**\$5.50** ea  
SAVE \$1.40

Bega Cheese Slices 500g Selected Varieties \$20 per kg

**\$10** ea  
HOT BUY

Mainland Tasty 400-500g Selected Varieties \$24 per kg

**\$9.50** ea  
SAVE \$1.50

Cheer Cheese Block 400g Selected Varieties \$20 per kg

**\$8** ea  
SAVE \$1

Babybel Original Cheese 100g \$45 per kg

**\$4.50** ea  
SAVE \$1.75

The Laughing Cow Spreadable Cheese 128g Selected Varieties \$31.25 per kg

**\$4** ea  
SAVE \$1

ETA 5 Star Margarine Spread 500g 60¢ per 100g

**\$3** ea  
SAVE 50¢

Don Cabanossi 200g \$21.75 per kg

**\$4.35** ea  
SAVE 75¢

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — FRIDGE Faves —

Bulla or Chupa Chups Ice Cream Sticks 8-14 Pack Selected Varieties

**1/2 PRICE**

**\$4.25** ea  
SAVE \$4.25

Streets Blue Ribbon Ice Cream 2 Litre Selected Varieties 28¢ per 100mL

**\$5.50** ea  
HOT BUY

Peters Drumstick 4-6 Pack Selected Varieties

**\$6.50** ea  
SAVE \$3

Cadbury, Nestlé or Oreo Ice Cream 4 Pack Selected Varieties

**\$7.50** ea  
SAVE \$3

Streets Golden Gaytime Ice Cream Bites 16 Pack \$2.76 per 100mL

**\$7.70** ea  
SAVE \$3.30

Sara Lee Frozen Cake 350-400g Selected Varieties

**\$6.80** ea  
LOW PRICE

Sara Lee Cream 1 Litre Selected Varieties 85¢ per 100mL

**\$8.50** ea  
LOW PRICE

Bulla Frozen Yoghurt 1 Litre Selected Varieties 58¢ per 100mL

**\$5.75** ea  
LOW PRICE

MAGNUM true to pleasure

Stick to the original

**40% OFF**

MAGNUM

Streets Magnum Ice Cream 4-6 Pack Selected Varieties

**\$6.60** ea  
SAVE \$4.40

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**BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY**

**— FREEZER Faves —**

 <p><b>\$6.80</b> ea SAVE \$1.70</p> <p>McCain Family Pizza 490-500g Selected Varieties</p>	 <p><b>\$4.80</b> ea SAVE \$1.20</p> <p>McCain Pub Style Wedges or Fries 750g Selected Varieties \$6.40 per kg</p>	 <p><b>1/2 PRICE</b> <b>\$3.25</b> ea SAVE \$3.25</p> <p>Weight Watchers Frozen Meal 300-330g Selected Varieties</p>	
<p><b>NEW</b></p>  <p><b>\$5.60</b> ea SAVE \$1.40</p> <p>Birds Eye Golden Crunch Lattice or Sidewinders Potato Chips 750g \$7.47 per kg</p>	 <p><b>\$6.40</b> ea SAVE \$1.60</p> <p>I&amp;J Calamari, Squid or Fish Tenders 320-360g Selected Varieties</p>	 <p><b>\$6</b> ea HOT BUY</p> <p>McCain Redbox Frozen Meal 310-320g Selected Varieties</p>	
 <p><b>\$8.90</b> ea LOW PRICE</p> <p>Mrs Mac's Mini Party Pies 12 Pieces or Party Sausage Rolls 20 Pieces</p>	 <p><b>\$5.60</b> ea SAVE \$1.90</p> <p>Chiko Original Rolls 4 Pack or Corn Jacks 5 Pack</p>	 <p><b>\$9.60</b> ea SAVE \$2.40</p> <p>Four N Twenty Angus or Plant Based Pies 4 Pack Selected Varieties \$13.37 per 100g</p>	
 <p><b>\$15</b> ea SAVE \$5</p> <p>Birds Eye Southern Blue Whiting Fillets 1kg \$15 per kg</p>	 <p><b>\$3.20</b> ea SAVE 80¢</p> <p>Birds Eye Australian Snap Frozen Baby Peas or Beans 500g \$6.40 per kg</p>	 <p><b>\$5.50</b> ea SAVE \$1</p> <p>Birds Eye Steamfresh Flavoured Sides 400g Selected Varieties \$13.75 per kg</p>	 <p><b>\$5.20</b> ea SAVE \$1.30</p> <p>Birds Eye Steamfresh Flavoured Sides 400g Selected Varieties \$15 per kg</p>

