



alliance
PHARMACY

where local health matters



On Sale 8th January – 30th January 2025

Save up to
40%
OFF Vitamins!
See page 3

Feel Better, Live Brighter in 2025

30% OFF

\$11.49 EACH

Save \$5.50*

Surf Life Saving*
Daily or Sport SPF50+
200ml

KEEP OUT OF REACH OF CHILDREN

Chemists' Own

Paracetamol Soluble >>>

Paracetamol 500 mg

Fast effective relief from pain
Reduces Fever

\$3.99

20 soluble tablets

Chemists' Own
Paracetamol Soluble 500mg
20 Tablets

25% OFF

\$14.99 EACH

Save \$5.00*

Gaviscon
Dual Action
Mixed Berry or
Peppermint
600ml

20% OFF

\$12.99 EACH

Save \$3.96*

Hydralyte
Electrolyte
Effervescent
Range
20 Tablets

40% OFF

\$13.99

Save \$9.50*

Nature's Own
Vitamin B12
1000mcg
60 Tablets

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies. #When in the sun, avoid prolonged high-risk exposure, wear protective clothing and sunglasses and reapply sunscreen frequently.



alliance
PHARMACY

where local health matters

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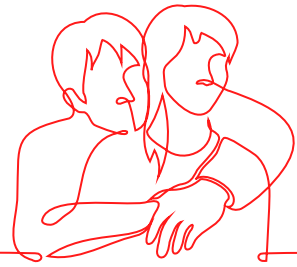


alliancepharmacy.com.au

A proud member of



Support for Your Goals



30% OFF
\$42.99 EACH
 Save \$18.96*

Optifast[®]
 VLCD Protein Plus Creamy Vanilla or Chocolate Shake
 10 x 63g Sachets

30% OFF
\$42.99 EACH
 Save \$18.96*

Optifast[®]
 VLCD Shake Banana or Coffee
 12 x 53g Sachets

\$45.99 EACH
 Save \$3.96*

The Man Shake[™]
 Chocolate or Coffee
 840g

\$45.99 EACH
 Save \$3.96*

The Lady Shake[™]
 Strawberry or Vanilla
 840g

50% OFF
\$22.49 EACH
 Save \$22.50*

Swisse[®]
 Ultivite Men's or Women's Multivitamin
 60 Tablets

30% OFF
\$23.49 EACH
 Save \$10.51*

Herbs of Gold
 Magnesium Forte
 60 Tablets

30% OFF
\$22.49 EACH
 Save \$10.01*

Herbs of Gold
 Magnesium Chewable
 60 Chewable Tablets

\$50.99

Natalis[®]
 Pregnancy Support
 100 Tablets

Weight Management Tips

Achieving your weight management goals starts with taking care of your stomach and gut health.

A healthy gastrointestinal (GI) system supports digestion, energy levels, and overall well-being—key factors for successful weight control. Pair this with smart choices like meal replacement shakes, and you're set for a balanced approach to your health.

Support your weight goals with:

- **Probiotics for Gut Health:** Restore healthy gut bacteria to support digestion, nutrient absorption, and a balanced metabolism.¹
- **Meal Replacement Shakes:** A convenient way to manage portions, packed with essential nutrients to keep you satisfied.

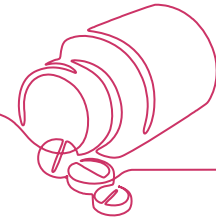
Speak with our Pharmacist for personalised advice to support your journey to better health and weight management.

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies.

†As part of a healthy energy-controlled diet and physical activity. ††This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

1. <https://www.healthdirect.gov.au/probiotics>

Give your health a Boost



UP TO 35% OFF
\$11.99
 Save up to \$6.50*

Ostelin
 Calcium & Vitamin D3 500IU
 60 Tablets or Vitamin D3 1000IU
 60 Capsules

\$24.99
Quality Health
 Calcium + Vitamin D3
 300 Tablets

40% OFF
\$19.49
 Save \$13.50*

Bioglan
 Active Magnesium 1000
 150 Tablets

40% OFF
\$28.49
 Save \$19.50*

Bioglan
 Curcumin 60 Tablets

25% OFF
\$18.99
 Save \$7.50*

Nature's Own
 Activated Methyl B12 1000mcg
 60 Tablets

40% OFF
\$9.49
 Save \$6.50*

Blackmores
 Vitamin B12 75 Tablets

\$37.49
BioCeuticals
 Migraine Care 60 Tablets
 PHARMACIST ONLY

40% OFF
\$44.99
 Save \$30.00*

Blackmores
 Macu-Vision Plus 120 Tablets

40% OFF
\$36.99
 Save \$25.00*

Blackmores
 CoQ10 150mg 90 Capsules

40% OFF
\$31.49
 Save \$21.50*

Bioglan
 CoQ10 300mg 60 Soft Capsules

25% OFF
\$22.99
 Save \$9.50*

Cenovis
 50+ Multi 100 Capsules

20% OFF
\$14.99 EACH
 Save \$4.01*

Berocca
 Energy Original Berry or Orange 30 Effervescent Tablets

\$10.99
 Save \$2.00*

Quality Health
 Daily Multi 100 Tablets

\$28.99
Menevit
 Pre-Conception Male Fertility Vitamins 30 Capsules

25% OFF
\$22.99
 Save \$8.50*

Cenovis
 Sugarless C 500mg Orange Flavour 300 Value Pack

25% OFF
\$21.99
 Save \$9.00*

Nature's Own
 Double Strength Cold Sore Relief 100 Tablets

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies. †This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

Breathe Easy



Allertine
20mg
30 Tablets



Telfast
Hayfever & Allergy Relief 60mg
20 Tablets



Telfast
Hayfever & Allergy Relief 180mg
30 Tablets



Claratyne
Hayfever & Allergy Relief
60 Tablets



APOHEALTH
Fexofenadine Hayfever & Allergy Relief 180mg
70 Tablets



Chemists' Own
Fexo 180 Hayfever & Skin Allergy Relief
70 Tablets



APOHEALTH
Sensease Nasal Allergy Relief Spray
18g

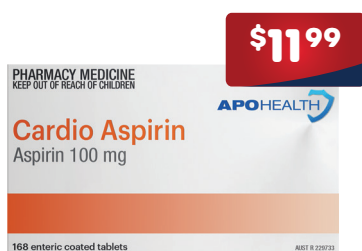


Bisolvon
Chesty Forte
100 Tablets

Trusted Relief



APOHEALTH
Paracetamol / Caffeine
500mg
40 Tablets



APOHEALTH
Cardio Aspirin
168 Tablets



Panadol
Liquid Capsules
48 Capsules



Mersynofen
Paracetamol & Ibuprofen
12 Tablets



Nurofen
Ibuprofen
96 Tablets or Caplets



Nurofen
For Children
5-12 Years
Strawberry or Orange
200ml



ABLE
B1 Plus Blood Pressure Monitor
Save \$10.00*

Need help managing pain?
Step into relief!



Our pharmacist can help you manage your pain and get you back on track.

Always read the label and follow the directions for use. ^ Always read the label and follow the directions for use. Incorrect use could be harmful. *Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies.

Everyday Care



earclear
swimmer's ear
Prevention & treatment of swimmer's ear

Always read the label and follow the directions for use.

\$11.49
Save \$1.50*

WAXSOL
Docussate sodium 0.5% w/v
Ear drops for easy removal of ear wax

\$12.49
Save \$1.46*

Waxsol
Ear Drops
10ml

BAND-AID
BRAND ADHESIVE BANDAGES
TOUGH-STRIP
QUILT-AID TECHNOLOGY

\$3.49
EACH
Save \$0.51*

BAND-AID
Tough-Strips
Regular 20 Pack
or Extra Large 10 Pack

Medi creme
Antiseptic Cream

\$8.49
Save \$1.77*

Medi creme
Antiseptic Cream
50g

SOOV
BITE GEL
25g

\$8.99

Canesten
Clotrimazole Antifungal Cream
Clotrimazole 10 mg/g

\$14.99

Canesten
Clotrimazole Antifungal Cream
50g

wartie
freeze
Wart & Plantar Wart Remover

\$24.99
Save \$5.00*

wartie
freeze
Wart & Plantar
Wart Remover
50ml

WART-off
PAINT
WART REMOVER

\$10.99

WART-off
Wart Remover Paint
6ml

Nicabate
CLEAR PATCH
Nicotine 114 mg
(21 mg/24 hr)

\$32.99
EACH
Save \$1.00*

Nicabate
Clear Patch
Step 1 21mg or
Step 2 14mg
7 Patches

Nicotinell
Fruit Chewing Gum
2mg

20% OFF

\$27.99
EACH
Save \$7.76*

Nicotinell
Fruit or Mint Gum 2mg
96 Pieces

Nicorette
QuickMist
Freshmint
150 Sprays

25% OFF

\$35.49
Save \$12.01*

Kick bad habits this New Year

Make 2025 the year you quit smoking for good. With the right strategies and support, you can take control of your health and leave smoking behind.