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**PET SALE!**

**PURINA FANCY FEAST**

Fancy Feast has been made with high quality ingredients for over 40 years. With a wide selection of flavours and textures, there's a taste to suit every cat.

 <p><b>\$16.10</b> ea HOT BUY</p> <p>Optimum Dry Dog Food 2.5-3kg Selected Varieties</p>	 <p><b>\$23.80</b> ea HOT BUY</p> <p>Pedigree Dry Dog Food 8kg Selected Varieties 30¢ per 100g</p>	 <p><b>\$1.90</b> ea SAVE 80¢</p> <p>Fancy Feast Royale Wet Cat Food 85g Selected Varieties \$2.24 per 100g</p>
 <p><b>\$2.40</b> ea SAVE 60¢</p> <p>My Dog Wet Dog Food 400g Selected Varieties 60¢ per 100g</p>	 <p><b>\$11.60</b> ea SAVE \$2.90</p> <p>Whiskas So Meaty or So Fishy Wet Cat Food 12x85g Selected Varieties \$1.14 per 100g</p>	 <p><b>\$1.80</b> ea SAVE 50¢</p> <p>Purina Fancy Feast Medleys 85g Selected Varieties \$2.12 per 100g</p>
 <p><b>\$6.75</b> ea SAVE \$2.25</p> <p>V.I.P. Petfoods Dog Food Roll 3kg Selected Varieties (From the Meat Dept.) 23¢ per 100g</p>	 <p><b>\$1.30</b> ea SAVE 60¢</p> <p>Purina One Wet Cat Food 70g Selected Varieties \$1.86 per 100g</p>	 <p><b>\$5.60</b> ea SAVE \$1.40</p> <p>Whiskas Dry Cat Food 800g Selected Varieties 70¢ per 100g</p>

# PET SALE!

## CAT TREATS



Hand feed treats from the sachet for special moments or as an extra special treat or reward for your feline friend.



**\$280** ea  
SAVE \$1.20

Dine Creamy Treats 4x12g Selected Varieties  
\$5.83 per 100g

## HEALTH



Having a dog with healthy teeth helps keep both of you happy - they'll be comfortable and it means fewer visits to the vet! Prevention is always better than cure, which is why we continue to find better ways to help your pet stay healthy.



**\$560** ea  
HOT BUY

Pedigree Dentastix Daily Oral Care 7 Pack Selected Varieties

## REWARD



Quality treats are ideal for reinforcing desired behaviours. As a spot-prize, nothing says 'good boy or girl!' quite like a delicious treat.



**\$560** ea  
SAVE \$2.40

Schmackos Strapz 200g Selected Varieties  
\$2.80 per 100g

## TRAIN



Spot rewards become training tools when we achieve long-term changes, through positive reinforcement. 'Good boys and girls' are raised on consistent and well-deserved treats which they can enjoy.



**\$420** ea  
SAVE \$1.80

Vitapet Chicken Sticks for Dogs & Puppies 100g  
\$4.20 per 100g

**\$360** ea  
SAVE 90¢

My Dog Tender Bites Gourmet Treats 100g Selected Varieties  
\$3.60 per 100g

## HOUSEHOLD & Cleaning

BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY

**50% OFF BIOZET**

**\$12** ea  
SAVE \$12

Biozet Attack 3D Clean Action Laundry Liquid 2 Litre or Powder 2kg



**50% OFF FINISH ULTIMATE PLUS**

**\$31** ea  
SAVE \$31

Finish Ultimate All in One Lemon Sparkle Dishwashing Tabs 45 Pack  
\*excludes Low Prices Every Day & Price Match 69¢ each