Top Tips to Quit Smoking:

- ✓ Set a Quit Date
- ✓ Stay Busy
- ✓ Avoid Triggers
- ✓ Use Nicotine Replacement
- ✓ Lean on Support
- ✓ Talk to our Pharmacist



FACT:

After just 20 minutes of quitting, your heart rate and blood pressure will go down, and within 12 months, your risk of heart disease is cut in half.*

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies.
2. <https://www.hri.org.au/health/learn/risk-factors/smoking>

Glow Getter



30% OFF
\$14.49
Save \$7.51*

Neutrogena®
Beach Defence Lotion
198ml



30% OFF
\$17.49
Save \$7.51*

Surf Life Saving®
Daily SPF 50+
1L



20% OFF
\$15.99
Save \$4.00*

Invisible Zinc®
Face & Body
Daily SPF 50+
75g



20% OFF
\$25.49 EACH
Save \$6.50*

Invisible Zinc®
Light or Medium
SPF 30+
50g

Did you know?

In Australia, up to **80% of premature skin aging**¹ is caused by sun exposure. Protect your skin every day with SPF50+ sunscreen, even when it's cloudy!



20% OFF
\$15.99
Save \$4.00*

Hamilton Sun Care®
Sensitive SPF50+
265ml



20% OFF
\$11.99
Save \$3.00*

Reef®
Dry Touch
Sunscreen SPF 30+
125ml



20% OFF
\$14.99
FROM
Save UP TO \$6.00*

DermaVein®
Sensitive Sun SPF 50+
250g or 100g



35% OFF
\$4.99 EACH
Save \$3.01*

Garnier Fructis®
Normal Strength & Shine Shampoo or Conditioner
315ml



45% OFF
\$24.00
Save \$14.00*

Olay Regenerist®
Night Cream
50g



40% OFF
\$9.49
Save \$6.50*

Olay Regenerist®
Cleanser
100g



40% OFF
\$35.99
Save \$24.00*

Olay Luminous®
Vitamin C
Super Serum
30ml



35% OFF
FROM **\$2.49**
Save UP TO \$1.81*

Swisspers®
Make Up Pads
80 Pack or Cotton Tips
240 Pack



20% OFF
\$5.49
Save \$1.40*

Manicare®
Strengthening Nail
Polish Remover
125ml



20% OFF
\$13.49
Save \$3.40*

Manicare®
Maximum Strength Nail
Hardener
12ml



20% OFF
\$3.99 EACH
Save \$1.00*

Blistex®
Hemp & Shea
Hydration or Ultra
Lip Balm SPF50+
3.7g

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies.
¹When in the sun, avoid prolonged high-risk exposure, wear protective clothing and sunglasses and reapply sunscreen frequently. 1 <https://www.cancer.org.au/end-the-trend/why-we-need-to-end-the-trend>

Feel good Everyday



25% OFF
FROM **\$7.49**
Save UP TO **\$6.50***

Moov
Head Lice Solution
200ml or Head Lice Comb

25% OFF
FROM **\$20.49**
Save **\$8.46***

KP24
Rapid Solution
150ml

FROM \$6.99
Save UP TO **\$4.00***

Veet
Hair Removal Cream
Sensitive
400ml or 100ml

25% OFF
FROM **\$15.49**
Save UP TO **\$6.51***

Gillette
Venus Sugarberry
Platinum or Fusion
Manual Razor +
2 Blade Pack

20% OFF
FROM **\$9.49**
Save **\$2.76***

Sensodyne
Repair & Protect Toothpaste
100g

50% OFF
FROM **\$4.99**
Save **\$5.00***

Oral-B
3D White Luxe
Glamorous Toothpaste
98g

50% OFF
FROM **\$39.99**
Save **\$40.00***

Oral-B
Pro 100 Gum Care
Electric Toothbrush

20% OFF
FROM **\$5.49**
Save **\$1.51***

Listerine
Total Care Mouthwash
250ml

20% OFF
FROM **\$14.49**
Save **\$3.76***

Biotene
Dry Mouth Relief Moisturising Gel
42g

\$9.99 EACH

Bonjela
Mouth Ulcer or Teething Gel
15g

FROM \$34.49
Save UP TO **\$1.46***

Novalac
Premium Infant Formula
Allergy or
Constipation
0-12 Months
800g

25% OFF
FROM **\$2.99**
Save UP TO **\$2.51***

Dettol
Hand Sanitiser
Refresh 50ml or
2in1 Hand & Surface
Antibacterial Wipes
60 Pack

Smile even brighter with these mouth-care tips!