**1/2 PRICE**

Comfort Fabric Conditioner 900mL Selected Varieties  
\*excludes Low Prices Every Day \$6.11 per Litre

**50% OFF COMFORT**

**\$5.50** ea  
SAVE \$5.50



Bref Rim Block Toilet Cleaner 42-50g or Gel 600-700mL Selected Varieties

**\$3.50** ea  
SAVE \$3.50





**\$275** ea  
HOT BUY

Morning Fresh Dishwashing Liquid 350-400mL Selected Varieties



**\$250** ea  
SAVE 75¢

Earth Choice Ultra Concentrate Dishwashing Liquid 500mL Selected Varieties  
50¢ per 100mL

**1/2 PRICE**



**\$18** ea  
SAVE \$18

Cold Power Laundry Liquid 4 Litre Selected Varieties  
\$4.50 per Litre

**1/2 PRICE**



**\$4.75** ea  
SAVE \$4.75

Vanish Preen Gold Oxi Action Fabric Stain Remover Spray 450mL Selected Varieties  
\$10.56 per Litre

**1/2 PRICE**



**\$1.80** ea  
SAVE \$1.80

Ansell Silverlined Gloves 1 Pair Selected Varieties  
\$1.80 each



**\$13.75** ea  
HOT BUY

Duracell Coppertop Batteries AA 16 Pack or AAA 14 Pack



**\$5.85** ea  
LOW PRICE

Finish Rinse and Shine Aid 250mL  
\$2.34 per 100mL



**\$10** ea  
LOW PRICE

Surf Laundry Liquid 2 Litre Selected Varieties  
\$5 per Litre

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY — **HOUSEHOLD, HEALTH & Baby** —

 <p>DÉCOR Quad Bands Tritan Bottle 750mL DÉCOR LUNCH OR HYDRATION <b>\$770</b> ea SAVE \$3.80</p>	 <p>Handee Ultra Paper Towel 2 Pack \$1.58 per 100 sheets <b>\$190</b> ea HOT BUY</p>	 <p>BabyLove Cosifit Nappies 15-28 Pack Selected Varieties <b>\$10</b> ea HOT BUY</p>
<b>30% OFF RANGES</b>		
 <p>Deeko Printed Lunch Napkins 25 Pack ^excludes Low Prices Every Day \$13.40 per 100 units <b>\$335</b> ea SAVE \$1.45</p>	 <p>Handee Ultra Paper Towel 4 Pack \$1.88 per 100 sheets <b>\$450</b> ea SAVE \$1.50</p>	 <p>Curash Baby Wipes 80 Pack Selected Varieties \$4.88 per 100 units <b>\$390</b> ea HOT BUY</p>
 <p>Carefree Barely There Unscented Liners 42 Pack* 9¢ each <b>\$385</b> ea SAVE \$1.65</p>	 <p>Quilton Gold Toilet Tissue 4 Ply 6 Pack \$4.6 per 100 sheets <b>\$450</b> ea SAVE \$1.30</p>	 <p>Kleenex Complete Clean Toilet Tissue 18 Pack \$1.6 per 100 sheets <b>\$10</b> ea HOT BUY</p>
 <p>Nestlé Nan Comfort Stage 3 Milk Drink 800g \$2.31 per 100g <b>\$1850</b> ea LOW PRICE</p>		
 <p>Mirabella LED GLS 5.5W Globe 1 Pack Selected Varieties <b>\$360</b> ea SAVE \$3.65</p>	 <p>Redheads BBQ Briquettes 4kg \$2.38 per kg <b>\$950</b> ea HOT BUY</p>	 <p>Jiffy Firelighters 24 Pack \$16.46 per 100 units <b>\$395</b> ea SAVE \$2.05</p>
 <p>Multix Baking Paper 10m x 30cm or Cling Wrap 60m x 33cm <b>\$260</b> ea SAVE \$1.20</p>		

\* Always read the label and follow the directions for use.