A healthy mouth means more than just fresh breath—it's the foundation of your overall well-being. By brushing correctly, flossing daily, and using mouthwash, you can maintain strong teeth, healthy gums, and a confident smile.

The Right Way to Brush

- 🦷 Brush for 2 minutes, morning and night
- 🦷 A soft-bristle toothbrush and fluoride toothpaste are essential
- 🦷 Brushing before eating clears plaque and protects enamel from food acids
- 🦷 Replace your toothbrush every 3 months or after recovering from an illness
- 🦷 Wait half an hour after a meal to brush your teeth to avoid damaging softened enamel
- 🦷 Brush your tongue to help reduce bacteria that cause bad breath

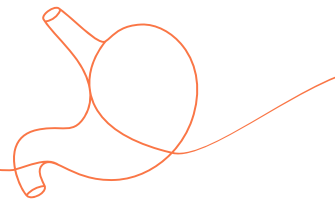
PLUS, don't forget to floss every day and add mouthwash to your routine.



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♠Breast milk is best for babies.

Find Comfort Every Day



\$13.99

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Nexium[®]
24HR Once Daily Dosing
Esomeprazole magnesium trihydrate 22.3 mg (equivalent to esomeprazole 20 mg)

Lasting Relief for Frequent Heartburn and Acid Reflux 14 enteric coated tablets

Nexium 24 Hour
Heartburn and Acid Reflux Relief 20mg
14 Tablets

\$17.99

GAVISCON[®]
DUAL ACTION
Sodium Alginate 250 mg
Sodium Bicarbonate 165.5 mg
Calcium Carbonate 187.5 mg

Heartburn & Indigestion

\$17.99

Save \$2.00*

Gaviscon
Dual Action Mixed Berry or Peppermint
48 Chewable Tablets

PHARMACY MEDICINE
KEEP OUT OF REACH OF CHILDREN

Buscopan[®]
FORTE
Hyoscine butylbromide 20mg

Double Strength
Relieves acute stomach pain with cramps

\$10.99

Buscopan
Forte 20mg
10 Tablets

20% OFF

\$5.99

Save \$1.96*

Chemists' Own
Travel Sickness
10 Tablets

Chemists' Own
Travel Sickness Tablets
Lorazepam 500 µg
Hydroine hydrochloride 200 micrograms
Cinnarizine 50 mg

For prevention of travel sickness

10 tablets

20% OFF

\$14.99

Save \$4.00*

APOHEALTH
Macrogol with Electrolytes
30 Sachets

Macrogol 3350 13.125 g
Sodium Chloride 330.7 mg
Sodium Bicarbonate 178.5 mg
Potassium Chloride 46.6 mg

Effective relief from constipation

30 powder sachets

20% OFF

\$7.99

Save \$2.01*

Chemists' Own
Lactulose
Lactulose 500 mg/mL
Oral Liquid
500 mL

Treatment of constipation

Chemists' Own
Lactulose Oral Liquid
500ml

20% OFF

\$14.49

Save \$4.01*

Chemists' Own
Laxative with senna
Docusate Sodium 50 mg
Total Sennosides (calcein as Sennosides B) 8 mg

Constipation treatment • Sugar Free
200 film-coated tablets

Chemists' Own
Laxative With Senna
200 Tablets

20% OFF

\$8.49

Save \$2.50*

APOHEALTH
Effervescent Electrolyte Tablets
20 Tablets

Relieves symptoms of dehydration by helping restore and maintain electrolyte balance in the body

20 tablets

**BIG REWARDS
BIGGER
SAVINGS**



Earn Points

Win Prizes

VIP Deals

**Join Healthy Rewards
in-store today!~**

*T&Cs apply.

Always read the label and follow the directions for use. *Saving claims are based on the supplier Recommended Retail Price. Not all products are stocked in all participating pharmacies.

*Healthy Rewards only available at participating stores. Earn loyalty rewards with every shop of non-prescription items. See full program terms and conditions at in store or at independentpharmacies.com.au/healthy-rewards/

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