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— **HEALTH & Beauty** — BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY

 <p>Sensodyne Sensitivity Relief Toothpaste 100g Selected Varieties* \$7.35 per 100g <b>\$735</b> ea SAVE \$4.95</p>	<p><b>40% OFF</b> SENSODYNE<sup>^</sup> ^excludes Low Prices Every Day</p>	 <p>Sensodyne Daily Care + Whitening Toothpaste 100g \$5.80 per 100g <b>\$580</b> ea SAVE \$3.90</p>
 <p>Sensodyne Daily Care or Deep Clean Daily Care Toothpaste 100g* \$5.80 per 100g <b>\$580</b> ea SAVE \$3.90</p>		
 <p>Colgate Toothpaste 95-200g, Total Mint Waxed Dental Floss 100m, Toothbrush 2-3 Pack or Optic White 500mL Selected Varieties** <b>\$6</b> ea HOT BUY</p>	 <p>Palmolive Naturals, Men or Luminous Oils Body Wash 750mL-1 Litre Selected Varieties <b>\$7</b> ea SAVE \$5</p>	 <p>Dettol Antibacterial Handwash 500mL Selected Varieties 55¢ per 100mL <b>\$275</b> ea HOT BUY</p>
 <p>Rexona Advanced Protection Antiperspirant Spray 220mL Selected Varieties \$2.39 per 100mL <b>\$525</b> ea SAVE \$5.25</p>	<p><b>1/2 PRICE</b></p>  <p>Rexona Clinical Protection Antiperspirant Deodorant 180mL Selected Varieties \$3.33 per 100mL <b>\$6</b> ea SAVE \$6</p>	 <p>Rexona Antiperspirant Spray 250mL Selected Varieties \$1.70 per 100mL <b>\$425</b> ea HOT BUY</p>
 <p>Kleenex Wellbeing Tissues 3 Ply 140 Pack Selected Varieties \$2.57 per 100 units <b>\$360</b> ea SAVE 90¢</p>	 <p>Berocca Effervescent Tablets 15 Pack Selected Varieties* \$36.67 per 100 units <b>\$550</b> ea HOT BUY</p>	 <p>Betadine Sore Throat Gargle 120mL* \$11.33 per 100mL <b>\$1360</b> ea HOT BUY</p>
		 <p>Natures Organics Spa Shower Milk or Gel 400mL Selected Varieties 60¢ per 100mL <b>\$240</b> ea HOT BUY</p>

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

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BY PURCHASING THESE PRODUCTS YOU WILL HELP GIVE BACK TO YOUR LOCAL COMMUNITY

— HEALTH & *Beauty* —



**WORLD'S NO. 1 COUGH & COLD BRAND\***

Vicks Pocket Pack Nasal Decongestant Inhaler 0.5mL \$7.60 each

**\$760** ea  
SAVE \$1.30

Vicks VapoRub 50g\*\* \$15.20 per 100g

**\$760** ea  
SAVE \$1.30

Vicks VapoDrops 24 Pack Selected Varieties\* 20c each

**\$470** ea  
SAVE \$1.20

\*Source: Euromonitor International Ltd. based on 2021 retail value sales of Cough Remedies, Decongestants, Pharyngeal Preparations, Combination Products and Pediatric Cough and Cold Remedies. Always read the label and follow the directions for use.

**1/2 PRICE**



Johnson's Facial Cleansing Wipes 25 Pack Selected Varieties 14c each

**\$360** ea  
SAVE \$3.60

Schick Women's \$420 ea SAVE \$1.80



Schick Xtreme 3 Sensitive Women's Disposable Razors 4 Pack \$1.05 each

Hydralyte<sup>®</sup> \$605 ea SAVE \$2.65



Hydralyte Effervescent Electrolyte Tablets 10 Pack Selected Varieties\* \*excludes Low Prices Every Day 61c each

**30% OFF RANGES**

Always Discreet Pads 8-12 Pack Selected Varieties



**\$630** ea  
SAVE \$2.70

Bosisto's Eucalyptus Antiseptic Spray 55mL\* \*excludes Low Prices Every Day \$10.09 per 100mL



**\$555** ea  
SAVE \$2.45

Bosisto's Eucalyptus Solution 500mL \*excludes Low Prices Every Day \$1.69 per 100mL



**\$945** ea  
SAVE \$4.05

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